

GOOD NEWS AT GRACE

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'GraceUnitedTavistock'



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www.graceunitedtavistock.com

Blessings All,

I always find Lent a time of reflection and introspection. It is a time for me to draw closer to God, and to walk with Jesus to the cross. In the 6 weeks ahead, I will be encouraging us all to reflect on our Lenten journeys as our worship explores themes such as: Jesus as Presence; Letting go as we Spring Clean; Being Ready to Grow; Risking to Follow the Spirit; and Making a Costly Choice.

I enjoy the thoughtful process of Lent.

But this year, I admit that I feel distracted as the world bears witness to an unprovoked act of war as Russian troops invade Ukraine. I find myself asking 'How can this truly be happening in 2022?' How can it be that innocent citizens are one minute living their lives and raising their children, and the next huddling in train stations and bomb shelters, torn apart from loved ones, and fleeing to foreign lands in the hope that they will be accepted? I fear we will continue to watch heartbreaking carnage and senseless death in the weeks to come.

I feel helpless, and hopeless. What can we do so far away?

Cameron Trimble reminds us: **We do what people of faith do. We pray.**

And so, as we begin our Lenten journeys I share Trimble's prayer with you today, and I encourage you to read it aloud every day during this senseless act of war.

Rev. Gail

God of Peace, In the face of terrible violence in Ukraine:

We pray for global leaders to stand firm, and do all they can to protect innocent human life.

We pray for people of Ukraine: may they be spared trauma, violence and death.

We pray for Ukrainian soldiers doing what they can to hold off Russian advances.

We pray for European democratic leaders, may they hold strong to their unity and stand on the values of democracy.

We pray for the Russian soldiers, may they act with compassion and restrain their great capacity for harm.

We pray Russian people rise up and say, "No!" to violence, aggression and war.

We pray for safety. We pray for retreat. We pray for peace.

God, in your mercy, hear our prayers.

Amen

If you wish you make a donation to help Ukraine you can do so in three ways:

1. On line through the Red Cross - [Donate to the Ukraine Humanitarian Crisis Appeal](#)
2. If you would prefer to make donations of items, Rev. Gail will take things down to the Ukraine Centre in London on Wednesday 9th. Please bring any of the following requested items to church on Sunday, or drop off at church by 4pm on Tuesday 8th. First Aid kits and medicine, Feminine hygiene products, Diapers (baby and adult), Canned food, Baby food, Clothing, Granola bars, Cash \$
3. Please see information from the United Church of Canada on the next page.

Upcoming Services and Dates:

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

www.graceunitedtavistock.com

Mar. 6th 10:30 am In person Worship:

Lent 1 - Who is Jesus: Presence?

Mar. 7th: 7:00 pm Lent Bible Study - Zoom

Mar. 8th: 2:00 pm Lent Bible Study - Knox Parlour

7:00 pm Session Meeting - Zion Hall

Mar. 10th: 7:00 pm Choir Practice

Mar. 13th: 10:30 am In person Worship: Lent 2 - Letting Go, Spring Cleaning

Mar. 14th: 7:00 pm Lent Bible Study - Zoom

Mar. 15th: 2:00 pm Lent Bible Study - Knox Parlour

7:00 pm Worship Team Meeting - Zoom

Mar. 16th: 10:00 - 11:30 am Sit n' Knit, Stay n' Crochet - Knox Parlour

5:45 pm Care and Communication Team meeting - Zion Hall

7:00 pm Board Meeting - Zion Hall



Contact us

Rev. Gail Fricker:

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

Care and Communication Team

Rev. Gail 519 703 1954

Jean Lowe 519 655 3205

Marcia Bender 519 655 2047

Marianne Ruby 519 274 1422

Elizabeth Halliday 519 655 2246

Mary Ann Krantz 519 272 4072

United Church of Canada Statement on Conflict in Ukraine from Moderator Richard Bott

The United Church of Canada condemns the invasion of Ukraine by President Putin of Russia. This act of aggression contravenes the Charter of the United Nations (UN) and represents a serious violation of international law. We call on all parties to immediately cease hostilities and to undertake action to restore peace, including through the negotiations underway in Belarus.

The United Church of Canada joins UN Secretary General Antonio Guterres in his call for the protection of the lives and human rights of residents of Ukraine. In addition to an immediate cessation to hostilities there is an urgent need for humanitarian assistance to be distributed to all those who have been impacted by the ongoing violence and to allow continuous unimpeded access. Food, shelter, health care, and comfort must be provided in adherence to the principles of humanity, neutrality, impartiality, and independence. We call on governments to keep borders open and provide safe refuge for everyone escaping the conflict and to create safe pathways for all regardless of race, gender, sexual orientation, nationality, religion, or creed.

As Moderator, I am grateful to communities of faith holding in prayer the people of Ukraine and all people peacefully protesting violations of international law and human rights in the region. I join you in asking God to help us to be peace-bearers as individuals, as communities, and as nation-states. In our commitment to justice and peace, let us call on government leadership to help bring this to an end so no more lives are lost or communities harmed.

We join with all who witness and work for peace and justice around the world, even in the face of violent conflict.

I invite you also to explore whether there is a Ukrainian Catholic church, Ukrainian Orthodox church, or Ukrainian community centre close to you to whom you might write a letter of concern and solidarity or extend solidarity to people of Ukrainian descent in your community.

We offer this [prayer](#) and [sample letter](#).

The United Church of Canada is receiving funds that will be directed to humanitarian assistance in Ukraine through its ecumenical partner, ACT Alliance, which is responding to the rapidly deteriorating humanitarian situation. ACT members are scaling up their presence inside Ukraine and in neighbouring countries to aid those impacted by the current armed hostilities. You can donate to the [Conflict in Ukraine appeal](#).

May peace reign in Ukraine and for all peoples facing renewed violent conflict.

Christ's peace,

Right Rev. Dr. Richard Bott

Moderator

United Church Mission & Service partners are responding to the rapidly unfolding crisis. You can help. Right now, **people urgently need shelter, clean water, food, and medical attention**. Please show your support by making a gift today.

Donate Now

Online via our [secure donation page](#).

Phone 416-231-5931 or toll-free 1-800-268-3781 ext. 2738 and use your Visa or MasterCard.

Send a cheque or money order to:

The United Church of Canada

Philanthropy Unit - Emergency Response

3250 Bloor Street West, Suite 200

Toronto, ON M8X 2Y4

Please be sure to note "Emergency Response—Ukraine" on the face of your cheque.

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.



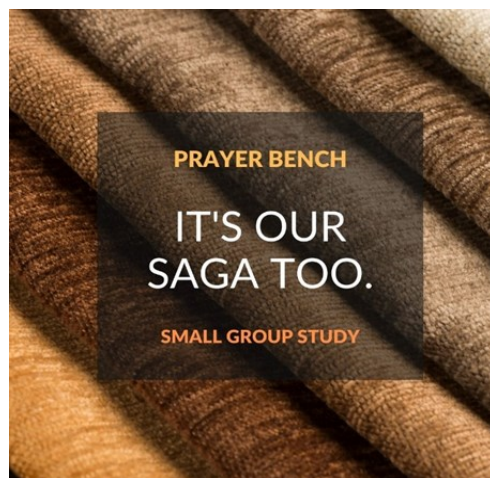
- ◇ Pray for Norma Kaufman as she continues to recuperate at St. Marys Memorial Hospital
- ◇ Pray for Ivy Francis in hospital at St. Marys Memorial

Join me to Journey in Lent - Study Group Starts Next Week

This five-week Lent Small Group Study weaves the saga of Joseph with the journey of Jesus to the cross. Using readings from Genesis and Luke, it invites us to reflect on the related life themes of violence, grief, challenges, and forgiveness. Each session will have a short audio recording, a scripture to reflect on, a time of discussion, and a group spiritual practice. The 5 week study will be offered both on in person on Tuesday afternoons 2-.3.30 (starting 6th March), and on zoom on Monday evenings 7-.8.30 (starting 7th March).

[Zoom Link](#)

Meeting ID: 867 8400 0470 Passcode: 289202



Graceful Walkers!



A big thank you to the Coldest Night Walkers: Paul Bartlett, Tory and Gary Zehr, Joanne Bean, Elizabeth Halliday, Carol and Wayne Shewfelt, Mary Ann Krantz, Wayne and Linda Stock, Blair Yeomans and Rev. Gail. The team braved the cold to raise funds for Shelter Link, and raised a whopping \$4375!

Great work everyone, and thank you to everyone who generously donated.

You can still make donations directly online until the end of March:

[Support Graceful Walkers](#)



Message from Ministry and Personnel

The M&P committee are pleased and excited to announce that we have hired a music director. Marilyne Nystrom comes to us with lots of experience in church and choir music. Please welcome her to our Community of Faith as she begins her journey with us on March 13.

Grace's "Creative in COVID" AUCTION UPDATE!

Bidding is now Live!

The Auction is all ready to view on line! To view the items, just click on this link:

<https://www.32auctions.com/GraceUnited>, and follow the prompts to create a login page. A full list and pictures of items are also attached to the weekly email.

The bidding will begin at 8.00am on Friday March 4th, and end at midnight on Saturday March 12th. If you place any bid, you will be notified if you get outbid and asked if you wish you place another bid.

Items will be displayed at church on Sunday March 6th in Zion Hall for viewing and bidding after church (for those that can not bid online.)

All bidding will be online, but if you do not have access to internet, then you can call or text in your bid by phoning/texting Rev. Gail (519 703 1954) and she will place your bid for you, and keep you posted if you get overbid. All winners will make their payment through the church - NOT online.

Please spread the word by sending the link to all your friends – and have some fun!

Note: baking items are made to order. Other food items will be available after March 12th.



Sharing our Creative Gifts

AUCTION OPENS
FRIDAY, MARCH 4TH @ 9 AM

AUCTION CLOSING
FRIDAY, MARCH 11TH @ MIDNIGHT

baking / artwork/ home decor / gift cards
charcuterie boards / puzzles / handmade items

WWW.32AUCTIONS.COM/GRACEUNITED

Step Into Story! - Last Chance to Register. Registration closes March 8th

Have you ever wanted to learn to tell a good story? If so, join Rev. Gail as she teaches a 4-part online course through Five Oaks on Thursday evenings, starting March 10th. It will be a fun and interactive course, and no previous experience of storytelling is necessary. It will be great for anyone who just wants to try their hand at storytelling.

To find out more, or to register before March 8th, just click on this link:

[Five Oaks Step into Story: Using Folktales](#)



CAMP BIMINI A Drive-Thru Dinner on Sunday, March 27, 2022 from St. Marys United Church parking lot! *Featuring: A Fusion of Global Flavours*

ROTINI THAI SALAD--MINI ROTINI PASTA WITH DICED TOMATOES, CUCUMBERS, PEPPERS, AND MINI CUBES OF MOZZARELLA IN A TANGY THAI DRESSING

IRISH GOULASH--CUBES OF AAA CANADIAN BEEF SEASONED WITH EASTERN EUROPEAN FLAVOURS SIMMERED IN RICH BEEF STOCK WITH CUBED POTATOES AND VEGETABLES

DESSERT FROM OUR COMMUNITY A SURPRISE DESSERT, LOVINGLY BAKED BY OUR GREAT VOLUNTEERS

ADVANCED TICKETS ONLY for ticket purchase:

<https://campbimini.ca/event/drive-thru-dinner/>

Call Susan 519-440-2908 with your questions.

ADULTS \$20, 12 YEARS AND YOUNGER \$10 PICK UP TIMES BETWEEN 4:45 and 6:00 pm

LENT 2022

Throughout Lent, we invite you to support Camp Bimini. Camp Bimini will be celebrating 75 years of ministry with youth and children this year. As a cabin sponsor, Grace UC has some responsibilities for the cabin—the cabin needs a fresh coat of paint outside and inside with a cost of approximately \$750. It's time to raise that money!

SO WHAT TO DO?? Each Friday, there is a task for you. Write the amount for each Friday in the space provided and then add everything up. At the end of Lent (Easter), please forward your Lenten collection to Camp Bimini! You can mail a cheque (Payable to CAMP BIMINI with LENT COLLECTION —GRACE UC in the memo) OR Etransfer to campbimini@cyg.net (with LENTEN COLLECTION—GRACE UC and your address in the messages section) or you can simply give your money to Carol Young. Receipts will be issued from Camp Bimini. You can choose to do this as a family or as individuals. Use your own judgment to determine amounts. You may choose to give a donation of your choice to the camp at this time as well.

MARCH

4

Camp Bimini has 30 fire extinguishers, 29 smoke alarms, 7 CO detectors and a suppression system on site that are tested weekly and serviced yearly. It is an important commitment to safety. *Give 50 cents for every fire extinguisher, smoke alarm and CO detector in your home.*

Camp Bimini's summer camp registration for 2022 will open up on Wednesday, March 9 at 6 pm. Registration is online only. Please see our website www.campbimini.ca for more details and to register for a great time at camp this summer. If you have any questions regarding registration, please direct them to the camp.



Youth meet on February 20 to have outdoor fun and cook lunch over the fire

Bev Neeb is heading off to work with NPH in Nicaragua.!

NPH stands for "*Nuestros Pequeños Hermanos* (NPH) which means "Our Little Brothers and Sisters" in Spanish. It is an organization that helps the lives of many vulnerable children in central and south American countries.

As many of you know, Bev Neeb has made several mission trips to Nicaragua through NPH, but recent ones have been on hold due to Covid. After jumping through several hoops, (Covid and visas) she is happy to be heading off to Nica again on Thursday 3rd March – March 20th. Bev jokingly told me that the team's motto has been "Be positive, stay negative."

Bev and the team will be staying at an NPH home and doing a build in a village where they have worked before. They will be adding two rooms to a small building already there: one room will be for the women's sewing co-op to keep their supplies and machines, and another as a medical room for visiting doctors and nurses. While there, they will also be helping to establish a beehive colony and a market garden as a way for NPH to make money. NPH schools and feeds about 200 children every day. Bev is also hoping to be able to support some teachers in their music program – lucky teachers!

Please keep Bev and the team in your prayers.

(For more information on NPH, go to: <https://nphusa.org/about-us/>)



March Birthdays

Happy birthday to:

Mason McKay—March 2

Joan Bartlett—March 3

Marianne Ruby—March 3

Brian Gerber—March 4

Elysia Cook—March 4

Brandon Schmidt—March 4

Derek Wagler—March 6

Fionn McBride—March 8

Rebecca Walker—March 8

Katrina Stevely—March 10

Sierra Pletsch—March 10

Mike McKay—March 12

Clayton McKay—March 13

Beatrice Finck—March 15

Ron Rudy—March 16

Harlyn Lange—March 16

Jason Shantz—March 17

Lauryn Reibling—March 17

Simon Ruby—March 18

Rick Walker—March 19

Alexis Shantz—March 20

Carol Mordue—March 20

Sharon Walker—March 21

Heather Harris—March 22

Leanne Bayer—March 23

Jeanine Stock—March 23

Hazel Jackman—March 24

Zachary Clarke—March 24

Nathaniel Brown—March 27

Jayden Ruby—March 28

Glen Fryfogel—March 31

Special congratulations to Mary Ann Krantz for her milestone birthday on March 3rd




Update from the re-opening committee

At the meeting last evening, the committee made several decisions which we would like to share with you as public health system indicators continue to improve and we can cautiously and gradually ease safety measures. The wearing of a mask is still required and we encourage you to be responsible for physical distancing. We will no longer ask for proof of vaccination upon entry to the church. You are welcome to enter and exit using the front doors, but Rev. Gail encourages you to use the side doors where there is equal accessibility. Please continue to be diligent in self-screening for symptoms and stay home if you are unwell or have been in contact with the virus.

There will not be any contact tracing done by Grace, but if you find that you are experiencing symptoms after being in the building, contact the office so that we can e-mail our community of faith to make them aware. Please know that your name will be kept confidential. Sunday School will begin again on Sunday, April 3. At this time there will not be any coffee time after church but we will reassess this in the near future.


Anne Gregory, Chair




ATTENTION VISITORS

COVID-19


1) In the last 10 days, have you experienced any of the symptoms below?




Fever and/or chills



Cough or barking cough




Shortness of breath




Decrease or loss of smell or taste


Two or more of:




Sore throat




Headache




Feeling very tired



Runny or stuffy/congested nose



Muscle aches/joint pain



Nausea/vomiting/diarrhea

Note: If you are fully vaccinated and not immune compromised and experienced the symptom(s) over 5 days ago and the symptoms have been improving for over 24 hours, select "No". If you are unvaccinated or immune compromised and experienced the symptoms over 10 days ago and the symptom(s) have been improving for over 24 hours, select "No". If you received a COVID-19 and/or flu vaccination in the last 48 hours and are experiencing only mild fatigue, muscle aches and/or joint pain that only began after vaccination, select "No".

2) Has a doctor, health care provider, or public health unit told you that you should be self-isolating?


3) Do any of the following apply?

- You live with someone who is currently isolating because of a positive COVID-19 test
- You live with someone who is currently isolating because of COVID-19 symptoms
- You live with someone who is waiting for COVID-19 test results
- In the last 10 days, you have been identified as a "close contact" of someone who currently has COVID-19 AND you are not fully vaccinated or you are immune compromised.

If you answered YES to any of these questions, DO NOT ENTER.

Please go home and contact either your health care provider or Telehealth Ontario at 1-866-797-0000 to get advice, including if you need a COVID-19 test (if eligible).

PLEASE DO YOUR PART TO PROTECT OTHERS



swpublichealth.ca
1-800-922-0096

Adapted with permission from Toronto Public Health