



St. Andrew's News

www.standrewspres-tbay.ca

August 16th, 2020

Responding! Restoring! Rejoicing!



PRAYERS FROM THE HEART

Dear Lord

We pray for people who are lonely
and struggling during the virus.

Missing the connections they had through church
and friends that look much different now.

We are thankful for our families, friends and
essential workers for providing us with
comfort and what we need.

I am looking forward to seeing all my friends at
church one day Lord so please keep them safe.

Thank you Lord for being there and guiding us.

Amen

Written by: Roberta Haywood

PCC MISSION MOMENTS

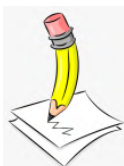
40 Years of Partnership in Mauritius

In September of 2019, the Presbyterian Church of Mauritius (PCM) celebrated a milestone: the 40th anniversary of their autonomy from the Church of Scotland. The Presbyterian Church in Canada's partnership with PCM began in 1981 with the appointment of the Rev. Brian Crosby and continued through the years with 11 Canadian Presbyterians serving as ministers and music consultants. Today, our partnership continues through annual grants sent to Formation Biblique et Théologique à Maurice (FBTM), a theological training program for over 1,700 Christians. FBTM's director, the Rev. Maurice Davantin, gratefully acknowledges that, "Due to the generosity of the PCC, FBTM has been able to continue its ministry in spreading the study of God's Words among Christians in Mauritius."

***Presbyterians Sharing works with mission
partners around the world***

SUBMIT YOUR WRITTEN WORK

If you would like to have your own
poetry, stories or anecdotes featured in
the newsletter please send your
submissions to Rev. Joyce at,
minister.standrewspres@tbaytel.net



From Joyce



Last week I wrote a little about grief. This week I want to continue that conversation, but this time with a focus on the person who is grieving. The Canadian Mental Health Association (CMHA) Ontario has a really good article called LOSS AND GRIEF DURING THE COVID-19 PANDEMIC that is available online. It names different kinds of grief and some of what we can do to help ourselves through it. Grief comes for all kinds of reasons, and at times we may not even know what is causing our feelings of grief. The article goes on to talk about what we can do to help work through the grief. Name it, validate it, mourn, celebrate the good, find routine, do self-care, avoid comparing, lean on friends and family, and seek support. I add seeking support can include talking to your pastor.

Be patient with yourself in your grieving. Don't assume that people will know or should know that you need them. When someone says, "Call me if you need someone to talk to or to come over", take them up on it. If you need help with routines or things around your home reach out to those who have said they will be there for you. The one thing the article does not address is how those who participate in a faith tradition can find strength in that as well. Regardless of whether or not you feel supported, know that I am just a phone call away. Never hesitate to give me a call if you are at a loss or just need a listening ear. Lean on people, lean on God. Know that even in your most heartbreaking moments God is present, but God has also placed us in circles of friends, family, and the church – reach out.

The CMHA article has many helpful insights. You can access it with the link below, or connect with me if you would like me to print it off for you.

<https://ontario.cmha.ca/wp-content/uploads/2020/05/LOSS-AND-GRIEF-DURING-THE-COVID-19-PANDEMIC.pdf>

STEWARDSHIP MOMENTS

Do your giving while you're
living so you're knowing
where it's going.

Unknown



BOOKS FOR CHANGE

For August Reading with a Zoom conversation on
Wednesday 26th 7:30 pm.

*The Inconvenient Indian: A Curious Account Of
Native People In North America*
by Thomas King

WORSHIP SERVICES

To continue to stay connected to the
congregation, during this time, we have been
uploading church services online. Please visit our
Facebook page or our website to find a link to the
Sunday Worship services.

<http://standrewspres-tbay.ca/>

POETRY, STORIES & ANECDOTES

Pandemic

By Lynn Ungar

What if you thought of it
as the Jews consider the Sabbath-
the most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now,
on trying to make the world
different than it is.

Sing. Pray. Touch only those
to whom you commit your life.

Center down.

And when your body has become still,
reach out with your heart.

Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)

Know that our lives
are in one another's hands.
(Surely, that has come clear.)

Do not reach out your hands.

Reach out your heart.

Reach out your words>

Reach out all the tendrils
of compassion that move, invisible,
where we cannot touch.

Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.

stay safe

WAYS TO FINANCIALLY SUPPORT THE MINISTRY OF ST. ANDREW'S

e-transfer: offerings.standrewspres@tbaytel.net

- If you have an offering (envelope) number with the church and you know it, be sure to include that and your full name in the Message box.
- For all others, please include your first and last names along with your full address in the message box so we can send you a donation receipt.

Website: You can donate by credit card using the "Donate Now" link on the website.

Preauthorized Remittance: This is a monthly automatic withdrawal from your bank account that can be set up with the bookkeeper. Email Barb at accounts.standrewspres@tbaytel.net to have a form sent to you.

Mail: You can mail in a donation to St. Andrew's Presbyterian Church 207 S. Brodie St. Thunder Bay, ON P7E 5X8. Or just drop it off in the mailbox at the church.

Thank you for supporting the life, ministry, and mission of St. Andrew's. You make a difference!

PRAYER SHAWL MINISTRY

Hand-crafted shawls are available for gifting to anyone you know that may be experiencing difficult times in their lives.

The soft, warm wrap is a comforting reminder that others care about them.

We encourage you to contact
Terry (577-5567) or Rev. Joyce
(632-8348) to arrange to pick
up a shawl. There is no charge
for the shawls.



ST. ANDREW'S PRESBYTERIAN

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Clerk of Session ~ John Mason

Choir Director—Jamie Gerow

Organist ~ Rebecca Krawczuk

Office Administrator ~ Shaundra Benincasa

Bookkeeper ~ Barb Silvey

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Caretaker ~ Sheila Berry

Sunday Worship - Online at

standrewspres-tbay.ca