

Staying safe & overcoming social isolation during the COVID-19 Pandemic

In light of the spread of the corona virus through Ontario, St. Ansgar Lutheran Church will take preventative measures for the safety of our congregants and community. For the time being, our office will be working remotely and all worship services, groups, and meetings will be cancelled until further notice starting on March 16, 2020. In this trying time where social isolation is encouraged to curb the spread, it is vital not to lose sight of caring for one another, tending to one's own spiritual nourishment and staying in community with others.

As you continue to take hygienic precautions and self-monitoring your physical wellness, here are some guidelines for staying connected, emotionally healthy and spiritually fed.



REACH OUT

- Digitally or via telephone
- To friends far and near
- To those most vulnerable
- If you need assistance



LISTEN

- To Radio devotions and online sermons
- Broadcasted worship services on TV and Streamed on-line
- To the advice of the relevant health authorities



READ

- Your bible or devotional
- A good book
- Our emails
- Updated information and resources on our website
- The news to stay updated



GIVE

- Via our website, e-transfer or Pre-Authorized Remittance
- To continue to support our mission in this time



PRAY

- Together in communion
- Alone in reflection
- The Lord's Prayer while washing your hands



SING

- To lift your spirits
- Together with others in worship and to build community



MEET

- Through virtual meeting spaces
- On-line Sunday School
- Up-coming On-line confirmation
- Up-coming Interactive group Bible study



CARE

- For others as best you can
- For yourself physically, mentally and emotionally
- For our global commitment

Please contact: Rev. Pamela Kormano pastor@stansgar.ca
Church Administrator admin@stansgar.ca

Celebrating worship in your own way

Below are the suggested readings from the Bible for each of the upcoming Sundays and Lenten Services.

SUNDAY MARCH 15

“O come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!” -Psalm 95:1

Old Testament: Exodus 17:1-7

Psalm: 95

Epistle: Romans 5:1-11

Gospel: John 4:5-42

WEDNESDAY MARCH 18

“Teach me the way I should go, for to you I lift up my soul” - Psalm 143:10

Gospel: Luke 16:19-31

SUNDAY MARCH 22

“One thing I do know, that though I was blind, now I see.” -John 9:25

Old Testament: 1 Samuel 16:1-13

Psalm:23

Epistle: Ephesians 5:8-14

Gospel: John 9:1-41

WEDNESDAY MARCH 25

“righteousness and peace will kiss each other.” - Psalm 85:9-14

Gospel: John 5:30

SUNDAY MARCH 29

“I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die” -John 11:25-26

Old Testament: Ezekiel 37:1-14

Psalm:130

Epistle: Romans 8:6-11

Gospel: John 11:1-45

WEDNESDAY APRIL 1

John 15:9-17 “You did not choose me but I chose you”

Psalm: 42:1-7

Safe hand-washing procedure



DID YOU KNOW?

Saying the Lord’s Prayer while washing your hands makes sure you are washing them for at least 30 seconds!