

GOOD NEWS AT GRACE

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'GraceUnitedTavistock'



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www.graceunitedtavistock.ca

Blessings to you All!

Last Sunday as we continued in our worship series on Covenants, we looked at the Covenant of Healing. The next day I read this short blog from Cameron Trimble. She tells the story of a psychology professor speaking to the class on the last day before graduation. I found it very poignant, and I hope you do too.

The professor walked up on stage to teach one final lesson which she called "a vital lesson on the power of perspective and mindset." As she raised a glass of water over her head, everyone expected her to mention the typical "glass half empty or glass half full" metaphor. Instead, with a smile on her face, our professor asked, "How heavy is this glass of water I'm holding?"

Students shouted out answers ranging from a couple of ounces to a couple of pounds.

After a few moments of fielding answers and nodding her head, she replied, "From my perspective, the absolute weight of this glass is irrelevant. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the absolute weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

As most the students nodded their heads in agreement, she continued. "Your worries, frustrations, disappointments, and stressful thoughts are very much like this glass of water. Think about them for a little while and nothing drastic happens. Think about them a bit longer and you begin to feel noticeable pain. Think about them all day long, and you will feel completely numb and paralyzed, incapable of doing anything else until you drop them."

As you head into the weekend, I hope you can put down anything that feels like a weighty burden and be present to your sense of connection to Sacred Love, and Divine Healing.

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ... learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." - Matthew 11:28-30

Peace, Rev. Gail

Sunday Zoom Coffee Time

Please join us on zoom at 11:30 on Sunday for a time of social chat and get together - bring your own coffee! Rev. Gail would love to get to know some faces.

[Join zoom link](#) Meeting ID: 814 4065 9322 Passcode: 188926



If you are having troubles connecting or staying connected, please connect with Carol 519-301-1356

Do you have a prayer request?



"In all things let your requests be known to God in prayer." (Philippians 4:6)

Grace has a group of wonderful and dedicated people that form a prayer chain. If you, or anyone you know is in need of prayer, please reach out to our Minister, Rev. Gail, or to the chair of Grace PCO, Bev Neeb, and we will begin praying for you.

And please keep the following people in your prayers this week:

- ◇ Donna and Clarence Herlick, and family, as Donna struggles with cancer.
- ◇ Brenda Mohr's brother, Pat, as he was recently diagnosed with an aneurism.

A Grace United Church Youth and RECESS project

Grace United Church Drive-thru for TAP Saturday, **March 20th 10 am to 12 noon**. They are NOT accepting food items at this time. We are collecting the following items:



diapers (all sizes)
toilet paper
facial tissue
hygiene items such as soap
deodorant
toothpaste



We will be using the back parking lot, keep a look out for the signs. Also please remember to wear a mask.

Tavistock Assistance Program <https://tapisforyou.com/>

Contact us

Rev. Gail Fricker:
Carol Young:

cell number 519-703-1954
cell number 519-301-1356

gfricker@rogers.com
tavigraceyouth@gmail.com

Office Hours

Rev. Gail is available in office Tues. to Thurs. 10:00—4:00 pm
Katherine Brenneman Tues. and Thurs. 9:30—12:30 pm

Palm Sunday is just around the corner!

It will be a virtual palm parade this year. We will be creating a short video of everyone waving their palm branches.

So – come by the church from 10-12 on Saturday March 20th to pick up your palm branch. Rev. Gail will record you waving your branch right then and there, or she can visit you to do a safe distance video on your front porch, or you can send in your own video.

Let's see if we can get everyone involved in Jesus' entry into Jerusalem.

If you could take a few minutes to complete the [Video/Photo Release Form](#) on the website, that would be greatly appreciated. Please click on the document and fill out the form.

Save it and email to the church or Carol Young.



Blessing the gifts from 'Sit and Knit - Stay and Crotchet'



Last Sunday, during the Covenant of Healing service, Shirley Binkle, Jean Lowe and Marjorie Wisby represented the wonderful women of 'Sit and Knit- Stay and Crotchet.' They led us as we blessed all their beautiful work: blankets, shawls, prayer squares, Izzy Dolls, hats and mits. This group meets every other Wednesday to knit or crotchet, and to share laughter and love. Everything they make is full of blessing and prayer, so it can share love and comfort with the recipient.

If you would like to join the group, contact Carol Young (tavigraceyouth@gmail.com) – and don't worry if you are not good at knitting – I'm not and they welcomed me!

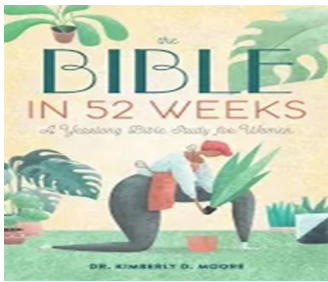
Join Us—Sit n Knit, Stay n Crochet

Wednesday, March 31, 10 am to 12 noon (come and go as you are able)

via Zoom (the link will be sent out the day prior)

To receive the link, please contact Carol tavigraceyouth@gmail.com or 519-301-1356

All levels of experience and knowledge welcomed with no expectations other than to share however you can in the blessing of crocheting and knitting!



A group of women have been meeting throughout the year every Tuesday 7-8pm with Rev Mary, reading the bible and sharing thoughts. They are using the study 'The Bible in 52 Weeks' as a guideline. They're now on week 39 and invite any lady to join them! If you are interested, or just want more details, contact Rev. Gail: gfricker@rogers.com or call 519 703 1954.

God Sightings!

This week in worship we are thinking about the Covenant of Hope. I have invited some folks to share a sentence about where they see God's presence of Hope around them. I call these 'God Sightings.'

In my morning walk this week, I saw a small patch of snow drops nodding their heads in the sunshine. It reminded me of the cycle of Creation and the hopefulness of emerging new life among the debris of dead leaves.

Where do you see God around you?

I invite you take photos this week of where you see signs of hope around you - and send them into the church office to print in next week's newsletter.



Upcoming Services and Dates:

(until further notice, all the worship services will be online)

ALL SERVICES CAN BE VIEWED ON GRACE YOUTUBE CHANNEL, WHICH CAN BE ACCESSED THROUGH OUR WEBSITE:

www.graceunitedtavistock.ca

Sat. Mar. 20: 10am -12 noon Drive Thru for TAP

March 21st: Lent 5 - Covenant of Hope (Jeremiah 31:31-34)

March 28th: Palm Sunday – Halle Halle Halle (Mark 11:1-11)

March 31: 10am– 12 noon Zoom Sit n' Knit, Stay n' Crochet

April 2nd: Good Friday – Were you there?

April 4th: Easter SONrise 7am - Online service led by the Youth

April 4th: Alive, Alive! An online celebration service introducing the praise band, and sharing Communion.



Good News at Grace Submissions

We welcome your good news stories and pictures along with announcements. Please have your submissions emailed to Katherine by Tues. March 23 for next week's newsletter. graceunitedchurch@rogers.com

Back to church, or not back to church – that is the question!

While some churches in the Huron Perth area have opened up, others in Waterloo region have made the decision to remain closed until September with the idea that by then everyone will have had the vaccine. Some of you have asked me – when will Grace be reopening?

On Wednesday night the Church Board discussed this dilemma, and it was agreed that with the current increase in COVID numbers again, we would hold off on making any decision to reopen until after Easter.

I know that some of you really want to be back in the building – I get it – I would love to meet you all face to face too. But, our primary concern is for the safety of everyone, and especially for those more vulnerable. I encourage you to sign up to get your vaccine as soon as you are able.

We will discuss reopening again at the April board meeting, and perhaps we will then send out a survey to the whole community of faith to get some feedback.

Stay healthy and well – and know that even though our hands can not touch, we can still reach out with our hearts.

Peace, Rev. Gail

E-transfer Donations

Grace is now able to receive your donation by e-transfer. Please set your online banking e-transfer contact up as Grace United Church and use the email gracetavistockdonation@rogers.com The security question can be anything you choose. Set the security question answer to Grace1980. Include in the message what your donation is designated for. If you have any questions please call the office 519-655-2151. Thank you for your giving generosity.

