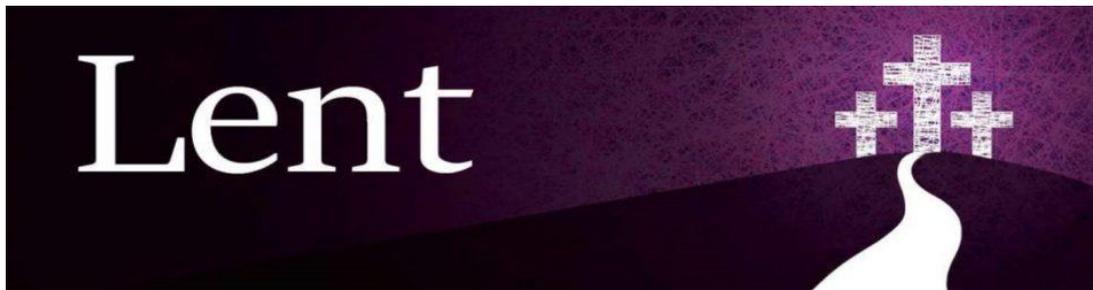


Lent/Easter 2019

The Magdala News



*For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.
John 3:16*



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*Our Mission: To love God and be
the light of Christ in the world.
(March 2017)*



From the Editors

I read somewhere that while birds may sing and dogs bark and howl at the moon, humankind has the best handle on making music, and I suppose that is true. As individuals we may not be able to sing well or play an instrument but I think we are all affected to a major degree by music in our lives.

Tastes vary but most of us know what we like, what cheers us when we are sad, what settles us when we are in too much of a hurry, what gets our feet tapping and what transports us to other realms. Sometimes it is in the background of our lives and we are hardly aware of it. I am often surprised at the movies when the credits roll, how much music has been played. The Oscar-winning movie “Green Book” is an example of this, and is also worth seeing for many other reasons. Frequently if we are put on ‘hold’ when making a telephone call ‘elevator music’ is played for us, but I was very pleased in a 20-minute wait the other day to be able to listen to some delightful classical music and was almost sorry when my call was answered!

I was thrilled to hear recently that my young grandson is taking piano lessons. As the last of the pushy grandmas of course I hope this takes him someday to Carnegie Hall, but in all seriousness I simply hope that the experience will give him joy, open up a new world and lead to many soul-satisfying experiences.

At our recent Annual Meeting we received encouraging reports about the life of the parish and the use of our building. Many of the groups who

share the space have music as an integral part of their program, and almost every day there is some form of ‘joyful noise’ being made upstairs or down. Our music director is responsible for a wonderful children’s program called ‘Kinder Music’. This offers early childhood education using music and movement to support physical, social, emotional, cognitive and language development. Twelve sessions involving 55 local families each week take place in our building. We also have other groups which include people of all ages who dance and groups who play stringed instruments.

Naturally, our own culture and life experience has conditioned us as to our enjoyment of the music and sound we make or listen to, but the music of other continents is there to explore too. Sometimes it is hard to appreciate the music of others. I remember on a visit to Morocco finding the street music hard to connect to, but acknowledge the pleasure it gave to

Continued on next page

<i>In this issue:</i>	
<i>From the Editors</i>	<i>2</i>
<i>Go Green for Lent</i>	<i>3 & 12</i>
<i>Rector's Report</i>	<i>4</i>
<i>2019 Lenten Soup and Study</i>	<i>5</i>
<i>Fundraising Concert April 13</i>	<i>5</i>
<i>Garage Sale May 3-4</i>	<i>5</i>
<i>The First and The Last Adam</i>	<i>6</i>
<i>St. Matthews Maryland Ministry</i>	<i>7</i>
<i>Welcome Bryan Bjerring</i>	<i>8</i>
<i>Good Shepherd Sunday</i>	<i>8</i>
<i>Anglican Fellowship of Prayer</i>	<i>9</i>
<i>Malcolm Quite</i>	<i>10</i>
<i>Recipes</i>	<i>11</i>
<i>Wellbeing in the Workplace</i>	<i>13</i>
<i>Parish Calendar</i>	<i>14</i>

Opinions expressed in articles or notes in this publication are those of the writer, and do not necessarily represent the opinion or policy of the Parish of St. Mary Magdalene, the Diocese of Rupert’s Land, or the Anglican Church of Canada.

The selection of material for publication is made by the editors, Heather Birtles and Therasa Hunt, c/o St. Mary Magdalene Anglican Church, 3 St. Vital Road, Winnipeg, Manitoba R2M 1Z2

Continued from previous page

people there. We don't always need to travel to find these differences since many parents are in conflict with their own children's choices of entertainment!

There are many places in biblical history where reference is made to music. As a child, listening to the story of Daniel in the lion's den, I was fascinated by the list of musical instruments used to call the people to the worship of the image of gold which King Nebuchadnezzar had set up: "cornet, flute, harp, sackbut, psaltery and dulcimer." It sounded like great fun to me! When King Saul was troubled, we read in 1 Samuel 16:23 that "when the evil spirit was upon Saul, David took the harp and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him." Modern day Music Therapy takes inspiration from this.

There is no doubt that music enhances worship and our spiritual experience. It can lift us up to experience things heavenly and eternal and also help us to address the struggles of our earthly life.

Words of course are often an important part of this and we are grateful to have a music director who is very careful in her choice of music for our worship services. The Asian Christian Fellowship meets at St. Mary Mags at least once each month for a service in the Urdu language and this worship is supported by amazing music also. A great comfort to people far from their land of origin.

You may be content to 'whistle a happy tune' to yourself but there is joy in making music with a group. Our choir is always happy to welcome new members. They contribute to the beauty of worship but also enjoy much fellowship, friendship and individual support.

As we approach the seasons of Lent and Easter in our church calendar, may music enhance your own experience of these times.

Heather and Therasa

Go Green for Lent

Anglicans have long been concerned with environmental issues. Remembers the Fifth Mark of Mission is *to strive to safeguard the integrity of creation and sustain and renew the earth.*

The Anglican Church of Southern Africa's Environmental Network (ACSA-EN) aims to support churches and dioceses to fulfil God's call to be Earth keepers and care for Creation, and has created a *Less Plastic For Lent 40 Day Calendar*. You will find a copy of the calendar near the back of this issue of the Magdala News. Hang it up by your regular calendar and see how easy it can be to be a good steward of our planet.

For more information visit www.greenanglicans.org

Lent Lilies

Lent Lilies are a wild daffodil found originally in Western Europe but they have now spread to other continents. They have a bulb and grey green leaves and a trumpet-shaped yellow flower on a tall stem.

The lent lily is memorialized in A.E. Houseman's poem (William Wordsworth also wrote of them in his poetry) and are thought to bloom on Ash Wednesday and die at Easter.

Among the cultivated spring flowers we enjoy locally, daffodils are favourites. People of Welsh descent know to wear them in their buttonhole on March 1, which is St David's Day. Daffodils are also used in our society as an emblem for CancerCare.



Rector's Report



Here we go again! This strange season we connect with repentance: Jesus driven to the wilderness where he is tempted to eat, (is eating a little bread really giving in to temptation?!), tempted to seek political gain, and to test God by seeking protection.

In other parts of the Gospel we also read how Jesus remained faithful in his work despite the fury of those with worldly power. As we move through Lent though, the springtime of our souls, the Gospels are also full of images of abundance – a party thrown by a joyful father, oil used generously to anoint Jesus' feet, and even manure added to fertilize a failing fig tree and give it one more chance.

Temptation, faithfulness, abundant love and finally Jesus giving his life for abundance of life for the world which God so loves... So it is that Lent moves to Easter.

For us as God's people, how is it that we can attend to both of these movements in our tradition? One of denial of ourselves and one of celebrating the generosity of God? I wonder if it is the case that most of us tend to emphasize one of these at a time... perhaps for a time we focus on avoiding temptation and turning from sin, while in another season of life we feel pulled towards God's own generosity. I know that my own focus has changed as I have moved through life, and I would expect that it will continue to shift ...



I wonder as well, then, if there is a sense in which we can encourage ourselves to honour both of these pulls of our tradition simultaneously. Can the brokenness and pain of our world and our own relationships lead us to turn to God and our neighbours in humility and repentance, at the same time as we also know without hesitation the generous love and celebration that God holds out for us.

Something that I read recently spoke of the significance of both of these emphases, how Lent can be particularly fruitful when it is a time of learning the rhythm of humility and celebration both.

I suspect that we will have some of these conversations as we move through our Lenten study, Practicing our Faith, as we consider areas like shaping communities, keeping Sabbath, forgiveness, dying well. (There are many more, I won't fill you in on them all now.) One more of the chapters, "Saying Yes and Saying No," reminds us that our faith dwells not in one corner or the other, but in our attentiveness to the options that life itself presents and the decisions that we carefully and joyfully make...



I hope you are able to be part of the conversation on Saturdays, noon to 2, during this holy season of Lent, as we eat soup and have good conversation about faith, strengthening community and faith both...

God's peace and life be with you all!

Val

2019 Lenten Soup and Study: Practices of Faith

Every Saturday in Lent, 12 - 2 pm, at St. Mary Magdalene, beginning March 9. Come and consider new and old ways of practicing our faith.



Fundraising Concert in Support of Grow Hope / Grow an Acre

Following last year's successful fundraising in the diocese that saw 15 acres of wheat grown and sold by a local farmer and priest for the [Canadian Foodgrains Bank](#) / PWRDF, we have agreed to host an evening of music with Bishop Geoff Woodcroft's band *The Narwhals* on Saturday, April 13. Bishop Geoff is an accomplished guitarist and singer/songwriter, and his band has been together for a number of years. We will be looking for help in hosting this fundraising concert.

Vital Seniors Receive Grant

Congratulations to the Vital Seniors, who recently received a \$15,000 grant from the federal government's New Horizons Program for Seniors. The grant will be used to purchase:

- a portable public address system for the downstairs hall that will address the Province of Manitoba's accessibility standards for customer service
- two new stoves for the lower kitchen
- 35 new cushioned chairs
- electric hand dryers for each of the four washrooms

Spring 2019 Garage Sale: May 3 - 4

A reminder that Spring is (likely) around the corner, which means the Garage Sale will also be upon us before we know it.

Mark your calendar, start putting aside items you'd like to donate, and look for more information in upcoming church bulletins and on our website stmarymagdalenevpg.org.

And please consider how you might be able to assist with this parish outreach. Volunteers will be needed before, during and after the sale. Contact Cathy Mondor at 204-256-6157 or 2mondor@mymts.net or leave a message with Judy at the church office.



Little Saints Learning Centre (LSLC)

We have had a few visits from our young neighbours next door. Staff at the LSLC daycare recently brought the children over to the church hall for a practice emergency drill. We have an agreement with the LSLC to come here if they need to evacuate their building. They also used the downstairs hall in December for a Meet Santa event.

LSLC reports it has a full program, great staff and a lengthy waiting list. The daycare would appreciate donations of paper towel rolls, frozen juice can lids, etc. that can be used in crafting.

The First and The Last Adam

A number of years ago, we were blessed to receive the large work of art that hangs behind the altar between Easter and Advent. The artist, Anthony Chiarella, described his work as a composition that reminds us of the spiritual freedom Christ won for us as the “first and the last Adam”, as St. Paul puts it.

This article was previously printed.

The composition came to me little by little over several weeks of sporadic drawing in the Fall of 2000. My initial thoughts while ‘doodling’ were focused on the theme of Christ and the union of his Divine and human in one person. I was attempting to sketch a drawing that would be the groundwork for a large liturgical piece that could hang freely in a worship space similar to a mobile.

However, I found myself also thinking about Adam and his fall and our implication in it, and Christ who is “God in the flesh,” and the salvation He has gained for us. I became drawn more and more to a composition on this theme, to something that would show the reconciliation of Adam and Christ.

What finally emerged from this doodling, and reflection, especially on St. Paul’s words in Romans and Corinthians, is the composition that now hangs in the worship space.

The dominant figure of the work is Christ resurrected, almost in the process of ascending into Heaven, and yet with arms outstretched reminding us of His crucifixion. The gold and black paint symbolize His majesty and kingship as Lord of the

Universe, while the hints of copper colour remind us of the stigmatic wounds He continues to bear in His body. Imbedded in this image of Christ is Adam with his arms pointing downward away from Heaven, a sign of disobedience, and hunched over under the burden of his sin and that of all creation. And yet Christ who chooses to share our humanity allows the first Adam to participate in the salvation He makes available to all.

In the Catechism of the Catholic Church a passage taken from a sermon of St. Peter Chrysologus beautifully states the profound relationship between Adam and Christ:

“St. Paul tells us that the human race takes its origin from two men: Adam and Christ.

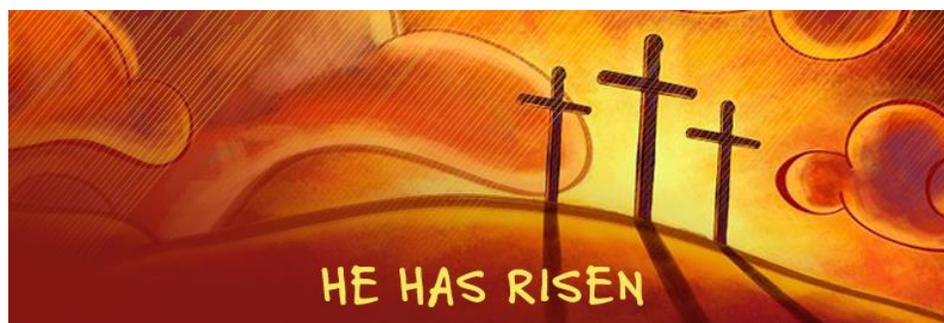
The first man, Adam, he says became a living soul, the last Adam a life-giving spirit. The first Adam was made by the last Adam from whom he received his soul, to give him life... The second Adam stamped his image on the first Adam when he created him.

That is why he took on himself the role and name of the first Adam, in order that he might not lose what he had made in his own image.

The first Adam, the last Adam: the first had a beginning, the last no end.

The last Adam is indeed the first: as he himself says: “I am the first and the last.”

Anthony Chiarella



St. Matthews Maryland Community Ministry

Our parish partnership with St. Matthew's Maryland Community Ministry began about 1972, so we've been on this journey together almost 50 years. Our parish has been officially partnered with it, at the request of the Bishop, since 1999. The parishes of St. Matthew, St. Mary Charleswood, St. Peter and St. Paul Fort Garry are in this partnership with us. An Anglican consortium was formed in 2013 with the five parishes. There are also many United Church congregations that partner with the Ministry.

Here is what our partnership includes:

Consortium rental commitment: As part of our membership in the consortium our parish is committed to provide funds to help with the rental costs of the Community Ministry in the West End Commons. Our share for 2018 was \$540 and that is likely what will be needed for 2019.

Christmas Store: The Ministry has been hosting a Christmas Store since 2001. Many families in the inner city are invited to choose gifts free of charge for their children. This past December, 75 families with 250 children "shopped" at the store. Our parish collected new toys, books, games, stuffed animals, craft and gift-wrapping supplies and knitted winter wear. Joe Darlington and I delivered them to the ministry and helped sort the items along with many other volunteers.

Nutrition Bingo: This has been running since around 2002. One afternoon each month, except for the summer, the Ministry hosts a Nutrition Bingo afternoon. The people who frequent the drop-in can play bingo; the prizes are supplied by the supporting churches. This coming March our parish will be supplying the 20 prizes needed with all the food required to make a nutritious meal. Donations of money collected buy all the ingredients for the prizes and any extra funds are given to the ministry for any of their needs. For the last two years, Joe and I have helped volunteered at the bingo.

Urban Retreats Garden Tour: This garden tour has been the major fundraiser for the Ministry since 2000. This past June we sold tickets, collected donations and provided volunteers for the self-guided tour. Thirteen gardeners in the Riverview area of the city opened their gardens to be toured. This event raised over \$15,000 for the Ministry. The 2019 tour will be in the River Heights area.

Emergency food collection: We have an ongoing emergency food bin here at St. Mary Magdalene. Any food collected is shared between the Ministry and folks who come to our door here in St. Vital.

Volunteers: Joe Darlington and Ken Hill volunteer at the Food Supplement program every second Monday at the Ministry.

1JustCity: Recently the governance, operational, and financial oversight of the Ministry has been moved under the umbrella of [1JustCity](#). This move has freed up staff and volunteer resources to focus on programs and services. St. Matthews Maryland Community Ministry is represented on the Board of 1JustCity with both Anglican and United Church voices. All donations for the Ministry will need to be made payable to 1JustCity with St. Matthews Maryland Community Ministry in the memo line.

Margaret Jones, Joe Darlington and I represent our Parish at the Ministry.

Barbara Bater



Community Ministry
St. Matthews Maryland

Welcome Bryan!

We welcome the Reverend Canon Bryan Bjerring as our newest Honourary Assistant. Brian and his wife Judy have already made themselves known to the parish, but here's a short bio:

Parish priest (rector):

- St. Peter's, Winnipeg
- St. Mary's, Charleswood
- St. Luke's, Regina
- Salt Spring Island, BC

Diocesan role as archdeacon:

- Archdeacon of Assiniboia, Diocese of Qu'Appelle in Saskatchewan
- Executive Archdeacon, Diocese of Moosonee in Ontario

Wider church involvement:

- Involved with a major report for General Synod on the Restoration of the Permanent Diaconate in the Anglican Church of Canada
- Participated in diocesan and national church assessment processes for persons seeking ordination in the Anglican Church of Canada

Retirement:

- Until a year ago a parishioner at the Lutheran Church in Arborg, MB
- Now living in South St. Vital
- Member of the Board of the Henteleff Park Foundation
- Along with Judy, proud grandparent of five



Good Shepherd Sunday

On the fourth Sunday of Easter we read in the Gospel of John, Chapter 10, that Jesus is the "Good Shepherd".

Cardinal Basil Hume OSB, who died in 1999, could also be considered as a good shepherd. He was a Benedictine Monk and, until his death, Cardinal Archbishop of Westminster.

George Carey, Archbishop of Canterbury at the time, said "for many ordinary people it was his personal qualities of humility and compassion that gave him a special place in their hearts." He offered the following reflection, on Good Shepherd Sunday, April 1994:

"We are reminded of perhaps one of the most lovely titles by which our Lord is known. 'I am the good shepherd', he said, 'my sheep know me and I know them.' In the title "shepherd" is contained all that we understand by the care and concern of our blessed Lord for each one of us. We are reminded, too, of his own story about the lost sheep and the 99 he left in order to go in search of the hundredth which was lost. Think of what it must have been to a shepherd in his day, in that part of the world where the grass is short, water not easy to find, and where sheep are always in danger of being stolen or of falling down precipices.

So that title is very precious. Our Lord sees himself as the shepherd leading his flock. As the psalm says: 'The Lord is my shepherd, there is nothing I shall want, fresh and green are the pastures where he leads me...'

We must listen to his voice, follow his guidance, and he will lead us through all the problems and difficulties and all the dangers in our daily lives. He leads us finally to those fresh green pastures, which is heaven, and union with God."

Ed. note: The following two articles appear online at: Anglicanprayer.org/newsletters/Lent2019

Seeking Oneness with God

If I asked everyone who wants a deeper relationship with God to raise their hands, I expect about 100% of those who just read that question would have their hands up. It is not difficult to say yes; however, it can be difficult to actually achieve that long sought-after oneness with God.

The season of Lent is upon us, and this year my hope is that as well as looking to what we might “give up,” we would also “add to” our Lenten time by focusing on that deeper oneness with God. I can see us nodding yes and then I know the hesitation starts. We begin to offer the rationale for why we cannot do it today, and then we say probably tomorrow or maybe next week and for sure by next month. “The spirit is indeed willing but the flesh is weak.” The excuses pile up and in the darkness and cold of this winter season, we shut ourselves off from taking that critical first step into the deepness of God’s fellowship and love.

***“Come back to me with all your heart.
Don’t let fear keep us apart.”***

Gregory Norbert, a monk of the Weston Priory, wrote a beautiful hymn called “Hosea” with these words: *“Come back to me with all your heart. Don’t let fear keep us apart. Trees do bend, though straight and tall; so must we to others’ call. Long have I waited for your coming home to me and living deeply our new life.”* Those are the words that we need to hear and act upon. That is the invitation that I hope will get us to move past our fear, anxiety, lethargy, and indifference, to coming into the open arms of a loving gracious and accepting God whose unconditional love is waiting for each of us.

I know of no better way to start all of this than with prayer. What prayer? What should I say? Instead of worrying about “what” to pray simply find a quiet place and move past words like “wait” and “if only” and “If God really knew about...” and open your heart, then words will not be necessary.

May this season be a time of deep learning and refreshment as God with joy welcomes you into “living deeply into our new life.”

~ Archdeacon Paul Feheley
National Director, Anglican Fellowship of Prayer.
Principal Secretary to the Primate

Sharing the Light of Christ Through Prayer

Having lived and served in the Diocese of Moosonee for 34 years, first as a lay reader, then deacon, priest and archdeacon, the clergy and people of our northern dioceses are never far from my mind and prayers. Although I am now retired and living in Nova Scotia, I try to stay current with the work of the Anglican Church across the northern dioceses which make up the Council of the North.

Recently I noted a post on the Council’s Facebook page requesting: “Let us lift up our clergy in the north. Thank you for all that you do!” As I pondered this request I wondered how many people would actually see it and of those, how many would act upon it. One might wonder why the clergy of the North need continuous prayer support more than any other clergy. Northern clergy face challenges and obstacles which are unknown to clergy serving in most other regions of Canada. Isolation, driving long distances in all kinds of weather, stretched financial resources, relatively few clergy, providing ministry in challenging social circumstances.

***Each member diocese of the Council of the North
faces its own unique challenges.***

As I write this article on January 28, 2019, a locally-raised, non-stipendiary clergy colleague from my former parish of St. Luke’s, Hornepayne posted that it’s -42 degrees. During the cold snap which blanketed most of Canada on Epiphany 3, Bishop Tom Corston posted that four clergy of Moosonee were on the roads in -50 degree weather to serve their parishes, including he himself who drove a round trip of 900 km to serve a parish that Sunday.

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The north is diverse and each member diocese of the Council of the North faces its own unique challenges, while at the same time sharing the demands of providing pastoral, sacramental and missional ministry with very limited resources and across a huge part of the geography of this country. Serving in Canada's north is not a call for everyone but for those who accept it, it's one full of grace and blessings.

Clergy serving in the north need the prayerful support of all Anglicans. Epiphany is a time of sharing the light of Christ. Anglican Fellowship of Prayer members and those to whom we reach out can share the light of Christ all year with the clergy of the north by committing to pray for them each day. To get to know their ministries, check out the Council website at www.anglican.ca/cn or their Facebook page and follow links to their individual diocesan sites.

May we share Christ's light by daily holding the faithful clergy of the Council of the North in our prayers.

~ Deborah Lonergan-Freake

Bright Star, a Thanksgiving for John Keats

The poet John Keats died on Feb 23 1821, so I am reposting an earlier blog post paying tribute to him for all his poetry has and continues to mean for me.

Sometimes a poet, or even a single poem, can save your life. It can take you the way you are, in a place of darkness, loss or lostness, and, without changing anything, transmute everything, make everything available to you new, having 'suffered a sea-change' into something rich and strange. That's how it was for me when I first encountered Keats, in my mid-teens, a very dark period of my life.

This poem, written in the Spenserian Stanzas he used so effectively, is an account of how he changed things for me, and in its own way an act of testimony and thanksgiving. It is set on the Spanish Steps and in the house there where Keats spent the

last months of his life. It was there, in the room where he died, that I first read the sonnet *Bright Star*, written into the flyleaf of his Shakespeare.

This poem is published in my book *The Singing Bowl* which is published by Canterbury Press.

The sun strikes gold along the Spanish steps,
Patches of god-light where the tourists stray.
The old house is in shadow and still keeps
Its treasures from the searching light of day.
I found it once, when I had lost my way,
Depressed and restless, sheltering from rain,
Long years ago in Rome. But from that day
Everything turned to gold, even my pain,
Reading the words of one who feared
he wrote in vain.

I too was 'half in love with ease-full death',
But standing by the window, near his bed,
I almost heard the 'tender-taken breath'
On which his words were forming. As I read
I felt things shifting in me, an old dread
Was somehow being brought to harmony
Taught by his music as the music fled
To sing at last, as by some alchemy
Despair itself was lifted into poetry

I spent that summer there and came each day
To read and breathe and let his life unfold
In mine. Little by little, made my way
From realms of darkness into realms of gold,
Finding that in his story mine was told;
Bereavements, doubts and longings, all were there
Somehow transmuted in the poem's old
Enduring crucible, that furnace where
Quick-silver draws the gold from leaden-eyed
despair.

Now with the sun I come on pilgrimage
To find this house and climb the foot-worn stair,
For I have lived to more than twice his age
And year-by-year his words have helped me bear
The black weight of my breathing, to repair
An always-breaking heart. Somehow he keeps
His watch on me from somewhere, that bright
star...

So, with the words of one who mined the depths,
I sing and strike for gold along the Spanish steps.

Malcolm Guite

Nell Hick's Cheese Biscuits

- 2 cups flour
 - ½ cup margarine
 - 2 tbsp sugar
 - 1 tsp baking soda
 - 2 tsp Cream of Tartar
 - 1 egg beaten with ¾ cup milk
 - 1 ½ cups Cheddar cheese shredded
1. Mix flour and margarine as for pastry.
 2. Add remaining dry ingredients and grated cheese.
 3. Stir in egg mixture with a fork until it clings together.
 4. Knead a few times. Pat out on a floured surface and cut in 2" rounds.
 5. Bake at 450° F for 4 minutes.
 6. Turn down heat and bake at 400° F for 4-6 minutes.

Source: Nell and her husband Bill Hicks were long-time members who contributed to the life of our parish faithfully, and are remembered by many.

All-Canadian Salad

- ½ package (14 oz/397g) coleslaw mix
 - ½ lb (250 g) brussels sprouts, very finely sliced
 - 3 oz (85 g) chopped baby kale
 - ½ cup (125 g) golden raisins
 - ½ cup (125 ml) dried cranberries
 - 1/3 cup (75 ml) canola oil
 - 2 tbsp (30 ml) white wine vinegar
 - 1 tsp (5 ml) whole grain mustard
 - 1 tbsp (15 ml) maple syrup
1. Combine salad ingredients in a large bowl.
 2. In a small bowl or glass jar, combine dressing ingredients and mix well.
 3. Drizzle dressing over top toss well. Serve immediately.

Source: Great Tastes of Manitoba

Salmon Shepherd's Pie

- 500 g canned salmon, drained
 - 225 g leftover cooked vegetables
 - ¾ tsp dill weed
 - 2 cups mashed potatoes
 - ¼ tsp paprika
1. In a baking dish, place salmon, vegetables and dill. Mix gently.
 2. Spread mashed potatoes over salmon mixture.
 3. Bake in a preheated 400° F (200° C) oven for 20-25 minutes or until heated through.
 4. Sprinkle with paprika.

Source: Peak of the Market

Prairie Grain Cookies

- 1 cup (250 ml) whole wheat flour
 - 1 tsp (5 ml) baking soda
 - 1/2 tsp (2 ml) salt
 - 2 cups (500 ml) rolled oats
 - 1/4 cup (60 ml) Red River Cereal
 - 3/4 cup (175 ml) canola-based margarine
 - 1½ cups (375 ml) brown sugar
 - 2 eggs
 - 1 tsp (5 ml) vanilla
 - 3/4 cup (175 ml) raisins and/or chopped dried cranberries
 - 1/2 cup (125 ml) sunflower seeds
1. In a bowl combine whole wheat flour, baking soda, salt, rolled oats and Red River cereal; set aside.
 2. In another bowl cream together margarine, brown sugar, eggs and vanilla.
 3. Add flour mixture, raisins and sunflower seeds to creamed mixture and mix well.
 4. Refrigerate dough for about 1 hour.
 5. Drop by the tablespoonful, shape and flatten slightly on to a nonstick or parchment-lined cookie sheet.
 6. Bake for 12-15 minutes in a preheated 350° F (180° C) oven.

Source: fooddaycanada.ca



LESS PLASTIC FOR LENT

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
APRIL 1	2	3	4	5	6	7
8	9	10	11	12	13	14



Ways to Well-being in the Workplace

Well-being includes: feeling satisfied, happy and healthy, connected to others, having a sense of purpose, learning new things, being resilient and having fun.

Research shows that doing **one small thing** can make a big impact on your well-being!

Be Active

- Take a break. Walk around the block or start a noon hour exercise group.
- Get up and stretch with a co-worker. Make it part of your daily routine together.

Be Social

- Go for coffee or lunch with a co-worker or plan a group potluck.
- Introduce yourself to someone you haven't met in your workplace.

Be Curious

- Set up a puzzle or other games that challenge the mind (like Sudoku) in the staff room.
- Research what your workplace has to offer related to health and well-being.

Be Mindful

- Throughout your day, take 3 to 10 deep breathes. Enjoy these moments.
- Slow Down: Focus on one task at a time or turn off your electronics during work breaks.

Be Purposeful

- Support a co-worker who needs company or a listening ear.
- Learn about a charity that is related to your work and fundraise together.

Be Positive

- Think about and jot down three good things that happened in your workday.
- Express gratitude and appreciation by saying thank you to a colleague.

For more ideas on finding your path to well-being, visit our website!

www.wellbeingguide.ca

St. Mary Magdalene Church - Calendar of Activities
March 2019 – May 2019

March	April	May
3 Last Sunday after Epiphany Eucharist 10:30:00 am	7 5th Sunday in Lent Eucharist 10:30 am Asian Christian Fellowship 7pm	3 & 4 Garage Sale
6 Ash Wednesday 7:00 pm	9 Vista Park Lodge 2:30 pm	5 3rd of Easter Eucharist 10:30 am
10 1st Sunday in Lent Eucharist 10:30 am Asian Christian Fellowship 7pm	14 Sunday of the Passion Eucharist 10:30 am Asian Christian Fellowship 7pm	12 4th of Easter Eucharist 10:30 am
12 Vista Park Lodge 2:30 pm	18 Maundy Thursday 6:00 pm River Park Gardens 10:30 am	14 Vista Park Lodge 2:30 pm
17 2nd Sunday in Lent Eucharist 10:30 am Asian Christian Fellowship 7pm	19 Good Friday 10:30 am Asian Christian Fellowship 12:30pm	16 River Park Gardens 10:30 am
21 River Park Gardens 10:30 am	21 Easter Day Eucharist 10:30 am	19 5th of Easter Eucharist 10:30 am
24 3rd Sunday in Lent Eucharist 10:30 am Asian Christian Fellowship 7pm	23 Vestry Meeting 7 pm	26 6th of Easter Eucharist 10:30 am Asian Christian Fellowship 7pm
26 Vestry Meeting 6:30 pm	28 2nd Sunday of Easter Eucharist 10:30 am	28 Vestry Meeting 7 pm
31 4th Sunday in Lent Eucharist 10:30 am Asian Christian Fellowship 7pm		

Weekly Activities			Contact
Wednesday	Bible Study	12:00 pm	Heather Birtles
Wednesday	Choir Practice	7:30 pm	Nancy Aasland
Thursday	Christian Meditation	7:30 pm	Barbara Bater
Saturday	Lenton Soup & Soul	12:00 pm	Val

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