

GOOD NEWS AT GRACE

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'GraceUnitedTavistock'



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www.graceunitedtavistock.com

Blessings.

Last Sunday in worship we reflected on Listening to Creation, and how we can feel God's Spirit when we truly take time to intentionally listen. During the following day on my day off, I was struck when I read a devotional in Claudette Derdaele's blog "The Journey Takes Me Here" (<https://thejourneytakesmehere.ca/>).

Claudette shared about how the use of simple chanting can help calm us down when life is frenzied. It can be used to enter into a time of meditation or intentional silence, or maybe just offering up a repeated prayer.

Chanting has been used for centuries in the Christian faith. The peculiar structure of the Hebrew psalms makes it likely that they were written to sing as repeated chants (an *antiphon*) and used in the services of the ancient Israelites. Singing psalms continued to be a part of the early Christian Church; Paul encourages the early believers to sing the psalms and songs to God (Colossians 3:16).

In the 12th century, and the Gregorian chants of the St Benedict monks became increasingly popular. Perhaps you have heard some beautiful recordings from European monasteries.

I don't claim to be a singer, but I have sometimes used chants by myself or sung them with groups. I find that the repetitive rhythm of the words and music are helpful in grounding me, they support my intention to be still, and they help me to be more present to the moment. On Sunday in our call to prayer we sung one of my favorite pieces of scripture that I like to repeat as a chant- Psalm 46:10:

Be Still and Know that I am God

Invite you to repeat this phrase to yourself several times slowly – chant it if you can. May it serve as a portal into silence, mystery, oneness, presence.

In her blog, Claudette Derdaele introduced me to another anonymous chant that she learned at the Shalem Institute in Washington D.C. I share this with you, and invite you to feel free to

listen chant along.

Click on 'Listen in the silence' below, then scroll to the bottom of the page to play the audio.

[Listen in the Silence - by Cluadette Derdaele](#)



Upcoming Services and Dates:

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

www.graceunitedtavistock.com

Oct. 3rd: 10:30 am Worship Service Creation 2: Love Me - World Wide Communion

Oct. 10th: 10:30 am Thanksgiving Sunday Creation 3: Be Grateful for Me

Oct. 17th: 10:30 am Worship Service 'World Food Sunday'

Oct. 20th: 7:00 pm Board Meeting

Oct. 24th: 10:30 am Worship Service 'Anniversary Sunday'

Oct. 26th: 9:00 - 12:00 pm Food for Friends Cooking in the kitchen

Oct. 31st: 10:30 am Intergenerational Sunday 'Fear Factor'
11:45 am Congregational Meeting



ORANGE SHIRTS!

Although our official orange shirts had not arrived for worship on Sunday, many still wore various shades orange as a visual reminder for our promise to commit to Truth and Reconciliation.

Contact us

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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



Paper and cleaning products collection for TAP

Your pastoral care and outreach committee would like to invite you to again take part in a collection of paper and cleaning products for the Tavistock Assistance Program. TAP is grateful for such items as toilet paper, paper towels, Kleenex, diapers, cleaning and dishwashing products. Please bring your contributions to church on Sundays. If you are unable to do this, drop off at Bev's home or give her a call at 519 655-2695 and she will be happy to pick up your items. The drive will end on Sunday, Oct. 24.



Thank you, Pastoral Care and Outreach Committee

PROOF OF VACCINATION PASSPORTS

Ontario has now moved into another new phase; we are being required to prove that we are double vaccinated by presenting Vaccination Passports at various places. I want to update you on what this means at church.

We are **NOT** required to ask for a vaccination passport for anyone entering for worship. While we are encouraging and recommending everyone to be double vaccinated, we open our doors to be inclusive of everyone.

We MUST ask for proof of vaccination for anyone using the building for any other reason – this includes all meetings, rentals, or anyone entering the building for any maintenance.

The guideline is the law that has been passed down to us by the United Church Western Ontario Regional Council. If you have any questions about this, feel free to reach out to Rev. Gail. Please, let's work together to keep everyone safe.

A New Email Devotional



Many of you have said how much you have enjoyed the Inspirational messages that focussed on Rob Fennell resource *31 Short Spiritual Practices*. Starting next week, we will begin a new series that is a resource from *The Prayer Bench* and used with permission.

I hope you will join me during October and November as we walk the streets, beaches, woods, and bush and collect our favourite autumn signs & sightings, and share memories and reflections of Autumn. I will send out an inspirational thought every Monday and Wednesday, and each reflection will have a brief message, an image, and a spiritual practice. It is a chance to ponder the wisdom this season lends us all in our journeys of faith.

Peace, Rev. Gail



Food for Friends Ministry

On Tues. Sept. 28th this group of ladies gathered in the kitchen to cook 40 homemade beef stew meals for the Food for Friends Ministry.

Notice of Congregational Meeting

A congregational meeting will be held Sunday, October 31 following worship for the purpose of electing new representatives to serve on Session, Church Board, Trustees and Western Ontario Waterways Regional Council (WOW-RC) representatives. Nominations are now being accepted for Session (2), Board (2), and Trustees (1). We have two nominations for representatives for WOW-RC. Please prayerfully consider serving on Session, Board or Trustees.

October Birthdays and Anniversaries

Happy Birthday to:

Jennifer Flach - Oct 1
Ron Wiffen - Oct 4
Holly McKay - Oct 4
Tyson Reibling - Oct 4
Brooklynn Sebben - Oct 5
Holden Harris-Ayotte - Oct 6
Matthew Lupton - Oct 6
Michael Stock - Oct 6
Brian Cook - Oct 9
Linda Stock - Oct 10
Ashton Wettlaufer - Oct 11
Dorothy Martin - Oct 11
Michael Lupton - Oct 14
Verna Weitzel - Oct 15
Matthew Wiffen - Oct 18
Blair Yeomans - Oct 19
McKenna Weitzel - Oct 21
Dianne Harris - Oct 21
Matthew Bartlett - Oct 22
Karen Klein—Locke - Oct 24
Teagan Glaab - Oct 25
Dorothy Weicker - Oct 26
Nic Cortes - Oct 27
Gladys Stock - Oct 29
Sharon Oliphant - Oct 30
Jordan Bartlett - Oct 31



Special belated Anniversary wishes to Lorne and Beatrice Finck. On September 30th they celebrated their 60th anniversary.

Happy Anniversary to:

Doug and Dianne Wiffen - Oct 4
Ryan and Nicole Weitzel - Oct 5
Lorne and Beatrice Finck - Sept 30
Dale and Monique Brenneman - Oct 23
Dale and Marianne Ruby - Oct 26

