

GOOD NEWS AT GRACE

116 Woodstock St. S. PO Box 189 Tavistock ON N0B 2R0

graceunitedtavistock@gmail.com

519-655-2151



'GraceUnitedTavistock'



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www.graceunitedtavistock.com

Be Still and Know that I Am God (Psalm 46:10)

Blessings,

It feels good to be back at Grace after a time of rest, restoral and renewal. My time at the cottage was truly a blessing. I spent quite a bit of time engaging in spiritual practices each morning, and I was reminded of the importance to stop in the day and be with God.

Some days at work can get very busy. Sometimes the job description of a Minister requires much multi-tasking. A humorous post on Facebook from Needalot Church described the responsibilities of a Minister as: *"The perfect pastor has a childlike love to work with kids, relates well to the challenges of teenagers, and loves to spend most of her time with the senior citizens. She has a great sense of humour and smiles all the time, but always keeps a straight face because she must be seriously dedicated to her church. She makes 15 home visits a day, and is always in her office to be handy when needed. She should take a leadership role in all meetings, and never express any opinions. Her preaching should be no more than 10 minutes, be biblical, but not offer any challenges, offend anyone, or ever mention sin. She should have skills in administration, counselling, communication, fundraising, outreach, be self motivated, give all the glory to God ... and the ability to walk on water is an asset, but not necessary."*

One of my goals this year at work is to be sure to take time during sometimes busy days, and to stop and reflect on what God is saying to me. Dr. Rob Fennell suggests the following spiritual practice that I intend to use each day when things get busy. I share this with you, and encourage you to try it as well.

- Steal a minute or two in your day. Close your eyes, sit up straight with both feet on the ground, and let your hands rest comfortably in your lap. Uncurl your fists if your hands are tight, and put down anything that you are holding.
- In this stolen moment, take several deep breaths. Let the breath go down as low as possible into your abdomen, and let your belly expand and be soft.
- Exhale slowly through your mouth, letting go the stresses of the day and clearing your mind.
- Invite the presence of God to rest here with you for this moment.
- This is a moment for letting go, being at ease, and not producing anything. There is still plenty of work for later. Now is a time for just being held in the arms of the Creator, who loves you as you are.
- Keep your hands loose, and your breathing steady.
- Soon enough you will head back to your work routine, and as you do, strive to lower your voice, move more slowly, and be more generous in your words.

Peace, Rev. Gail

Upcoming Services and Dates:

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

www.graceunitedtavistock.com

Aug. 29th: 10:30 am in person worship at Camp Bimini - Bring a Picnic

Sept. 5th: Summer Stories (recorded)

Sept. 7th: 7:00 pm Session Meeting

Sept. 8th: 7:00 pm Care and Communication Team Meeting

Sept 9th: 6:00 pm Worship Team Meeting

Sept. 12th: 10:30 am In person worship in Zion Hall - Intergenerational Worship

Sept. 15th: 7:00 pm Board meeting

Sept. 19th: 10:30 am 'Welcome Back to the Sanctuary' in person worship

Worship with us at Camp Bimini - Aug 29th

Please join us this Sunday for live outdoor worship at Camp Bimini, starting at 10.30am. We will be reflecting on '*Blessed with Abundance.*' If you need a ride to Bimini, *please call Rev. Gail (519 703 1954)* and one will be arranged for you.



Don't forget to bring your own picnic to enjoy afterwards (there will be no pot luck). I also invite you to bring a donation for Camp Bimini: all the loose offerings that day will go to support this important ministry, or may want to consider marking your offering envelope. In the event of rain, an email will be sent out to cancel the service and it will be recorded and posted instead.

Contact us

Rev. Gail Fricker:

cell number 519-703-1954

gfricker@rogers.com

Carol Young:

cell number 519-301-1356

tavigraceyouth@gmail.com

Office Email: graceunitedtavistock@gmail.com

E-transfer donation email: gracetavistockdonation@rogers.com

Office Hours

Rev. Gail Tues to Thurs 10:00—3:00 pm

Katherine Tues. and Thurs. 9:30 – 12:30 pm

Care and Communication Team

Rev. Gail 519 703 1954

Marcia Bender 519 655 2047

Jean Lowe 519 655 3205

Gloria Reibling 519 655 3255

Elizabeth Halliday 519 655 2246

Paul Bartlett 519 655 3334

Marianne Ruby 519 274 1422

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:

- ◇ Verna Herold and her family, as Verna is at Stratford Hospice
- ◇ Dianne Harris and family, as Dianne's mom struggles with ill health



Where have you seen God this summer? The worship service on September 5th will be a recorded service. My goal is to present several short videos of your experiences of God this summer. Perhaps you felt God's presence while you gathered with family? Perhaps you 'saw God' in the beauty of creation around you? Maybe you have a story to share of how you experienced God's blessings through the friendships around you? We all know that God is always present with us, and if you could share a sentence or two - please contact me (Rev. Gail - 519 703 1954) and I will come and video you on Mon - Wed of this week. Looking forward to hearing from as many as possible.



Sign Update . . . We are excited to share that we are updating our sign out front of the church. We have received a donation from a very generous donor which allowed us to move forward with plans for a new sign. Our sign committee has been busy planning all the details including style and design. Stay tuned for more details about when we can share the life and mission of Grace with our community.

E-transfer Donations: Thank you to everyone who has used the E-transfer option for making their donations to the church. A friendly reminder to make sure your full name is included when notice of the E-transfer is sent to the church. We need this information in order to issue a receipt for income tax purposes. E-transfers can be sent to gracetavistockdonation@rogers.com, password: Grace1980. You can use the message option to let us know of any special designations other than current for your donation, ie. M&S.

Audio Visual Equipment Work in Progress

Grace has a group of dedicated volunteers working hard at getting the new A/V equipment installed, along side Auckland Audio Video. Thank you to all involved with the work! We are very excited to share that the sound equipment is installed and work continues on the video equipment. Looking forward to the enhanced worship service coming soon!



September Birthdays and Anniversaries

Happy Birthday to:

Jesse Weicker—Sept 1
Jacob Mohr—Sept 1
Ellie Shantz—Sept 2
Olivia McKay—Sept 7
Claudette Wettlaufer—Sept 8
Greg Shewfelt—Sept 8
Justin Wettlaufer—Sept 10
Tade Ankenmann—Sept 11
Andrea Green—Sept 11
Chris Green—Sept 12
Rowan McKay—Sept 13
Shirley Binkle—Sept 13
Tovah Bean—Sept 14
Matthew Shantz—Sept 16
Danielle Bartlett—Sept 17
Melissa Kaufman—Sept 18
Bill Ball— Sept 21
Amanda Wilson—Sept 23
Joanne Cortes—Sept 27
Wesley Weitzel—Sept 27
Jorja Shantz—Sept 28
Elizabeth Gillespie—Sept 30



Happy Anniversary to:

Mark and Laurie Bartlett—Sept 13
Ron and Jennifer Flach—Sept 13
Andrea and Peter Jutzi—Sept 20
Randy and Dianne Harris—Sept 21
Ron and Linda Ashcroft—Sept 23
Kari and Sean Gow—Sept 24
Allan and Lori Schmidt—Sept 24
Jack and Claudette Wettlaufer—Sept 25



Appeal for Haiti, from Mission and Service.



On the morning of Saturday, August 14, Haiti was struck by a severe earthquake. This latest disaster is pushing the death toll close to 2,000, with more than 9,000 people injured and over 680,000 estimated in need of emergency humanitarian assistance. Many homes and community buildings have been destroyed. Hospitals have also been damaged, and acutely injured and traumatized people are struggling to find help. The crisis is straining resources already stretched by the pandemic, political instability, and previous natural disasters.

The United Church of Canada has launched a [fundraising campaign \(opens in a new tab\)](#) to support the people of Haiti in recovering from a massive earthquake and drenching tropical storm. The Haitian Methodist Church, which is a partner of The United Church of Canada, along with congregations and outreach ministries in the hardest hit areas of the country, is responding by supplying first aid, medical supplies, water, temporary shelters, and food. Thanks to previous donors to the Global Emergency Response fund, The United Church of Canada made an immediate grant of \$10,000.

Please pray for the people of Haiti, and consider making a gift right now to support the people of Haiti, by following this link: [Make a gift](#) to support immediate needs including emergency shelter, clean water, and food.

Thank you for your generosity.

Good News at Grace Submissions We welcome your good news stories and pictures along with announcements. Please take note the last summer newsletter will be published Sept 10th, please have any items for the newsletter submitted by Sept. 7th. After this we will go back to the weekly format.