



THE CANAAN MESSENGER

ISSUE ONE | MARCH 2025

From the Pastor's Desk

Ministry Spotlight

This Month's Meditation: The Lenten Season

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From the Pastor's Desk

We are delighted to announce the return of The Sunday bulletin in a refreshed monthly format, thanks to your valuable feedback and the Barna survey results. Our mission is to keep you informed and foster a sense of community across Canaan. Thank you to the GEM Advisory Committee for their dedication in bringing this initiative to life. Together, we are making Canaan more vibrant and engaging for everyone.

LENT

The word "Lent" comes from the Old English word lencten, which means "spring season."

For Christians, Lent is a forty-day period before Easter. The forty days represent the 40 years the Israelites spent wandering in the wilderness before entering the "Promised Land" (Numbers 14), and the forty days Jesus spent in the wilderness being tempted by Satan, (Luke 4). Lent is best defined as a time of self-sacrifice as we 'die to self.' The self-sacrifice comes in the form of "giving something up", either through fasting or abstinence. It is a time for Christians to sacrifice their will, like Jesus did against Satan.

For 2025, the Lenten period will be March 5, 2025 – April 17, 2025.

WOMEN OF CANAAN

Servant Leader: Sis. Carolyn Mims-Clark
Assistant Servant Leader: Sis. Alicia Boyd,

The Women of Canaan Ministry is a vibrant community dedicated to fostering deeper relationships with God and with one another. Our mission is to offer Bible-centered guidance, heartfelt prayer, and community support. Through our collaborative efforts with other ministries, we aim to nurture spiritual growth in every member.

Our ministry has contributed to the Stenton Family Manor Homeless Shelter in 2023 and 2024, and we are proud supporters of the Uganda Mission Project. We are always eager to extend our helping hands to other ministries in need.

All Canaan women are welcome to be a part of this journey as we serve Canaan and serve others. We would love for you to join us at our next in-person meeting on Saturday, March 15, 2025, at 10:00 A.M. Come and share in the fellowship, faith, and friendship that define our ministry.

LENT BIBLE STUDY AND SERMON SERIES

"Wilderness: Growing Off the Grid"
This multi-week series looks at how:

- God meets us in our wilderness places. Hagar, Moses, David, the people of Israel, John, and Jesus each spent time in the wilderness. We'll explore what their experiences in the wilderness teach us.
- How to trust God when life gets hard. We serve a God who sees us, hears our cries for help, and provides for our needs in the wildernesses of life.
- Invite your family, friends and neighbors to attend in-person and virtual Sunday Worship, 9:15 AM and virtual Tuesday Night Bible Study, 6:45 PM on Zoom 1.

Rev. Dr. Derick Brennan
SENIOR PASTOR

George R. Waters
CHAIRMAN,
DEACON MINISTRY

William A. Jones
CHAIRMAN,
TRUSTEE MINISTRY

CANAAN BAPTIST CHURCH

THE 'GEM OF GERMANTOWN'...AND BEYOND

Lenten Pillars: Prayer, Fasting, & Almsgiving

Traditionally during the Lenten Season, Christians will pray more than normal. We will spend this time reflecting on the sins we have committed over the past year and try to get closer to God. Especially during this season, I invite you to participate in the various prayer opportunities at Canaan.

Historically, fasting has meant not eating for a period. It is a time for one to sacrifice the flesh, and the theory is the discomfort of going hungry will bring you closer to the Lord and is a means to develop self-control. Fasting should also be a time to reflect on those who have less. If you are not currently fasting or have never fasted, I encourage you to try fasting during the 7 weeks of Lent. To continue shaping our hearts, minds, and spirits, all Canaanites are invited and encouraged to participate in weekly congregation fasting on the seven Wednesdays of Lent: 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, and 4/16. The weekly fast period will begin Tuesday evening following dinner, continue on Wednesday by abstaining from eating breakfast and lunch, and end the fast with dinner on Wednesday evening. If you cannot forgo food, please sacrifice something else like desserts, internet, social media, television, entertainment, socializing, shopping, etc. For more information on fasting, please refer to the **“Suggestions for the Lenten Fast”** in the **2025 So Send I You Lenten Devotional**.

Almsgiving is giving to those who are in need. Normally, this would mean providing food to the hungry, but today, it can be much more. For example, it might mean volunteering time at a local homeless shelter or soup kitchen, or even teaching reading to those who are illiterate. This should be an expression of thanks to God for all he has given us, and we are expressing our thanks by giving back. During worship on Resurrection Sunday, April 20th, we will collect a Mission's Offering to enable Canaan's continuous witness to the world. We encourage every Canaanite to donate a minimum of \$40 above your tithes and offerings. \$40 represents \$1 for each day of Lent.

Nail It To The Cross

During Lent, a CROSS will be displayed in the hallway next to the lower dining room. Canaanites, family and friends are encouraged to bring their anonymous prayer requests before the Lord by writing them on the paper provided at the CROSS, and nailing all prayer requests to the CROSS. Intercessors will be praying for your prayer requests throughout the entire Lenten season leading up to Resurrection Sunday. As a Body of Believers, we will all experience the Blessings of God's answered prayers.



TRIBE OF GAD

Deacon: Deacon Norman Parker

Sheepfold Leader: Sis. Robin Hamilton-Riddick

Sheepfold Minister: Rev. Michele Jenkins

Tribe Meeting: Every 3rd Saturday @ 10:00am (Zoom 1)

Church Calendar

- 2nd Sunday - **Youth Sunday**
- 3rd Sunday - **Teen Outreach @ McDonalds**
- 4th Sunday - **Communion**
- **Sunday School** - 8:15am every Sunday
- **Children's Church** - 1st, 3rd, 4th Sunday
- **Pastor's Bible Study** - Tuesdays 6:45pm (Zoom 1)
- **Monthly Women's Bible Study** - 4th Wednesday 10-11:30am - Classroom #3)
- **Mature Adults Bible Study** - Thursdays 10am
- **Noon Day Prayer** -
 - Tues/Thurs/Fri 12:00pm (In Person - Chapel)
 - Wed. 12:00pm (Virtual - Zoom 1)
 - Structured Prayer - Wks. 1, 2 & 4
 - Open Prayer - Wks. 3 & 5

Weekly Activities

- **Christian Legal Clinic** - 3rd Thursdays (by appt. only)
- **Exercise Class** - Tuesday @ 11am & Wednesday @ 7:15pm
- **12 Steps** - Wednesdays @ 7pm

Upcoming Events

- 3/9 11am - **Mens Mentoring Ministry Open House**, Lower Dining Room, Contact: Dez McNeil, Mike Harris
- 3/9 - **Women's Retreat Deposit Collection**, Multi-purpose Rm. Contact: Rev. Tanisha Davis
- 3/15 10am - 12pm - **Alpha Care Baby Shower**, Gift Drop-off - Classroom #1 Contact: Deaconess Ministry

Giving/Connecting/Prayer List



CONTACT US!

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