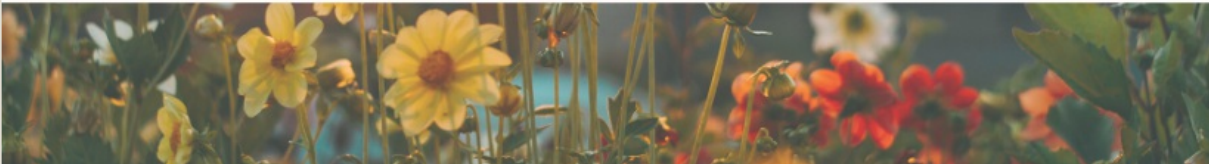


CARADOC PRESBYTERIAN CHURCH

eNews 2020 | Week 3 Covid19



Has it only been 3 weeks?

Hi friends, I have had many people say to me this week, "has it only been three weeks?" Of course, COVID19 has been around for a few months now but truly only drastically affecting us directly for about a month. As anxieties continue to rise our worries about friends, neighbours, family and our community rise too! Please reach out to faith family friends if you are feeling lonely, please call the church office 519-245-0171 if there is anything you need help with! We are all in this together and if "*I'm Okay*" is not your truth today, or tomorrow or even next week, **you are not alone!** Please call the church and leave a message requesting a call from your elder or Rev. Shelly.

Please read the eNews!

This is one way for us to all stay connected! and to know how the COVID19 crisis is affecting our faith community. There are worship announcements, information regarding offering, ideas on how to keep busy, 40 days of Lent, instructions for the "I miss your face" campaign and so much more!

Worship

I wholeheartedly encourage you to join our faith community on FaceBook. Create an account in order to join us for worship! Although we cannot interact together, you can see who is watching and engage in the comments with us and your friends!

I'm excited to announce this Sunday **we welcome back Rosemary** and I look

forward to our partnership in our worship ministry in the coming weeks as we worship together!

I encourage you to download and print this week's activity pages from Illustrated Ministry. I will be colouring the Palm leaf they are supplying! Colour a palm leaf and share it with us during worship or just wave it as we sing *Hosannas to our King!*

COVID 19

Due to this pandemic Session has decided that **worship will not resume before June 1st, 2020**. In late May we will review and reassess governing laws, public health declarations and advice from Presbytery and National PCC offices.

Please heed the advice of the Government and Public Health of Ontario and Canada!

■ **STAY AT HOME**

-
as
much
as
possible
and
do
not
visit!

■ Grocery shop and run errands **ONCE A WEEK**

-
consider
recording
when
you
get
home
where
you

have
been
-
our
memories
may
not
be
what
they
used
to
be!

■ **STAY
IN
TOUCH**
with
people!

■ Keep
your
mind,
body
and
soul
active!

■ **STAY
INFORMED!**

■ Get
outside
on
a
regular
basis!

■ **STAY
HEALTHY!**

My friends, God is with YOU! above you, below you, behind you, beside you and always ahead of you! I wish you continued peace and health as we press on during these times!

In Christ's service, *Rev. Shelly*

Worship



Click to see out website's worship page

Worship over Facebook LIVE

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.

Remember if you are unable to join us at 11am the videos will continue to be posted on the Caradoc PC Facebook page and you are welcome to worship at your convenience!

Prepare for worship!

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](#)

AND

Here is a link to a PDF document with a palm branch to colour. Kids at home print all the activity pages for some Palm Sunday fun!

[Palm Sunday Activities including Palm Branches](#)

OR

Consider downloading document and or sending the link to your grandkids!



Click here for Palm Sunday Activities

Music Before and After worship

We are happy to *welcome* Rosemary back to worship!

Rosemary will be pre-recording music for



us use during our worship service as well as providing pre-music and a postlude on Facebook LIVE. All accessible on our Caradoc PC Facebook page.

Please join us at 10:45 am for music with Rosemary before worship begins - don't worry Rosemary will end around 5 minutes before worship so you can engage the worship LIVE. After worship Rosemary will also play a postlude for us.

Sunday Messages

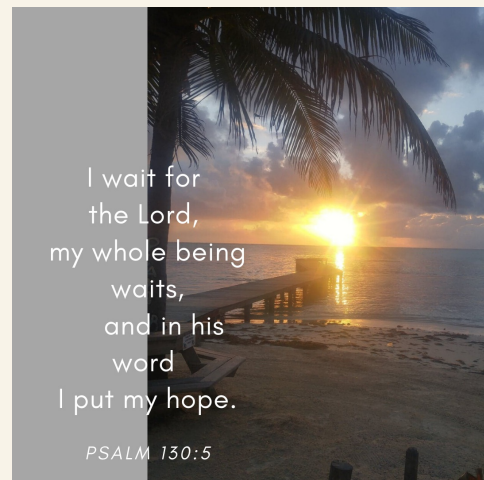
Rev. Shelly's Sunday messages will now be found on the website for those who do not wish to partake in the Facebook experience and for our "Printer Pals" to print for those not online.

Do you have a printer?

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.*

If you are interested in being a "Printer Pal" for our faith family members who do not use technology or do not have a printer at home. Please let Rev. Shelly or Maureen Tomchick know!



[Click here for Rev. Shelly's Messages](#)

Keeping Connected

We all miss seeing each other!

Consider snapping a pic and tell us something you've been up to!

i miss your face!

CAMPAIGN



submit a photo

tell us something you've been up to!

collages will be on our website

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!

Keeping Busy

*New Mid-week Activity

[Lent Week 5 | Mid-week Activities](#)

Colouring is great for relaxing!

Colouring is a form of meditation!

Here are some colouring pages for adults and children, for more go to our Keeping Busy page!

[Prayers for when you feel anxious! |](#)

[Colouring Pages | click here to print](#)

[God Calls Me | Colouring Page | click here to print](#)

hashtag CanadaPerforms

Are you a lover of the arts? Canadian musicians, performance artists, book readings. Daily concerts and performances! Since many of the performers are using their own means of sharing their performances you do need to be connected to social media platforms. A great way to spend an afternoon though listening or watching some of **Canada's most talent people for FREE!!**

[Click here for more info on #CanadaPerforms](#)



Click here to visit Keeping Busy page!

40 days of Lent last week of Lent!

40 days of Lent ... PRAY!

We are in the last week of Lent. Spend some time in prayer and study this week to prepare your hearts and mind for Holy Week, it begins this Sunday.

Loving God, I am just beginning to realize how much you love me. Your son, Jesus was humble, compassionate, and forgiving. Please help me be more humble, more compassionate and more forgiving. Continue to guide my mind with your truth. Strengthen my life by the example of Jesus. Help me to know that you are with me, throughout the week ahead, reminding me of all the ways Jesus demonstrates total love for all. Thank you for being beside me, before me, behind me, below me and above me! Help me to feel your presence and live in union with you. In Jesus name, I pray. Amen.

40 Days of Lent ... REFLECT!

Read Psalm 118:1-2, 19-29.

This Psalm is a Psalm of Thanksgiving ... take some time today to read the Psalm again. Do you recognize some of the verses? Write out the verses you are familiar with and think about when we use them in worship & why. OR think about the last time you heard a verse used and why it was used in our Christian context.

These verses are threads that connect us, as Christians, to the whole of God's story. After some time of personal reflection, and in preparation for Palm Sunday read Psalm 118:1,2 19-29 out loud as a proclamation of Thanksgiving to God :)

Sing Hosannas!

Peace, blessings and health as you come before God in reflection today!

40 Days of Lent ... RENEW!

Two ideas today! DANCE PARTY or LAUGHTER PARTY!!

The best medicine truly is just letting go of your inhibitions! Laugh and dance like no ones looking or cares!!

DANCE PARTY: this is easy throw on your favourite music and don't stop dancing until the music is over!!

Dance like no ones looking! why not throw open your front blinds or sheers and let the neighbourhood see you having a good time! lol ... you never know they

could use a good *LAUGHTER PARTY!!!*

LAUGHTER PARTY: this is as easy as finding your favourite comedian on YouTube or Netflix and getting in a good laugh! or how about binge watching your favourite comedy from the past or present OR maybe just LAUGH after all it is contagious! If your with other people indoors at home it's pretty easy to get people to join you! Just think of something funny and start laughing!!

40 Days of Lent ... ACTS OF KINDNESS!"

Donate to a local charity!

Funds are needed in so many places, please consider a donation to the **Women's Rural Resource Centre.**

During a time of crisis like this with social distancing and isolation many women will find themselves needing support. Rural women experience violence in the home and housing insecurity at the same rates as urban women with less accessibility to resources.

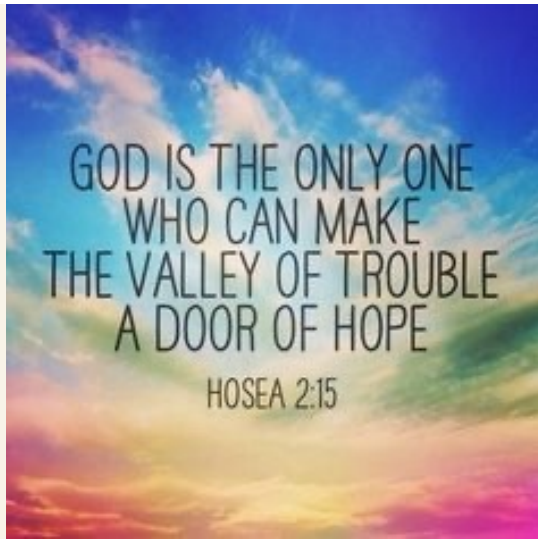
For more information on how to donate click link below:

[Women's Rural Resource Centre Website](#)

To continue to support the work of **Caradoc Presbyterian Church** visit our Offerings & Donations page on our website.

[Click here to go to Offerings & Donations Page](#)

Welcome to our website!



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