



CARADOC PRESBYTERIAN CHURCH

eNews 2020 | Week 5 COVID19

Happy Easter! Christ is Risen! He has Risen Indeed!

**Happy Easter friends!
Believe!**

Troubled times bring troubled hearts and always brings with it a season of doubt. This week we may find a place of comfort amongst the thoughts of Thomas (John 20). Or we may find in our hearts a similar anxiety found in the words of John as he tries to wrap up his Gospel.

Thomas reminds us it's not easy to believe and yet we are called to believe without the benefit of seeing Christ's hands and feet.

Today not only can we not see Jesus' nail-pierced hands, we cannot even shake our neighbour's hand. As a minister, I cannot hold the hand of the suffering and the sorrowing. If ever we were in a moment of doubt, of wanting to see some evidence that God is near, is in control, that a better day may come by God's grace . . . well, this is such a moment. We may feel a bit less like Thomas and a bit more like that father in another Bible story who cried out to Jesus, "I believe! Help my unbelief!" Because we have some very good questions for God just now let's not pretend pastors or anyone else have easy answers. We are all caught up in this pandemic together. This week we look to God's Word, to John's Gospel, to what John wrote



about the resurrection of Christ, to the witness he shared long ago and to the witness that, by the Spirit, John shares with us still today.

Jesus greets his disciples locked in a room, afraid and troubled, "**Peace be with you!**" We are troubled too. We are locked up in our houses out of fear of a virus we cannot see. So maybe there is Good News in this story that Jesus pops into locked rooms of fear. That he presents evidence—somehow, some way—of the Life he has to give. That he gives us a servant like John to tell us the story that we may believe. And this year perhaps that is enough. "My Lord and my God!" Thomas exclaims. Jesus answers, " ...Even better blessings are in store for those who believe without seeing."

At the end of John's gospel John acts like I act when I'm reading a good book and it's late, I utter to myself, "just one more chapter" or when Franck and I are watching a new tv series on Netflix and one of us turns to the other and says, "just one more episode?" As John begins to utter the words, "the end", like us John says "just one more story." He could have kept going he says, "Jesus provided far more God-revealing signs than are written down in this book" and then he tells us one more story! And then he says again, "There are so many other things Jesus did. If they were all written down, each of them, one by one, I can't imagine a world big enough to hold such a library of books." Can you imagine today? The library that would be needed to hold all the stories then and since or the thousands of terra bytes on a computer that would hold all the stories of the resurrection power of God active in our world??

For me John's final words remind me of those stories that have come after John that we are suppose to keep telling, keep sharing, keep being lived out in our lives, the stories of resurrection power, God's action in our world!

What do we do during this time of fear and doubt? Share your stories of faith!
There is no "the end"! The story is not over! "Just one more!"

Where has God been active in your life during this time of isolation or over all your life? Reach out to others and share your stories in the confidence of your faith!

My friends, please find hopeful and helpful items in this weeks eNews.

Please stay safe at home and I encourage you to join us for worship on Facebook each Sunday.

To end, I offer you this prayer:

Generous God, we thank you for your presence with us in all our lives. Today, banish our fears and anxieties with the memory of the resurrection of our Lord, Jesus Christ. Remind us again that through all our troubles, doubts, and fears, your power, mercy and love are with us. Even though we have come through the joy of

Easter and the triumphant Easter songs, we may still doubt. Like Thomas who walked with Jesus, we still have trouble believing. Shine your bright light of joy upon us. Lighten our dark path. Help us to believe, even though we have not seen you, touched your hands and side. Help us to proclaim Jesus as our Lord and Savior. Amen.

May Peace & Health be yours this day!

Virtual hugs to you all!

Rev. Shelly

Reaching Out - Staying Health - Connecting - Worship

REACHING OUT!



BEGINS SUNDAY APRIL 19TH
ENDS FRIDAY APRIL 24TH

**Caradoc Presbyterian Church
Food Drive - 1 week only**

Drop off non-perishable food items
at 3 Queensway Drive - Kocis family home

April Food Drive

Times are getting tougher and tougher out there! Food security will become a reality for many people in our community. If you are able please consider donating to the Salvation Army Food Bank.

On behalf of CPC - The Kocis Family invites you to drop off non-perishable food items to their front porch for the next week. We will deliver the food to the Salvation Army Food Bank the

following Monday.

Next time you are grocery shopping pick up a few extra: canned meat (tuna, ham, chicken); canned fruit and veggies; single serving fruit cups; instant foods like potatoes, noddles and rice.

Place donations in blue boxes provided on the front porch.

THANKS in advance!

STAYING HEALTHY!

We truly need a daily Routine

Here's an idea for fulfilling a daily routine: ask yourself questions like "Isolation Daily Questions" and plan an answer each day!

The isolation questions are helpful in keeping your day balanced and healthy!

Another idea is to break up your day into 2 hour units and plan one thing for each unit or a list of things to do for one 2 hour unit.

Click button below to go to our **KEEPING BUSY** page on our website for ideas of things to do!

[Ideas for Keeping Busy!](#)

Everyone matters!! You are not alone!

If you are struggling please contact us! Call the church and leave a message 519-245-0171 OR email Rev. Shelly rev.kocis@presbyterian.ca OR call/email your elder.

We're here to help!

If you need groceries picked up, need a call or help with anything else please don't hesitate.

[Click here for LodondMiddlesex Mental Healthunit info](#)

or call in a **CRISIS** 519-433-2023 or 1-866-933-2023
or call if you **NEED TO TALK** 519-601-8055 or 1 (844) 360-8055 (Support line)

BIG WHITE WALL: People come to Big White Wall for support with a wide range of mental health and wellbeing issues – from anxiety, depression, isolation and stress, to relationship problems and lifestyle challenges. [click here to go to website](#)

[Click here for help with kids - Kids Help Phone](#)

ISOLATION DAILY QUESTIONS:

1. WHO AM I **CHECKING ON OR CONNECTING WITH** TODAY?
2. WHAT EXPECTATIONS OF NORMAL AM I **LETTING GO OF** TODAY?
3. HOW AM I **GETTING OUTSIDE** TODAY?
4. HOW AM I **MOVING MY BODY** TODAY?
5. HOW AM I **EXPRESSING MY CREATIVITY** TODAY?
6. WHAT TYPE OF **SELF CARE** AM I DOING TODAY?
7. WHAT AM I **GRATEFUL** FOR TODAY?

Caption goes here

or call Kids help phone Call a counsellor: 1-800-668-6868

CONNECTING!

Staying connected!

Coffee break with Rev. Shelly
Wednesday April 29th 10am

Join together to say hi, catch up,
share concerns, and pray together!

You may have heard of "Zoom" - it's a meeting platform that allows a group of people to gather online via video and phone.

If you'd like to connect with Caradoc church friends for a coffee, tea or your choice!

RSVP to Rev. Shelly via email rev.kocis@caradocpresbyterian.ca or leave a message at the church 519-245-0171 by April 27th Rev. Shelly will then be in touch!



i miss your face!

CAMPAIGN



submit a photo
tell us something you've been up to!
collages will be on our website

We miss seeing everyone!

"I miss you face" campaign was launched a few weeks ago but

Don't be shy!

SEND Rev. Shelly a recent picture!! Tell us what you've been up to!!

Rosemary and the youth choir challenges you ALL to the "I miss your face" campaign!

KYC continues to practice together each week on zoom during this time of isolation.

We can't wait to see your faces in worship again soon KYC!

Peace and Health to our favourite young singers!



WORSHIP!

Caradoc Presbyterian Church



Creating a Worship Space

It seems we may be worshipping in this way for a wee while longer. I suggest creating a worship space for Sunday mornings or when you have chosen to engage in worship. Gathering around a computer or television can feel less than holy. These spaces are usually for work time or relaxing time. In order to make where you have been gathering for worship an intentionally sacred space, here are a few ideas:

- Gather in a space that feels comfortable or at your kitchen/ dining table.
- If you would rather not gather at a table, use a smaller, dedicated surface to place items.
- In the middle of your table/worship space, place a candle, a bible, and any other small item that helps to centre you on God. (You could include a small bowl of water to remind you of the waters of your baptism, or sprigs of greenery to connect you with creation.)

- During this time when we are not able to worship in our church sanctuaries, we encourage you to keep this *home sanctuary space* set up throughout this time to remind you of **God's constant presence in our lives**. If you are at the dining room table find a place close by to move your centring items for the week.
- **Fun idea** – if there is a window near your space, use blue tape and washable paint to create a “stained glass” window or create paper frames and cover with colourful tissue paper to set in your windows close by.

Worship This Sunday:

Join us again this Sunday on Facebook Live!

Order of worship Link:

Order of worship | April 19 2020

Illustrated Ministry Family Worship Resources

Link: [Click here](#) Easter Week 2 Reflection, activities, colouring pages for kids & adults!

Don't forget to let us know you're watching!



This week, to begin to create a sacred space, simply gather three things: a candle, a cross and a heart for each worshipper (we will use the candle & hearts in worship!)

A candle can be any kind that you prefer even a battery operated one. If you do not have a cross, you can easily make one - use sticks, pencil crayons, craft/popsicles sticks and some ribbon or string. And finally you'll need a heart, something you can hold in your hand. You can easily create a heart out of paper. Good luck! Contact Rev. Shelly if you need inspiration.

[Visit our website | Click Here!](#)

Peace & Health Friends!

Stay well! Stay safe! Stay Home!

Wash Your hands!

**Click the Facebook icon below and go directly to our
Facebook page!**

Not a member of our page? Simply click "join"



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