

Holy Trinity Riverbend

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

July 12, 2020

This Week's Bible Quote --Isaiah 40:31
"But those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

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 as were the Prayers of the People.



Upcoming for next Sunday, July 19, 2020:
Preaching: Rev. Rebecca

Prayers of the People:
Rebecca

Readings –
Gen 28:10-19a;
Rom 8:12-25;
Mt 13:24-30, 36-43

Message from Rebecca:
A friend of ours recently said she wished 2020 would just go away because it hasn't been all that nice so far and I would have to agree. People have suffered job losses, relationship troubles, businesses have gone bankrupt and all manner of lifestyle changes have had to be made. This week has been exceptionally awful for Ian and me. We had to put our beloved dog down and my heart is completely shattered. She was part of our family for over eleven years and our house seems

so empty without her. So I apologize for the sermon this week as my head wasn't in a very happy space and I found it difficult to concentrate on 'sowing seeds'.

On a happier note, the **Bishop has approved our church re-opening plan and we are going to aim for Sunday, August 9th to reopen the doors at HTR.** That will take us to five months, almost to the day, that we last met together. I hope you will be able to come and celebrate with us as we brave the waters!

Prayer Request:
We continue to pray for David, Elisabeth's dad. We also extend our prayers to those who may feel lonely and isolated during this continuing time of physical distancing.

Inspirational Thoughts:

"Let your hands be so busy catching blessings, that there's no room for holding on to grudges!" ... Unknown

And

"If you have to choose between kind or right, always choose to be kind then you will always be right." ... Unknown



Coffee Time Round-up:

We have an amazing group of people at HTR and zooming coffee each week during this pandemic has been one of the highlights of my week. Today we broadcast from the little town of Edson because **Ian and I** were there visiting our daughter **Wendy** and our grandson **Bodhi**. We had fun trying to keep up with him but mostly failed. **Paul** sent his regrets as he and his family were off to Elk Island for some fun today. The weather should be perfect for that. **Elisabeth** also sent her regrets as she has worked three weekend shifts in a row, including

one at the Misericordia, and she is exhausted. **Brian and Carol** were busy preparing for their granddaughter Hannah's birthday party so they too weren't able to zoom in but sent their hellos. It was great to see **Eileen** and hear that she and **Bill** had a fun visit with their young grandson this past week. She said **Ranen's** hair is getting longer by the minute, but he's just adorable. **Ping and Catherine** had a quiet week but enjoyed seeing Ian and I as we did our daily walk past their house. **Ping** gave us a big virtual hug from the front door. **Patti and Ken** had a very nice visit from Ken's brother and they enjoyed taking him to Jasper and the Columbia Icefields for a beautiful scenic tour. Sounds like their timing was just perfect and they missed the normal tourist crowds. **Alex and Cathy** were sorry to report they discovered some structural damage to their new house after the recent downpours. They are now in the midst of addressing those issues so please keep them in your prayers because these things can be a financial strain, and a possible health risk if mold is discovered. **Sarah** wasn't able to join us today due to a migraine so we also send our prayers her way for a fast recovery. **Grant and Lorna** are away visiting their grandchildren and we pray that they will

have safe travels. So, we are all coping but need to stay connected and support one another through these days. It will be so nice to see each other live, and in person, on **August 9th**.



A Parishioner's Musings.

While I was waiting to go into a grocery store, my mind started to consider the seismic changes we are seeing in society today, especially with how we interact with others of diverse backgrounds. Somewhat prophetically, the Disney song, 'Colours of the Wind' came on the radio and I was struck by one of the verses which said: *"You think the only people who are people, Are the people who look and think like you, But if you walk the footsteps of a stranger, You'll learn things you never knew."*

I know I have to keep reminding myself that we are all God's people and what I do, what I say and how I act can contribute to the positive change we are all trying to foster in our world. In this vein, I am reminded from the bible quote (Luke 10:27), *"You shall love the Lord your God*

with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself."

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).

HTR Marketplace: On a trial basis we have added a section for **parishioners to list anything that they wish to make available to others at no cost.** This week we have used assorted wire garden fencing in a bronze colour (pictures below). Please let Rebecca know if you would like these.



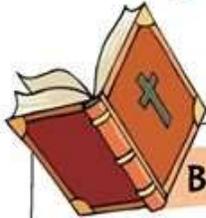
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Together @ Home

Lectionary Edition
Sunday 12th July
Sixth 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 Jacob and Esau

You can find the story in your Bible in:

Genesis 25:19–34

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 119:105-112

Isaiah 55:10-13

Psalm 65:(1-8), 9-13

Romans 8:1-11

Matthew 13:1-9, 18-23

A prayer to say together

Dear God,

Thank you for the story of Jacob and Esau which reminds us that we are all different and unique. Thank you that even though you created us all to be different your love for all of us is the same, we are all precious to you.

We pray for those who are apart from their families during lockdown and who miss being able to spend time together. We pray that they would find ways to connect and feel loved.

Amen

Discussion

A question for adults to ask children

What differences can you find between Jacob and his twin Esau?

Jacob and Esau may have been twins but they were different, even when they were newly born you could spot the difference – the Bible says that Esau was very red and had lots of hair when he was born.

Esau loved to spend time outdoors hunting while Jacob preferred to spend time at home. Isaac loved to eat the animals Esau hunted while Rebekah loved that Jacob spent time with her in their tents.

We are blessed that Father God loves everybody in the world equally, we are all his favourites!

A question for children to ask adults

What is something about me that you love?

Spend some time recognising and sharing the things that make your children special to you.

Family Activity 1

You will need: paper, pens, craft materials

What is it that makes your family unique and special? Why not design a family crest together.

You could include things that you like to do as a family together or divide it into sections that reflect each member of your family and the things that make them unique.





A verse to remember

I praise you because you made me in an amazing and wonderful way.

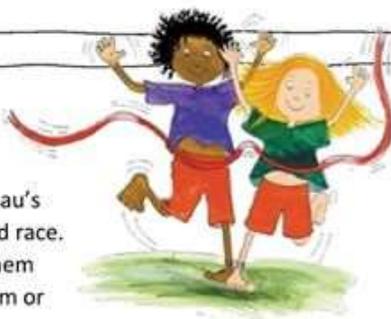
Try to learn this verse together, you could come up with some actions to help you remember it. Why not decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week?

Why not spend some time looking in a mirror and thanking God for all the different things about you that make you special and unique!

Family Activity 2

You will need: Scarves, a timer

When Jacob and Esau were born Jacob was holding on tight to Esau's heel! Connect yourselves together and have a family three-legged race. Use a scarf to tie two people together by the ankle, then make them complete the course. If you have space, have a race across a room or garden. If you have an odd number of people in your family, you can take it in turns and time how long each pair takes.



If you have limited space, why not set yourself a challenge of an activity of route around the house to complete whilst connected together.

Active Listening

Each one of us is different and unique. The Bible tells us that God knows everything about us right down to the numbers of hairs on our heads.

Why not set aside some time to practice listening to God together – ask God to speak to you about some of the unique and special things He loves about you.



Remember that God can speak to us through feelings, pictures in our heads, words or dreams. God can also use us to speak to others, ask God to give you a message of encouragement for somebody else in your family.

Red Stew Challenge

In today's story Esau gave up his birth right to Jacob in exchange for a bowl of Red Stew. Why not create your own red stew family recipe to cook together.

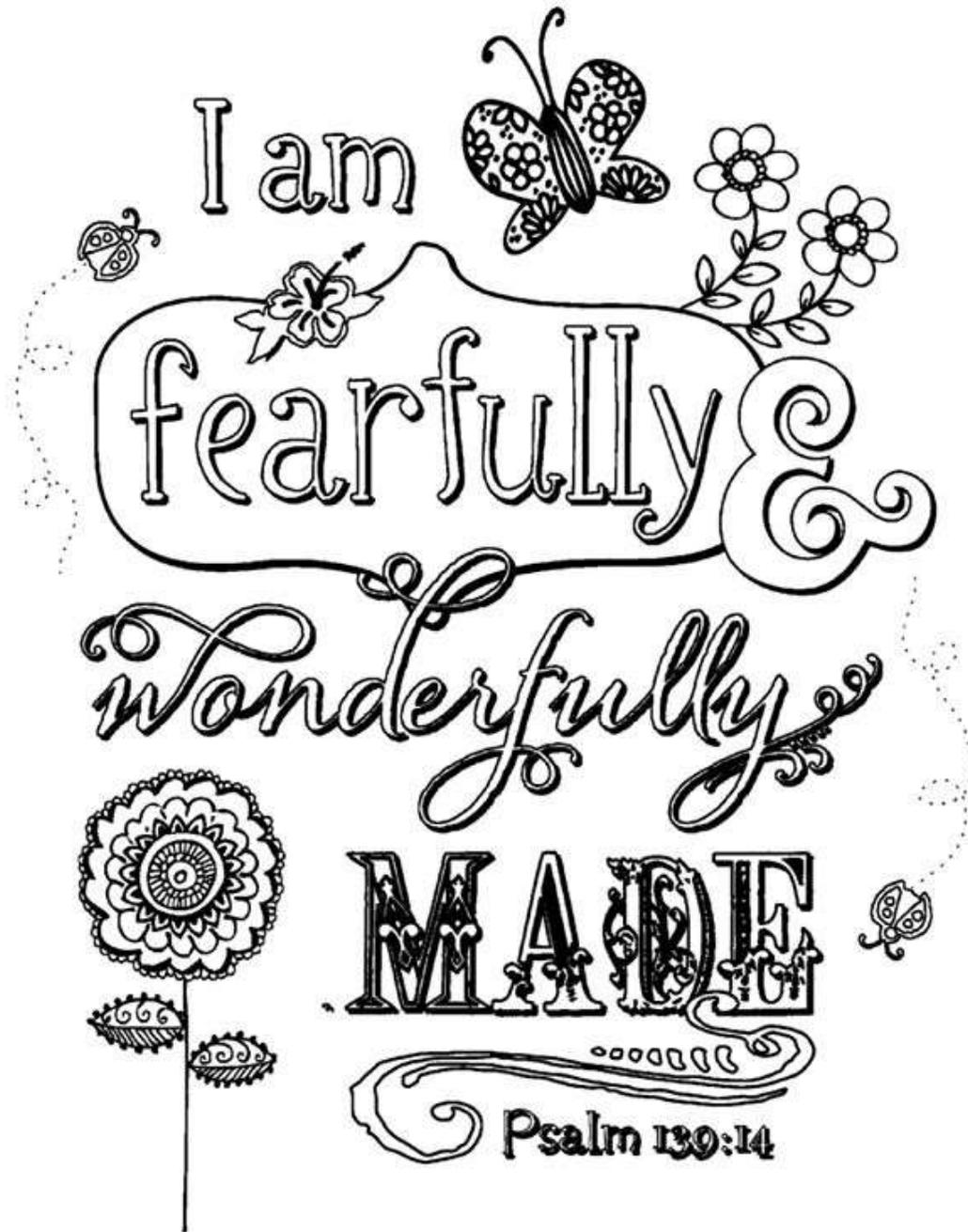
Use tomatoes, red pepper, chilli or other red vegetables to flavour your meal.

If you like spicy dishes you might like to try cooking a traditional Nigerian Red Stew which uses hot peppers to give it flavour.



A colouring page you could print and colour together

Today's colouring page comes from JoDitt. Visit <http://ioditt.com/free-christian-coloring-pages-adults/> for more free colouring pages.



PUZZLE SHEET

Each of us is different, unique and special to God. Draw your own self portrait in this frame!



How many stew pots can you find hidden on the page?



s r
 t y e u
 r o j d o l
 a v m e v z b h
 w w g a b e e d a o
 b c x w t a l t x d r u
 e c h k v o x v z k g v v v
 r g n f l u y e e h w x j x c k
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Can you find all these red foods hidden in the word search?



- tomato
- raspberry
- strawberry
- radish
- chilli
- sweet potato
- cranberry
- ketchup
- red velvet cake

Can you find 7 differences between these two pictures of Jacob and Esau?

