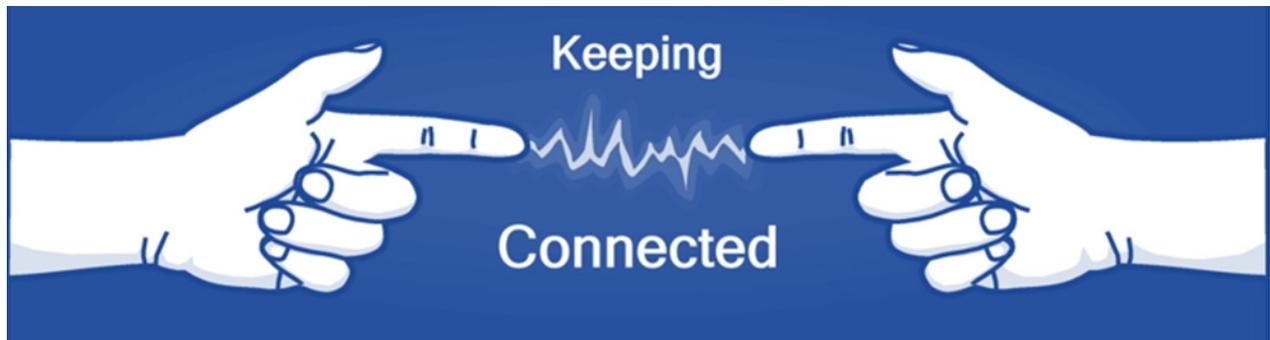


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For June 7 2020

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A Message from Rev. Jonathon
Unity and Diversity

This week we are celebrating Trinity Sunday. As Christians, we believe in one God who exists as three persons - God The Father, God The Son, and God The Holy Spirit.



The Trinity has always been a difficult concept for our finite human minds to fully understand, and perhaps we never will fully understand it until we get to heaven. What is the Trinity? What is the relationship between the three persons of the Trinity? How could God be one and three? These are just some of the questions that come to mind when thinking about the Trinity.

The Church has taught is that God is one, united, spiritual being AND God also exists in a variety of distinct persons at the same time. This is what is sometimes described as unity and diversity. The three persons of the Trinity are diverse; that is, they are different. Yet they are also so closely united that one cannot exist without the other.

Is the Trinity just an intellectual theory that is irrelevant for us today? Absolutely not!

One of the implications of the Trinity is that it informs us about who we are as humans. If God is both united and diverse at the same time, and if humans are created in the image of God, then it

makes sense that we are called to be united and diverse as well.

We are a diverse group of people from many different races, speaking many different languages, belonging to many different cultures, and living in many different countries. God didn't create us to all be identical, just as the three persons of the Trinity are not identical. But at the same time God created us to be to be one united human family, just as God is one. Retaining our unique identities as persons while also maintaining our unity as a human family is one of the most difficult things for human beings to do. Yet as Trinitarian Christians that is exactly what we are called to do.

A Prayer for Today from Rev. Jonathon

Like so many of you, I have been deeply disturbed by the images of massive social unrest and violence taking place in cities across the United States over the past week. And I have been equally troubled by the ongoing problems of racism, inequality, and oppression that have led to these protests.

Please join with me in praying every evening (or at any time of the day that is convenient for you) for peace and an end to the senseless violence and destruction, for better relations between people of different races and backgrounds, for wisdom and discernment for those in positions of authority, and for real, concrete actions to be taken in order to bring about lasting change and a more just society for all. I have written the following prayer which you may wish to use as part of your prayers.

Lord, we pray for all those who are affected by recent social unrest and violence in the United States, and by continuing injustice and oppression in many countries around the world, including our own. We pray particularly for those who suffer because of racism, for those who overtly perpetuate racism, for those who harbour racism in their hearts, and for those who are indifferent to racism.

We ask you to act in our lives and in our world:

Where there is violence, bring about peace.

Where there is chaos and anarchy, bring about order.

Where there is destruction, bring about something new and beautiful.

Where there is hatred, bring about love.

Where there is suspicion, bring about trust.

Where there is confusion and misinformation, bring about truth.

Where there is a lack of care and concern for others, bring about empathy.

Where there is division, bring about unity.

Where there is injustice, bring about right relations.

Where there is oppression, bring about freedom.

Where there is pain, bring about healing.

Where there are historical wrongs, bring about a brighter future.

Where there is despair, bring about hope.

Wherever our world is broken and hurting, bring about your kingdom.

We ask this in Jesus' name. Amen.



Update on Reopening of Churches. On Monday we received news that the Anglican Bishops of the Ecclesiastical Province of Ontario have decided that, due to the ongoing coronavirus pandemic, in-person worship services in our church buildings will not resume until at least September. This means that over the next three months we will need to continue our practice of worshipping and meeting online and over the telephone. And it also means that we will not be able to celebrate the Eucharist during this time.

I'm sure we are all disappointed that we cannot resume in-person worship services until the fall. But as I have stated from the beginning of the pandemic Our building is closed but Church is still happening!

This will continue to be true over the summer. I hope and pray that over these next few months we will continue the work of prayer and worship, study and service, to which each of us is called as Christians - both individually and as a church community.

Moreover, Archbishop Anne Germond sees this time as an opportunity for us to continue to discern what our worship patterns, stewardship practices, and parish ministries might look like going forward. If we embrace this work, we will be better prepared to adapt to the changing and challenging times we find ourselves living through. You can read Archbishop Anne's full letter on behalf of all Ontario Anglican Bishops at the following link:

<https://www.ottawa.anglican.ca/images/Pastoral-Letters/2020-06-01-Summer-Sabbath-Pastoral-Letter.pdf>

Congratulations! Congratulations our new Bishop, The Right Reverend Shane Parker, on the occasion of his consecration as the Tenth Bishop of the Anglican Diocese of Ottawa. Please join with me in praying for Bishop Shane as he begins this new and exciting phase of his ordained ministry, and for Bishop John as he begins a well-deserved retirement after more than thirteen years of faithful service as our Bishop.

A lovely consecration service was held at Christ Church Cathedral this past Sunday evening. Because of physical distancing restrictions only a handful of people could attend. However the

service was recorded and is available for viewing anytime on YouTube at the following link:
<https://www.youtube.com/watch?v=-4Klx53ybIs>

WELCOME HOME! Eric and Sue Hammond have finally been able to return home, after almost 80 additional days in Costa Rica, thanks to the pandemic lock-down. Now they must quarantine for 14 days at their home, but they're back safely. Praise God!

A Message from our Envelopes Secretary

ENVELOPE #92. Could the donor who has been using this number please contact Sara Cardona: cell (343) 550-1567 or email envelopesecretary@stpaulsalmonte.ca as soon as possible.

ONLINE DONATIONS. If you are considering transitioning from envelope givings to online bank automatic withdrawals during the pandemic lock-down, please contact Sara who will be happy to assist you with donations made through the website.

Thank you.



The Stones of St. Paul's

Have you ever noticed the ancient-looking stones by the coat racks as you come in to church?

They are from the wall of the church established by Queen Bertha, wife of the pagan Anglo Saxon King Ethelbert of Kent (in England) who was later converted to Christianity by St Augustine. Bertha, the Christian daughter of a Frankish (French) king, was responsible for the re-establishment of a Roman church on the outskirts of Canterbury which became her private chapel, dedicated St Martin of Tours. Bertha was later canonized as a saint her role in its establishment during that period of English history.

Charles Rosamond, Alex Hughes' grandfather, was a medical doctor working in Canterbury, England. However his main love in life was archeology. His wife, it seems, was a very serious Christian. It was said of them that he was interested in nothing later

than the tenth century and she was interested in nothing earlier than heaven! One site where Charles excavated was near the present day St. Martins church in Canterbury. It is believed that the stones in Saint Paul's are from the earliest church on that site. Alex's mother, Norah Rosamond, was at Headington School in Oxford at the time and was asked to bring the stones back to Canada for Saint Paul's. Since Alex's mother was a school girl when she brought the stones to Almonte in 1924, they are even pretty ancient in their present location!

Editor's note: Thank you to Alex Hughes!

Do you have any fun facts about St. Paul's that you'd like to share with our community? Email the office and we'll happily include them in a future issue!

Sunday Morning Virtual Coffee Hour

Let Rev Jonathon know by email (jonathonkouri@hotmail.com) if you would like to participate. On Friday he'll send you an email with a link to the Zoom meeting with the meeting ID and password.

Click on the link on Sunday morning just before 11 a.m. to join in.

Lock-Down Journey

In this new feature, we invite members of the congregation to share with us what they've been doing during the pandemic lock-down.

*Our first contributor is **Dan Berg**.*

So when it was clear that the coronavirus was a real threat to Jim, I decided that the "ladies in waiting" would have to cease their activities in our home, as they each were travelling from home to home in their line of work. Already, it was a lot working with Claire on the upkeep, maintenance and provisioning of our two households, but now having all of my respite time taken away, it meant I had to spend a lot more time at our house with Jim making sure he was okay. This wasn't as good for him or for me, but the it was the safest choice.

Like the rest of you my sociability and getting out of the house was seriously curtailed, I lost my music, my soccer and time spent with friends, and I picked up a lot more responsibilities at home. I'm still adjusting. But I'm happy to report I have been very slowly becoming more fit and losing weight. But to go with that has been a lot more depressive thinking, sadness, and general discombobulation.

Thank God for gardening and that garden centres were allowed to reopen, because I do love our flowers. Thank God also that we're now able to add lifting our voices in praise to our shared virtual worship. Finally, thank you to the core of people with Jonathon that have kept our worship services going. They have meant a lot to Jim and the rest of us.

Editor's note: If you would like to share part of your lock-down journey with us, please send an email to the office.

There are many daily reading and meditation services available on the internet.

To give you a taste of what's available, here is the meditation from [Our Daily Bread](#), May 31 2020.



Easy Does It

2 Chronicles 13–14: It is God who works in you to will and to act in order to fulfill his good purpose.

My father and I used to fell trees and cut them to size with a two-man crosscut saw. Being young and energetic, I tried to force the saw into the cut. “Easy does it,” my father would say. “Let the saw do the work.”

I think of Paul’s words in Philippians: “It is God who works in you” (2:13). Easy does it. Let Him do the work of changing us.

C. S. Lewis said that growth is much more than reading what Christ said and carrying it out. He explained, “A real Person, Christ, . . . is doing things to you . . . gradually turning you permanently into . . . a new little Christ, a being which . . . shares in His power, joy, knowledge and eternity.”

God is at that process today. Sit at the feet of Jesus and take in what He has to say. Pray. “Keep yourselves in God’s love” ([Jude 1:21](#)), reminding yourself all day long that you are His. Rest in the assurance that He’s gradually changing you.

“But shouldn’t we hunger and thirst for righteousness?” you ask. Picture a small child trying to get a gift high on a shelf, his eyes glittering with desire. His father, sensing that desire, brings the gift down to him.

The work is God’s; the joy is ours. Easy does it. We shall get there some day.

Reflect & Pray. What does it mean to you that “It is God who works in you”? What do you want Him to do in you?

God, I'm grateful that You're changing my heart and actions to make me like Jesus. Please give me a humble attitude to learn from You. Amen.

READINGS FOR THIS SUNDAY (Trinity)

Click on a reading to see the text from the
New Revised Standard Version (NRSV) on the Bible Gateway

- First reading: [Genesis 1:1-2:4a](#)
- Psalm: [Psalm 8](#)
- Second reading: [2 Corinthians 13:11-13](#)
- Gospel: [Matthew 28:16-20](#)

IN OUR PRAYERS THIS WEEK...

**Your prayers are requested for the current covid-19 outbreak
– for wisdom for world leaders as they make decisions regarding easing restrictions and
implement plans for changes in the way we live together.**

In the World

Pray for La Iglesia Anglicana de Mexico: The Most Revd Francisco Moreno, Presiding Bishop of La Iglesia Anglicana de Mexico and Bishop of Northern Mexico

In Canada

The theological colleges and training programs within the Ecclesiastical Province of Ontario: Canterbury College, Huron College, Renison College, the Anglican Studies Program at Saint Paul University, Thorneloe University, Trinity College, Wycliffe College.

In our Diocese

Pray for The Rt. Rev. Shane Parker, newly consecrated Bishop of Ottawa and for St. Columba, Ottawa, The Reverend Karen Coxon; St. Barnabas, Deep River The Reverend François Trottier; St. Barnabas, Ottawa The Reverend Canon Stewart Murray

In Our Community

We ask God's blessing on local faith communities and on their ministries and, we pray for the people and leaders of this town of Almonte and the surrounding communities that the Lord will help us contribute to its well-being. We pray for the Lanark County Food Bank: staff, donors, volunteers and the people they serve, and for food security for all.

We remember leaders, staff and volunteers involved in the local hospice initiative, Home

Hospice North Lanark.

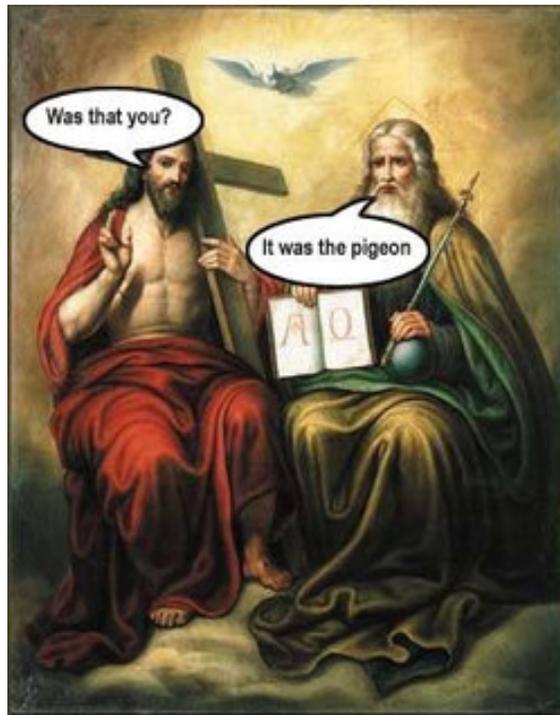
In Our Parish

We pray for Jonathon, our priest, for ourselves and for each other.

Comfort and healing for Lucy Poaps, Anne Wheatley, Bessie Exley, and Sally Gentry.

We give thanks for Rodney Senior's successful surgery and for Cathy Gallagher's on-going recovery and pray God's blessing on our members Sue Evans; Bessie Exley; Victoria and Chris Fabricius; Cathy and Amber Fassbender; Cathy and Michael Gallagher.

We remember our neighbors, especially Assad, Alsit, Lana and Elias.



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