

# GOOD NEWS AT GRACE

Grace United Church • May 5, 2023

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'GraceUnitedTavistock'



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www.graceunitedtavistock.com

Mental Health Sunday (the first Sunday in May) is part of the church's effort to create communities of radical belonging for all people, including those living with mental health challenges.

## 5 Simple Things You Can Do

to make the world a better place for people with mental health challenges and their families

1. **Be a friend.** Provide companionship and compassion on the road toward recovery. Offer a ride to church or to a local support group. Listen without judgement. Pray for those you know with mental health challenges, substance use disorders, and for their family members.
2. **Share your story.** Has mental illness impacted you or your family in some way? Your story may empower others to seek treatment or have hope.
3. **Watch your language.** Pay attention to the words you use and avoid stigmatizing labels. Do not refer to people as "crazy," "psycho," "lunatic" or "mental."
4. **Be a "StigmaBuster."** Challenge negative attitudes toward mental illness among your friends and acquaintances and in the media.
5. **Learn the facts.** Educate yourself about the various mental health challenges, substance use disorders, neurodevelopmental differences, and other brain disorders. Check out the resources at the UCC Mental Health Network ([www.mhn-ucc.org](http://www.mhn-ucc.org)), take a Mental Health First Aid class and host one at your congregation for the larger community.

Visit the Mental Health Commission of Canada for education, supports and programs related to mental wellness <http://mentalhealthcommission.ca/>

The Canadian government launched [Wellness Together Canada](http://WellnessTogetherCanada.ca), an online portal where anyone in Canada can receive free mental health and substance use health support. The options range from peer support and self-guided courses to one-on-one counselling with trained professionals.

Find our local CMHA: <https://cmha.ca/find-help/find-cmha-in-your-area/>

## Upcoming Services and Dates:

SERVICES CAN BE VIEWED ON GRACE YOUTUBE CHANNEL, WHICH CAN BE ACCESSED THROUGH OUR WEBSITE: [www.graceunitedtavistock.com](http://www.graceunitedtavistock.com)

**May 7th:** 10:30 am Worship service led by Rev Marg Smith.  
Sunday school.

All are welcome to join us for 'Lunch for Lincoln'. Soup/chili by donation and bake auction for the Lincoln Richards Education Fund.



**May 9th:** 6:00 pm Staff Reviews - Knox Parlour

**May 10th:** 12:00 pm Tavistock Ministerial Meeting - Quehl's Restaurant

**May 11th:** 12:00 pm High Noon Lunch

7:00 pm Choir Practice

**May 14th:** Christian Family Sunday Worship Service led by Rev Marg Smith. Sunday School.  
All are welcome for light snack and refreshments following the service.

**May 17th:** 10:00 am Sit n'Knit Stay n'Crochet

1:30 - 3:00 pm Salvation Army Mobile Food Truck - front parking lot

7:00 pm Board Meeting

**May 18th:** 7:00 pm Choir Practice



Thursday, May 11 High Noon Lunch at Grace United Church. "A Star-watcher's Journey" Come for a hot lunch and stay to listen to Dr. Paul Bartlett and see his beautiful photography of the skies. This will be the last high noon lunch until the fall.

**Emergency pastoral care: Please contact Rev Marg Smith at 289 926 0707 if you are in need of emergency pastoral care.**

### Contact us

Rev Marg Smith cell 289 926 0707 margsmith@rogers.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 (please call ahead for an appointment)

Rev. Marg Smith, Thursdays 9:30 - 3:30 pm

Katherine Brenneman, Thursdays 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 Marg Smith 289 926 0707 and we will begin praying for you.

- ✝ pray for Brenda Mohr as she struggles with health issues, her sister Jackie (cancer diagnosis).
- ✝ pray for Keith Weitzel as he deals with health issues.
- ✝ pray for Ken Brenneman as he deals with health issues.
- ✝ pray for Brian Gerber as he struggles with health issues.
- ✝ pray for Rev. Young and Lincoln as they grieve for Jason Richards, as well pray for a safe journey when they visit Korea.

**Lunch for Lincoln - SUNDAY, MAY 7.** Following worship, we will be having a ***soup/chili lunch and Bake auction!*** The cost of this lunch is by donation and the proceeds from this lunch and auction will be given to the ***Lincoln Richards' Education Fund!*** We are looking for baked good donations. Bring your baked goods that day (no need to tell us ahead for the baked goods)!

Please keep Rev. Young, Lincoln, Bruce and Marg (Jason's parents), Jason's friends and family and the St. Marys UC family in your prayers in the days, weeks and months ahead. It will be a very tough road ahead for them all.

At the end of his obituary, we can read *"Jason also asked that you do something nice for someone unexpectedly and without explanation"*

## Our Newsletter Front Pages

If you have an idea for a front page article for the Good News at Grace we would like to hear from you. Please talk to Katherine in the office at 519 655 2151 or send an email with your news article or devotion to [graceunitedtavistock@gmail.com](mailto:graceunitedtavistock@gmail.com). We want to hear about anything of interest to you and what is happening in our Grace Community of Faith. All articles must be received by Thursday morning.



## Help Needed.



Grace is in need of a volunteer or a few to look after lawn mowing duties this summer. A lawn mower has graciously been donated to the church and will be available to use. This is a perfect opportunity for youth for high school volunteer hours ! If we can get a few volunteers a weekly schedule can be worked out. Please be in contact with the property committee.

### Yard Sale and BBQ Sat. June 3rd

We are looking for yard sale and BBQ helpers, to help with receiving, sorting and pricing. The sign up sheets are on the table by the office. Thank you in advance!



Also a reminder to save your items. We are looking for donations of dishes, books, jewelry, games, toys, knick-knacks, silverware, craft supplies, lamps, materials, china, decorations, almost everything – except clothing and upholstered furniture. Look for drop off details the week ahead.

April 29, 2023

Dear neighbour,

I am reaching out with a quick update on our redevelopment of peopleCare Tavistock. As shared earlier, peopleCare is building a new 128-bed long-term care (LTC) Home on the land behind the existing building.

peopleCare  
communities

With our working drawings approved by the Ministry of Long-Term Care, we are excited to be on track to officially break ground in May. Various activities relating to getting the site ready are already underway and you will notice equipment arriving and fencing going up.

Throughout this project, we will work closely with our construction partners to minimize disruption for our residents, families and neighbours and keep everyone informed. On that note, we want you to be aware of a notice sent out by the Township of the upcoming closure of William St., beginning on Monday, May 1, 2023 for approximately three weeks. The attached document has all of the details.

If you haven't already seen the signs on our property on William Street, we encourage you to take a walk by the front of the Home to see what the new, modern building will look like. You can read more about this redevelopment in the Feb 16th issue of the [Gazette](#). You can also check out our [peopleCare Tavistock redevelopment](#) page on [peoplecare.ca](#) for ongoing progress updates.

We look forward to keeping in touch as we build the new Home. In the meantime, please don't hesitate to contact me directly if you have questions or concerns.

Sincerely,

Deb Wettlaufer, Executive Director, peopleCare Tavistock



Grace did receive notice from East Zorra Tavistock Township that William Street between Woodstock and Hope will be closed approximately May 1st to 19th - with local access. The entrance to the back lot is accessible from Woodstock Street to William, this means our back parking lot is open during this time.



## WHERE ARE THEY NOW?

### We're taking a look back at past recipients of the Grace United Church Scholarship.

#### KIRSTEN KOPF (SMYTHE)

It has been a while since I have been able to see most of you and almost 8 years since I was blessed with the scholarship. I was awarded the Grace UC scholarship way back in 2015 and a lot has happened since then! When I was awarded the scholarship I was attending Geneva College, a Christian college near Pittsburgh, Pennsylvania in their student ministry program. I graduated in December of 2018, and using that degree worked as an assistant youth director and office manager at a large church before moving on to a Christian non-profit. I am currently working for Urban Impact Foundation as their project manager and event coordinator, where we desire to see lives holistically transformed in our community one person, one family, and one block at a time who, in turn, make a powerful impact locally and globally for Jesus Christ through over 60 different programs in athletics, performing arts, education, and post high school transitional programs. Outside of work, I was married in 2019 to R.Y. Kopf, and we currently live outside of Pittsburgh with our three dogs.

Despite being in America, Grace has done an amazing job of blessing and caring for me throughout the years. Receiving the scholarship helped me not only to purchase books and a meal plan, but it also was a great reminder of the community that still cared for me all the way back in Canada. While in college all the letters and gifts I received were such an encouragement when I was so far away from home. The UCW cookbook that was given to us when RY and I were married has become a family favourite and is well used and loved. No matter the distance between Tavistock and Pittsburgh, Grace United has always felt like home with all the love and care that has been given over the years. Thank you for being such a loving church family!

## Sit n' Knit Stay n' Crochet



We recently had a large lot of colourful yarn donated to us. Our group of knitters have been having fun knitting these beautiful pneumonia vests, Izzy Dolls, hats and scarves.



## Fundscrip Update

Fundscrip is such a fun and easy way to help fundraise for Grace United – but it does take some planning. I appreciate your patience as I work though getting into a routine with the order process. One of the great things about this program is that we earn money simply by buying gift cards we can use on everyday items.

One of the challenges we face is that because of the valuable nature of the gift cards, they have to be shipped via courier with a signature required for pick-up. If you have ever shipped a package via courier, you know how expensive that can be. These orders are no different. Fundscrip charges a base courier fee for each order, so for small orders where we may have only one or two cards ordered we actually wind up owing THEM money instead of the other way around.

Since orders through the spring and summer months are relatively small, I will be moving to a quarterly order aside from the Christmas season. Order deadlines for 2023 will be:

Order Deadline	Order Placed By	Expected Receipt
April 30, 2023	May 4, 2023	7 – 10 days
July 30, 2023	August 3, 2023	7 – 10 days
October 1, 2023	October 5, 2023	7 – 10 days
November 5, 2023	November 9, 2023	7 – 10 days
November 19, 2023	November 23, 2023	7 – 10 days
December 3, 2023 <b>**LAST ORDER BEFORE CHRISTMAS**</b>	December 7, 2023	7 – 10 days
January 7, 2024	January 11, 2024	7 – 10 days

Thank you for your continued support of this program – Chris Patrick



### Canada's Most Successful Gift Card Fundraiser



**Over \$25 Million Raised**

Shop With Gift Cards  
Shop Where You Want  
Raise Money For Your Cause

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

FundScrip is a Fundstream program

### If you need a simple & effective way to raise money, you should try FundScrip.

FundScrip is a Canada-wide fundraising program in which your supporters pay for their everyday shopping (i.e., groceries, gas, gifts and household items) with gift cards bought from FundScrip. A percentage of the cards purchased is then donated to your cause.



**Shopping is Fundraising**  
Supporters simply pay for their purchases with gift cards bought from FundScrip.



#### Proven & Trusted

Since 2004, Canadians have put their faith in FundScrip to raise money for causes they care about.



#### No Product Sales

No need to ask friends, family, and colleagues to buy over-priced stuff they wouldn't otherwise.

### Features & Benefits



No More Door-to-Door



Contactless Options



Raise Funds While Shopping



We've Helped THOUSANDS of Groups Across Canada

### Donations Can Add up Quickly

Supporters can generate over \$30 every month at no extra expense to them. **Imagine if everyone got involved?**

1 supporter	>	\$360 / year
25 supporters	>	\$9,200 / year
50 supporters	>	\$18,000 / year

### Over 240 Top Canadian Retailers

With our growing list of leading retailers, you can find gift cards for the basics like groceries and gas but, we also carry a large variety of other categories.



“ FundScrip is a great program that is easy to run and the participants really liked the idea of fundraising for their hockey team with their everyday shopping. ”

— Katy Fortuna, Duffield Devils Hockey Team, North York, ON



### Get Started With FundScrip

Mention Where You Heard of Us When Signing Up!  
[www.fundscrip.com](http://www.fundscrip.com)