

GOOD NEWS AT GRACE

Grace United Church · February 17, 2023

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‘GraceUnitedTavistock’



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www.graceunitedtavistock.com

How do you take care?

Does taking care include yourself, or those near and dear to you, or all of the above? February can be a very cold, grey month for us, which is why it is more important than ever to take care.

Maybe consider what steps you are taking right now to care for yourself. We all know that physical activity is one of the best ways to cope with the daily challenges and stresses of life. This can take many different forms for each individual. Maybe you get exercise at a gym, go for walks with a friend or family pet, or simply do some stretching or have an exercise routine that you can do on your own in the comfort of your home.

Anything goes- even taking a nice warm bath- as long as you do something for yourself. But, “taking care” does not simply have to be getting exercise. Over the last few years, I myself have discovered yoga, mindful breathing, quiet meditation, reading, gardening and even baking to be enjoyable and very effective ways of taking care of myself. Many of us feel that our days are already full enough, and it seems like too much to try and fit another “to do” into our already busy schedules. But taking care should be a higher priority for most of us. We need to care of ourselves before we can do the same for those around us.

It may sound selfish, but in the long run, if we want to be there for others, it is crucial that our own mind and body be happy and healthy first. So I encourage you to find something-no matter how small, that is just for you. Your body, mind and those around you will thank you.

Be gentle with yourself, and take care

Jen Reibling

Worship committee chair



Upcoming Services and Dates:

SERVICES CAN BE VIEWED ON GRACE YOUTUBE CHANNEL, WHICH CAN BE ACCESSED THROUGH OUR WEBSITE: www.graceunitedtavistock.com

Feb. 19th: 10:30 am Worship Service led by Daria Salemka. Sunday School. Refreshments and light snack following in Zion Hall.

Feb. 21st: 7:00 pm Bible Study at Grace. All Welcome

Feb. 22nd: 10:00 - 11:30 am Sit n' Knit, Stay n' Crochet
11:30 am Tavistock Ministerial Meeting - Quehl's Restaurant

Feb. 23rd: 12:10 pm Lenten Service and Lunch, '*Giving Up Control*'
7:00 pm Choir Practice

Feb. 25th: 5:00 pm Graceful Walkers - Coldest Night of the Year Walk at Upper Queens' Park Stratford

Feb. 26th: 10:30 am First Sunday in Lent and Confirmation and Communion Service led by Rev. Young Seo. Sunday School. All we welcome for light snack and refreshments following in Zion Hall
Fundscrip orders due.

Feb. 28th: 7:00 pm Bible Study
7:00 pm Worship Committee

Mar. 1st: 1:00 pm Zoom Staff Meeting

Mar. 2nd: 12:10 pm Lenten Service and Lunch '*Giving Up Expectations*'
7:00 pm Choir Practice

Mar. 3rd: 12:00 pm South Easthope Insurance Annual Meeting - Zion Hall



Watch your inbox for a Guide through Lent to be emailed on Wednesdays starting February 22

Upper Room Renewal: It is \$14 to renew your Upper Room Subscription. Please make cheques payable to Keith Weitzel and leave an envelope on the offering plate marked 'Upper Room'.



In Wellness and Love: As a community of faith, we are a family. Our concern for each other includes a desire to keep us all well and safe there fore we recommend masks but they not required, distancing can still happen if you wish, and hand sanitizer is at each entrance.

Contact us

Rev. Young Seo	cell 519 671 6910	revyoungucc@gmail.com
Carol Young	cell 519-301-1356	tavigraceyouth@gmail.com
Office	519 655 2151	graceunitedtavistock@gmail.com
E-transfer donation email		gracetavistockdonation@rogers.com

Office Hours *it is recommended to call ahead

Rev Young Tues. and Thurs. 9:30-2:30 pm (it may change the office hour and day, please contact before visit)

Katherine Brenneman Thurs. 9:30 – 2:30 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 the chair of Grace PCO, Bev Neeb 519 655-2695, or Rev Young at 519 671 6910 and we will begin praying for you.



- ✝ pray for Claudette Wettlaufer at home recuperating.
- ✝ pray for Brenda Mohr as she struggles with health issues, her sister Jackie (cancer diagnosis) and her brother Pat (recovering from surgery)
- ✝ pray for Susan Pellow, recovering at home from knee surgery
- ✝ pray for Keith Weitzel as he deals with health issues.
- ✝ pray for Ken Brenneman as he deals with health issues.
- ✝ pray for Rev Young and family as her husband Jason Richards struggles with health issues.
- ✝ pray for Tricia Wettlaufer as she recovers from surgery this past week.
- ✝ pray for Brian Gerber as he struggles with health issues.



It's cold out there. And on February 25, our team *The Graceful Walkers* (Paul Bartlett, Mary Ann Krantz, Carol Shewfelt, Linda Stock, Tory Zehr, Wayne Shewfelt) is going to do something about it. Together with thousands of Canadians across the country, we're walking and fundraising to support and serve people and families experiencing homelessness, hurt, and hunger in our community. We are fundraising for Stratford - **Stratford Connection Centre, Stratford/Perth Shelter Link**. Please, give generously by clicking ["Donate Now"](#). Thank you to our generous supporters we have raised \$2981 to date.

The walk begins at Stratford Queen's park at 5 pm on Sat. the 25th.



Giving it Up

2023 Lenten Luncheons

Hosted by the Tavistock and Area Ministerial
at Grace United Church

(elevator and hearing assistance)

Each Thursday beginning at 12:10 p.m.

With meditation and music in the sanctuary

Followed by soup and sandwich lunch

Suggested contribution of \$5-\$10 for lunch

Giving it Up:

February 23rd

March 2nd

March 9th

March 16th

March 23rd

March 30th

Giving up Control

Giving Up Expectations

Giving Up Superiority

Giving Up Enemies

Giving Up Our Lives

Giving Up Popularity

There will be no Lenten Service and Luncheon during Holy Week this year.

Many of us give up certain things during Lent. Are there things we should give up for the rest of our lives? We invite you to come and worship and reflect with us, and then share in conversation with others over lunch.

ST. PATRICK'S DAY PULLED PORK DINNER & GAMES NIGHT

FRIDAY, MARCH 17, 2023
• 6:00 PM •

GRACE UNITED CHURCH, TAVISTOCK, ON



A fun night for all ages!

Enjoy a delicious meal of pork on a bun, coleslaw, beans, potato salad and dessert. Followed by games galore!

Crokinole, Euchre, Checkers, Scrabble, Skip-Bo, whatever you like!

Bring a partner, bring a group or join in with others – guaranteed to be lots of smiles and laughter!

Tickets available after Church

OR call the Church Office at 519-655-2151 and leave a message

OR email graceunitedtavistock@gmail.com

ADULT \$15

CHILD 5-10 \$8

CHILD 4 & UNDER FREE

FAMILY OF 4 \$40

Message from M&P

First we would like to thank Randy Harris, Dale Ruby, Mary Ann Krantz, Carol Young and Katherine Brenneman for stepping in and doing what needs to be done to keep Grace church a welcoming place.

Notice: To all committees that meet in Zion Hall or Knox Parlour that tables and chairs will no longer be set up for you. At the conclusion of your event chairs need to be stacked but tables do not need to be taken down. This is a new era for Grace and we are confident that this will become a new habit.

There has been a suggestion from the Board and Rev Young that the Sunday morning duties be done on a volunteer basis similar to ushering. Randy Harris and Dale Ruby have been filling the gap and doing an excellent job. The duties aren't huge and are posted in the bulletin board. Anyone interested in sharing this important service to our church can contact Chris Wiffen at chriswif@execulink.com. The training will not be a huge process. For example for ringing the bells major requirement that you can count to 51. Thank you for taking the time to consider this.

Happy Retirement Keith Weitzel



On Sunday, February 12th Keith Weitzel received his retirement gift, an engraved watch, from Grace United Church.

A recipe from the kitchen of Beatrice Finck to share with you

Beatrice's Sauerkraut Chocolate Cake

A family favourite loved by all the Finck boys



INGREDIENTS

2 1/4 cups sifted all purpose flour
1/2 cup unsweetened cocoa
1 tsp. baking powder
1 tsp baking soda
1/4 tsp salt
2/3 cup butter at room temperature
1 1/2 cups sugar
3 large eggs
1 tsp vanilla
1 cup strong coffee
2/3 cup sauerkraut, rinsed, drained, coarsely chopped

DIRECTIONS

1. Combine first 5 ingredients in a large bowl.
2. Combine with fork. Measure butter, cream with electric mixer at medium speed
3. Gradually add sugar and eggs, one at a time. Add Vanilla.
4. Add liquid and dry ingredients alternately, beginning and ending with flour; stir in sauerkraut.
5. Bake in 2 greased and floured 8" round or square pans at 350 F for 25-30 min.
6. Frost with icing

Earthquake in Türkiye

On Monday, February 6, a 7.8-magnitude earthquake hit southeastern Türkiye (Turkey) and on the border with Syria. Followed by another tremor registering 7.6, the quakes were felt as far as Lebanon and Cyprus. More than 20,000 people have been killed in Türkiye and northern Syria, and the toll is expected to rise on both sides of the border. The early morning 7.8-magnitude earthquake was centred about 20 miles from Gaziantep, a major city and provincial capital in Türkiye. First responders and the international community are working hard to rescue people trapped under the rubble. 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 winter weather, damaged infrastructure due to the prevailing conflict, and previous displacements of people are making an already difficult situation worse.

The Middle East Council of Churches (MECC), which is a partner of The United Church of Canada, and ACT Alliance (of which The United Church of Canada and MECC are members) are responding in some of the hardest-hit areas in Türkiye and northern Syria. The MECC is implementing a rapid response by meeting the needs of people seeking shelter in churches and in public schools with items such as blankets, mattresses, food, water, and hygiene items right now, until the situation becomes more stable and the longer-term needs of people are assessed. ACT Alliance members are active in Türkiye and have initiated a rapid response. Thanks to previous donors to the Global Emergency Response fund, The United Church of Canada has made an immediate grant of \$20,000 to support their efforts.

The impact of the most recent earthquake is all the more devastating because of ongoing conflict that has displaced millions of people and damaged much-needed infrastructure (such as hospitals), a severe economic downturn, and the COVID pandemic.

MECC and ACT Alliance continue to assess the immediate and ongoing needs of the communities. The United Church of Canada is committed to working with Mission & Service partners MECC, ACT Alliance, and the Canadian Foodgrains Bank. Through the Canadian Foodgrains Bank, we have joined the Humanitarian Coalition to call on Canadians to show tangible support for the people of Türkiye and Syria.

We will share more information with you as soon as we can.

Thank you for your prayers and generous support.



Donate Now

Online via our [secure donation page \(opens in a new tab\)](#).

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—Türkiye" on the face of your cheque.

Note: As part of the United Church's Emergency Response Fund, 100% of your donation goes directly to emergency relief, with 85% of your donation responding to this designated emergency and 15% responding to future emergencies that do not receive intense media coverage. Donations to Mission & Service enable the United Church to cover all of the costs of emergency response work without deducting any fees from your donation.