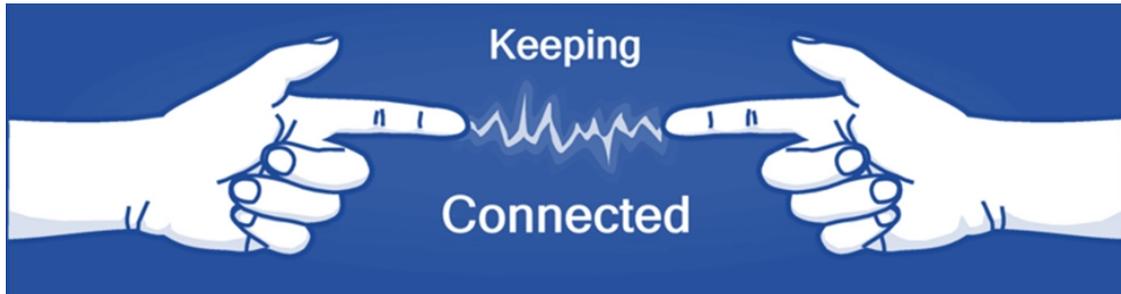


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**For Sunday January 24 2021**  
**Epiphany 3**

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### **A Message from Rev Jonathon** **A Word of Encouragement - Part 2**

We all have dreams, expectations, and plans for our lives. Imagining our future can be a source of hope and motivation to work towards something we want to achieve. This is true with respect to our relationships, our finances, our careers, our health, and many other areas of life. However, life does not always work out the way that we would have liked. It is normal to feel a sense of disappointment when our dreams do not come true and our expectations do not meet reality.

What we do in moments of disappointment can often have an impact on future events in our lives. And it can also have determine whether or not we experience encouragement. In fact, I believe that each disappointment actually offers a crucial moment of decision. We have an opportunity to decide how we want to react to that disappointment and how we want to move forward. There are generally three different decisions that we could

make.

The first decision is to acknowledge the disappointment but to decide to keep working towards what we had hoped for. We are essentially deciding that our dream is still realistically attainable. We may decide to alter our plans or our timelines in order to achieve our dream. Not giving up the first time when things don't go according to plan can help to build perseverance within our character.

Or we can acknowledge the disappointment but also decide to stop working towards what we had hoped for. We often take this decision because we have come to the conclusion that our dream was not realistic. Deciding not to pursue a particular dream can be beneficial, especially if continuing to pursue that dream is going to take time, effort, and resources that may be better spent elsewhere. This also allows us to pursue other dreams, which may be more realistic.

Or thirdly, we can acknowledge the disappointment but also focus on it. This may not seem like a conscious decision, especially if it is part of a pattern of behaviour that we may have engaged in for a long time. Unfortunately this decision is neither productive nor healthy. Rather than moving forward by recommitting to our dreams or adjusting our expectations and working towards other dreams, it keeps us stuck in the present moment (or perhaps in the past as we go back and relive our actions).

If we continue to follow this path, normal disappointment can turn into discouragement. Being chronically discouraged can impact many aspects of our lives and could lead us into despair and even depression.

So in some situations, our decisions about how we respond to disappointment can have a direct impact on whether we experience encouragement or discouragement. We often think of encouragement as something that someone else does for us. As I explained in my article last week, that is the meaning of the word. But encouragement (or discouragement) is also something that we can bring about ourselves through our decisions.

What I have outlined is only one way that we can experience encouragement. In my newsletter article next week, I am going to explore

some examples of encouragement from the Bible and how they can serve as models for us today.

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## The Lord's Prayer: A Different Way

Traditionally we pray sitting or kneeling with our hands folded. We don't normally use of other parts of our body when we pray.

But in Biblical accounts of prayer, many postures are described.

- Abraham fell upon his face before God (*Genesis 17:3, 17*).
- Moses prayed with his hands outstretched (*Exodus 9:27–29*).
- King Solomon knelt in prayer (*1 Kings 8:54*).
- Jesus prayed looking up into heaven. (*Mark 6:41, John 11:41, and 17:1*).

Communication with God does not require a certain physical position, but rather a position of the heart. And postures do give expression to the attitudes of our hearts.

Here's a way to use our whole body to pray the Lord's Prayer. Not only is it a spiritual practice, adding a new dimension to our experience of prayer, but it also gets us moving!

**THE LORD'S PRAYER IN MOVEMENT** is a series of movements of the body are based on ancient Christian prayer postures. Each phrase of the prayer is accompanied by a particular posture.

Why not give it a try? You can find instructions [HERE](#). (Lorraine Kisly on *Patheos*)



And if you're interested, you can learn more about the significance of different prayer postures [HERE](#) (Institute in Basic Life Principles)

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**A Blast from the Past**  
**A Sage Age presentation featuring Mary and George Nightingale, circa 2016**

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## Thank you

Richard Evans and the Gloss Family (Barbara's family) would like to thank everyone for their prayers, messages of condolence, donations to charities, and food following Barbara's recent death. Your support is very much appreciated.

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## READINGS FOR THIS SUNDAY Epiphany 3

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

- **1<sup>st</sup> Reading:** [Jonah 3:1-5, 10](#)
  - **Psalm:** [62:5-12](#)
  - **2<sup>nd</sup> Reading:** [1 Corinthians 7:29-31](#)
  - **Gospel:** [Mark 1:14-20](#)
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**Your prayers are requested for the United States of America – its leaders, people and public institutions as they enter a period of potential for healing.**

**In the World.** Pray for The Church of Bangladesh and for the international mission work of the Primate's World Relief and Development Fund, the Canadian Anglican response, working with local partners for emergency relief, refugees, development, and justice.

**In Canada.** Pray for The Most Rev. David Edwards, Metropolitan, and the people and clergy of the Ecclesiastical Province of Canada.

**In our Diocese.** Pray for the Rt. Rev. Shane Parker, our bishop and Michael Bird, our assisting bishop; for St. Paul's, Hazeldean-Kanata and their priest The Reverend Stephen Silverthorne; for the Postulants of our diocese: Bob Albert, Jordan Sandrock and Claire Brama; for Faith Lutheran Church and their pastor Martin Malina.

**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 volunteers and clients of our local satellite Food Cupboard as we work together to improve food security.

**In Our Parish.** We pray for Jonathon, our priest, for ourselves and for each other. We ask for God's comfort for the shocked, grieving family of Rev Jonathon's step-mother Diane whose son Kelly died suddenly last Sunday and we keep Jonathon and his father Nick in our prayers as well at this sad time. We ask for God's blessing on our members Robert Moulson, Karen Nakamura, David Newlands, George and Mary Nightingale, Mary and Wayne Pearson, and Joan and Murray Pierce. We remember our neighbors, especially Assad, Alsit, Lana and Elias.

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12-14-2012

I THINK YOUR LIGHTS MIGHT BE TOO  
BRIGHT THIS YEAR

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