

GOOD NEWS AT GRACE

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'GraceUnitedTavistock'



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www.graceunitedtavistock.com

Blessings,

The last five Thursdays, I have been on study leave taking a course for Ministers through The Prayer Bench – it is called Soul of The Preacher. It has been a wonderful course full of spiritual practices that have inspired renewal and have provided fresh ways to approach scripture for preaching.



One of the more humorous check-ins was to choose one of the sheep pictures that best described how we were arriving at the workshop. Which one best described us as we reflected on how our week has been. Which one would you choose?

At the beginning of week four, we reflected on part of a poem from Mary Oliver:

*"Every day
I see or I hear
Something
That more or less
Kills me with delight"*

As I prepare for worship this Sunday, with the theme of 'Finding Joy' – I was wondering – what kills you with delight? In Ross Gay's book, "The Book of Delight," he encourages us to find soft moments of wonder even when we are having a hard week. Let me pass that encouragement onto you. I invite you to take some time each day this week to intentionally look for, or listen to, something that delights you – and when you notice it, give thanks to God for filling you with delight!

Peace. Rev. Gail



Starting Monday 24th, I invite you to join me in **"Stroll for Your Soul."** Every Monday, Wednesday, and Friday, until the end of June, I will be using a resource from **The Prayer Bench** by Janice MacLean that guides us through a contemplative practice of paying attention and being present in the moment. The theme we are exploring is *Homes*. Think nests, think burrows, think sheds and shells. We'll look for a diversity of homes as we go on a stroll, and learn how each habitat helps us notice something about the wonder and sacredness of our Earth Home.

Each day offers a spiritual practice, a reflection, a poem, or a photograph giving direction and encouragement for you to spend time strolling in your neighbourhood. The focus will be to help you notice the glories of Spring and deepen your awareness of seeing the Divine in the ordinary. The Inspirational message will help you weave stillness and mindful reflection into your daily Stroll (or roll, or run) around the neighbourhood, or as you look out your window or door with intention. During the Stroll you might want to keep a journal and make written notes or drawn entries about moments of wisdom or insight that come from being company with nature. You might want to take photos or write about moments of awe or beauty – we may even post some of those in the newsletter. There is no right or wrong way to participate in Stroll – just be willing to enter into it with eyes open, hearts open, and celebrate the sacred in daily life around us.

Contact us

Rev. Gail Fricker: cell number 519-703-1954

Carol Young: cell number 519-301-1356

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E-transfer donation email: gracetavistockdonation@rogers.com

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tavigraceyouth@gmail.com

Office Hours

The office hours are limited due to the provincial stay at home order.

We will work from home as much as possible.

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: 825 2253 6018 Passcode: 762139



If you are having troubles connecting or staying connected, please connect with Rev. Gail 519-703-1954.

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

May 16th: Finding Joy

May 23rd: Spirit Filled, Guest Speaker Susan Humphrey LLWL

May 26th: Sit n' Knit Stay n' Crochet Zoom Meeting

7:00pm Board Zoom meeting

May 30th: Holy One, Holy Three, Holy Divine, Holy Communion



Rev. Gail working from home, study leave - In keeping with the Stay at Home order, Rev. Gail will be mostly working from home. She is still available by phone at anytime (519 703 1954), please don't hesitate to reach out, and she can make emergency pastoral visits as needed. Rev. Gail will be away on study leave from May 17th- May 24th to attend the Homiletics Festival. Rev. Keith Reynolds is available for emergency pastoral care while Rev. Gail is on study leave and can be reached at 226-880-3539.

New Website

We are really excited to announce our new website www.graceunitedtavistock.com. There is lots of new and updated information on the site, including the current Sunday's worship service and links to past services. We hope this makes it easy for you to keep connected with Grace, especially when we cannot meet in person for worship.

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:



- ◇ Brenda Mohr's brother, Pat, as he was recently diagnosed with an aneurism.
- ◇ Burns Holden as he struggles with health issues.
- ◇ Mary Alice Roth and Helen Zehr on the passing of their brother-in-law and brother Ron Roth.

Camp Bimini Needs FACE MASKS



As Camp Bimini prepares for summer camp, they need to have 300 face masks to give to children who don't have a mask, lose theirs, or need a clean one! They need to be 3 layers, and be of various sizes for young children - teens.

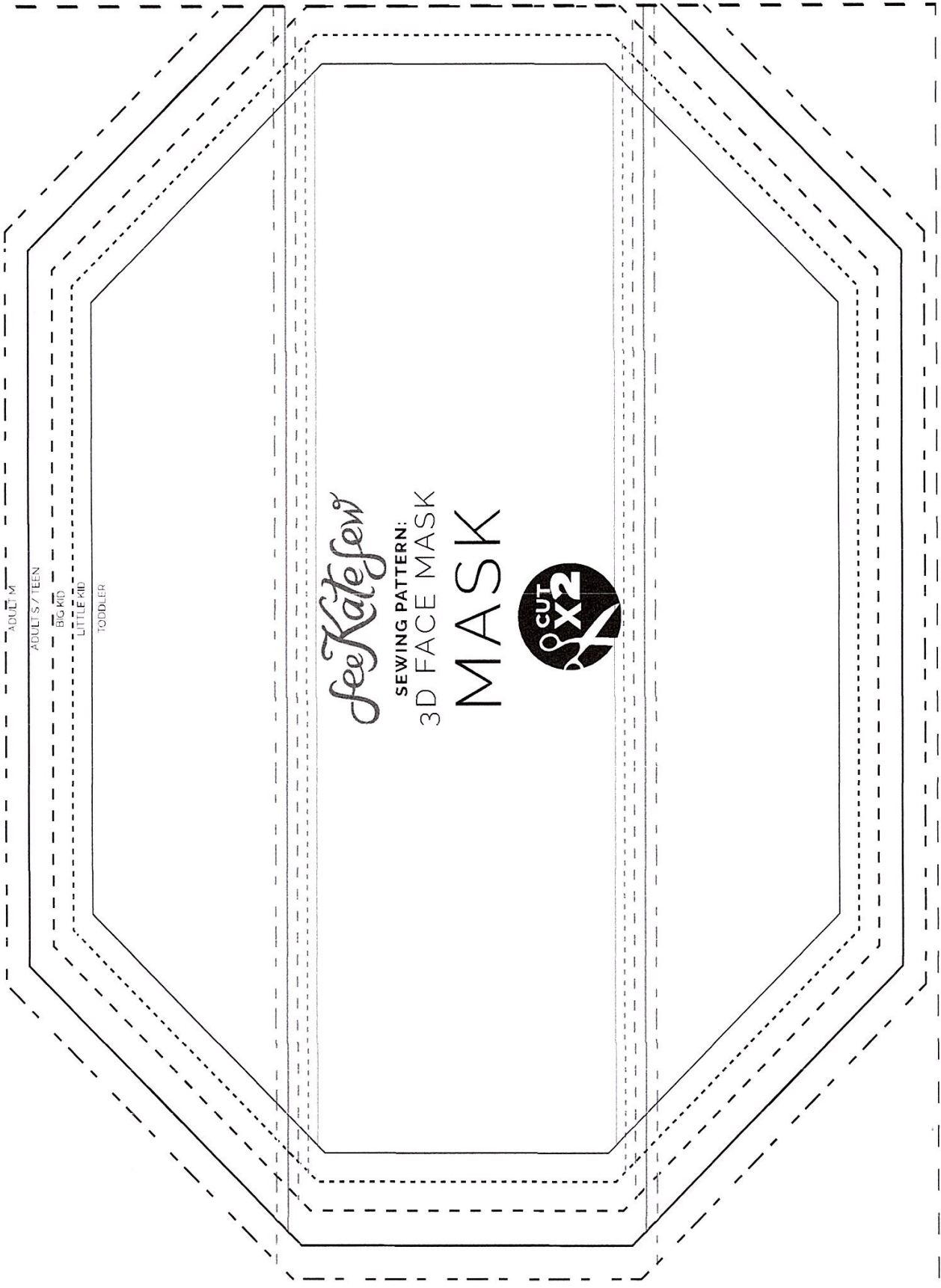
Rev. Mary has sent us an easy sew pattern (see the next page). She uses a twisted pipe cleaner for the nose bridge. She has also shared this video tutorial:

[Video: how to make a face mask](#)

If you have a sewing machine, or are handy with a needle - let's help Carol Young and Camp Bimini meet their goal. All finished masks can be dropped off at Grace United sometime mid June.



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. May 18 for next week's newsletter.
graceunitedtavistock@gmail.com



ADULT M
ADULT S / TEEN
BIG KID
LITTLE KID
TODDLER

See Kate Sew

SEWING PATTERN:
3D FACE MASK

MASK



ADULT™

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BIG KID

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TODDLER

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SEWING PATTERN:
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FILTER POCKET



1"