



Anglican Fellowship of Prayer

SERVING, SUPPORTING, ENCOURAGING PRAYER

By nearly every account, this has been a long, difficult, and often dark winter. Across Canada, the weather has been demanding, and our hearts have carried the weight of troubling world events, uncertainty about health, rising costs, and questions about the direction of our nation.

And yet, we have just passed that yearly moment when the clocks shift forward—an outward sign that we are moving from less light to more. I find myself wondering whether this gentle earthly transition might prepare us for the deeper spiritual journey we experience from Holy Week into Easter: a journey from shadow into the brightness of God’s renewing hope.

On a Sunday in early March, we heard from the gospel of John (3:1–17) the story of Nicodemus, the Pharisee who came to Jesus Christ “at night.” His nighttime visit revealed both his spiritual uncertainty and his fear of losing the respect of his peers. Yet Jesus used that quiet, hidden encounter to speak of being “born from above,” and to offer the promise we know so well in John 3:16.

We meet Nicodemus two more times. In John 7, he speaks up in the Sanhedrin, urging fairness when others wish to arrest Jesus. And in John 19, we see him at last step fully into the light: joining Joseph of Arimathea to care for the body of Jesus with an extravagant offering of burial spices. Touching a dead body made him ritually unclean; associating with a condemned man put his status at risk. Yet Nicodemus no longer hides. His journey—from darkness toward light—comes to completion.

My prayer for myself, and for each of us, is that we too might find the courage Nicodemus found: the courage to meet Jesus honestly, even in the nighttime places of our hearts. Perhaps this season invites you to:

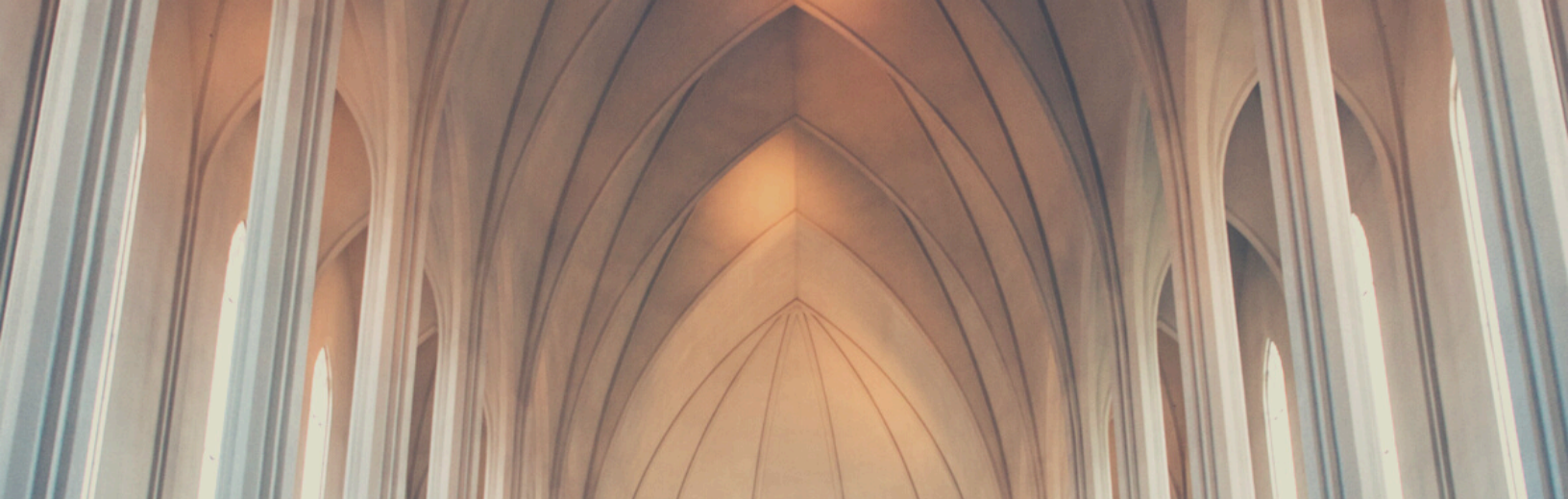
- Bring to prayer a question you’ve long avoided.
- Admit a place where your faith feels thin.
- Name a grief you’ve carried alone.
- Acknowledge a longing for something new.
- Sit in silence long enough for vulnerability to take root.
- Let go of a certainty that no longer gives life.

Let yourself be drawn into a deeper, more spacious life. Jesus meets you—yes, even in your fear, uncertainty, or weariness—and gently lead you toward the light of grace, healing, and hope. And this we know: His promise is sure.

Living a Holy Lent

Paul Fehleley,
National Director





*“Lent is a time
for discipline,
for confession,
for honesty,
not because God
is mean or
fault-finding or
finger-pointing
but because he
wants us to know
the joy of being
cleaned out,
ready for all the
good things he
now has in
store.”*

— N.T. Wright

The Lord’s Prayer:

Solace for a 9-Year Old Boy in Ukraine During Lent

Written by David Dow

The snow along the roadside had turned to a grey crust, stubbornly holding on, though the calendar promised spring. Mykola walked carefully around the puddles, his schoolbag thumping lightly against his back.

Lent had begun, and even at nine years of age he felt that the season carried a different weight this year.

At home, his mother had pinned a small wooden cross near the kitchen table. Each evening, before the electricity flickered or the news crackled on the radio, they stood beneath it to pray.

They prayed for Papa, who was far away. They prayed for neighbours whose windows were boarded.

They prayed for the courage to forgive and the strength to endure.

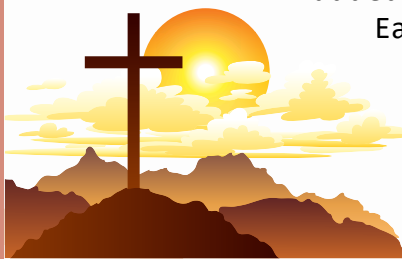
At church on Sunday, the priest spoke of the wilderness - of Jesus walking forty days through hunger and temptation. Mykola imagined that wilderness as something like the empty fields beyond his village: quiet, uncertain, yet somehow holy.

He decided that for Lent he would give up complaining. Instead, each time the siren sounded and they went to the cellar, he would whisper the Lord’s Prayer. It made the dark feel less crowded.

One afternoon, while helping his бабуся (babusia) knead bread made with less flour than before, he asked why they still kept Lent when so much else had been taken from them.

She smiled softly. “Because,” she said, pressing the dough with steady hands, “Lent reminds us that sorrow is not the end of the story.”

That night, as candles flickered against cold walls, Mykola added one more line to his prayers: that by Easter morning, light would feel stronger than fear.



Current Work of the AFP Executive

Val Kenyon, National Chair



A Reminder About: Prayer Requests

Are you interested in submitting a prayer request to AFP (Canada)? Please go to our website: anglicanprayer.org, and to the right you will find a form for this purpose with details.

Protecting Our Trees ~ Reducing Our Costs

While we are pleased to send a paper copy of our quarterly newsletters to those who request them, in the interest of saving paper, and reducing costs, we invite anyone who is open to receiving an electronic copy to reach out to Libi Clifford at: AFPletspray@gmail.com

Let Us Pray Continues

Continuing our 2025/2026 focus, "Life in all its fulness: Prayer from Sea to Sea to Sea, we are pleased to share the information below about our monthly Let Us Pray sessions, which take place at 1:00pm (ET), as we celebrate the fulness of gifts we enjoy across this land.

March 2026: No Let Us Pray in March

Please plan to attend the AFP Lenten Speaker Event with the Most Reverend & Right Honourable Stephen Cottrell, Archbishop of York on March 7, 2026; 1pm-3pm ET

April 20, 2026 Bishop Alexander Pryor, Diocese of the Arctic

May 25, 2026 Bishop Anna Greenwood Lee, Diocese of British Columbia

June 15, 2026 Rev'd Dr. Laura Marie Piotrowicz and Rev'd Rick Pryce speaking to us about their recently released publication, *What is This Prayer Stuff Anyway?*

Remember, all of our Let Us Pray sessions are recorded and available to you at any time. They would make an excellent resource for a prayer group wishing to expand their experience and/or understanding of different kinds of prayer. As they are available on demand, they could be used at any time that suits your group. Please take advantage of these wonderful resources.

Below you will find a link that will serve us for the entire 2025/2026 season.

<https://us06web.zoom.us/j/83536726542?pwd=r1Aj0fdW20FDkLjz4dLazF4UqA08jz.1>

40 Days of Lent

Pray • Fast • Give

Book Review: What is the Prayer Stuff Anyway?

by Laura Marie Piotrowicz and Rick Pryce

Reviewed by Paul Fehleley

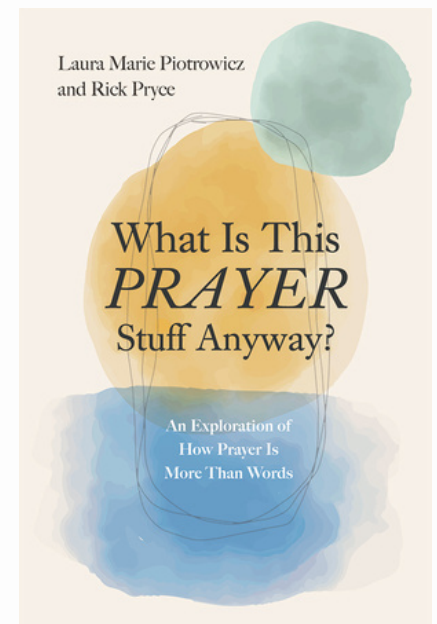
In Luke's gospel a disciple asks Jesus, "Lord, teach us to pray," and people have been asking the same question ever since. This book offers a fresh and invigorating response to that longing. The authors, in exciting and creative ways, lead us down many refreshing avenues of prayer—never judging or prescribing a single path. It is a valuable companion for individuals and communities seeking to deepen and enliven their conversations with God.

FROM THE COVER:

What Is This Prayer Stuff Anyway? is a joyful proclamation that there are many different ways for Christians to pray.

This book describes over sixty different forms of prayer, providing gentle guidance for each one. Some are active and energetic, others are quiet and contemplative; some involve groups of people, while others are more individual in nature; some open us to receptivity, others release our creativity. Regardless of where the reader starts or ends, however, the authors assert that it is all prayer; it is all response to the abundant love that God gives us in every moment.

What Is This Prayer Stuff Anyway? will be a valuable and valued resource for clergy and lay people, prayer groups and individuals, those who have prayed all their lives, those who are just starting out, and those who have found their prayers have become a bit stale; anyone, in fact, who wishes to engage, or reengage, the practice of prayer.



"I imagine Lent for you and for me as a great departure from the greedy, anxious antineighborliness of our economy, a great departure from our exclusionary politics that fears the other, a great departure from self-indulgent consumerism that devours creation. And then an arrival in a new neighborhood, because it is a gift to be simple, it is a gift to be free; it is a gift to come down where we ought to be."

~Walter Brueggemann,
A Way Other Than Our Own: Devotions for Lent



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