

# Diocese of Yukon newsletter

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Issue 4

photo: St. Martin's Anglican Church Atlin, BC.

by Don Cheeseman

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*We acknowledge that we live and work on the traditional territories of the Kwanlin Dün First Nation and the Ta'an Kwäch'än Council and give thanks for their welcome.*

# Breaking Good News!!!!

- ✦ **The Fenga Family is safely together in Whitehorse.**
- ✦ After a long tiring flight from Zimbabwe, Mrs. Cresencia and baby Ngeruvimbo Fenga have arrived safely in Whitehorse, early Feb. 24 to welcoming temperatures of -18.



## Lenten Season 2023

### Brothers and Sisters in Christ!

There is a season for everything in our Spiritual journey. The weather begins to change, calendars continue to turn, Christmas and Epiphany celebrations drift further into the rear-view mirror. All are signs that Lent is drawing near. Surely, we believe that each season is meant for our Spiritual growth as disciples of Christ.

The season of Lent is rooted in Christ Jesus' time in the desert when he prayed and fasted for 40 days and overcame the Devil's temptation. The Bible does not specifically mention Lent. However, it's worth remembering the importance of Scripture and tradition in the Church. The early church existed for decades before the first written Gospel.

Lent is one of the various seasons of the Church liturgical calendar, along with Advent, Christmas, Epiphany, Easter, Pentecost, and Trinity.

It precedes Easter and is a solemn period centered on prayer, fasting, and almsgiving. Lent is often associated with the Western Christian faith, many Christians—including Protestant and Orthodox—observe it.

When Ash Wednesday rolls around each year, it can catch us off guard when it comes to our prayer life.

We know Lent is important and that it helps prepare us for Easter. Most of us recognize Lent as a solemn period where we repent.



## Lenten Bible Study 2023

There is no better time to reconnect with or deepen one's faith than Lent. During this time, we can draw closer to God as we prepare for the celebration of Christ's resurrection at Easter.

This year my beloved friends, I encourage you to go back in time and use the Even song readings from the Canada Book of Common Prayer, 1962. We can find these readings at the beginning of the BCP, 1962. I find these readings useful for daily personal and communal growth. pages xxv and xxvii.

Lent can be an incredibly rewarding time for our faith lives. Let these readings guide you through the most meaningful Lent you've ever experienced!

What does the Bible say about Lent?

### Verses to Reflect on

Just as short prayers can help enrich our faith lives during Lent, Bible passages can also help us reflect on and draw meaning from the season.

You can also consider these short Bible verses to reflect on this Lent:

"Then Job replied to the Lord: 2 "I know that you can do all things; no purpose of yours can be thwarted. 3 You asked, 'Who is this that obscures my plans without knowledge?' Surely, I spoke of things I did not understand, things too wonderful for me to know. 4 "You said, 'Listen now, and I will speak; I will question you, and you shall answer me.' 5 My ears had heard of you but now my eyes have seen you. 6 Therefore I despise myself and repent in dust and ashes."

Job 42: 1-6

"Is this not, rather, the fast that I choose: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking off every yoke? 7 Is it not sharing your bread with the hungry, bringing the afflicted and the homeless into your house; Clothing the naked when you see them, and not turning your back on your own flesh? 8 Then your light shall break forth like the dawn, and your wound shall quickly be healed; Your vindication shall go before you, and the glory of the Lord shall be your rear guard. 9 Then you shall call, and the Lord will answer, you shall cry for help, and he will say: "Here I am!"

Isaiah 58: 6-9 "

"By the sweat of your brow you shall eat bread, until you return to the ground, from which you were taken; For you are dust, and to dust you shall return."

Genesis 3:19

"So, submit yourselves to God. Resist the devil, and he will flee from you. 8 Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you of two minds. 9 Begin to lament, to mourn, to weep. Let your laughter be turned into mourning and your joy into dejection. 10 Humble yourselves before the Lord and he will exalt you."

James 4: 7-10

As such, during Lent, we might feel pressure to “up our game” when it comes to prayer, reading if scriptures and fasting.

The reality is that prayer is important during Lent. Very important. But fasting and almsgiving matter too. So do all the other actions we might take to help us let go of our own desires and align with God’s call for us.

God doesn’t call us to pray LONGER during this time. Or prayer “BETTER”-whatever that means.

A great starting point for drawing closer to God and improving our prayer life during Lent is simply the desire to improve our prayer life during Lent. If you’re reading this, chances are you already have that desire.

So, let’s start there.

After all, Lent includes (and prepares us for) some of the longest liturgies of the year.

When we’re not at Mass, sometimes we just need short, simple prayers to remain close to God during our busy schedules.

### **What special prayers or practices are associated with Lent?**

Lent is no different. We should just remember that it is one of the liturgical seasons of the Church. Each person is expected to be consistent in prayer, fasting and almsgiving.

There are not many (if any!) prayers that are entirely reserved just for Lent. Liturgical practices have more obvious changes. For example, the Gloria is omitted from Mass, as is the Alleluia before the Gospel.

Here are some easy prayers you can say to feel connected to God during Lent this year:

“God may Your light guide my day, and your spirit bring me peace. Amen.”

“God may my sacrifice of today of (state your Lenten sacrifice) remind me of my dependence on You for all the blessings I enjoy. Amen.”

“May I stand in solidarity today with all my brothers and sisters around the world who are suffering. May we be united in your love, and may I work to build your kingdom here on earth.” Amen.

“Heavenly Father, I’m truly sorry for the moments today where I missed the mark. I ask for your forgiveness and the strength to better follow Your call tomorrow. Amen.”

” God, I lift up (name of the person you’d like to pray for) today. I ask that you bless them abundantly today and throughout Lent. Amen.”

“Oh Jesus, I surrender myself to you, take care of everything. Amen.”

### **What Are You Giving Up This Lent?**

As Ash Wednesday draws near, Christians seem to fall into two distinct groups when it comes to what to give up for Lent.

The first group takes it down to the wire: on Shrove Tuesday night, some people continue an internal dialogue in trying to figure out what Lenten sacrifice to make. It's a conversation they have every year.

And it may include lines they've said before in the past:

"I never know what to give up for Lent!"

The second group is dialed in on the start of Lent, ready to activate "Lent autopilot" and prepare to give up the same thing as last year. And two years ago. And every year.

Lent is more than just "giving something up" and fasting from meat on Fridays.

In fact, I am challenging all of us to think about fasting as something more powerful than we normally consider it, describing it as "learning to change our attitude towards others and all of creation, turning away from the temptation to 'devour' everything to satisfy our voracity and being ready to suffer for love, which can fill the emptiness of our hearts."

At the start of Lent, we should ask ourselves – what pulls me away from loving God, loving others, and loving myself well? How can I incorporate acts of sacrifice, acts of giving, and acts of prayer that will help me love as God loves?

Giving thought to observing Lent is important. Whether you wait until the last minute to decide, or you've known your Lenten sacrifice since last Lent, it's worth spending time to thoughtfully consider how to make the most of your experience this year.

Observing Lent is so much bigger than what you give up. It is about reconnecting every aspect of our lives with God through prayer, fasting, self-denial, humbleness, purity of heart, mind and soul, and blessing others without expecting anything in return.

### **Let Us Pray**

Almighty God, thou hast created us out of the dust of the earth: Grant that these ashes may be unto us a sign of our mortality and penitence, that we may remember that it is only by thy gracious gift that we are given everlasting life; through Jesus Christ our Savior. Amen.

**Rev Dr V. F. Fenga**

## **Whitehorse Anglican Activities** (Common to both Whitehorse Parishes)

- **Care Homes**

Services are provided bi-weekly at:

- Whistlebend Place on 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays at 3:00 PM
- Copper Ridge Place on 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays. at 3:00 PM
- Thomson Centre on 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays at 3:00 PM

- **Table Talk**
  - Thursdays 09 am to 10 am at A & W on 2 Ave. Downtown. We gather to share friendship and faith over a coffee, (*Christ's presence in a busy world*).
- **Common Threads Ministry**
  - Come and feel welcome with friendly company while knitting, or crocheting, or learning with a fun group of ladies from 9:30 am to 11:00 am. On the first Tuesday of every month at the Church of the Northern Apostles.
- **Keep Fit**
  - Everyone is welcome to a gentle 45-minute exercise and stretching, focusing on continuing general health of the whole body and spirit. Wednesday at 10:00 a.m. at the Church of the Northern Apostles.
- **Anglican Men's Zoom Coffee Time**
  - All Anglican men are welcome to meet and chat over coffee on Zoom every Tuesday at 10:00 am. The link is Ctrl. + Click [Anglican Men's Coffee](#)

### **New Time for Services (*For a while we hope.*)**

Beginning March 5, 2023 church services at both, Northern Apostles and Christ Church Cathedral will begin at 10:00 a.m.

#### **Sunday Services at Christ Church Cathedral are:**

- The 1st, 2nd, and 3rd Sundays of the month will be Holy Eucharist. Rev, Dr, Vincent Fenga will celebrate the first and third Sundays of each month.
- On the 4th Sunday of the month will be Morning Prayer.

#### **Sunday Services at the Church of the Northern Apostles are:**

- The 1st, 2nd, and 4th Sundays of the month will be Holy Eucharist. Reverend Vincent will celebrate with us on the 2nd and 4th Sundays of each month.
- The 3rd Sunday of each month will be Morning Prayer.

\*The 5th Sunday of the month will be a joint service with Christ Church Cathedral, the Church of the Northern Apostles, and Trinity Evangelical Lutheran Church (location to alternate between the three churches).

#### **Upcoming Events**

- ✠ Linda Nicholls, Primate Anglican Church of Canada will be in Whitehorse at the end of March – more info. to follow.

- ✦ March 31st, Deb Bartlette will be ordained into the priesthood at Christ Church Cathedral by Bishop Lesley beginning at 7:00 p.m. The Primate will be participating in that service.
- ✦ April 2nd, Palm Sunday at Christ Church Cathedral, the Primate, Linda Nicholls will be preaching at the 10:00 a.m. service.

Blessings, from Vicki McCollum & Monica Dempster

The next Men's Breakfast is at **7:00 am on Wednesday, March 1st**, at the **Church of the Northern Apostles**. Our guest speaker will be Rev. Dr. Vincent Fenga who will be talking about his experiences in Africa.

## Our Whitehorse Pancake Supper Was a Big Success

A big **THANK YOU** to Bob, Jim, David, Rick, *(and all the ladies that quietly assisted their husbands behind the scenes)* of Christ Church Cathedral, who, although few-in-number, catered a wonderful Shrove Tuesday Pancake Supper for 52 people. Fun, Fellowship, and good food was had by all. Hellaby Hall rang-out with the sound of happy children and people of all ages sharing in Christian comradery leading into the season of Lent.



# The Braeburn Lake Christian Camp

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The days are getting longer and we are starting to think about camp! The Braeburn Lake Christian Camp Association Board has set the dates for our 2023 season, and we are hoping to have our website up and operational to open registration in February. There will be four weeks of camp this year:

- June 25-29: Teen Camp, Ages 12-16
- July 3-7 PeeWee/Junior 1 Camp, Age 6-11
- July 10-13 PeeWee/Junior 2 Camp, Age 6-11
- July 16-20 Junior/Teen Camp, Ages 9-14

Our hiring process for the Camp Director and Assistant Camp Director has started – applications are open and you can apply through YuWIN or by email to [braeburncamp@gmail.com](mailto:braeburncamp@gmail.com) We will be advertising for counsellor and volunteer positions in early March.

Braeburn relies on volunteers to make the camp run smoothly. If you are interested in helping-out with cooking, canoe/waterfront, arts and crafts, music, Christian Education (C-time), or maintenance, please reach out to your reps on the board or email us at [braeburncamp@gmail.com](mailto:braeburncamp@gmail.com)

The Anglican board reps are Georgianna Low, Jeannie Roches and Deb Bartlette. We are very excited to be back at camp and looking forward to an exciting four weeks of campers!

## Sisters' Breakfast for the Ladies of Whitehorse

March 4th and April 8th, will be at 9:30, women only please. At the Cathedral for \$5.00. Have great time of good fellowship and food. Jeannie Roches

## Steak BBQ Fund Raiser for all Whitehorse

Jeannie is planning a Steak BBQ on May 6th. Cost is \$25.00 pp. Tickets for this event will be available in April or contact Jeannie at 393-3712 or [jeannieroches@hotmail.com](mailto:jeannieroches@hotmail.com)





# News for the Church of the Northern Apostles

45 Boxwood Cres, Whitehorse, YT Y1A 4X8

Email [churchof\\_northernapostles@northwestel.net](mailto:churchof_northernapostles@northwestel.net) Phone: [\(867\) 633-4032](tel:(867)633-4032)

Sundays Starting March 5– Holy Eucharist from The Book of Alternative Services at 10:00 am.



## News for Christ Church Cathedral

4 Ave and Elliott Street, Whitehorse, P.O. Box 31442, Whitehorse, YT Y1A 6K8 [cathedral@klondiker.com](mailto:cathedral@klondiker.com)

Starting March 5 - Sundays 10 am – Holy Eucharist from The Book of Alternative Services.

Thursday noon – A Eucharist service from The Book of Common Prayer

Every fifth Sunday in a month, there will be a Combined service with Church of the Northern Apostles, and Trinity Evangelical Lutheran Church at 10:00 am.

- **Anglican Church Women ACW**  
3<sup>rd</sup> Wednesday of the month at 2 pm in Hellaby Hall.
- **Prayer Requests**  
Tel: (867) 668-5530, or: [Cathedral Prayer Requests](#)



# We need you!



to submit:

- ✦ Church & community news,
- ✦ appropriate event announcements;
- ✦ reflections on scripture meditations on faith;
- ✦ your own creations of story, poetry, and photography;
- ✦ links to appropriate music,
- ✦ performance events and spiritual resources;
- ✦ ecumenical items of interest regarding other local churches.

Please send your contributions to Frieda at [synodoffice@northwestel.net](mailto:synodoffice@northwestel.net).

# Contributor's Honour Roll

- ✦ *The Right Rev. Lesley Wheeler-Dame*
- ✦ *The Rev. Dr. Vincent Fenga*
- ✦ *The Rev, Jeffrey Mackie-Deernsted.*
- ✦ *The Ven. Sarah Usher*
- ✦ *The Rev. Elsa Kolm Cheeseman*
- ✦ *The Rev. Dn, Dr. Deb Bartlette*
- ✦ *The Rev. Dn. John Nagy*
- ✦ *The Rev. Dorothy Odia*
- ✦ *Vicki McCollum*
- ✦ *Server Jennie Roches*
- ✦ *Lay Minister Monica Dempster*
- ✦ *Frieda Brown (Admin Assistant)*
- ✦ *Lay Minister David Robertson*

## HOW THE LOON'S GOT ITS COLOURING

### *A First Nations Cultural Story*



An old man who had recently gone blind lived with his wife and young son near a salmon stream. It was winter and they were starving because he could no longer hunt. One morning his wife went looking for berries, leaving the boy to care for his father. The unhappy old man sat in the sun, thinking of his days as a great hunter.

Suddenly the boy spotted a bear on the other side of the stream. If only he could find a way to kill it! He had an idea.

He guided his father to the water's edge and put a bow and arrow in his hands. "I am going to help you kill a bear", he said. "But how can I aim?" his father asked. "I will be your eyes."

The boy stood on a rock and pointed the arrow at the bear's heart. "Shoot!" he cried. The old man pulled hard and the arrow flew through the air. It hit its mark and the bear fell dead.

Before the boy could tell his father that he had killed the bear, an old hag appeared. She lived by herself near their clearing and was feared for her magical powers. Upon seeing the dead bear across the stream, she thought of the meals it would give her – enough to last all winter long. "Good for you, old man!" she sneered. "You hit a log." Then she called to the boy, "Come with me!", and stepped into his canoe.

Afraid to refuse, he got in and they crossed the stream together. "If you tell your father that he killed a bear," said the hag, "I'll give you a beating. I might even do something worse!" She and the boy skinned the bear. Then they made a fire and cooked some meat. "Why should that old man have food?" she muttered, gorging herself. "He is blind and useless." She did not notice the boy hide some meat in his robe.

When he got back to the clearing and the hag had disappeared with a joint of meat, the boy told his father the he had killed the bear. "The old woman said she would beat me if I told you, but I saved this piece of meat."

His father did not touch it. “Keep it for your mother,” he said. “I want to go to the lake.” He reached for the boy’s arm and stood up. “I will visit Loon there. He is a wise and magical bird who might help me.”

When they reached the lake, the old man sat down close to the shore. “Now leave me,” he said. “Let me stay with you, father.” “No, you must go back. Your mother will return soon.”

Left alone, the old man began to sing about his misery and helplessness. “Ha-no ha-no hi-hi-ye-ee!” he chanted over and over again. “My heart is breaking with grief!”

After many hours had passed, another song reached his ears. Heard from afar, it was sad and lonely. But the old man smiled because he knew it as the song of the Loon. He heard it a second time, louder and closer, and a third time closer still. In a little while the bird perched at the water’s edge. “You sing of troubles,” Loon said. “How can I help you?”

“O Loon, I am old and blind. My family is starving and I can’t feed them. I do not ask to be young, but I would not be so helpless if I could see. I would give my most precious possession to see again.” Loon said: “First you must enter the water with me. Hang onto my wings as I dive and bury your eyes in my feathers.”

The old man did as he was told. He grasped Loon’s wings and together they dove – down, down, down. Then they floated up, up, up.

They reached the air just as the old man thought his lungs would burst. “Can you see?” Loon asked. “A little,” he replied. “I can see the shape of some trees.”

“Dive with me again!” Down, down, down they went. And up, up, up – just like the first time.

“I can see!” cried the old man.

He yanked a shell necklace from his chest and tossed it to the bird. It fell on Loon’s neck, while a sprinkling of loose shells covered his back. Where the shells touched his black feathers, beautiful white markings appeared. Loon preened himself and swam away.

When the old man returned to the clearing it began to rain. Hurrying inside the house, he found his wife consoling their son, who was weeping. “Why are you crying?” he asked. “The old woman beat me. She found the meat I brought you.”

“Forget about your beating. I can see again, my son. Now we will never want for meat and you needn’t fear the old woman any more.

The air filled with thunder and lightning, and rain came down in torrents. The old man and his wife blocked the entrance to their house to keep dry. Soon they heard the hag’s voice outside. “Let me in! The rain has destroyed my hut!” The old man had had enough of her cruel ways. He was silent. “Take pity on me, I beg you!” There was still no answer.

The next day the clearing by the stream was deserted – except for a sleeping owl never seen there before. It was the hag, who had turned herself into an owl to annoy the old man and his family by screeching at them all night long.

They stood this for one night, then another, then another. Finally, they decided to leave the clearing forever.

Spring arrived. Now that the old man could see again, his family never went without food. When Loon called to them from far away, his cry was no longer always sad and lonely. Often it was a long, joyful trill. “Loon is laughing!” the old man would say. “How proud he is of my necklace.”



## **Thought for the day**

**The Goose and the Common**

*Anonymous circa 1700*

**They hang the man and flog the woman  
Who steals the goose from off the common  
Yet let the greater villain loose  
That steals the common from the goose.**

*Today, as in 1721, in England, land is being grabbed by the large and powerful. They take unspoiled land and repeatedly leave scars of toxic waste on the then-spoiled land.*

*The earth does not expand to our needs.*

