

Church Chat May 1, 2020



Message from Joanne Scofield:

We are now well into this time of physical distancing. For many, this has meant finding new rhythms and routines to our days and new ways to connect with family and friends. For others it has been emotional and isolating. And for many it's somewhere in between. It's important to remember that this an extraordinary time. We may experience a roller coaster of emotions and they may come when we least expect them. Please be kind to yourself during this time. If you are feeling down or need to talk please get in touch. I was on a call this week with one of my former Professors from Emmanuel College. He suggested we think about this time as Sabbath. A time to step back and to rest. A time to reflect on your core values, to re-discover what is meaningful and to deepen your spiritual life through reflection and prayer.

Wherever you are, know that your church family is here for you. We are trying to stay in touch in different ways, via video conferencing and phone with online worship services, check-ins and fellowship. We know it's not the same as in-person conversations and hugs. But know that we are here. If you have ideas of other ways we can reach out and be in community during this time, please let us know by sending an email to the church office or to me.

You are also invited to pause each night at 8 pm to say a prayer or meditation. It's a way that we can be in community while we are apart. Here is a suggested prayer we can use:

You never sleep, God.
You are always awake, always willing the world and its people
towards wholeness and healing.

So tonight, will you comfort those who cannot sleep
because of illness
or worry,
or fear;
or for reasons they cannot understand.
And tonight will you be close to those who wait
patiently or impatiently
for a birth or death,
or for pieces of their life's jigsaw to fit together.
And God, listen to us
as we share with you
whatever joys or sorrows,
discoveries or questions
we will take with us into the night...
Into your hands we commit ourselves -
our souls, our bodies our minds, our futures -
for all things are best kept in your care. Amen.
- Iona Community Worship Book, adapted

May is Mental Health Month

It has been a long time since we have been so aware of taking care of both ourselves and others. Here are some tips thanks to the Okanagan College. We have to look after our basic needs. Eat, sleep and make sure of our intake of water.

Keep to our usual routine. Getting up and going to bed at our usual time.

Getting dressed and making our beds and setting a goal for the day.

Stay connected. Know that you can call, email Skype any of your church and other friends. We are all here for each other. Particularly if you are isolated alone and more so if you are unable to leave to go grocery shopping. We are so lucky that Joanne has scheduled our coffee and chat times and our Sunday Services so we can connect and see each other again.

Those of us who are more mobile don't forget to be in touch with others who may be lonely or in need.

Get fresh air. Take a walk in the fresh air or sit on the deck.

Rediscover your hobby or find a new one. There are lots of apps available for those on line. Write letters, write your story, make a scrap book or photo record of your life story.

Limit how much you listen to the media.

And finally words of wisdom from Dr. Bonnie Henry says Stay Calm, Stay Safe, and be kind to one another. This will not last forever.

Announcements

Broadview subscriptions are due by May 31. Cost is \$25.00. Please contact the office to confirm your renewal and any change of address. You can pay through the mail making the cheque payable to Penticton United Church and marking your cheque "Broadview".

Givings: Again, we want to thank all those who have continued to make their offerings as they are able or by mailing in your cheque. Our church maintenance and ministry keeps going even there is a change in how we do this.

Grocery Cards: Cheryl is prepared to carry on with this. If you need any please call her at 250-492-2540 or email talk2ca@hotmail.com and she will be very happy to drop them off in exchange for a cheque to Penticton United Church, all done at a "safe distance"

Makers' Market: How are you getting on with your projects for the Stewardship committee Makers' Market in the future?

Volunteers needed: We are looking for someone to create posters for our website and Facebook page to advertise our worship service, coffee chats, etc. If you are interested please email the church office.

Prayer list

So that you can include these people in your prayers. Please notify the office if we can remove anyone or add to it.

We pray for all who face health challenges and treatment including: Shelly Campbell, Susan Davies, Carol French, Eleanor Jones, Kim MacDonald, Marj Notenboom, Shannon Oliver, Gwen Owen, Charlotte P., John Roberts, Ray Sommer, Shirley Richardson . All our front line workers including medical staff, grocery store workers, truck drivers delivering essential goods, mail and delivery people. For those we know who have been killed or injured in work related incidents.

In our Pacific Mountain Region we pray for the congregation of Bella Bella Darby Memorial Pastoral Charge.

Weekly Communication Reminder

Online Worship Services: You should have received the link to join the church service and coffee times if not please contact the office.

Services are also recorded and posted on the website and our FaceBook page if you want to watch at a later time. Each week the order of service is also posted on our website.

iPad Users: we understand that some people using iPads are having a difficult time accessing our Zoom meetings. Maybe try this:

Click on the http link which may be blue or red provided in the church invitation. Screen comes up “meeting should start in a few seconds” check and follow the instructions.

Then 'open in Zoom' press ok

Join audio it shows as headphones with a green arrow tap on that.

You will then be in a waiting room and wait until you are admitted.

Then check the audio and video icons at the topright hand of the screen and make sure they are open.

Coffee Chats: Our Monday and Wednesday Coffee chats are at 9-10 am the link has been emailed out. If you do not have these links please contact the office.

Ongoing Communication:

Website: pentictonunitedchurch.com/blog/

Facebook page: <https://www.facebook.com/PentictonUnitedChurch1/>

(please note: we had to start a new Facebook page so be sure to **go** to the page and click “like” to see updates)

*As we step into the unknown,
we discover we can be fragile and strong
and terrified and brave
all at the same time*

- Paul S. Boynton

Keep safe and take care remember you are not alone.