



ST. SAVIOUR'S

Today, as the world celebrates Valentine's Day, the Church celebrates the Transfiguration Sunday. Transfiguration Sunday is traditionally the Sunday before Lent, also known as the 'the last Sunday after the Epiphany'. Later in the year, on the 6th of August we will celebrate the Feast of the Transfiguration of our Lord. The celebration of this festival today, allows us to make the intentional shift from Epiphany into Lent. At Epiphany, we celebrated God's breaking into the World, and for Lent we will journey with Jesus through the wilderness. And so what Transfiguration Sunday does, is to challenge us to recognise that indeed we are never on a journey alone, as scripture reminds us today: "Suddenly when they looked around, **they saw no one with them any more, but only Jesus**".

Lent for many of us becomes a journey through the wilderness where we tend to feel very lonely and tested to our limits. Observing Lent during the Pandemic and Lockdown, makes one feel even more isolated and lonely. We might find ourselves looking around during lent and seeing no one with us, but we are reminded that God gifts us with Jesus Christ, and Jesus is always with us.

In just a few days, we will celebrate Ash Wednesday at St. Saviour's. We will have three services: **09h45, 13h15, and 19h30**, and I would encourage Parishioners who are able to, to register for the 13h15 services as it opens up space for those who can only attend the evening service. Let's work towards ensuring 50 people at each of the services this year. As mentioned previously, we will focus on the theme of '**HEALING AND WHOLENESS**' for Lent, as we strive to allow ourselves as a Parish to enjoy the gift of healing through forgiveness and forgiving.

If you are unable to join us at the service but would like to come and receive an ash marking on your forehead, please feel free to contact me and we could make an arrangement for a drive by Ash marking.

Please be assured that as a Parish we observe the COVID 19 protocols strictly and strive to make public worship safe and accessible for all.

Stay safe.

God bless.

Fr. Chesnay Frantz

PRAYER REQUESTS

Pray for the sick or hospitalised

Mervyn Bost, Zara Osbourne, Edith Abrahams, Sandra Fourie, Joyce Erasmus, Crystal Bouwers, James April, Iris Hartnick, Mervyn Johnson, Frank Kennel, Monica Fry, Muriel Tshitshiba and Martin Dyers.

Housebound and elderly:

Christabel Nokumbuza, Rachel Vermeulen, Evan Brink, Breval Brown, Aletta Cloete, Freda Connelly, Brenda de Vos, Linda de Vos, Constant Eckardt, Joyce Hiebner, Edith Lekay, Daniel & Magdalene Meyer, Lionel & Muriel Woldson, Joanne White, Ronald Smedley and May Rushin

BIRTHDAYS

Prayers for those with Birthdays and Anniversaries this week.

We pray for and celebrate with those who have birthdays this week:

(14 Feb) Tameron Thomas
 (15 Feb) Avril Swartz
 (16 Feb) Andre Ward, Nadine Wilson
 (17 Feb) Nicholas Hindley
 (18 Feb) Edwin Schwartz
 (19 Feb) Derek Jacobs, Avril Samuels
 (20 Feb) Tamara Benjamin, Sharon Fourie, Jennifer Petersen, Liesel Walker.

We also pray for and celebrate with those couples celebrating Wedding Anniversaries.

“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.” -Romans 15:13

HYMNS AT 09H15 – AMR

Introit:	7	Christ, whose glory fills the skies
Gradual	560	Tis good Lord, to be here
Offertory	243	Christ is our Corner-stone
Communion 1:	225	Once, only once, and once for all
	2: 396	My God, and is thy table spread
Recessional:	379	Now thank we all our God.

READERS

07H30 – Ruth Fry-Snyders

09H15 – Jumena Jordaan

READINGS OF THE DAY

OT Reading: 2 Kings 2: 1-12

Psalm: Psalm 50: 1-6

NT Reading: Corinthians 4: 3-6

Gospel: Mark 9: 2-9

COLLECT OF THE DAY

Holy God,
on the Mount of Transfiguration
you revealed your Son as the Christ:
transform our lives in his image,
write your law of love on our hearts,
and make us prophets of your shining
splendour;
through Jesus Christ our Lord,
who lives and reigns with you and the
Holy Spirit,
one God, in glory everlasting.
Amen.

PARISH BANK DETAILS

STANDARD BANK
CLAREMONT
CURRENT ACCOUNT
072 635 703



PARISH DIRECTORY

PARISH OFFICE: 021 671 8171/021 6718994

RECTOR: 021 674 1078/073 256 5200

PARISH EMAIL: officestsaviours@gmail.com

RECTOR EMAIL: stsaviours.rector@gmail.com

PARISH WEBSITE:

<https://stsaviours.weebly.com>

CHURCHWARDENS:

Dr. Michael Jonker (082 891 4746)

Mrs. Ursula Jacobs (083 740 2212)

LECTIONARY FOR THE WEEK

READINGS FOR THE WEEK

<p>MON 15 FEB (White) † Thomas Bray, Priest, Morning Prayer: Psalms 61, 62 Isaiah 58:1-12 Galatians 6:11-18 Evening Prayer: Psalms 63, 64, 65 Genesis 25:19-34 Mark 9:30-41</p>	<p>ASH WEDNESDAY WED 17 FEB 2021 (Purple) Ash Wednesday Morning Prayer: Psalms 32, 143 Jonah 3:1—4:11 Hebrews 12:1-14 Evening Prayer: Psalms 102, 130 Amos 5:6-15 Luke 18:9-14</p>	<p>FRI 19 FEB (Purple) Morning Prayer: Psalms 15, 16 Deuteronomy 7:12-16 Titus 2:1-15 Evening Prayer: Psalm 17 Ezekiel 18:1-4, 25-32 John 1:35-42</p>
<p>TUE 16 FEB (White) Morning Prayer: Psalms 7, 8 Deuteronomy 6:16-25 Hebrews 2:1-10 Evening Prayer: Psalm 9 Proverbs 30:1-14 John 1:19-28</p>	<p>THU 18 FEB (Purple) Morning Prayer: Psalms 10, 11 Deuteronomy 7:6-11 Titus 1:1-16 Evening Prayer: Psalms 12, 13, 14 Habakkuk 3:1-18 John 1:29-34</p>	<p>SAT 20 FEB (White) † Mother Cecile of Grahamstown, Religious, 1906 Morning Prayer: Psalm 18:1-31 Deuteronomy 7:17-26 Titus 3:1-15 Evening Prayer: Psalm 18:32-52 Ezekiel 39:21-29 John 1:43-51</p>

PRAYER DIARY

Monday: Dear Lord, as we start this week, please help us to find your joy as we live with an attitude of gratitude, taking nothing for granted.

Tuesday: We pray for all Archbishops, Bishops, Priests, Deacons, Lay Ministers, Servers, Choristers and Church Staff who dedicate their calling, time and skills for the Lord Jesus Christ.

Wednesday: We pray for the sick and the housebound as well as all those infected and affected by Covid 19. We pray for the protection of all Doctors, Nurses and Frontline Workers as they dedicate themselves to the healing of the sick.

Thursday: We pray for those who have died and are now in the company of God our Father. We pray for all those who mourn.

Friday: We pray for the Family of St Saviour's and for the leadership of our Rector, the Rev Chesnay Frantz.

Saturday: We pray for all the Matric learners of 2020 who are eagerly, yet nervously, awaiting the results of their examination.

Sunday: We pray for our Country that there may be an end to Xenophobia, violence, crime, fraud corruption and abuse in all its forms.

NOTICES

- ❖ The Parish office now open; Monday-Friday 09h00-15h00.
- ❖ The Church will be open for in person worship as of Sunday 14 February 2021. We continue with 2 services on a Sunday and a Wednesday morning Eucharist. For Lent we will also have a Wednesday evening Eucharist, at 19h30.
- ❖ If you would like to be added to the Parish WhatsApp group, please send a message to the Rector (073 256 5200) or Nerine Meyer (072 180 0592).
- ❖ Pledge Envelopes – Parishioners wanting Pledge Envelopes for 2021 must please call the office on 021 671 8171. Pledge Envelopes will be at the back of the church for collection.
- ❖ Due to COVID 19 and in protecting our community, Parish council has canceled the traditional Shrove Tuesday gathering. Instead Parishioners are invited to make Pancakes at home, take a picture and post via social media (Parish Facebook and Instagram accounts). We will also open our WhatsApp group for Tuesday, if anyone would like to share the pics via WhatsApp.
- ❖ A recent discussion at Parish council has led to the exploration of a Saturday evening outdoor Eucharist for at least 80 people. If you would be keen on attending this kind of service please indicate your interest via the Parish office, as soon as we have some indication of the interest or lack thereof, we will communicate further.
- ❖ Tuesday 16 February 2021: Shrove Tuesday – Pancake Recipe

INGREDIENTS

2 eggs, 1 3/4 cup milk, 1 teaspoon vanilla essence, 2 cups self-raising flour, 1/3 cup caster sugar. Butter, for frying, plus extra, to serve. Maple syrup, to serve.

METHOD

Step 1

Whisk eggs, milk and vanilla together in a jug. Sift flour into a large bowl. Stir in sugar. Make a well in the centre. Add milk mixture. Whisk until just combined.

Step 2

Heat a large non-stick frying pan over medium heat. Grease pan with butter or spray with cooking oil. Using 1/4 cup mixture per pancake, cook 2 pancakes for 2 minutes or until bubbles appear on surface. Turn and cook for a further 1-2 minutes or until cooked through. Transfer to a plate. Cover loosely with foil to keep warm. Repeat with remaining mixture, greasing pan with butter or cooking oil between batches.

Step 3

Serve with maple syrup and extra butter.

Enjoy your Shrove Tuesday and your pancakes.