



## Our "New Normal" for now ...

### What does "new normal" mean?

As we travel this pathway of a COVID19 new normal, it is hard to think of what things will look like in our future and we find ourselves thinking, "... just a few weeks ago we were ..." God did not create us to live in the past or project ourselves into the future, God created us for today, for now, for the present.

"Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal ..." Philippians 3:13-14(NRSV)

**I press**, present tense, I press on toward the goal! *We are meant, we are created to be in the now.* I love the Message version Luke 9:62: Jesus said, "No procrastination. No backward looks. You can't put God's kingdom off till tomorrow. Seize the day."

Although it may be difficult we need to be in the present today not stewing over the past or worrying about the future (remember Matt 6:27 or Luke 12:25 - worry does not add a day to your life!) during my readings and reflections this week I found this poem online. I found it entirely moving, in that the person who wrote it is standing in today, present in God's grace, love and hope.

### A Poem By Todd Outcalt: Pandemic Prayer

Let me stand upon the tower wall  
Overlooking these uncertain cloistered days

And let me serve as more than watchful eyes  
Let my hands be open and my feet be swift  
To brave the unseen elements  
In the smallest of things

Let the nurse sing and the doctor stand tall  
Among the microscopic enemies  
So that even the fearful fear of the coming grace  
And let the angry succumb to the angelic face  
Giving the tide pause  
And the future wings

Be ever present O Lord with your children this day and all our tomorrows.

Peace & Health my friends,  
*Rev. Shelly*

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## Reaching Out & Staying Connected



ENDS SUNDAY APRIL 26TH

**Caradoc Presbyterian Church  
Food Drive**

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

*To donate to Strathroy Salvation Army Community services & foodbank [click here!](#)*

**i miss your  
face!**

CAMPAIGN



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

*[Click to visit "I miss your face" page](#)*

## Take a break & connect!

Have a 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](mailto:rev.kocis@caradocpresbyterian.ca) or leave a message at the church 519-245-0171 by April 27th Rev. Shelly will then be in touch!**

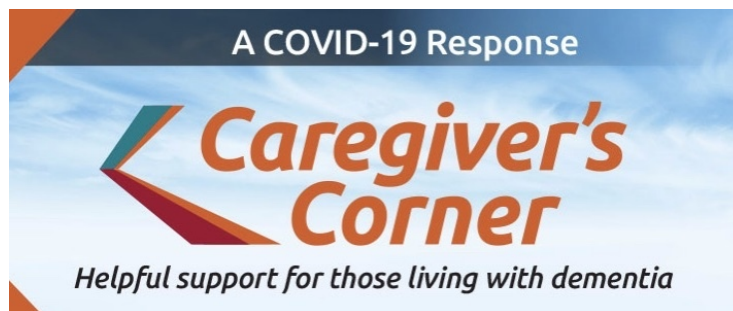
## Strathroy says Thank-you!

With all our siblings in Christ we lift up prayers of protection for our local healthcare workers and hospital staff!

And we cheer in thanksgiving for all they are giving to our community.

The Strathroy ministerial invited Christians across denominations to gather at the Strathroy Hospital this past Wednesday, some of our faith family join in, See if you can spot them in the video! :)

[Click here to see a video about sharing in the experience!](#)



## McCormick Care Group

The Care Group recently launched a "Caregivers Corner" section of their website. There is some great

information for families and anyone caring for someone with dementia at home.

Please look to this website for support and information if you or a loved one is caring for someone with dementia at home during this time. The Care Group is planning on adding resources daily. Please find the link below.

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## Five Patterns For Biblical Prayer

Five patterns for biblical prayer in the age of a pandemic.  
Get your Bible out and follow along.

### One. The “how long?”

prayers of Psalm 13, 44, and 88. Read them. You’ll be shocked at the nerve people have with God, as the psalm writers have the freedom not only to vent their anger at God but to question his job performance. *What will that teach us about God?* Well, as a church that believes the Bible is “inspired, eternal, and true,” we get the revelation that our God is so emotionally secure that he will inspire a scripture that second guesses him. God can take it. And if you ask in the middle of quarantine, “How long, O Lord?” he will not reject your emotion; he will honour your heart.

### Two. The “doubting”

prayers of Mark 9:24. An anguished father pleading for the healing of his son says to Jesus, “I believe; help my unbelief!” What does Jesus do in response to his wavering? Rebuke him? Ignore him? Condemn him? No. No. And no. He heals the son. If you’re honest about where you are, Jesus is faithful to show you who he is. And who you are. God’s beloved child.

### Three. The “wise silence”

of Job’s friends in Job 2:13. In the aftermath of losing everything, Job receives a consoling visit from three close friends. The apex of their counsel is this scene: They sat with Job on the ground seven days and seven nights, not speaking a word to him, for they saw that he was in excruciating pain. If you’re trying to comfort someone suffering anxiety, loss, or both during the pandemic, clichés don’t help. Telling them “Relax!” and “Don’t worry!” actually induces the very emotions you’re trying to curtail! Instead, remember those friends’ in the moment of 2:13.

### Four. The “perspective”

prayer of Philippians 3:4-14. When Paul compares all his accomplishments and all his accolades and even all his family privilege to a “dog pile,” he lets you know what’s really important: a life defined by the life, death, and resurrection of Jesus. Your circumstances might not change a bit, but your identity in Christ will sustain you all the days of your life.

### Five. The “lament”

prayer of Psalm 22. The Bible is full of people who lament their loss; my goodness, there is even an entire book called Lamentations! As you check out Psalm 22, you'll hear familiar language, and you'll understand how Jesus saw his experience on the cross through the lens of these words penned hundreds of years earlier. If Jesus was free to lament to his Father, so are you.

As believers in an ever-loving and everlasting God we are blessed with scripture that expresses every emotion and every situation — including one, like now, that none of us have seen before. May you be blessed in knowing and experiences of God. (The Five patterns of prayer comes from [simplifythemessage.org](http://simplifythemessage.org))



## Worship

Join us for worship each Sunday on Facebook LIVE!

### Consider creating a worship Space:

In order to make where you have been gathering for worship an intentionally sacred space, here are a few ideas:

- In the middle of your table/worship space, place a candle, a bible, and items that help to centre you on God.

For this Sunday gather a candle, a heart and a cross.

### Order of worship Link:

[Order of Worship | April 26 2020](#)

### Illustrated Ministry Family Worship Resources Link:

[Click here for Easter Week 3 Resources](#)  
Activities & colouring pages for all ages!

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

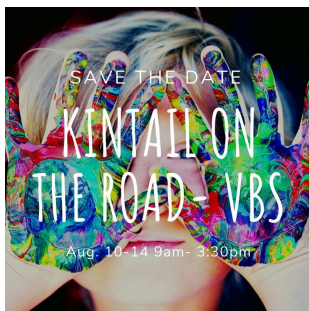
Caradoc Presbyterian Church



**A Reminder: Donations & Offerings are being received by PAR, Cheque via mail or etransfer at this time for more information follow the link below.**

CPC Donations and Offerings during the Covid19 Page

[Caradoc PC Website](#)



### **KOTR-VBS update:**

We continue to hope that we can gather for our summer VBS program this August.

We continue to accept registrations but will not be taking payment at this time.

Our team will update the VBS community and volunteers as soon as we know more information. Thanks for your continued patience regarding this program.

**Peace & Health Friends!**

**Stay well! Stay safe! Stay Home!**

**Wash Your hands!**

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



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