



ST. BARNABAS

CHURCH • COMMUNITY
WHERE PEOPLE FLOURISH



READINGS FOR Third SUNDAY in LENT

MARCH 8, 2026

LENT

Exodus 17:1-7

Psalm 95

Romans 5:1-11

John 4:5-42



DON'T

FORGET
DAYLIGHT
SAVINGS



TIME
TURN YOUR
CLOCKS
AHEAD
SATURDAY
NIGHT

YOU DON'T
WANT TO BE
LATE

Pray for our

Families in Need

Anne and Ric; Colleen

and Philip; Betty Lou;

Mike; Win; John and

Grace; Carol & Family;

Catherine & Family;

Laura and their Families



Medicine Hat Chaplaincy is
hosting

“Pasta with a Purpose”
Dinner and Silent Auction.

March 20, 2026 @ 6pm

At Living Hope Church

Tickets are \$20

And they are available

For purchase in the

St. Barnabas Office between

10 & 2 Monday to Friday



The Gift of Silence

[Be Still and Know that I am God.]



**Sign up Sheet on
the Bulletin
Board**

**Lent Day
Retreat**

St. Barnabas

March 21, 2026

9-4pm



Lunch Included

Free Will Offering

*The Annual World Day of Prayer Service will be held at St. Peter
Lutheran Church on Friday, March 6, 2026 at 7:00 p.m.*



THE ALTAR GUILD IS OFFERING EASTER FLOWERS IN MEMORY OF A LOVED ONE? THE SIGN-UP SHEET CAN BE FOUND ON THE ALTAR GUILD BULLETIN BOARD OR CONTACT THE OFFICE AT 403.526.7713. PLEASE SIGN UP BEFORE MARCH 22ND. COST IS \$55.00.

OUR PARISH

**St. Barnabas Church with
The Reverend Oz Lorentzen
and his family – Delynne,
Soren & Laec
Don & Arlene Simpson,
Marilynn Skoda and Judy
Snaith
Compassion Canada & Teguh
in Indonesia, Jerusha in
Ghana
The GriefShare Program
Parish Council
The Saturday Meal Program
The Medicine Hat Ecumenical
Campus Ministry**



Lord, as this Third Sunday arrives, renew my heart. Strip away distractions. Help me walk these forty days with sincerity and courage. Amen



The Church Proper is open every Friday 12 Noon - 1pm for prayer All are welcome

BARNABAS CONNECTIONS HAS SOMETHING NEW EVERY WEEK. COME JOIN THE FUN 10AM TUESDAY MORNINGS

Did you know Why Call It "Lent"?

In Greek and Latin, the names for Lent make more sense, as they are based on the number 40. However, English is more confusing. According to the Online Etymology Dictionary, (a fascinating website):

- "Lent" comes from the English noun "Lenten," meaning either "the season of spring" or the period of fasting we now refer to as Lent.
- "Lenten" derives from the Old English "lencten," meaning "the season of spring" or "Lent, the period of fasting."
- "lencten" comes from the West Germanic "langitinaz," meaning "long-days," or "lengthening of the day." Consequently, "Lent" refers to the lengthening of the days during springtime.

https://www.etymonline.com/word/lent#etymonline_v_6685

I WAS GOING TO
GIVE UP LUNCH
MEAT FOR LENT,
BUT I JUST
COULDN'T QUIT
cold turkey.



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EXCITING NEWS
ITS GOING TO BE
BUSY AROUND HERE
MUSICAL PEOPLE
WILL BE ROAMING
ABOUT
AS THE MEDICINE HAT
ROTARY MUSIC
FESTIVAL IS
HAPPENING HERE AT
ST. BARNABAS
FROM MARCH 6TH TO
22ND.

DELYNNE AND HER
TEAM HAVE BEEN
WORKING HARD
TOWARDS THIS EVENT



PLEASE BE MINDFUL
OF THE SCHEDULE ON
OUR WEBSITE
STBMH.CA
THE LINK IS ON THE
FIRST PAGE

HAPPY BIRTHDAY TO

MARCH BABIES

BEV - MARCH 3

RICHARD - MARCH 5

BILLY - MARCH 8

GILLIAN - MARCH 18

SHARON - MARCH 30

HAPPY ANNIVERSARY

JOHN & CAROL MARCH 24TH

HUGH & BONNIE MARCH 9TH

COMMUNION
WEDNESDAYS
12:30PM

THURSDAY COFFEE
TIME
10AM

COME SOCIALIZE WITH
THE ST. BARNABAS
CREW.



**Please remember
to
sign in and sign out
when using facilities
after business hours
or on the weekend
Set Alarm when
exiting the building**