



CARADOC PRESBYTERIAN CHURCH

eNews 2020 | Week 2 Covid19

A Covid19 update

Warm greetings everyone,

It is my hope that you are all healthy and will continue to be that way! As you all know due to Federal and Provincial Pandemic laws we will not be gathering again for sometime. Worship will not resume until prohibitions for gathering have been lifted. During this time I have no doubt that we show all our strengths as a community. Each week I will send out a eNews to keep you connected to your faith, inspired with new ideas of things to do and any news regarding our faith community or the Presbyterian Church. Please adhere to the best of your ability the requirements of Health Canada and the government - we are all in this together! and we want very much to support our family, friends and neighbours who are on the front lines. Consider praying each morning at 9am or evening at 9pm for our frontline workers many in our own faith family have family, friends and neighbours with immense pressure and stress right now because of Covid19. Please share any specific prayer requests with Theresa Glithero (tmglithero@gmail.com) or Rev. Shelly (rev.kocis@caradocpresbyterian.ca)

We are worshipping!

For now we will worship on Facebook LIVE on our Caradoc PC Facebook page. I wholeheartedly encourage you to sign up for Facebook or if you are already on FB join our page! You will be able to see the others that are joining us and I hope enjoy our time together.

Please know the session and board are in touch. We ask that no one go to the churches. We have plans in place to care for both Caradoc & Knox church

buildings. If we need your assistance a session or board member will call when needed.

It will be some time before I see you again,

knowing this means some creative ways to stay connected. A colleague and her church has inspire me! (thanks Mavis & Knox St. Thomas) We will begin a **"I miss your face" campaign!** Please consider taking a picture and tell me something you've been up to :) send it to me at rev.kocis@caradocpresbyterian.ca. Weekly I will post our friends faces on our website to help us connect!

Please reach out if there is something you need, call your elder or leave a message at the church, 519-245-0171.

Please read through the whole eNews as there is important information.

Peace and health be yours my friends,
Rev. Shelly

A Covid19 Prayer:

Jesus Christ, you traveled through towns and villages "curing every disease and illness." At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Heal those who are sick with the virus. May they regain their strength and health through quality medical care.

Heal us from our fear, which prevents nations from working together and neighbours from helping one another.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.

Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow. Be with those who have died from the virus. May they be at rest with you in your eternal peace.

Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace.

Be with the first responders, doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace.

Be with all on the front lines, border agents, grocery stockers & clerks, all hospital, nursing/retirement home, restaurants, hardware, and variety store staff. Be with EI and CRA staff doing their best to help those across of country in need.

Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Jesus Christ, stay with us as we endure and mourn, persist and prepare. In place of our anxiety, give us your peace.
Jesus Christ, heal us. Amen.

written by Kerry Weber adapted by M. Butterfield-Kocis
<https://www.americamagazine.org/faith/2020/03/02/coronavirus-prayer>

Donations and Offerings during the Covid-19 Pandemic:

As you all know weekly, monthly and yearly offerings ensure that the ministry of the church is sustainable from year to year. Continued efforts in regular patterns of giving will make certain our church will be strong and healthy when the Covid-19 crisis is a thing of the past.

We are grateful to the many people who have recognized that our church finances will, of course, be greatly impacted by our lack of gathering for Sunday worship each week. If you are able to make a donation to the church, please find below a few solutions to financially supporting the ministry of Caradoc PC. in the coming weeks.

Please give only as you are able. Our treasurer can be contacted via email at treasurer@caradocpresbyterian.ca

PAR: We are grateful for those who already give to our church through pre-authorized remittance (PAR.) If you would like to consider using PAR during this time please contact Joanne Grivich at treasurer@caradocpresbyterian.ca for information and instructions.

Donation by Cheque: drop off OR mail c/o Brian Huston at 8677 Glengyle Drive, Strathroy, ON, N7G 3H3. Cheques will be deposited to the bank on a bi-weekly basis.

eTransfers: e-transfers can be sent to the treasurer's email address for direct deposit. If you wish to donate using electronic transfers please contact Joanne Grivich at treasurer@caradocpresbyterian.ca for instructions.

We are sincerely thankful for your continued support.

Thank-you, *Rev. Shelly, Caradoc Session and Board of Managers*

Staying Connected

Worship

Consider joining Rev. Shelly and Franck for a short worship experience on Facebook this Sunday at 11am.

You will need to be in the Facebook Group for Caradoc Presbyterian Church. If you are not, put Caradoc Presbyterian Church in the search box on Facebook, once on the page click join and Rev. Shelly will add you. *This a new endeavour for us all so a some grace and patience will be needed :)*



Here is a link to a document on our website with the order of worship and song lyrics:

[Click here to go to Order of Worship for this Sunday!](#)

Orders of worship are also found on the website on our worship page.

If you are not on Facebook we are hoping to learn a way in which we can post to our website. We'll let everyone know when we are able to do this.

Call, FaceTime, video chat

Pick up your phone and call a friend, neighbour or how about choose someone from the photo directory you actually don't know well!

Down load Facebook Messenger, WhatsApp, or if you have a iPhone try VIDEO CHATTING!! we are all learning new ways of being together in our world!

This is all a new learning curve for many of us. Franck and I discovered in Facebook Messenger you can video chat several people at once! we created a family group.

I miss your face! Campaign

i miss your face!

CAMPAIGN



submit a photo

tell us something you've been up to!

collages will be on our website

We all miss seeing each other! Consider snapping a pic and tell us something you've been up to! Send it to Rev. Shelly at rev.kocis@caradocpresbyterian.ca and she will post each week a collage of pictures.

Hope to see your face soon!

Do you live near a faith family member who is not online?

Consider printing off the eNews and putting it in their mailbox or on their doorstep! DON't forget to call and let them know first. ***AND Prior to delivery and handling of things - please use proper hand washing or sanitizing when delivering anything to family or friends.***

Please let Rev. Shelly know if you are able to do this for folks!

News from Presbyterian Church in Canada



General Assembly/CY202/Women's Gathering have all been Cancelled!

A disappointing sign of our rapidly changing and challenging times, all our major national gatherings have been cancelled including this year General Assembly!

On March 23rd, the Assembly Council made the difficult decision to cancel the 2020 General Assembly in order to ensure the safety of all staff and commissioners during the COVID-19 pandemic. Read the full announcement and listen to a pastoral message from the moderator here:

[Click here to read full announcement & watch our Moderator Rev. Amanda Currie address our Church over video](#)

Our prayers are with Assembly Council, Clerks of Assembly, Moderator Rev. Amanda Currie and all Presbyterian Churches in Canada.

Keeping busy



Go to Keeping busy!

It's important to keep busy!

Some suggestions:

* **Establish a routine:** With the constantly “breaking news”, it’s easy to have the TV, radio and computer on all the time. Schedule times when you are going to turn everything off. Try a new hobby (painting, online yoga, journaling), eat meals at regular times. Schedule in prayer and worship times. Try having a schedule to follow for activities and keep changing up your activities from day to day.

* Go to our **Lenten Mid-week activity**

* Check out our **Keeping Busy Page** on our website!

*Get outside and **Exercise!!**

*Try having a weekly **Movie Night**

If you haven’t subscribed to a streaming company, now might be the time!

We suggest:

Disney Plus - Netflix - Pureflix (Go to our Keeping Busy page for links to sign up for these streaming services)

Consider some inspirational movies from the last decade: The Shack, All Saints, Heaven is for real, Risen, Soul Surfer, Miracles from Heaven ALL on NETFLIX – you can also find this streaming site many biblical stories just type bible into to search.

Consider some nature or explore your world on Disney Plus! National Geographic and Disney has wonderful programs about Nature and exploring our world!



PICK 1 NIGHT A WEEK

make it a special night | make it your take out night too!

[Go to our Keeping Busy Page!](#)

40 days of Lent ...

Pray, Reflect, Renew, Acts of Kindness

40 Days of Lent ... PRAY!

Let's prayer together ... Consoling God of comfort and love, we cried out to You out of the depths of our despair, embraced in worry and fear we may fail to hear Your answers of compassion and hope. Undergird us with Your strength and support. Help us to ready our arms, hands, and feet to be Your comforting and strengthening presence to others. Help us to be creative in our expression of Your light and love during these days of crisis. We pray faithfully in the name of Jesus, our rock and redeemer. Amen.

40 Days of Lent ... REFLECT!

Today our Roman Catholic and Anglican siblings in Christ celebrate and recognize the Feast of the Annunciation of Mary - celebrating the "fullness of time" when Christ took on our human nature to save us!

Take a moment today to consider the day when a teenager, the favoured Mary, announced a beginning for humankind by accepting the role of the mother of God! How inspiring this to all God's children! Just think of the role God gave to a young woman. (And if that isn't exciting enough... nine months 'til Christmas?)

Mary intentionally choose to follow God's will trusting in God fully with her life.

Reflect today on something you can build intentionally into your life for the next nine months to help you to follow God's will trusting your life to God fully. How about a new or renewed spiritual practice? A new attitude? A change you can make in your faith practices or learning?

Click links below for Luke 1:26-38 the narration of Mary meeting the angel Gabriel in NRSV and Message:

<https://www.biblegateway.com/passage/?search=Luke+1%3A26-38&version=NRSV>

<https://www.biblegateway.com/passage/?search=Luke+1%3A26-38&version=MSG>

40 Days of Lent ... RENEW!

Sing! Sing! Sing! Over and over again, studies have shown us the power of music. Renew you soul with sacred music or not and SING!! Sing your heart out!

Turn on the radio to your favourite station.

Throw on a tape cassette or cd of you favourite group.

DON'T FORGET TO SING ALONG!

Bring Youtube up on the computer <https://www.youtube.com>

SEARCH YOUR FAVOURITE ONE HIT WONDER!

Or search your favourite hymn!

Here's one of my favourite one hit wonders from the 80's

<https://youtu.be/d-diB65scQU>

Here's one of my favourite hymns!

<https://youtu.be/p6Khmw1ncB0>

Sing while you wash your hands! Did you know that the good ol' doxology (Praise God from whom all blessings flow, Praise Him all creatures here below, praise Him above ye heavenly host, praise Father, Son and Holy Ghost) takes about 20 seconds or so to sing. What better melody to have in your head as you wash your hands! Sing or even HUM!

40 Days of Lent ... ACTS OF KINDNESS!

Next time you're picking up groceries ... consider picking up some flowers or a potted plant for a neighbour or friend. Leave it on their front porch with a note of encouragement and kindness. *Remember practice washing hands and sanitizing if delivering anything to other spring this time!*

You are not alone!

Please call Rev. Shelly 519-245-0171 at the office and leave a message!

OR Call your elder - we will do all we can to help! Peace of Christ be with YOU!

[Click here to visit our website!](#)

Missed an eNews? Visit our website and go to the eNews page in the worship drop down menu.

One final thought, consider your germs ...

Seeing Germs!

Do you really understand how germs spread? Do you understand how easy we transfer germs from people to people and on surfaces? Watch this great video to find out, even if you think you are well informed, I bet you learn something new!

[Check out this incredible YouTube video! it's kid friendly!](#)

Need info on Covid19 - visit Canadian Government Public Health Service site



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