

FEBRUARY 26 2026



**ALL SAINTS'**  
ANGLICAN CHURCH  
COLLINGWOOD

# ALL SAINTS' ALIVE

The newsletter of All Saints Anglican Church, Collingwood, Ontario

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Father Michael

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**Welcome to Lent! Our journey towards Holy Week and Easter has begun. Just over a week ago, we celebrated Shrove Tuesday and then Ash Wednesday. And as we set course over the next forty days, we examine what the Lenten period means to Anglicans. Father Michael shares with us his thoughts ....**

## MESSAGE FROM FATHER MICHAEL

### Welcome to Lent!

Whereas Advent is about candles with names like Hope and Joy, uplifting hymns, and a general “Christmas countdown” vibe, Lent can more like an arduous marathon. Some of the customs we observe — fasting, the smearing of black crosses on our foreheads on Ash Wednesday, the removal of “alleluias” from our worship and more lugubrious hymns — all seem designed to instil an austere and sombre tone. So what is the purpose of Lent? Is it to dampen our mood?

Well, Lent is definitely a mood, but that mood need not be sombre. It is, or can be, a time of reflection, of self-examination. Fasting can help us reconsider the ways we misuse our time (I spend way too much time on social media or “doomscrolling”), or, as Pope Leo said in his first Ash Wednesday address, our fasting can be refraining from hurtful words, negative expressions on Facebook, and gossip. Fasting actually has the potential to lead us to better places.

Lent can also be a time of learning. In past I’ve made much of a deal about the online game/learning opportunity called Lent Madness, where we can learn about and cheer on heroes of the faith. You can follow along and cheer on your favourite saints at [www.lentmadness.org](http://www.lentmadness.org). Our book study of Rev. Maggie Helwig’s book on homelessness, *Encampment*, continues and it’s been one of the most powerful books I’ve read recently. You don’t have to join the book study but I encourage you to read the book. This book will open our eyes and spur us all to think about our church’s outreach.

However you spend the forty days of Lent, I pray that it will be a spiritually fruitful and helpful time for you. And remember that Lent is a time of joy, because it brings us to the sunrise and empty tomb of Easter morning, a time of new beginnings, for as St Paul writes, “just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life” (Romans 6:4).

### How to Receive Communion

If you were asked by a newcomer to church how to take the bread from the priest during communion, you would probably say stand or kneel at the altar rail and hold your hands out, palm up. And this would be the correct answer. While some older traditions hold that the wafer should be placed on the tongue, the common custom is to have the bread placed in our hands. We do not take the bread from the priest. Rather, it is given to us.

Writing in *The Anglican Digest*, Fr J. Garrett Boyte notes that “We put our hands out palms up because we recognize that we are being given something. We don’t pass around a tray of bread for every person to pick their own piece. Rather, the priest comes to each of us, individually, and gives us this gift



## MESSAGE FROM FATHER MICHAEL

### How to Receive Communion Continued

of Christ's presence. Christ comes to each of us, veiled in forms of bread and wine, to give us the gift of himself, his indwelling presence in our lives”.

Sometimes people ask me what to say when they receive the bread. Some say “Amen”, as I do, and others say “Thank you”. The latter is also appropriate, provided that it is addressed to Jesus, whose presence is far more important than that of whichever priest is placing the bread in our palms.

### Revisiting Green Church

Each year vestries consider a motion on a topical issue that is researched and raised up by our Diocese's Social Justice Committee. This year the theme was Care of Creation.

*At our vestry on Sunday, February 22nd, we passed the following motion: We, the parish of All Saints, Collingwood, in the Diocese of Toronto,*

- *Pledge to honour our baptismal commitment to “safeguard the integrity of God's creation” and*
- *urge the Government of Canada to honour its commitments to the Paris Accord, 2015: to reduce greenhouse gas (GHG) emissions by 40-45% below 2005 levels by 2030 and to achieve net-zero emissions by 2050.*

Psalm 121, which we will pray on Sunday, March 1, says that God is “the maker of heaven and earth”, reminding us that creation and ecology are divine gifts. So in that spirit, what if anything will we do to make this motion meaningful? When I first came here in 2022, All Saints had a strong reputation as a Green Church. Are there ways we can revisit our green initiatives and find new ways to live out our baptismal call to care for creation? Some helpful ideas can be found on our parish Facebook page. I welcome your thoughts and ideas.



## NEWS AND UPDATES

### Vestry Meeting

Last Sunday, All Saints Church held its 170<sup>th</sup> Annual Vestry Meeting. In 1856, the early settlers of our town, gathered in a make-shift church setting to discuss the beginnings of what would become a special beacon of hope and celebration of Christ's work in southern Georgian Bay...and as they say, the rest is history. Their successors assembled in the church sanctuary on Sunday, to review the work of the church in 2025. All Saints welcomed David Penhale as the new deputy warden and it looks forward to a new beginning in 2026.



**The Food Ministry teams at All Saints held their monthly dinners once again in February. Over 200 meals were prepared and delivered or served to members of our Parish and community. Thanks again for all those who participated in order to make this outreach happen. Penny Bourne and Paulette De Silva share with us their report on the Community Friendship Dinner from February 11<sup>th</sup>.**

Hi Everyone,

We have the most amazing team of volunteers at our Friendship Dinners!! You are all great and we could not do this without you  
Thank you!

This month's dinner was pork chops in maple sauce, roasted potatoes, carrots, a selection of salads and veggies and a dinner roll, followed by desserts and fruit. We had a pretty full house and served 90 meals. Everyone was full of praise for both the delicious food and the friendly welcome. Our dinners have a very good reputation in town!

Thank you also to everyone who donated a salad or dessert as well as those who made a monetary donation.

Thank you to M&M Foods for their generous discount on the pork chops.

Our next dinner will be on March 11th, so watch for the emails!

Many thanks again for all your help,  
Penny and Paulette

### Après Ski Service

Each Saturday afternoon at 4:00 p.m., parishioners and visitors gather together to worship in a quiet, candle-lit setting. This year the theme of 'healing' is shared with attendees, surrounded by candles and enhanced by reflective music and liturgy. These services are followed by an informal and relaxed social gathering in the church library. All are welcome. These services continue until mid March.



## NEWS AND UPDATES

### Colourful Meditation

On Saturday, March 7<sup>th</sup>, Colourful Meditations returns to All Saints. This is a quiet time to reflect, while keeping your hands busy, colouring sacred pages for an Easter bulletin board. All are welcome to join in this activity, taking place in the upstairs board room in the Parish Hall. Light refreshments will be served!



### David Penhale is our church representative on the Primate's World Relief and Development Fund team. He shares with us, "Hope Corner"....

Alongside Hope at work in the world.

In Katwala, Kenya, where dry soil once dominated, green patches of vegetables now stand under the scorching sun. The smallholder farmer is at the heart of this change. Rachael Mbili, a 57-year-old widow and mother of six, has inspired her community and transformed her family's lives with her determination and openness to new ideas.

"I used to depend only on rain-fed farming," Mbili recalls, brushing her hand across a lush garden sukuma wiki leaves. "When the rains failed, everything failed; no food, no income. It was a struggle to provide for my family."

Then, through the Integrated Initiatives for Sustainable Livelihoods (IISL) Project, which was implemented by Anglican Development Services East (ADSE) with funding from Alongside Hope, she went to a workshop on how to build and manage a kitchen garden in her community.

Mbili constructed her first kitchen garden next to her house. Within a few weeks, the vegetables began to sprout. The results were beyond what she had imagined. "I couldn't believe how much I harvested from that small space," Mbili says proudly. "I no longer had to buy vegetables from the market, and my children started eating fresh, organic food every day."

Encouraged by the success, she expanded and built two more gardens, harvesting a steady crop of spinach, kale and leafy amaranth. Soon Mbili started selling surplus produce to her neighbours and at the local market.

## NEWS AND UPDATES

### David Penhale is our church representative on the Primate's World Relief and Development Fund team. He shares with us, "Hope Corner"... Continued

"My vegetables are safe. I use cow dung manure and organic pesticides as we were taught during the project training," she explains. "I know my family is eating clean food and my neighbours love buying from me because they trust my produce, she says.

Today, the benefits of her kitchen gardens go far beyond food security. The surplus vegetables she sells provide her with a modest and steady income, which she uses to buy household essentials and pay her children's school tuition. "When I sell a bunch of kale for just a few shillings, it may look small," she says, "but when you add up the sales at the end of the week, it really makes a difference." She makes at least one thousand Kenya Shillings (about \$10 CAD) in a week.

Mbili sums up her journey with a smile: "This kitchen garden changed my life. I never imagined that something so simple could bring so much food, income, and happiness to my home. Now I tell everyone; if I can do it, so can you!" (excerpted from <https://alongsidehope.org/>)

The needs of this world can seem overwhelming. It is better to light a candle than to curse the darkness, Proverbs 4 teaches us. A onetime gift of just ten or twenty dollars can make a difference in someone's life. Please consider giving to Alongside Hope at <https://alongsidehope.org/>

### Shrove Tuesday

Shrove Tuesday was recognized with a pancake dinner last week at All Saints. Over 60 people enjoyed the pancakes, sausages, fruit, desserts and fellowship provided. Thank you to Penny Bourne, Father Michael and others who joined in to prepare for the start of Lent and the journey to Holy Week and Easter.



## UPCOMING EVENTS

**Hopefully the month of March will ‘come in like a lamb’ and not a ‘lion’ on Sunday! But regardless how it arrives, it is already a busy month around All Saints. Please mark these dates on your calendar!**

- CO-3 every Thursday morning at 10 a.m.
- Choir Practice every Thursday evening at 7:00 p.m.
- Rector’s Book Study—March 3, 17,31 at 2:00 p.m.
- World Day of Prayer—March 6 at 11:00 a.m. at First Presbyterian Church
- Five Loaves—March 4<sup>th</sup>
- Community Friendship Dinner—March 11<sup>th</sup>
- Colourful Meditations—March 7,14, 21, 28 at 2:00 p.m.
- Women’s Group—March 18<sup>th</sup> at 7:00 p.m.
- Women’s Breakfast—March 21 at 9:30 a.m.
- Men’s Breakfast—March 26<sup>th</sup> at 8:00 a.m.



And for those who like to plan well in advance, please note that All Saints will be holding a “Fashion Show” on Saturday, April 11<sup>th</sup>. All are welcome and tickets can be purchased by calling the church office at 705-445-3841 or Elaine Cunningham at 705-994-3324.

## PRAYER REQUESTS

In your prayers this week, please remember those whose names are found on our Parish Prayer List. We pray for all who are ill and for their caregivers and all who assist others in need. We remember all our church parishioners and pray for their good health as we move into another season.



### Please pray for these people during the week:

Eric Vignola

SSN

Irene McVeigh

John

Gail

Sean

Terry

Patricia

Rickey Lemire,

Meryl White

Stephanie Plewes Howard

Lindsay

Jim Cunningham

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### Land Acknowledgement

We acknowledge that the parish of All Saints resides on the traditional territory of the Anishnaabe and Wendt Peoples. This acknowledgement reminds us of our responsibility to the ancestral lands on which we live, share, learn and pray.