

# Holy Trinity Riverbend

## WHAT'S THE BUZZ? HERE'S WHAT'S HAPPENING!

July 5, 2020

**This Week's Bible Quote --**  
**Deuteronomy 31:6**  
*"Be strong and bold;  
have no fear or dread of  
them, because it is the LORD  
your God who goes with you;  
he will not fail you or  
forsake you."*

**Sermon:** As a reminder, a copy of the Sunday Sermon, and the Prayers of the People, are emailed to our parishioners every Sunday morning. Today's sermon is from Rev. Rebecca and Prayers of the People are courtesy of **Patti Holmstrom**.



**Upcoming for next Sunday, July 12, 2020:**  
Preaching: Rev. Rebecca  
Prayers of the People:  
**Grant Kvemshagen.**

Readings –  
Gen 25:19-34  
Rom 8:1-11  
Mt 13:1-9, 18-23

**Message from Rebecca:**  
We certainly had our share of rain this past week and everyone's yards and gardens should be green and lush. However, I'm glad the forecast is for some sunshine this coming week so we can think about getting out of the house. I know some of our parishioners are doing just that. Several of our church families are on road trips this week, either camping or glamping! Others are heading out shortly, so we wish all of you safe and fun travels.

For those of you who like origami, or would like to try it, today's children's craft includes instructions on how to make a camel. It should be fun. And should you be looking for something more challenging, Education for Ministry begins in September. It's an online course with people across Canada participating. Please contact me for details. Have a great week!

**Prayer Request:**  
We continue to pray for **David**, Elisabeth's dad. We also offer prayers for those who work to address and correct the injustices in our world.



## Coffee Time Round-up:

The coffee was hot, and the company was great at this morning's gathering as we checked in with one another. Meeting face to face on a computer screen may not be ideal, but it's just the tonic we need during this time. We missed **Paul** because he and his family are taking a mini road trip down to the Drumheller area for a bit of adventure. I'm sure he will share all the details with us next week. **Marx and Chao** enjoyed a very nice visit with Marx's mom and a friend on Saturday. They spent the day in fun conversation and taking turns holding little **Faye**. **Sarah** and her kids are looking forward to a visit from Ryan's mom who is flying in from Vancouver Island. I'm sure she will be amazed to see how much **Jackson and Zoey** have grown since her last visit. Over at Devonshire, **Win** is quite excited because she is finally having her hair cut on Tuesday. She said she looks like one of the Beatles in their early days. **Brian and Carol** were enjoying a rest from their daily routine and looked quite happy to have no immediate chores to tackle. **Elisabeth and Eileen** weren't able to join us this week and we want them to know they were missed and everyone sends hellos. **Ping and Catherine** were able to get a visit through the window with

**Natalie and Evie** this past week. Every visit is a treasure during this time of isolation so thank you for making them happen. There's always room for more at virtual coffee, so please drop in!

## Inspirational Thoughts:

*"Your imagination is the preview to life's coming attractions." ...  
Albert Einstein*

*And*

*"If we wait for the moment when everything is ready, when absolutely everything is ready, we shall never begin."*

*~ Ivan Turgenev*



## Virtual Sunday School:

To supplement Sarah's Sunday school class lesson, we have included, as normal (courtesy of the Diocese of Chelmsford), an additional series of activities for younger and older children. Please see the end of the newsletter to view the material you will need as well as the lesson.



## Vestry –

Steve Johnson  
Rector's Warden  
Suzanne Pearson –  
People's Warden  
Grant Kvemshagen –  
Treasurer  
Sarah Alexander – Music  
Director  
Maureen Bantle  
Vince Tejada

**Reminder:** Although our Sunday service continues to be suspended, **Holy Trinity Anglican Church in Strathcona** live streams a service on Sundays at **10:30 a.m.** The service can be viewed using the link below. It is suggested you use the Facebook Event option to receive a reminder shortly before the program airs. Once you are in their Facebook account, the service can be found under the 'Video' section on the left side of the main page.  
<https://www.facebook.com/holytrinityanglican/>  
(Note: This particular service is also simulcast on YouTube).

**C**lergy:  
Rev. Rebecca Harris  
Priest-in-Charge  
[rebecca.harris@telus.net](mailto:rebecca.harris@telus.net)  
Ph: 780-431-1817

Rev. Dr. Elisabeth  
Thompson – Honorary  
Assistant

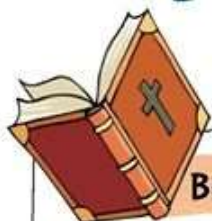
**C**hurch details: Holy  
Trinity Riverbend  
1428- 156 St. NW  
Edmonton, AB  
T6R – 2S1  
Website:  
[www.Holytrinityriverbend.com](http://www.Holytrinityriverbend.com)

# Together @ Home

Lectionary Edition

Sunday 5<sup>th</sup> July

Fifth Sunday after  
Pentecost



Here are some activities you could do together as a family, begin with the story and then do as many or as few as you like, in any order.

## Bible Passage

Today we will be exploring together, the story of finding a wife for Isaac

You can find the story in your Bible in:

### Genesis 24

Read the story together – choose a Bible translation or children's story version which best suits your group.

**The other passages we might be thinking about at church this week are:**

Psalm 45:10-17 or Song of

Solomon 2:8-13

Zechariah 9:9-12 and Psalm 145:8-14

Romans 7:15-25a

Matthew 11:16-19, 25-30

## A prayer to say together

Dear God,

Thank you for the story of Isaac finding a wife. Thank you that you go before us and prepare good things for us in our lives.

Help us to trust in you and to ask you for help and guidance every day. Help us to listen to your voice and recognise when you hear and answer our prayers.

We pray for all those who may be feeling lonely during this pandemic that you would give them friends to support and comfort them.

Amen

## Discussion

A question for adults to ask children

*How did the servant know who was the right wife for Isaac?*

The servant asked God for a sign so that he would know as well, who the right person was. The sign would be that the person Isaac was to marry would offer to get water not just for the servant but for his camels as well.

Why do you think this was a good sign? Perhaps because it showed that the person would go over and above to show kindness not just to the servant but to his camels too!

God had a plan for the descendants of Abraham, it would stretch all the way through Isaac to Jesus. God knew exactly who Isaac would marry from the beginning.

A question for children to ask adults

*Can you think of a time when you knew that God had gone before you in a situation and made a way for you?*

## Family Activity 1

*You will need: paper*

Use the instructions on page three and four to fold your own origami camels just like the ones that appear in the story.

The folding is quite complicated so take your time – you might like to practice with some simple origami folding first and work up to the camel!

You can also watch a video of somebody else making the camel here:

<https://www.youtube.com/watch?v=HQBfDxlEcg>







## A verse to remember

**Matthew 11 v 28**

**Come to me, all of you who are tired and have heavy loads,  
and I will give you rest.**

The servant in the story was nervous about finding the perfect wife for Isaac but he didn't need to be – God had already gone before him and made a plan. All the servant had to do was sit and wait, trusting in God. Why not spend some time giving your worries to God this week and trusting him to take care of things for you.

Try to learn this verse together, you could come up with some actions to help you remember it. Why not decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week?

## Family Activity 2

You will need: non-breakable cups (the same size) or spoons, bowls or buckets, measuring jug

Have a water race. Using a jug, measure out water into two bowls or buckets at one end of your garden or wherever you choose to race. Those racing have 1 or 2 minutes to transport as much water as possible from their container to another one at the opposite end of the course.

Use spoons if you want to make the challenge really hard or cups/egg cups to make it slightly easier. At the end of the time use the jug again to see who has transported the most water.



## Active Prayer

God had a plan for the life of Isaac, it was all part of his big plan to send Jesus to be a saviour for all people. Every step of the path had been planned out including finding a wife for Isaac. Why not take time drawing out a family tree together – take a moment to pray for each person in your family as you add them to the family tree.

Say a thank you prayer for all those who have gone before you.

Pray a blessing prayer over the future of all those who are still with you.



## Helping Older Children

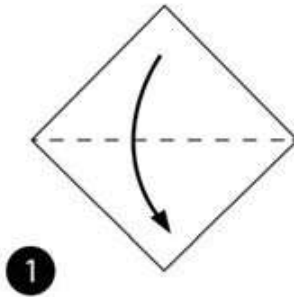
With so much upheaval in recent months many children are finding that their immediate future looks very different than expected. Year 6s are missing their final weeks of primary school, some secondary age children are missing the exams they had prepared for.

Why not write a list of events or moments that you have missed or lost because of lockdown? Give them to God and ask him to give you peace over the loss.

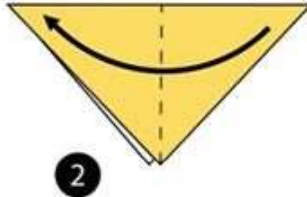
Ask God to help you trust in his promise that He has good plans for your future and that you would find comfort in Him.

# How to fold an origami Camel

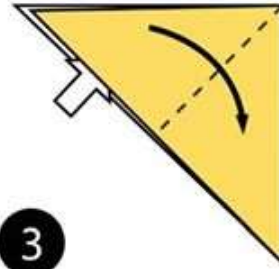
Visit [origami.me/camel/](http://origami.me/camel/) for more help on how to make the folds.



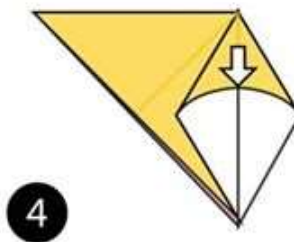
**Step 1)** Fold the paper in half.



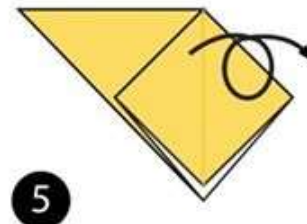
**Step 2)** Fold the paper in half again.



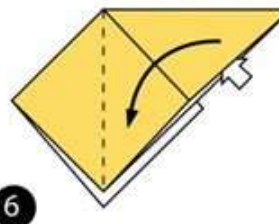
**Step 3)** Open the top flap of paper over to the right.



**Step 4)** Squash Fold this flap down.



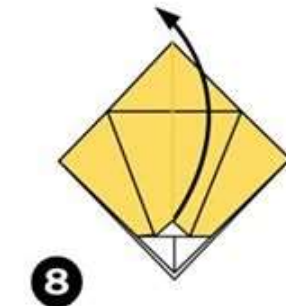
**Step 5)** Turn the paper over.



**Step 6)** Open the top flap of paper over to the left and Squash Fold it down.



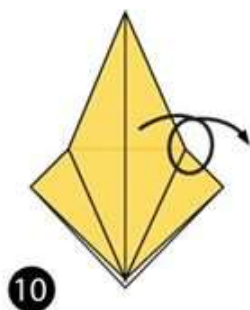
**Step 7)** Fold and Unfold the sides and the top along the dotted lines. You'll use these creases in the next step.



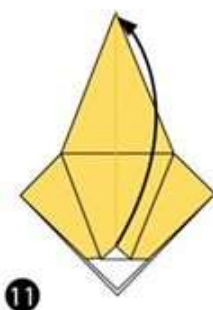
**Step 8)** Open up the top layer of paper and fold it up using the crease from the previous step.



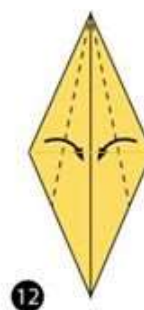
**Step 9)** Fold in both sides along the existing creases making a Petal Fold.



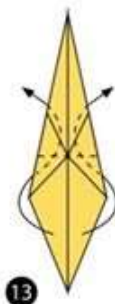
**Step 10)** Turn the paper over.



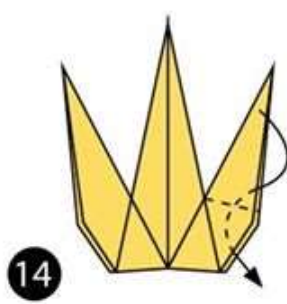
**Step 11)** Repeat steps 7-9 on this side.



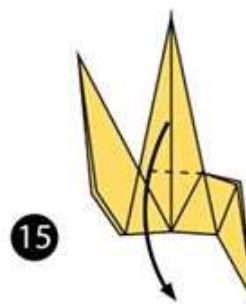
**Step 12)** Fold both sides to the centre along the dotted lines. Then repeat on the other side.



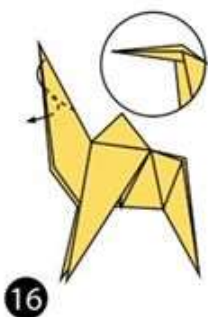
**Step 13)** Inside Reverse Fold up both sides of the paper just like in a paper crane.



**Step 14)** Reverse Fold the back part down to make the back legs.



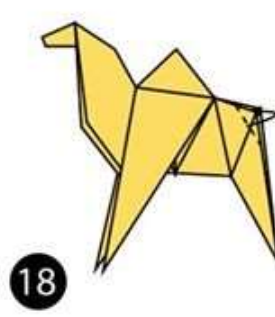
**Step 15)** Fold the top flap of paper down and repeat on the other side to make the front legs.



**Step 16)** Reverse Fold the tip down to make the head.

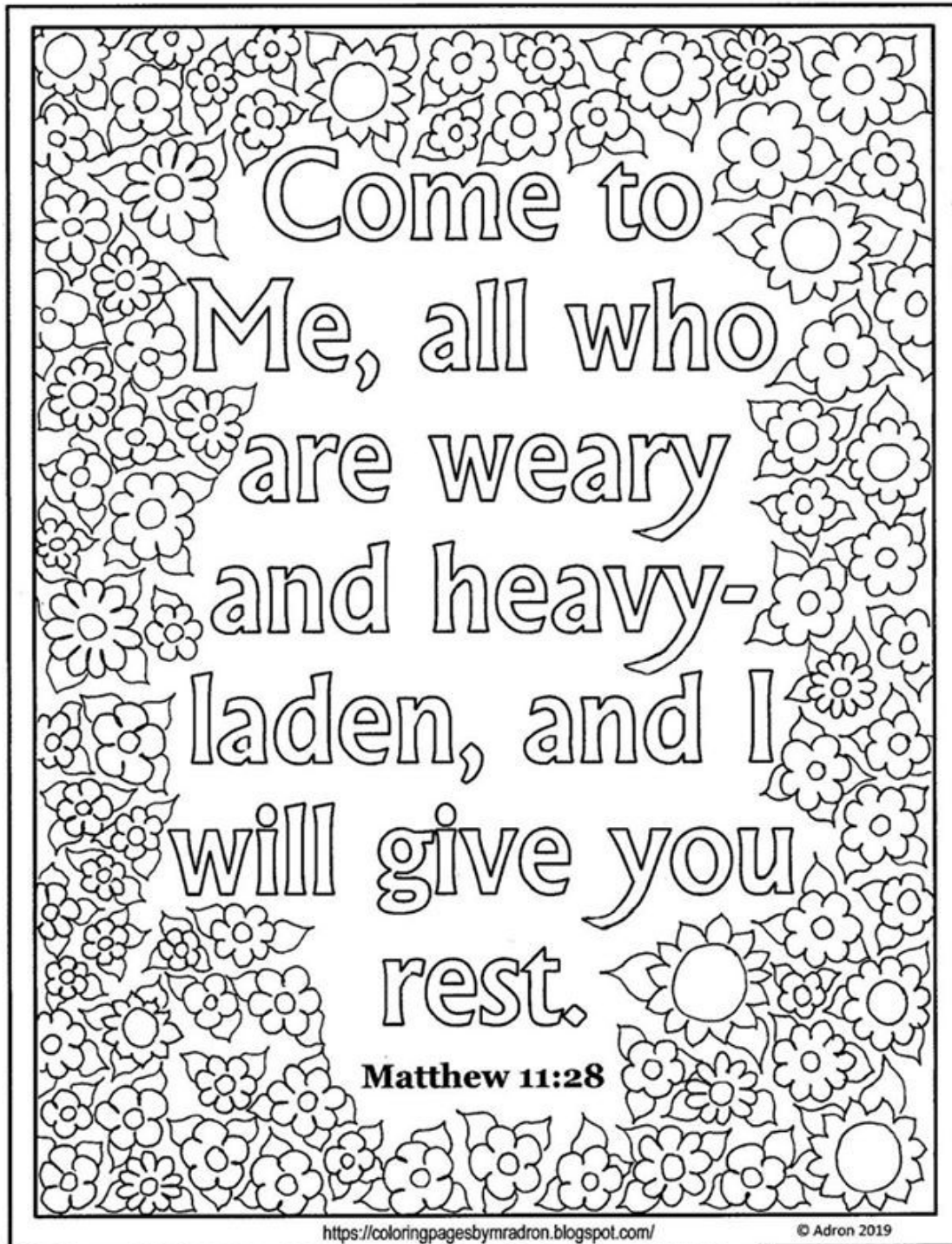


**Step 17)** Inside Reverse Fold the tip of the head.



**Step 18)** Fold the back of the leg inside the model along the dotted line. Repeat on the other side.

A colouring page you could print and colour together





# PUZZLE SHEET

Which is the correct wife for Isaac? Only one of the lines from the servant reaches another person.



The servant brought jewellery Isaac's new wife can you find the 5 items hidden on this page?

