

# GOOD NEWS AT GRACE

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'GraceUnitedTavistock'



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www.graceunitedtavistock.com

Blessings.

Today we continue with our messages that will focus on to stroll our yards, parks, or just sit and



series of inspirational Homes, as we take time neighbourhoods, back look out a window. This

resource is adapted from, and used with permission from, The Prayer Bench (<https://prayerbench.ca/>). **Our Habitat for Today: The Cat**

I (Rev. Gail) know from seeing many of you in zoom calls, that quite a few of you have a furry friend in your home. I often seen Bev Neeb's cat curiously look into the camera; Bev Vandervliet has told me stories about how her cat hides under her bed when it is bedtime; and Marg Pletch likes to warn us all about her 'crazy cat.'

My cat is called Kibo, and although we bought him as a kitten for my son, he clearly thinks he is my cat. He



follows me everywhere when I am gardening outside; he likes to sleep at my feet at night; he doesn't eat his food when I go away; and he comes running to meet me when I come home. He is a faithful, loyal, and cuddly companion that brings me much delight.

In this time of physical isolation, we have truly learned to value the importance of a good hug. Janice from the Prayer Bench reminds us that "A good hug brings comfort and reduces stress to everybody. A hug provides proprioception which sends messages from body to our brain to help us feel grounded. A hug

also releases the chemical oxytocin into our brains, making us feel calm and relaxed. Having a cat or dog to hug or snuggle provides these benefits.

While pets can cause stresses to their owners due to the responsibility of pet ownership and behavioural issues of the said pets, there is also plenty of research on how much a pet can improve the mental health and wellbeing of a pet owner. During the pandemic there has been evidence of increased numbers of pet adoptions as people have sought a companion through isolation. Check this article out for extra reading (<https://www.healthnavigator.org.nz/healthy-living/o/owning-a-pet-is-good-for-your-mental-wellbeing/>)

Today - Peace to all pets and their homes. May God cause all to be well with you.

## Focus for Your Stroll

As you Stroll today take notice of the pets in your neighbourhood:

the dog behind a gate, the cat sitting on top of a fence, the people out walking their pets.

Ponder the sources of comfort in your life apart from pets.

Ponder where you find companionship apart from pets.

Offer a prayer of thanks for these things, people and places that bring you comfort- and for your pets.

And if you want to little chuckle before Holy Humour Sunday – check out this funny video of cats:

[https://www.youtube.com/watch?v=q\\_7Y24A6oFY&ab\\_channel=FunnyCats](https://www.youtube.com/watch?v=q_7Y24A6oFY&ab_channel=FunnyCats)

Peace, Rev. Gail

Rev. Gail office hours: Now that the stay at home has been lifted, Rev. Gail will aim to be in Tavistock on Tuesdays to Thursdays from 10am-3pm. If she is not in the church at those times, she might be out on a pastoral visit. Remember you can reach her anytime at 519 703 1954.

## **Upcoming Services and Dates:**

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

[www.graceunitedtavistock.com](http://www.graceunitedtavistock.com)

**June 27th:** In person worship behind the church: Holy Humour Sunday

**July 4th:** Telling the Story of Jonah? (recorded)

**July 11th:** In person worship behind the church: Water, Water, Water - Baptism and New Membership

**July 18th:** In person outside worship behind the church

**July 25th:** Indigenous Sunday (recorded)

**Aug. 1st:** Telling the Story of Deborah? (recorded)

**Aug. 8th:** Ecumenical Service (Pre recorded)

**Aug. 15th:** In person worship behind the church

**Aug. 22nd:** Join with East Zorra Mennonite Church

**Aug. 29th:** In person worship - location to be decided



### **HOLY HUMOUR SUNDAY!**

We will be having Holy Humour Sunday on June 27<sup>th</sup> . Let us have some fun!

**Wear a funny hat!**

**Wear a funny nose!**

**Dress up in something funny!**

**Come with a funny joke to share!**

**Does God have a sense of humour - YOU BET!**

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#### Contact us

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

Carol Young: cell number 519-301-1356

Office Email: [graceunitedtavistock@gmail.com](mailto:graceunitedtavistock@gmail.com)

E-transfer donation email: [gracetavistockdonation@rogers.com](mailto:gracetavistockdonation@rogers.com)

[gfricker@rogers.com](mailto:gfricker@rogers.com)

[tavigraceyouth@gmail.com](mailto:tavigraceyouth@gmail.com)

#### Office Hours

Katherine will be in the office Tues. and Thurs. 9:30 – 12:30 pm

## 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:

- ◇ Burns Holden as he struggles with health issues.
- ◇ Verna Herold as she struggles with health issues.

## **IN-PERSON WORSHIP THIS SUNDAY!**

This Sunday – June 27<sup>th</sup>, we will be having a LIVE outdoor worship behind the church, beside the parking lot. It is exciting to be able to gather, but we must follow the restrictions to stay safe:

- Please bring your own chair and place it by the flags as indicated by the ushers.
- You must stay in your own bubble. (There is no restriction on numbers able to attend, but there is a restriction in distance between groups.)
- We advise you to wear a mask if you are comfortable.
- Singing will be permitted in masks.
- There will be no passing of the peace.
- The offering plate will not be passed around – we invite you to place your offering in the plate at the front when you arrive.
- There will be no social time after worship.
- The washrooms are only available for emergency use.

**In the event of rain – the live worship will be cancelled, and it will be recorded instead and posted to the website in the afternoon. You will be sent an email early in the morning if this should happen.**

We know that not everyone will be comfortable attending, so we WILL be recording this worship service and posting it on our website by 5pm on Sunday 27<sup>th</sup>.

Rev. Gail is looking forward to meeting more of you in person!

Good News at Grace Submissions We welcome your good news stories and pictures along with announcements. Please take note of the summer newsletter schedule and plan any announcements accordingly.

Summer newsletters will be sent out on the following dates:

July 2nd (submissions due June 29)  
July 16th (submissions due July 13)  
July 30th (submissions due July 27)  
Aug 13th (submissions due Aug. 10)  
Aug 27th (submissions due Aug. 24)  
Sept 10th (submissions due Sept 7)

## Care and Communication Team

If you, or anyone you know, has a pastoral need, would like someone to visit, or would like to chat on the phone, please reach out to any member of our Care and Communication team:

Rev. Gail – 519 703 1954

Jean Lowe – 519 655 3205

Paul Bartlett – 519 655 3334

Marcia Bender – 519 655 2047

Gloria Reibling – 519 655 3255

Marianne Ruby – 519 655 3053

Elizabeth Halliday - 519 655 2246



*12 ladies met outside last Wednesday, to knit, crotchet, laugh a lot, and bless all their wonderful creations. Thank you for this ministry at Grace United.*

### COOK's CORNER

The 52 week Bible Study wrapped up this week by sharing communion at Tory Zehr's. We also ended with a discussion on Revelations and how can we bring God's Kingdom on earth. At the end of the evening, Tory very kindly served this delicious dessert, appropriately called 'Heaven on Earth.' Enjoy.

#### Ingredients

- 1 box Angel food cake or 1 prepared Angel Food Cake
- 1 package (3.4 ounces) instant vanilla pudding
- 1 1/2 cups milk
- 1 cup sour cream
- 1 can (21 ounces) cherry pie filling
- 1 tub (8 ounces) Cool Whip
- 1 tablespoon almond slivers, toasted

#### Instructions

Bake angel food cake according to package's directions. Allow to cool and cut into cubes. In a bowl, combine pudding mix, milk, and sour cream and beat until smooth. Set aside. In a 9x13 baking dish, arrange 1/2 of cake cubes in a layer. Spoon 2/3 of cherry pie filling over cake. Place the remaining 1/2 of the cake on top of the pie filling. Spoon pudding over cake and spread evenly. Spoon and spread whipped topping over the pudding layer. Garnish cake with the remaining pie filling and toasted almonds. Chill for about 4 to 5 hours. Cut into servings.

<https://www.instagram.com/Onionringsandthings>



# SHARING GOD'S LOVE THROUGH FOOD

The new Food For Friends program started this week serving 45 people from our community of faith and the wider Tavistock community. Thank you for this ministry at Grace United.





**LIVE OUTDOOR CONCERT at  
GRACE UNITED**

**FRIDAY JULY 23<sup>RD</sup> 7-8.30PM**  
(Rain date July 30<sup>th</sup>)

**Tickets: \$20 – must pre-order**

Tel: 519 655 2151

[www.graceunitedtavistock.com](http://www.graceunitedtavistock.com)

[email:graceunitedtavistock@gmail.com](mailto:email:graceunitedtavistock@gmail.com)

**Limited seating – book now!**

Tickets available by calling the church 519 655 2151  
or email [graceunitedtavistock@gmail.com](mailto:graceunitedtavistock@gmail.com). Prepayment appreciated.

**Physical distancing will be in effect, we must know how many  
people are in your party and you will be seated with your bubble.**

(email or call the church with your contact name  
and phone for your group and the number of people)





## **Camp Bimini 5km Walk, Ride or Run August 14-15, 2021.**

Camp Bimini has been in operation since 1947--74 years!--and has welcomed children, youth and adults to come to gather to be a community and to experience nature, grow spiritually and create lifelong friendships. Camp Bimini, like every camp, has been greatly affected by COVID-19 and are facing another year with many financial challenges. This fundraiser will help Camp Bimini move forward to 2022 with hope.

Ellie Shantz ([ellieshantz72@gmail.com](mailto:ellieshantz72@gmail.com)), Jayden Ruby ([jdruby66@gmail.com](mailto:jdruby66@gmail.com)) and Carol Young ([tavigraceyouth@gmail.com](mailto:tavigraceyouth@gmail.com)) are participating! If you'd like to sponsor one or all of these people, please let them know! Help them reach their fundraising goals (last year these 3 raised over \$7000 combined)!

We would love to receive your support for a place and a space that means the world to so many and is a second home for us and so many others. Our stories are life-changing. We can arrange an e-transfer or you can send a cheque as well. Income tax receipts given....Thank you!

A poster for the Camp Bimini Bottle Drive. The background is a lush green forest scene. A large, semi-transparent green circle is centered over the image, containing the following text:

**CAMP BIMINI**  
*Bottle Drive*  
**June 26 | 9 am - 12 pm**  
**Four Drop Off Locations:**  
**Mitchell-Main St. United Church**  
**New Hamburg-Zion United Church**  
**St. Marys-St. Marys United Church**  
**Camp Bimini**  
Accepting empty beer bottles and cans,  
wine bottles, bladders and tetra packs,  
cooler and liquor bottles .  
If you have questions, email  
[campbimini@cyg.net](mailto:campbimini@cyg.net)



# **Fun With Water**

**Tuesday, July 6 - Thursday July 8**

**9:00 am - 12:30 pm**

**Outside In-Person**

## **SUMMER DAY CAMP**

**FREE EVENT** for ages 7-10

- **Science Experiments**
- **Storytelling**
- **Crafts**
- **Games and more!**

**Bring your own snacks.**

**Pre-register at Grace United Church**

**(Limited Capacity)**

**GRACE UNITED CHURCH**  
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**SPLISH! SPLASH! SPLISH!**