



St. James United Church
Announcements
March 5, 2023

Upcoming Events:

- **Sun. Mar. 5th - 9:15 to 9:45am (before church) – Lenten Wisdoms** (Upper Room)
- **Sun. Mar. 5th – 10am – 2nd Sunday of Lent; *Hymnsing***
- **Wed. Mar. 8th - 10am – New Member’s Gathering** (Noah’s Ark Room SJUC)
- **Sun. Mar. 12th - 9:15 to 9:45am (before church) – Lenten Wisdoms** (Upper Room)
- **Sun. Mar. 12th – 10am – 3rd Sunday of Lent; *Communion and Membership Sunday***
- **Mon. Mar. 13th – 1pm – Annual World Day of Prayer Service - All are welcome to attend. Refreshments & fellowship to follow.**
- **Sun. Mar. 19th - 9:15 to 9:45am (before church) – Lenten Wisdoms** (Upper Room)
- **Sun. Mar. 19th – 10am – 4th Sunday of Lent; *Mental Health Awareness Sunday - A Beginning***
- **Sun. Mar. 26th - 9:15 to 9:45am (before church) – Lenten Wisdoms** (Upper Room)
- **Sun. Mar. 26th – 10am – 5th Sunday of Lent; *Mental Health Awareness Sunday - The Journey Continues; Fellowship Lunch***

Easter Services:

- ♦ **Sun. Apr. 2nd – 10am - Palm Sunday Communion**
- ♦ **Thurs. Apr. 6th - time tbd - Maundy Thursday hosted at St. James United**
- ♦ **Fri. Apr. 7th – time tbd - Good Friday - Innispirit Joint Service with Choir at Churchill UC**
- ♦ **Sun. Apr. 9th - Easter Sunrise Service - Innispirit**
- ♦ **Sun. Apr. 9th – 10am - Halleluiah! Easter Sunday Service at SJUC**

Wafflemania was a sticky, sweet, syrupy success! Over 70 people enjoyed waffles, fruit, cake and ice cream. A GREAT BIG THANKS to: Harry Visser for setting up furniture; Shirley, Roy and Pat for planning and shopping; Karen K. and Mary for the cakes; Patricia for the ice cream; the many donors of toppings, butter etc; the host of St. James volunteers who cooked, served, cleaned up, poured, washed dishes; and the Scouting guests who stacked chairs and wiped tables before they left.

Thank you to this Sunday's volunteers who make our time of gathering meaningful and fun.

Greeters: Carley and Allison Moore

Lay Reader(s): Pat Edmonds

Refreshments: *Could this have been you???*



**This Sunday we worship and observe
the 2nd Sunday of Lent.**

**Our service will be filled with Lenten candle readings, calls to worship, prayers filled with reflection, and hymns of praise. We will be singing our worship this week as we lift our voices to the beautiful Lenten prayers from
Voices United and More Voices.**

Scripture readings this week point to starting over in life, grounded in faith and grace.

Psalm 121: I lift my eyes to the hills.

Romans 4:1-5, 13-17: The promise of God rests in grace.

John 3: 1-17: Nicodemus learns that “God so loved the world.”

**You will find these biblical messages
embedded in our music on Sunday.**

***Looking forward to an inspirational Sunday
of word and music! Pastor P.***

Keeping in Touch

It was a pleasure to chat with **June Barnes**, organizer of yummy birthday cakes, this week. She has been experiencing heart concerns and is awaiting a surgery date to repair a hereditary issue. Meanwhile, her husband Tom is slowly recovering from a fall. On the good news front, June still possesses that positive cheery outlook about the many blessings in her life. ~ Author: Donna Wice

MS. PIGGY RETURNS!

Meet MS PIGGY – She is a very large, shiny, silver piggy-bank decorated with the hands and feet of Christ, and is a member of St. James United Church in the Town of Innisfil. And yes – she can fly! She doesn't have wings, but the prayers and monetary donations to MS PIGGY fly all over the world; everywhere that the Mission and Service Fund of the United Church of Canada reaches.

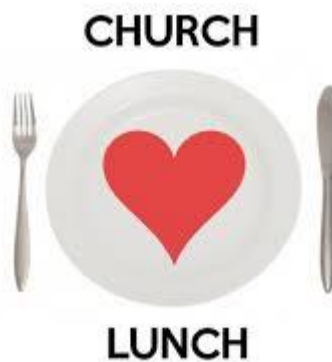


Every month, MS PIGGY sits front and centre during the service and receives donations as members of the congregation, young and older alike, share the celebrations in their lives. Some share stories of special anniversaries, birthdays, the safe arrival of grandchildren or great grandchildren, and visiting family or friends.

MS PIGGY will be back with us this Sunday, and we hope you'll have something to share with our St. James family. 😊

Many of you have offered to lead us in one of our fellowship lunches.

If you are willing and ready to lead us for March, please let Patricia know!



Our Fellowship Lunch for March 26th...

What will it be?

I heard it over and over again... "What a great service!"



If you were there last Sunday, you were one of the lucky ones who felt the joy being lifted to the rafters as we welcomed over 40 young scouting youth and their families to our service. Our Scouts Own service had us praying, singing some fun faith-filled rounds and action songs, enjoying a skit, listening to the story of Noah Jr. and his worms, and best of all... hearing the laughter of youth as they worshipped in our sanctuary!





Bring Visibility to a Guaranteed Livable Income This Lent



Did you know that The United Church of Canada's members and allies have successfully convinced municipalities to pass resolutions for a Guaranteed Livable Income in St. John's (NL), Pictou County (NS), and Fredericton (NB), just to name a few? This Lent it's time to act.

The United Church of Canada Guaranteed Livable Income network invites churches and faith communities across the country to hold a vigil or event on March 24, 25, or 26 to call for a Guaranteed Livable Income. More information can be found on the [Guaranteed Livable Income webpage](#). Send details of the event you are planning to justice@united-church.ca

Share your events and vigils with us on social, and be sure to use our hashtag: **#UCCanLivableIncome**.

**Share your idea with Pastor P.
so that SJUC can be a part of this justice event!**

A Community Partner to know about:

**Are you tired of the same old dinners?
There is help for you in Innisfil!**

What's Cooking, Innisfil?

Let's cook together! The Town of Innisfil offers the online program "What's Cooking, Innisfil?", where participants can practice their cooking skills at home by cooking along with a virtual cooking demonstration.

Click on the link below to see some delicious meals you can create!

[Rizzardo Health & Wellness Centre's YouTube channel](#).

Often, I receive reflections and readings in my email inbox. Some are quickly discarded, but others are insightful and give me things to wonder about. Here is one that I received this week, and would like to share with you.

I wonder where it will take your Lenten thoughts this week?



Pastor Patricia

Time for Change: A Reflection on Lent and Easter

written by: Dan R. Dick, a former staff member of the Discipleship Ministries.

Few times in the Christian year call us to reflect on transformational change like Lent leading toward Easter. Springtime is lush with rebirth, new beginnings, and new growth. Too often, however, we want to race to the Easter Resurrection without fully embracing the Lenten process that leads there. Lent reflects the forty days that Jesus wandered in the wilderness — tempted by Satan — in readiness for a ministry destined to end in tragedy. Few of us can relate to the level of sacrifice and commitment that Jesus displayed in his forty days, yet Lent provides us with an opportunity to deepen our spirituality by engaging in regular discipline from Ash Wednesday through Easter Sunday. The wilderness — the desert days of Lent — is the true path toward spiritual transformation.

There is a compelling metaphor that helps us embrace the wilderness and prevents us from racing to Easter. It is the metaphor of the seed. Jesus began his teaching ministry with the parable of the sower (Matthew 13) and referred to seeds and trees, fruit and branches, throughout his ministry. To see the metaphor of Christian growth and spiritual development contained in a seed

is to learn valuable lessons about change and transformation.

Lesson One: Seeds Need a Rich Environment

A seed that lacks appropriate soil may sprout, but will quickly wither and die. Even in the best soil, without water and nutrients, growth will be limited. Without sun and cultivation, plants will decay and spoil. Seeds require a rich, healthy environment in which to grow. This applies to the environment in which we grow as Christian disciples. There must be an ongoing flow of comfort and security, challenge and inspiration, learning and service. Without such an environment, discipleship growth is stunted, stagnant, or worse, dead. We create an environment for our spiritual formation through prayer, study, worship, fellowship, and service.

Lesson Two: Seeds Can't Be Rushed

When seeds do not sprout, take root, and grow, try yelling at them. Of course, that is a preposterous idea. No one would ever think that they could somehow rush the normal growing process. Seeds require the amount of time that they require. In God's plan, the time things take is the right time. People, however, get impatient. Our culture puts pressure on us to rush through everything. We live in an age of instant gratification. Seeds teach us that we need to

learn to wait, to develop patience. Christian formation is a process of seed-like growth. Patience is the key ingredient to transformational growth.

Lesson Three: All Seeds Grow at Different Rates

Plant a package of seeds, and immediately you see diversity in the rate of growth. Some sprout almost immediately and begin a steady rate of growth. Late sprouters often become early bloomers. And some normal beginners end up stunted and sickly. Growth is rarely even, and it is often chaotic. Nothing we do will change this diversity. Where seeds are concerned, we are comfortable with different rates of development. This is not always true with our attitudes about Christian believers. We often adopt a "cookie-cutter" approach to disciple making that makes some seem advanced, while others lag behind. The seed teaches us that to mature in different ways at different times is the only true normal.

Lesson Four: Change Happens in Stages

Examine any plant as it grows from seed to maturity, and you will find that it is hard to believe you are looking at the same plant. While the growth follows a smooth process, it proceeds through distinct stages. These stages are marked by unique characteristics and are a measure for the relative health and well-being of the plant at any given time. Our spiritual development progresses through stages as well. Belief and inquiry deepen to devotion and discipleship. Learning and following evolve into teaching and leading. Growth within the community of faith matures to a life of service in the world. We move through ages and stages of faith development as we grow from seed to sapling to fruit-bearing tree.

Lesson Five: Seeds Contain the Past and the Future

Each seed is the product of previous generations and contains within it all the genetic code for the future. Seeds are filled with the information that yields transformation. Each generation builds upon the last and lays the foundation for the next generation. The Word of God is the information we contain — passed down throughout the ages and preserved in us for the future — that holds the power to transform us. When we give ourselves time to grow, we unleash the God-given power to become mature Christian disciples.

Lesson Six: Seeds Have a Purpose Larger Than Themselves

Growth is not the purpose of a seed, but a means to an end. Unless seeds give rise to new seeds, they fail to fulfill their purpose. Transformation never happens for its own sake. Change happens to lead us to a new place. Growth occurs so that we might not only know more, but that we might do more. Seeds are judged, ultimately, on the fruit that they bear. Christians may never content themselves with growing in their knowledge and love of God. Growth that fails to lead to a change in behavior is cancerous, not healthy. We grow for a reason, and that reason is something much larger than any individual's needs.

The lessons of the seed help us see Lent, not as a time of sacrifice and denial, but as a time of preparation and anticipation —
preparation for the work to which God calls us and anticipation of the fullness of life that God promises.

I wondered... "How have I moved through ages and stages of faith development as I grew from seed to sapling to fruit-bearing tree?"

What did YOU wonder? ...Patricia



ST. PATTY'S DAY DINNER † March 17th, 5-7 pm † Churchill United



A Funny Bone Moment

A man walks into a church after the service is over and finds Pastor Patricia at her desk. He pulls out what looks like a weapon and says, "Give me everything you have."

Pastor P. stays calm, but desperately searches her office for loose change.

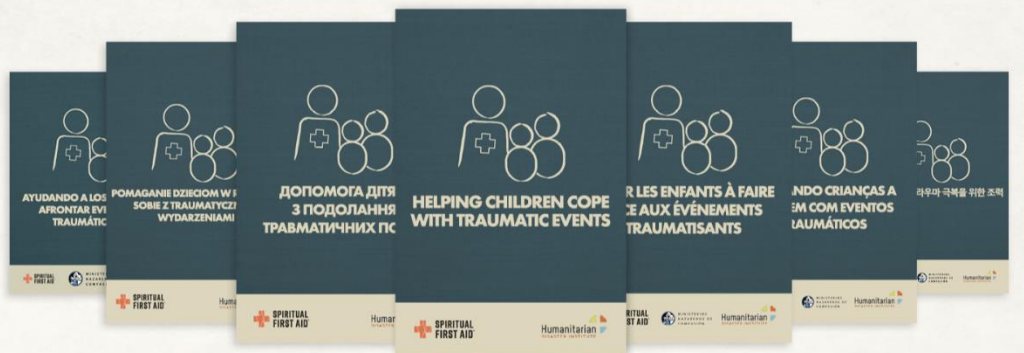
She says to the man, "I'm sorry, but all I have is this bowl of candy!"

Before running off, he says, "Well that's no good...I gave up candy for Lent!"



Feel free to send in one of your own.

After all, laughter is the best medicine!



Do you know of any children in your family or community who are in distress? Are there parents or friends who need help in supporting their children? *Spiritual First Aid* has developed *Helping Children Cope with Traumatic Events* in response to the Sandy Hook Elementary School tragedy. It has since been translated into Spanish, French, Portuguese, Korean, Ukrainian, and Polish.

This [free downloadable booklet](#) provides practical guidance for anyone who wants to support children in the wake of trauma. *Helping Children Cope with Traumatic Events* provides readers with an overview of common reactions to violent acts and gives concrete steps for caring for children's emotional and spiritual needs.

To find out more information, click on the free downloadable booklet link above.

Every Canadian Deserves Help When Mental Wellness is Missing



Canadian Mental
Health Association

Every year, millions of Canadians are left without the mental health care they need. Take Jody's son, for example, who spent years navigating care for his mental illness:

"Our 27-year-old son has been living with severe depression and anxiety over the past 11 years. He has been hospitalized several times (for several weeks at a time) to save his life. Other times we needed to [put him on a] suicide watch 24-7 as there were no hospital beds available to him. Our son only obtained psychiatric care after his third visit to the emergency room, in acute distress."

Heartbreaking stories like Jody's are all too common. In fact, one in four Canadians can't access mental health care when they need it. That number jumps to 3 in every 4 children. The current system is failing Canadians. **People need mental health care before they are in**

crisis. We need free, upfront and ongoing care that is publicly funded and available at a community level, not just in hospitals and doctors' offices. We need UNIVERSAL MENTAL HEALTH CARE.

Through [Act for Mental Health](#), we've received powerful letters from Canadians sharing their lived and living experience. Your story matters and deserves to be heard.

To share your story and press the government for universal mental health care, take action today:

[Send a personalized letter to the Prime Minister](#)

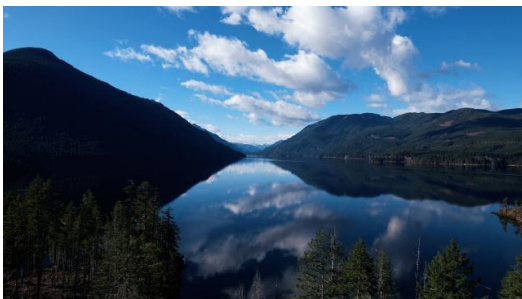
[DM the PM on Twitter @JustinTrudeau](#)

[Help fund the fight](#)

Click on the "Act for Mental Health" link above for more information.



Response to the Phase One Findings at the Alberni Residential Institution



This information may be traumatic for residential school survivors, families, and community. If you are feeling pain or distress, please call the free 24-hour crisis line: 1-866-925-4419. You can also call the First Nations and Inuit Hope for Wellness Help Line at 1-855-242-3310. It's toll-free and open 24 hours a day, 7 days a week.

Upon hearing the preliminary research findings on deaths and unmarked graves at the Alberni residential institution, The Rt. Rev. Dr. Carmen Lansdowne, Moderator of The United Church of Canada, said: “The church will not look away from the truth that continues to be uncovered. The United Church of Canada continues our commitment to live into our Apologies, to be accountable, and to further the work of truth and reconciliation in concrete acts of justice and reparation.”

With deep remorse and grief, [The United Church of Canada acknowledges the truth at the Alberni residential institution](#), which was run by the United Church. This is not new information for Indigenous communities; Indigenous people have been telling the world about deaths and unmarked gravesites for a very long time. We have not always listened to or heard you.

The United Church of Canada offers our deepest sympathies for the children who died at the institution, including those who did not make it home; survivors; the families; communities; and all those impacted by Canada’s residential institution system that tore Indigenous children from their families and communities.

The United Church of Canada was an active and willing participant in the operation of residential institutions. We were wrong to participate in this colonial, racist, and oppressive system.

In an effort to better live into our faith, we are taking steps to reconcile our legacy as perpetrators in this system. We know that our actions have directly contributed to trauma and death, loss of language and culture, breakdowns of the family unit, and intergenerational trauma.

The United Church of Canada, both regionally and nationally, hears the Tseshaht First Nation’s specific Calls for Truth and Justice directed to us, and commits to continued conversation with them about specific actions in response.

Every Child Matters.

For other communities impacted by United Church residential institutions, please contact bringingchildrenhome@united-church.ca to learn more about our support for research, identifying graves, knowledge gathering, commemoration, ceremony, and direct provision of archival records and support.

[Image: Sprout Lake, Port Alberni] Image credit: Wirestock]

A Year of War in Ukraine



To mark the first anniversary of the war in Ukraine, The United Church of Canada Mission & Service partner [ACT Alliance](#) has shared [this update](#) on their work in the region, providing aid and assisting those fleeing the war. Your generosity through [Mission & Service](#) has long supported ACT's humanitarian relief and advocacy efforts.

Budolai is an energetic non-governmental organization (NGO) leader in Balti, Moldova. He is also a person with strong faith.

His organization, Healthy Cities, was created several years ago to help the most vulnerable people in the city: homeless, addicts, people with disabilities. Last year, when Russia invaded Ukraine, and refugees began to cross the border into Moldova in great numbers, he saw a need to reach out to this new group of people in need. [Read the full story.](#)

[Image credit: Simon Chambers/ACT]

If anyone knows of someone who is in need of a walker,
Please contact Linda Severson-Winson at 705-431-7149.

