

[View this email in your browser](#)

St Paul's Anglican Church Almonte



For Sunday May 23 2021



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

Office: office@stpaulsalmonte.ca Rector: jonathonkouri@hotmail.com



In last week's newsletter, we wrote about the beautiful Ascension stained glass window above the high altar. Anne Roxburgh (a member of the Rosamond family) organized a family reunion in 2013 which raised funds for the restoration of the window. Rosamond family members Kathleen Weil, Mary Hugessen, and others contributed to this restoration project.

St. Paul's has been blessed with the generous financial contributions of many of our members and friends over the years, which have helped give us the beautiful and well-maintained buildings and grounds which we continue to enjoy today. We are very grateful to all our our donors for their past and current support.



A Message from Rev. Jonathon It Takes A Little Time - Part 2

Last week I wrote about Amy Grant's 1997 song "Takes A Little Time", and how it emphasized key Christian virtues such as patience and perseverance.

The post-resurrection stories that we have been reading in the Gospels and the Book of Acts during the season of Easter have much to teach us about patience and perseverance as well.

One of the common themes underlying all of these stories is that people can change over time, but that it takes time for those changes to come about.

If we look at the lives of Jesus' early followers, we see that each of them underwent a period of remarkable transformation in what seemed like a brief period of time. (I have written about this in previous newsletters articles and spoken about it in previous sermons). At the beginning of the story, Jesus' followers were disciples - students who followed Jesus and learned from Him. They had multiple faults and failings, and were not always role models of good Christian behaviour. In fact, some of the time they weren't even very nice people! However, the resurrection, ascension, and coming of the Holy Spirit at Pentecost transformed those very same people into strong leaders, ambassadors, apostles, and saints. The change in these people's lives is evidence of the amazing power of God to transform anyone.

For example, Peter went from denying Jesus following His arrest to boldly preaching about Him following Pentecost. But this remarkable change didn't just happen over a period of just a few weeks. It was actually the result of years of work. Like the other disciples, Peter had spent at least three years living with and following Jesus. The Bible doesn't tell us what was happening in Peter's life before he began following Jesus. But we can be sure that God



was working in Peter's life in subtle and not-so-subtle ways, helping him to grow spiritually so that when he met Jesus, he would be ready to become a disciple. Similarly, there were likely many changes in Peter's life during his time as an apostle.

The point is that God is working in our lives all of the time. Sometimes we may not even be aware of it ourselves. Those times where we experience sudden growth or sudden progress are often the result of smaller, gradual, and less obvious periods of growth and progress. Sometimes that more subtle growth and progress is evident to others before it is evident to us. But oftentimes, it is very difficult to perceive.

As we read the stories of the early disciples it might be tempting to wonder why Jesus didn't give up on them. But as the stories progress we realize that His patience and perseverance with them was well worth the wait. This theme of patience, perseverance, and change is found in the lives of men and women throughout the Bible and throughout human history. And the same thing is true today for ourselves and those around us.

This is why patience and perseverance are so important. If we are not satisfied with where we are in life, then it is important to be patient and give ourselves time to change. Where we are now is not necessarily where we will end up. It is also important to persevere and not give up on change. Oftentimes, achieving change that is worthwhile and long-lasting is hard work, and it is not always comfortable. At the same time that we are patient with ourselves, it is also important to be patient and not give up on others as they change and as God works in their lives.

A Prayer for India in This Time of Pandemic

Healer of all, giver of life, we bow our heads, lift up our hearts and pour out prayers as tears for our sisters and brothers our human family in India enduring a Covid crisis worse than our imagination can comprehend.

Oxygen, good leadership, wood for cremations, hope of this second wave ending – all too short in supply.

How do we pray for an inadequate system now collapsing?

How do we pray for an underinvestment in healthcare?

How do we pray for the end of a virus that spreads because of inequality and injustice?

We pray because we believe in your love and compassion; in your mysterious ways; in your promises of comfort; in your provision as Yahweh; in your power to intervene; in your work transforming hearts; in your incarnate solidarity that descended even to hell.

And is present even in this reality.

So we do pray for generosity and provision from the international community; for the fair and equal distribution of a vaccine; for the fundamental right of healthcare to be

realized; for the doctors and nurses at breaking point to be helped; for a deeply flawed system to be disestablished and resurrected as a new creation of your making and blessing.

So help us all, God.

Amen.

From [Christian Aid](#)

Come Hoy Ghost, Our Souls Inspire

"**Veni Creator Spiritus**" (Come, Creator Spirit) is a traditional Christian hymn believed to have been written by Rabanus Maurus, a 9th-century German monk, teacher, and archbishop. When the original Latin text is used, it is normally sung in Gregorian Chant. It has been translated and paraphrased into several languages, and adapted into many musical forms, often as a hymn for Pentecost or for other occasions that focus on the Holy Spirit.

Veni Creator Spiritus is also widely used in the Anglican Communion and appears, The translation "Come Holy Ghost, our souls inspire" was by Bishop John Cosin in 1625, written for the coronation of King Charles I of Great Britain and has been used for all subsequent British coronations. It is still in use today in services of ordination and consecration of priests and bishops. Source: *Wikipedia*.

Click on the image below to listen to this ancient hymn.



How Are We Doing? Telephone Survey Results

Parish Council asked the telephone committee to touch base with members of our community and ask a few questions about the ways we've been trying to keep connected as well as what



further measure parishioners think we might take.

We were not attempting a rigorous survey but rather hoping to gather a sense of how we are doing, how parishioners are coping and how we could potentially improve or expand upon our initiatives to keep people connected.

Findings **Newsletter-specific**

- Most people spoken to read the newsletter weekly
- Most appreciate Jonathon's weekly articles
- The cartoons were mentioned by most.
- Individuals' contributions (human interest) stories were mentioned often
- Newsletter tone is nice - low-key, warm, comfortable.

Other connecting methods

Some people rely on bumping into each other while out walking; others phone each other. A few watch our weekly services as it helps with feeling connected; others don't watch services as they are not posted at the right time. A few watch online services from other churches.

Suggestions for improvement

- Pleas for no more zoom meetings
- A plea for outdoor services as soon as possible
- Movie reviews and/or book reviews were suggested as a possible way to identify something for a group study

Comments

Many feel we're going a good job of keeping connected, lots of positive feedback. One now subscribes to Richard Rohr since learning about his ministry thru the newsletter. One would like to see more encouragement to pray for each other. One person suggested that a group could watch a video course together (over Zoom).

Conclusions and Recommendations

Overall, the responses were very positive. It seems that the balance of newsletter content is good.

The responses signal that we should continue what we are doing.

Many people want to hear how others are doing.

PLEASE CONSIDER CONTRIBUTING CONTENT TO THE NEWSLETTER

Call (613-256-1771) or email (office@stpaulsalmonte.ca) to make a suggestion.

Submitted by Deane Zeeman

Languishing

A word that can bring to mind Elizabeth Barrett Browning *languishing* on a sofa as she waits for Robert Browning.

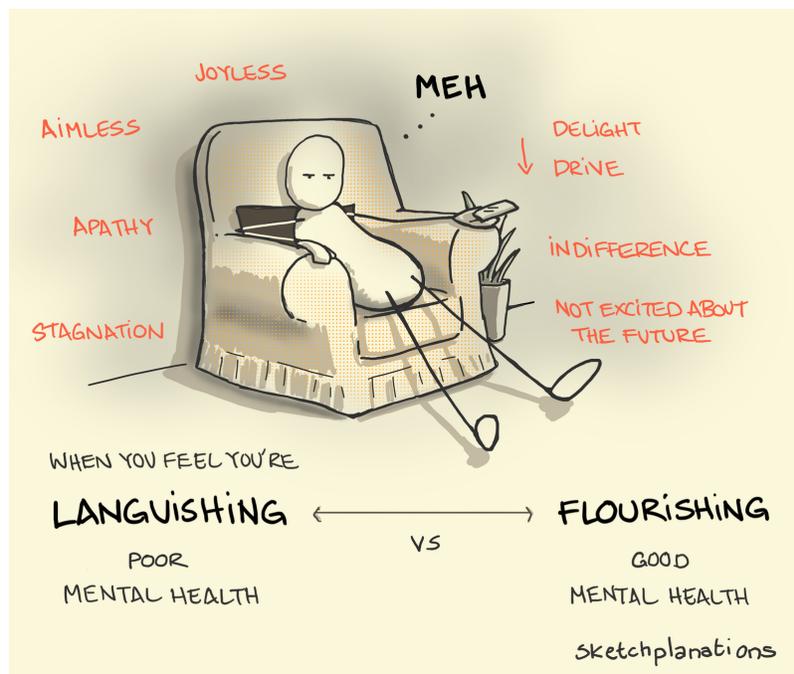


However, the *Cambridge Dictionary* defines **languish** as : "to exist in an unpleasant or unwanted situation, often for a long time". Sounds familiar.

The *New York Times* recently published an article *There's a Name for the Blah You're Feeling: It's Called "Languishing"* describing what it calls "the neglected middle child of mental health".

Read the article [HERE](#) for suggestions to help you flourish again.

Article submitted by Vicki Bassett





Katrina Ayling in her butterfly garden. Yellow butterfly feeder hanging on the left; butterfly accommodation on the fence behind her.

READINGS FOR THIS SUNDAY

Pentecost Sunday

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

- First reading: [Acts 2:1-21](#)
 - Psalm: [Psalm 104:24-34, 35b](#)
 - Second reading: [Romans 8:22-27](#)
 - Gospel: [John 15:26-27; 16:4b-15](#)
-



**For the Spirit of Peace that calms our mind and stills our life, we give you thanks.
For the Spirit of Love that touches hearts and reaches out, we give you thanks.
For the Spirit of Joy that lifts our soul and gives us faith we give you thanks.
For the Spirit of Power, that gift of grace for this your church, we give you thanks. Amen.**

John Birch. Faith and Worship. Prayers for Pentecost

In the World. The Anglican Church of Melanesia; our Companion Diocese, The Diocese of Jerusalem and The Middle East and Archbishop Hosam Naoum.

In Canada. The clergy and people of the Diocese of Ottawa; our Metropolitan, The Most Rev. Anne Germond and our Primate, The Most Rev. Linda Nicholls; our Sisters and Brothers in the Evangelical Lutheran Church in Canada and their Bishop, Michael Pryse.

In our Diocese. Our Bishop, The Rt. Rev. Shane Parker; the Area Parish of Prescott-North Glengarry (Holy Trinity, Hawkesbury; St. John's, Vankleek Hill; St. Michael and All Angels, Maxville; the Parish of Grenville/Calumet; and the Chapel at St. Paul's, Fenaghvale –The Reverend Canon Robert Heard, Interim Priest-in-Charge. Pray for the Anglican Church Women (ACW) and their groups and members throughout the Diocese. Pray for the staff volunteers and clients of Ottawa Inner City Ministries, with their executive director Rev. Ken MacLaren.

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 work of Home Hospice North Lanark - for staff, volunteers and clients.

We pray for the health, safety and well-being of our neighbours in the face of increased numbers of covid-19 cases in our area and for everyone involved in the distribution of covid-19 vaccines.

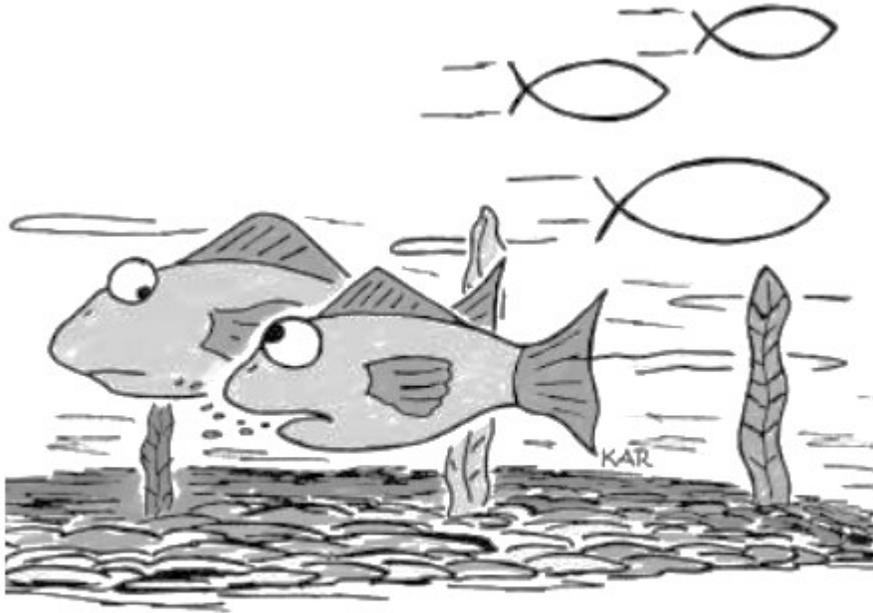
In Our Parish. We pray for Jonathon, our priest, for ourselves and for each other, remembering our Parish Council meeting on Wednesday evening.

We ask for God's healing hand to cover our members who are struggling with health issues.

We ask for God's blessing on our members Bev Madden, Barbara Maguire, Claire Marson, Karen Masson,

Michael and Janet Mavis.

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



“Must be missionaries!” 

Copyright © 2021 St Paul's Anglican Church - Almonte, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

