

LENTEN NEWSLETTER



We hear and talk of hope in the church and our daily life. Much of our liturgy centres on hope – the hope of Advent embodied in a people seeking leadership to make their world a better place. The hope of Advent is born in a humble house or stable – the gift of the God-self to a world in need – the incarnation of God who shares our hopes and dreams for peace, right relations, and harmony. The gift of God who shows us, through Jesus the Christ, how to live in right relations steeped in respect, compassion, and justice.

As we enter the season of Lent, we, your ministry team, have been discussing what the hope of Lent is.

While often, the first thoughts that enter our minds when we hear Lent is coming include what we will be giving up for the next forty days. The truth is Lent invites us to forty days to observe and practice self-examination, confession, prayer, fasting, and charity. An opportunity for a period to examine and refocus ourselves in our faith journey with Jesus and our community. But where is the hope as we journey with Jesus and his first disciples to his death on the cross?

In the season of Lent, we remember the forty-day fast that Jesus undertook in the wilderness. We allow God to shape further, and we align our hearts with the suffering of Jesus as we move ever closer to resurrection.

The hope of Lent is that it points to resurrection and eternal life. The hope of Lent is the reminder that through resurrection, we are blessed, chosen, and sealed by the Holy Spirit, guaranteeing eternal life in faith. While we do not know what this eternal life looks like after death, we know that there is life anew after our death.

This Lent, we, your ministry team, invite you to reflect on the hope of resurrection and eternal life. Take time to join us at a Lenten Pause or for the 40 Days of Impact. Renew yourself in your faith journey as our Gower Community journeys in faith together.

Blessing on the journey,
Rev. Pamela, Rev. Ettie, and Rev. Rebecca

JOURNEY TO THE CROSS LENTEN EVENTS

Sunday Worship's During Lent

March 6

First Sunday in Lent
Communion

March 13

Second Sunday in Lent
PIE Day Worship
Guest Speaker: Lorraine Michael

March 20

Third Sunday in Lent

March 27

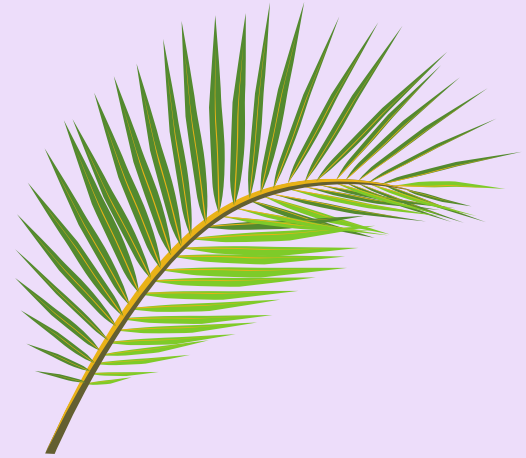
Fourth Sunday in Lent

April 3

Fifth Sunday in Lent

April 10

Palm Sunday



Journey to the Cross

Lenten Pauses

JOIN US THURSDAYS
AT 12:00 P.M. FOR A
TIME OF SCRIPTURE, REFLECTION,
MUSIC AND PRAYER

Gower Street
United Church
Open Hearts • Open Minds • Open Arms

Lenten Pauses

Thursday at Noon (12:00 p.m.) at
Gower.

Join us for scripture, reflection, music,
prayer and communion.

March 3

March 10

March 17

March 24

March 31

April 7

April 14

JOURNEY TO THE CROSS LENTEN EVENTS

40 Days of Impact

Join Gower Street United Church and Cowan Heights United Church for '40 Days of Impact,' an activity-based exercise for the Lenten season. Over the course of the Season of Lent, we will be inviting all ages to do at least one activity a day that corresponds to one of the five pillars of Lent: Self-Examination (Reflection), Confession (Reconciliation), Prayer (Worship), Fasting (Change), and Charity (Generosity). We hope this will allow you to experience the Lenten journey in all its fullness in a new and meaningful way.

Journals that contain a list of suggested activities, devotions, activity trackers, and more information can be picked up at the Ash Wednesday Service at Cowan Heights United Church on March 2 at 7:30 p.m. or from either the Gower Street or Cowan Heights church office during regular office hours.

We hope you will join us for these 40 days of impact.

Holy Week Worship Services

Monday, April 11 at 7:30 p.m.
First United Church

Tuesday, April 12 at 7:30 p.m.
To be Determined

Wednesday, April 13 at 7:30 p.m.
Wesley United Church

Maundy Thursday, April 14
at 7:30 p.m.
Topsail United Church

Good Friday, April 15 at Noon
Gower Street United Church

Holy Saturday Easter Vigil
April 16 at 7:30 p.m.
St. James' United Church



Easter Sunday Worship Services

Sunday, April 17
11:00 a.m. Easter Celebration Worship
with Communion

WORSHIPPING FROM HOME

Thoughts from Gower's Worship and Sacraments Committee

At Gower, we have just returned to in-person worship following the third closure of our sanctuary since March 2020 because of provincial health restrictions during the COVID pandemic.

These past two years have been challenging for every sector of society, Faith Communities included, who have had to re-invent the way they function in their domain. At Gower, this meant investing in and learning the effective use of audiovisual equipment to live-stream services.

Worshipping at home is quite a different experience: it eliminates the obvious preparations and effort to travel to church at a specific time and requires a different perception of what, when or where a worship time can be. It has required discipline to focus on a screen while blocking household distractions but gives the freedom of sitting in a comfortable chair, sipping tea and singing out loud wherever you might find yourself. It has opened new possibilities for the use of visual materials aids for worship and outreach while offering new opportunities to individuals who could no longer attend in person or who are travelling or live at a distance.

As members of the Worship & Sacraments Committee, we have welcomed our new capabilities for worship but have missed the human connection during lockdowns. One member said, “the services are exceptionally well done...but nothing beats the in-person service. For those who cannot get out...they are getting the best in terms of liturgy, music, the message, and can't feel anything but included.”

Another member expressed that “Thanks to...our newly acquired visual and audio equipment...and our technological team...we are currently producing virtual worship services that are strikingly sincere, powerful and respectful...an outreach of which Gower as a community can be extremely proud.”

One of our members visiting family in another province expressed her gratitude that “Thanks to Ken Butt's expertise and the dedication of our clergy and music leader, worship has continued...for me, as I'm sure for others, this has meant my soul has been fed and my faith, nurtured.”

Our worship team, who have had to preach and play/sing to an empty sanctuary, welcomed our return to in-person services. We are so grateful for their continuing efforts to plan and project such cohesive services. One of the silver linings of the COVID cloud has been our need to learn how to continue to be a caring church in the virtual world. The hymn “The Church is Wherever God's People” reminds us that worship expands far beyond the bounds of a physical building, and “praising,” “helping,” and “sharing” can take place in our own home or anywhere in the world.



Open Hearts • Open Minds • Open Arms

GET TO KNOW THE OAT COMPANY

The Oat Company is a natural foods business in St. John's, NL. And guess what?! It's based right here at Gower as they rent our excellent kitchen space for all their production.

The business is owned by Patrick Griffin, current Chair of the Board. It started three years ago as a home-based business after Patrick's daughter Kate asked to take some of their healthy snacks to a local farmers' market. And the rest is history.

They moved to Gower in May 2020 and, since then, he has hired two full-time and one part-time employees and hopes to add more staff and equipment soon.

Currently, they sell online and in various stores, including Colemans, Dominion, Sobeys and various specialty retailers in our province, Nova Scotia and New Brunswick. Healthy, naturally made food is growing in popularity, and Patrick hopes to grow the business meeting that demand.

Patrick believes in supporting the community as part of its mission. They have provided work experience to people through Stella Circle's employment programs, donated countless bars to their food programs, and have shared a portion of their proceeds with school lunch programs.

Patrick has been delighted with the support he has received from Gower and hopes to keep his business here for a long time.



EVERYONE GETS A SLICE PIE DAY 2022

Join us as we celebrate National Affirming PIE Day on March 14, 2022. We will be sharing a pie with community organizations. Our goal is to deliver 30 pies to local community groups that have been identified by the Affirm Advisory Committee as welcoming and inclusive. You can purchase a slice of pie for \$3.00 or an entire pie (6 slices) for \$15.00. We have 180 slices of pie to sell to fulfill our goal of 30 pies.

We will also welcome guest speaker Lorraine Michael to worship on March 13, 2022, as we celebrate National Affirming PIE Day in worship.

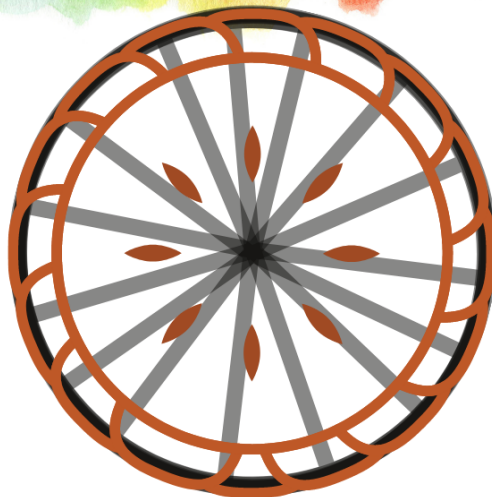
To donate a pie, you can send an e-transfer, cash, or cheque donation, note on the donation that is it for PIE Day. Let's make sure everyone gets a slice!

EVERYONE GETS A SLICE!

Join us as we celebrate National
Affirming PIE Day on March 14,
2022!

Our goal is to deliver 30 pies to
local community groups that have
been identified by the Affirm
Advisory Committee as welcoming
and inclusive.

Slice \$3.00
Full Pie \$15.00



WANT TO STAY UP TO DATE ON THE HAPPENINGS AT GOWER?

Contact the office to be signed up for What's Up at Gower, our once-weekly email of updates on all the happenings at Gower!

What's Up at Gower also includes a direct link to our Livestream of worship every Sunday.



THE STUDIOS OF ETCETERA PRODUCTIONS

The Studios of Etcetera Productions is a teaching and performance music studio, based, since 2011, in Gower Street United Church. The two music teachers, Justin Goulding and Megan Barnes, teach private voice lessons and piano lessons to interested and talented students. The studio also offers diverse performance opportunities and innovative choir programs for interested performers. Performers are taught by choral directors Carl Goulding, Justin, Megan and choreographer Rebecca Goulding-Arsenault. The Company has two levels of participation, junior and senior high school performers and an adult performance group. The youngest performers begin their singing and dancing instruction as members of the Junior Show Choir, a teaching program for children aged six to twelve years.

The focus of the performing arts music program is to provide a variety of musical experiences that develop individual abilities and provide opportunities to showcase talent. Students perform and enjoy diverse musical repertoire from the early renaissance through to twentieth century soundscapes, traditional folksongs, and modern popular music. The choir performs a concert series that includes a Christmas Festival of Lessons and Carols, sacred and secular works, and the annual spring production of modern music, song and dance, titled ETCETERA.

The ETCETERA concert series is a theatrically staged musical celebration of song and dance. The impressive singing and dancing is accompanied by a live stage band, and enhanced by creative costuming and imaginative set design. The music performed is diverse and caters to a wide range of musical tastes and genres. Traditional Newfoundland songs contrast with popular rock songs and classical repertoire. This concert series is in its thirty-fourth year of production. 'ETCETERA 34: We Go On' will be on the main stage of The Arts and Culture Centre in June.

The Studios of Etcetera Productions have successfully produced and performed the main stage musicals "CATS", "Shrek" and "Godspell".

The adult choir members of The Company accomplished a choir residency performance tour in Worcester Cathedral in Worcester, England in 2019, and will be the choir in residence in Winchester Cathedral, Winchester, England this August.

Members of The Company have successfully auditioned and performed in Epcot's Candlelight Processional at Walt Disney World, Orlando, Florida, in 2012, 2017, and 2019.

Voice teacher, Justin, is very pleased to recognize the recent exceptional accomplishments by three of his students. Riley Coombes-Lush and Emma Neville achieved the highest marks in Newfoundland and Labrador on their Conservatory Canada voice exams. This achievement marks the second year of this accomplishment for Riley. Eliza Somers has received a scholarship and acceptance into Broadway Evolved, an intensive musical theatre program in New York City, working with cast members of shows such as Les Miserables, Book of Mormon, Wicked, Waitress, and Six: The Musical.

The Threnody Peace Education Project is an international music initiative, founded by Carl Goulding, and focused on peace music performance is a major component of the teaching program at The Studios of Etcetera Productions. Participation in this performance project has enabled young people to understand the role and responsibilities of each world citizen in achieving and maintaining peace. Participation in this project has enabled young people to understand the role of each world citizen in achieving peace. Since 2005, the project has featured Threnody Peace Education performance tours in Japan, Russia, France, England, Belgium, Ireland, Finland, Austria, The Netherlands and Canada. The Threnody Peace Education Project has offered unique opportunities to the performers involved, having performed at The World Peace Festival with the Vienna Boys Choir in Vienna, Austria, and The Peace Palace in The Hague in The Netherlands. The musical message of peace and remembrance delivered by Canadian young people, through this peace education project, is a sharing of these values.

The Studios of Etcetera Productions is a busy teaching studio with many performance opportunities for interested and talented performers, celebrating always the talent and diversity of its students. We are very honoured to be housed in this beautiful and historic Gower Street United Church, and its respectful, welcoming and inclusive congregation. We look forward to continued collaboration of performance events such as last December's performance of Lessons and Carols, and the upcoming Sunday morning choir performances in July.

Carl, Justin, Megan and Rebecca

GIVING TO GOWER HOW TO DONATE TO GOWER

If you wish to maintain your financial support of our church, there are a few options available:

- Sign up for PAR (Pre Authorized Contributions), or if you are already on PAR, then maybe consider increasing your contribution. This can be done by contacting Nancy in the office by phone(709-753-7286) or by email (office@gowerunited.com)
- You can also go to our Website by clicking the DONATE below
- We also accept e-transfer. Just send it to gsuc@nl.rogers.com
- You may also send a cheque via mail or drop it in the dropbox accessible to the right of the office entrance. Our mailing address is 99 Queens Road, St. John's, NL, A1C 6M6.

STAY TUNED FOR DETAILS ABOUT THE OPEN DOOR

The Open Door



A GATHERING FOR ALL

Food for body and soul





