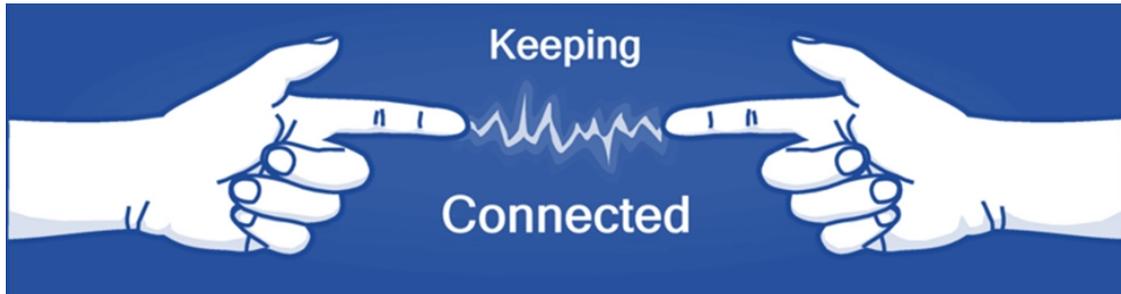


[View this email in your browser](#)



For Sunday January 31 2021
Epiphany 4

See us on the [WWW](#) - [Facebook](#) - [YouTube](#)



Save the Date

St Paul's Annual Vestry meeting will take place on
Sunday February 28 VIA ZOOM.

Further details closer to the date so Watch This Space.

MINISTRY LEADS: All reports, in MS Word format, must be sent to the Office
by email by **Monday February 15.**

Ves • try

noun

a meeting of parishioners,
originally in a vestry, for the
conduct of parochial business.

A Message from Rev. Jonathon

A Word of Encouragement - Part 3

This is the third in a four-part series of articles about encouragement.

Christian author Jenn Arman describes biblical encouragement as "calling someone

to your side in order to teach, comfort, strengthen, or push them to act a certain way." There are many different types of encouragement, and many different examples of encouragement found throughout the Bible.



Encouragement can be used to bring comfort and hope to someone who is struggling. In this context, when we encourage someone, we remind them of the truth that God loves them and that better days lie ahead.

Christians in the first century faced persecution because of their beliefs. The Book of Revelation (the final book in the Bible) was written to encourage Christians to persevere in their faith despite tremendous hardships and to remind them that God was still in control. The author of Revelation himself had fallen afoul of secular authorities because of his faith and was in exile at the time that the book was written.

The Beatitudes (found in Matthew, Chapter 5 and Luke, Chapter 6) are words of encouragement from Jesus Himself to the crowds who were listening to His teaching. Through the Beatitudes, Jesus reminded His followers that there would be suffering and hardship in the world (including poverty, hunger, mourning, and persecution) but that things would be made well in the Kingdom of God.

Encouragement can also have a teaching function. In writing about the afterlife, the Apostle Paul both taught and offered hope to early Christians who had lost loved ones before the return of Christ. In his first Letter to the Corinthians, Chapter 15 Paul reminds Christians of the reality of the resurrection of the dead, which he says began with Jesus but will eventually happen to all believers.

Encouragement can be used to prompt people into acting a certain way. Following the death of Moses, Joshua was about to lead the People of Israel into the promised land. But it was a difficult mission and people were concerned about having to go to battle. In Joshua, Chapter 1 God spoke to Joshua directly and told him to lead the people into the land without fear. God reaffirmed His promise to give the people the land, and assured Joshua that they would not encounter opposition as they entered the land. God also reminded Joshua to diligently follow the law that He had given to Moses.

The prophets of the Old Testament or Hebrew Bible wrote encouraging words to the people of Israel. Sometimes that encouragement took the form of an admonishment that the way the people were living was not how God wanted or expected them to live. These admonishments were often followed up with warnings of dire consequences should the people not repent and change their ways. But the prophets also always ended on a hopeful note, reminding the people that God loved them and wanted the best for them.

Even when disaster struck the nation (as in the Babylonian Exile of 587 BC), God spoke through His prophets to encourage and reassure the people that their present

circumstances would not last forever and to offer hope in a brighter future. This included the promise that God would send a Messiah to save the people. God's words of encouragement found throughout Scripture are not simply meant for the original audience. They are meant for believers in all generations, including us today. Reading the Bible and trusting in God's promises can offer hope and encouragement to us today as we deal with life's challenges and struggles. Now that is encouraging news indeed!

Annual Dedication to Indigenous Peoples

On Tuesday January 26, the Town of Mississippi Mills held its annual (virtual) land dedication and acknowledgement ceremony, including smudging, the land statement and an address from Elder Larry McDermott. The Mayor acknowledged the role of **Mississippi Mills All My Relations (MMAMR)** in introducing this practice to town meetings. You can see Mayor Lowry's statement on this initiative [HERE](#).

St. Paul's initiated the MMAR group as a response to the Truth and Reconciliation Report with funding from the 150th Anniversary Campaign. It is an example of how a small initial investment can have a positive, significant impact in our community.

The group welcomes anyone interested in promoting learning about issues and opening dialogue with local indigenous people. For more information about MMAMR and/or to become involved, please contact Karen Luyendyk, facilitator of the core organising group.

Submitted by Sue Evans

Sunday School at St. Paul's

A walk down Memory Lane with Cathy Gallagher

In the mid-1950's, Reverend Canon Meakin provided two services for St. Paul's parishioners. The 8:00 am service was a traditional Eucharist while the 10:00 am service was Morning Prayer with a full choir. This service time included Sunday School in the church hall.

The teachers were a group of faithful mothers who followed the Anglican guidelines. I remember that there was always a story followed by lots of colouring. At that time, in our neighbourhood we had a healthy group of children ready for Sunday school. Each Sunday a different father drove the group to church. The system seems to have worked - 1959, I won the 1st prize for the Beginners group (whatever that meant!).

It wasn't long before it was time to prepare for Confirmation. Extra Sunday evening classes were mandatory and catechisms were memorized. My Aunt's confirmation veil was laundered and starched. Now, in my new white dress and shoes, I was ready for the Bishop. The church ladies made sandwiches and we had our picture taken with the Bishop as he signed our new prayer books.

Our first communion was an exciting adventure, going where we had never been before - to the high altar to receive the gifts from the Lord's table.

My last memory of Sunday school was of a hot early summer Saturday when we wrote a 2 hour examination that would be sent to the Diocese for marking. I don't recall the outcome of that exam, however I soon found myself helping with the youngest group of Sunday schoolers.

One of the best things about of St. Paul's is that there is always an opportunity to learn. In each season, throughout the church calendar year, enthusiastic and committed members share their knowledge with us.

Thank you to those from the past that shared, those now presently sharing and those who will continue to share their love of God.



**Do you have a memory of St. Paul's that you'd like to share?
Send it in an email to the office (office@stpaulsalmonte.ca)
or call Deane - she'd be happy to write it up for you!**

MIRACLE OF MORNING

by Amanda Gorman, America's Youth Poet Laureate

I thought I'd awaken to a world in mourning.
Heavy clouds crowding, a society storming.
But there's something different on this golden morning.
Something magical in the sunlight, wide and warming.

I see a dad with a stroller taking a jog.
Across the street, a bright-eyed girl chases her dog.
A grandma on a porch fingers her rosaries.
She grins as her young neighbor brings her groceries.

While we might feel small, separate, and all alone,
Our people have never been more closely tethered.
The question isn't if we will weather this unknown,
But how we will weather this unknown together.

So on this meaningful morn, we mourn and we mend.
Like light, we can't be broken, even when we bend.

As one, we will defeat both despair and disease.
We stand with healthcare heroes and all employees;
With families, libraries, schools, waiters, artists;
Businesses, restaurants, and hospitals hit hardest.

We ignite not in the light, but in lack thereof,
For it is in loss that we truly learn to love.
In this chaos, we will discover clarity.
In suffering, we must find solidarity.

For it's our grief that gives us our gratitude,
Shows us how to find hope, if we ever lose it.
So ensure that this ache wasn't endured in vain:
Do not ignore the pain. Give it purpose. Use it.

Read children's books, dance alone to DJ music.
Know that this distance will make our hearts grow fonder.
From a wave of woes our world will emerge stronger.

We'll observe how the burdens braved by humankind
Are also the moments that make us humans kind;
Let every dawn find us courageous, brought closer;
Heeding the light before the fight is over.
When this ends, we'll smile sweetly, finally seeing
In testing times, we became the best of beings.

From: Treats for the Soul: <https://www.treatsforthesoul.org/the-miracle-of-morning/>

Iglulik Food Bank Fire Relief

Can you help?

In the early morning of January 20th 2021, a fire broke out in the Co-Op grocery store in the hamlet of Iglulik, Nunavut six hours by air north of Rankin Inlet. The fire raged uncontrollably for 12 hours, requiring an additional relief firefighting team to be flown in from Iqaluit. Thankfully, no one was inside at the time, but the entire structure and everything inside were completely destroyed.

The Co-op, which has been community-owned and operated since opening in 1963, is one of only two grocery stores serving the entire island. It is critical to the livelihoods of the residents of Iglulik, providing many of the jobs available to our students and young adults. It is also the only place that residents can arrange purchasing gasoline, wood, and cable services, as well as the primary retailer of furniture, appliances, hunting supplies, ATVs & snowmobiles, and handcrafted local wares...

READ MORE

100% of ALL proceeds of this campaign are going DIRECTLY to Iglulik's community-run, local food bank. Please consider donating whatever you're comfortable with, and sharing this page wherever you can using this Go Fund Me link:

<https://gofund.me/62606acf>

Submitted by Karen Luyendyk

READINGS FOR THIS SUNDAY

Epiphany 4

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

- **1st Reading:** [Deuteronomy 18:15-20](#)
 - **Psalm:** [111](#)
 - **2nd Reading:** [1 Corinthians 8:1-13](#)
 - **Gospel:** [Mark 1:21-28](#)
-



Your prayers are requested for protection for front-line workers and elderly people in long term care as they await vaccination and for the vaccine supply chain to stabilize.

In the World. Pray for the Igreja Episcopal Anglicana do Brasil (Anglican Church in Brazil). Pray for the work of SchoolBox in Central America and in indigenous communities in Canada.

In Canada. Pray for the Provincial Synod 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 Christ Church Cathedral, Ottawa and their clergy: The Very Reverend Beth Bretzlaff, the Venerable Douglas Richards, The Reverend Canon Hilary Murray; and, for all Archdeacons in our diocese. Pray for St. Peter's Lutheran Church and their pastor Elina Solonen.

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 leaders, staff, volunteers and clients of our local hospice, Home Hospice North Lanark.

In Our Parish. We pray for Jonathon, our priest, for ourselves and for each other. We ask for God's comfort for Rev Jonathon, his step-mother Diane and his father Nick as they grieve the sudden death of Diane's son Kelly. We ask for God's blessing on our members Jonathan Playfair, Lucy Poaps, Jayne

Richeson, Joan Robinson, and Steve and Lois Rochon.
We remember our neighbors, especially Assad, Alsit, Lana and Elias.

THE LITURGICAL PAUSE

THIS IS ONE OF THE CENTRAL ELEMENTS OF A CHURCH SERVICE.
WE OBSERVE A LITURGICAL PAUSE AT THE FOLLOWING POINTS:



AT MOMENTS WHEN
PONDERING IS EXPECTED



WHEN THE ORGANIST
HASN'T COME IN



WHEN THE READER HAS
A PARTICULARLY GRUELLING
JOURNEY TO THE LECTERN



WHEN AN EASTER FIRE
OR ADVENT CANDLE
REFUSES TO LIGHT



WHEN NO-ONE WILL ADMIT TO
BEING THE PERSON DOWN
TO LEAD THE INTERCESSIONS



WHEN NOBODY HAS A
CLUE WHAT IS SUPPOSED
TO HAPPEN NEXT

This CartoonChurch.com cartoon originally appeared in the Church Times and is taken from 'The Dave Walker Guide to the Church', published by Canterbury Press.

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