

St. Alban's breaks bread in many ways

A very pregnant Acton woman was stunned to be offered a brand new crib mattress while picking up groceries at the Food for Life depot at St. Alban the Martyr Anglican Church last Thursday.

The mattress arrived in one of two vans that delivers groceries and over-stock items to St. Alban's and Bethel Christian Reformed Church each Thursday as part of the provincially-funded program for those in need.

"We get 45 families on average each Thursday - we help in excess of 180 people every week with their groceries," the Reverend Galligan said last Thursday, adding the trucks sometimes include toothpaste, soap, Pampers, frozen turkeys and candy.

"You wonder where they got a brand new crib mattress still wrapped in plastic - and this lady, out to here about seven months (pregnant), couldn't believe it," he said, adding "I just think God provides." Items not distributed are taken to the

LENTEN LUNCHESES: The Acton Lenten services and lunches hosted by the Acton Ministerial Association at St. Alban's Church have been well-attended so far this year. Last Wednesday, Kathy Sanford (left) Mary Walsma and Majors Sam and Shirley Roberts of the Salvation Army served the lunch, which was hosted by Evangel Family Church. - Ted Tyler photo



seniors' building on Elizabeth Drive, and then to the Cobblehill Co-Operative common room.

Food plays a large role at St. Alban's. "We break bread together in many ways. Food for Life is not an Evangelism project, at all. We're here to care for the community," Reverend Galligan said, adding 18 volunteers - some with no tie to St. Alban's - donate three hours a week to run the food distribution program.

The eating theme continues weekly when the congregation donates food to the FoodShare food bank. On Monday's St. Alban's offers classes on cooking nutritious meals, and it offered an after-school kids

cooking program.

On the third Friday of the month, the church hosts a Community Dinner followed by a free family movie at the Roxy. Reverend Galligan said they are rebranding the event as a community gathering because some mistakenly believe it's just for the needy.

"It's not. It's to build bridges and strengthen links in the community so we're hoping that people from all walks of life will come and people won't worry that they are eating food that someone else needs," he said, adding they may include an information session and the option of staying at St. Alban's for games.

Christian holy season

About one-third of the planet, or roughly 2.1-billion people, are Christians. Each spring, this large subset of the population celebrates the religious miracle that is the death and resurrection of Jesus Christ.

The Lenten season is one of the holiest times of the year on the Christian calendar. This is a period of 40 days and nights that begins with Ash Wednesday at the beginning of Lent and lasts through Easter Sunday.

Palm Sunday marks the beginning of Holy Week and it is a day of obligation when Christians attend services, and receive fronds of blessed palms. Palm Sunday commemorates the entry of Jesus into Jerusalem to celebrate the Passover.

Holy Thursday is the Thursday preceding Easter Sunday. It marks Jesus Christ's last supper with his disciples. His act of breaking bread and offering it as His "body" and sharing wine as His "blood" has become an integral part of the Christian mass. It is representative of Christ giving

up His life in place of our sins.

Good Friday is the day that Jesus had to march to his crucifixion site while carrying an extremely heavy wooden cross. After being nailed to the cross at His palms and ankles, Jesus suffered for six hours before He died. Jesus died on the cross for the sins of the people.

The holiest day of the season is Easter Sunday. On this day, Jesus rose from His tomb. His disciples were shocked at the appearance of his resurrected self, furthering their faith in him as the Son of God.

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For more information contact Judy 519-853-2597