

Holy Trinity Riverbend

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

May 24, 2020

This Week's Bible Quote --Luke 15: 10: *"Just so, I tell you, there is joy before the angels of God over one sinner who repents."*

Sermon: As a reminder, a copy of the Sunday Sermon, and the Prayers of the People, are emailed to our parishioners every Sunday morning. The sermon for May 24, *'The Jesus Prayer'*, is offered by Rev. Rebecca and the Prayers of the People are thanks to **Patti Holmstrom**.

Upcoming for next Sunday, May 31, 2020:
Preaching: Rev. Rebecca

Prayers of the People: Grant Kvemshagen

Readings – Pentecost
Acts 2:1-21
1 Cor 12:3b-13
Jn 20:19-23

A Message from Rebecca: We had an interesting week at HTR. I received a call from a resident in the apartment building beside our church. She told me a **car was stuck in our lawn!** Apparently two young people tried to drive around the church at 3 am and, not realizing the yard was basically a swamp after all the heavy rain last week, their car became deeply mired in the mud and they had to abandon it. We let the police know so they could notify the owner of the car, who was not one of the kids! The car was pulled out the following day, but I imagine it wasn't an easy task.

Thank you to everyone who sent **birthday wishes for Evelyn**. I'm sure we all helped brighten her day as she celebrated turning four. I know Ian and I really enjoyed seeing her, Natalie, and Melissa when we dropped the cards off at their home. And on another happy note, we are getting closer to a

possible re-opening of our church. I am waiting for further updates from the Bishop and will keep you posted.

Inspirational Thoughts:
*"Oh yes, the past can hurt. But you can either run from it or learn from it."
... The Lion King.*

And

"Believe you can and you're halfway there" ... Theodore Roosevelt.



Coffee Time Roundup:
Life is proving interesting for our church members as well as our church property. At our coffee gathering this morning we heard that **Sarah** is suffering from one

mishap after another. Things are supposed to happen in threes, but she has well surpassed that. It's quite possible her dog may truly be living in the doghouse at the moment.

Eileen had a busy week having new appliances installed. She and Bill are the proud owners of a new fridge and stove. I wonder who will be first to use the stove? You always hate to get that first spill on a shiny new appliance. **Catherine** had a fun week. While cleaning out cupboards and drawers, she discovered some items she thought were lost and gone forever. Now she's on a treasure hunt looking for other missing items! **Ping** said he is still mastering his drone skills and leaving a trail of flying papers in his wake!

Elisabeth sent her regrets as she was on duty this weekend at the hospital.

Bonnie said to say hello to everyone. She and the kids were heading outdoors for some adventures. **Chao** has now graduated from her I.T. program and we all applauded her achievement. Well done!

Faye is still growing and quickly becoming more aware of her rights. This doesn't bode well for **Marx**! Out in St. Albert, **Paul** is discovering a whole new world of protocols and processes as the city begins to open playgrounds. Who would have thought of all the things that have to take place behind the scenes!

Brian and Carol were getting their watering system re-activated so they could tend to the lawn and garden. They were also looking forward to their annual trip to Canmore later this summer. **Steve** has lots of tomato plants looking for a home. If you would like some, please let Rebecca know and she will connect you with him. I wonder what next week's coffee hour will reveal?



Prayer Request: Please continue to keep Elisabeth's dad, David, in your daily prayers. If you have someone you would like us to pray for, please let Rebecca know.



Dealing with loneliness and isolation: As a follow-up to last weeks' newsletter where we talked about the topic of

mental health, following are some additional tips if you find yourself dealing with loneliness and isolation.

-Pray. Light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.

-Talk about how you feel. This may be difficult if you are self-isolating, but do use the telephone, internet, and social media. Contact your GP, or mental health professionals for assistance. **-Focus on the things that you can change**, not on the things you can't.

-Look after yourself – physically, emotionally, spiritually. Plan in things that you enjoy at regular intervals during the day – a TV program, a phone call, a book, a favourite dish, a game.

-Look after others. Even if only in small ways, but do what you can: a smile, a kind word, writing a letter or an email.

(Information was edited from an article on the Church of England website)

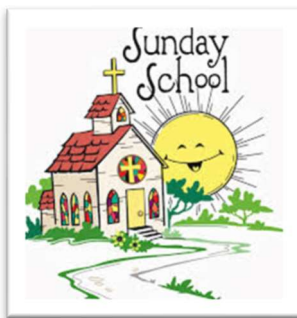


The Blessing Video:. If you have not seen the Blessing video (click on the link below) it is very inspiring. As noted within the link, "At

*this unique and challenging time over 65 churches and movements in the UK, representing hundreds of others, have come together online to **sing a blessing**. Standing together as one, our desire is that this song will **fill you with hope and encourage you**. But the church is not simply singing a blessing, each day we're looking to practically be a blessing. **Our buildings may be closed but the church is very much alive!***

<https://www.youtube.com/watch?v=PUtl3mNj5U&feature=youtu.be>

Virtual Sunday School: To supplement Sarah's Sunday school class we have included (courtesy of the Diocese of Chelmsford) an additional series of lessons and activities for both younger and older children. Please **see the end of this newsletter to view the material.**



Normally our Sunday School program would close for the summer at the end of May. **We surveyed Sunday School parents over the past week and**

the majority would like to continue with the virtual classes during this time of stay-at-home. Thanks very much to Sarah for volunteering to continue offering this vital ministry.

Did You Know: Last Thursday was **Ascension Day**, which is traditionally celebrated on the 40th day after Easter Sunday. While we could not be together to celebrate, we thought you might want to know a little about the history of this day. **Ascension Day takes its name from the ascent of Christ, who, according to Christian belief, ascended into heaven on this day.**

Forty days after the resurrection, Jesus and his disciples went to Mount Olivet (Mount of Olives), near Jerusalem. **The Bible tells us that Jesus promised the disciples that they would soon receive the Holy Spirit, and asked them to remain in Jerusalem until the Spirit had come.** While he was blessing them, he left them, and was taken up to heaven. The holy day is celebrated across all branches of Christianity on the sixth Thursday after Easter, which falls exactly 40 days after Easter Sunday. Interestingly, Orthodox Christians, celebrate the day a week later than Catholics and Protestants, owing to their Easter falling on a later

date. This is because they follow the Julian calendar whereas most countries follow the Gregorian calendar.

On the Lighter Side: A little girl had just finished her first week of school. 'I'm just wasting my time,' she said to her mother. 'I can't read, I can't write, and they won't let me talk!'



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).

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Together @ Home



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 Jesus' ascension to heaven.

You can find it in your Bible in:

Acts 1:6-14

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



A prayer to say together

Dear God,

Thank you that you love us so much that you sent your son Jesus to earth, to die on the cross and take the punishment for our sins.

Thank you for your promise of eternal life, that we can know true relationship with you and be your children and friends.

Help us on the mission that you have given us, to share your love and your good news with others. We pray for all those who do not yet know you, that they would hear and respond to the good news about Jesus.

Amen

Discussion

A question for adults to ask children

How do you think the disciples felt when they saw Jesus returning to heaven?

Jesus' friends were still struggling to understand the big picture, they thought that Jesus had come to free the Israelites from Roman rule, they were probably confused and scared when Jesus left them again. Jesus had told them to wait for a helper, but they didn't really understand what was happening.

We know that Jesus had a much bigger plan. Jesus' plan was for everybody, all those who were in the earth at the same time as him and all those who were going to live on the earth in the future. Jesus had come and died on the cross to take the punishment for all the sins of the world, so that everybody could receive eternal life and know God as a father and friend just like Jesus did. The Holy Spirit was coming to be a helper for Jesus' followers forever.

A question for children to ask adults

Can you think of a time when you had to wait patiently for someone or something?

Family Activity 1

You will need: A timer / clock

Jesus told his friends that they needed to be patient and trust in God's timing while they waited for the helper God had promised.

Find out who is best at waiting by playing 'The Minute Game'. One person has a clock or phone timer, this person tells everybody when to begin. Everybody else must stand up, they must sit down when they think a minute has passed – they are not allowed to cheat by looking at a watch or clock. Once everybody has sat down the person watching the timer should say who was closest.



A verse to remember

John 17 v 3

"And this is eternal life: that people know you, the only true God, and that they know Jesus Christ, the One you sent."



These words were spoken by Jesus – because of his sacrifice on the cross everybody who accepted him as their Saviour would be able to know God the father as he did – as a close friend and as a loving father.

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?

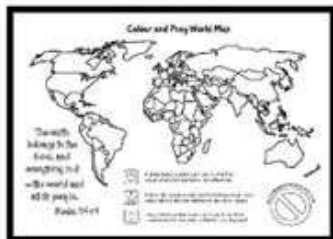
Active Prayer

You will need: Paper, pens, a timer

Jesus promised a helper who would help his followers carry the gospel message to all the countries of the world.

Take some time to pray for as many countries of the world as you can. Set the timer for a few minutes, everybody should write down as many countries as they can think of.

Then set the timer again, this time, your challenge is to pray for all of the countries you have written down. Put a tick by them as you pray...don't miss any country out!



If you would have a printer you might like to print a copy of the Together at Home 'Colour and Pray world map' sheet which is available at www.TaH.co.uk/other-resources

Family Activity 2

As his disciples watched, Jesus was lifted up into the sky and hidden behind a cloud. Why not spend some time cloud-gazing as a family. Find a safe place to lie down either in your home or socially distanced in a local green space.

Watch the clouds as they pass by, can you see any shapes or pictures in the clouds?



Helping Older Children

Just like the disciples, our children may be struggling to be patient and wait for lock-down to be over, particularly in these times where restrictions are changing and there is uncertainty.

Jesus' words to his own disciples might apply here: "The Father is the only One who has the authority to decide dates and times. These things are not for you to know." (Acts 1:7)

But just like the disciples, Jesus has sent a helper for us, we are not in this situation alone, we too can call on the Holy Spirit as our helper to help us as we continue to trust in God and his timing.

A colouring page you could print and colour together

"AND THIS IS



ETERNAL



LIFE



: THAT PEOPLE KNOW YOU,

THE ONLY TRUE GOD,

AND THAT THEY KNOW

JESUS CHRIST,

THE ONE YOU SENT."



JOHN 17 V 3

