



## GLADWIN HEIGHTS UNITED CHURCH

JANUARY 29<sup>TH</sup>, 2021

**Minister:** Rev. Tim Bowman

**Music Director:** Rita Green

**Pianist:** Jacob Greenan

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### ZOOM INFO FOR REGULAR GATHERINGS:

*These times and login credentials will remain the same until further notice, regardless of whether you receive an invitation.*

**Sunday mornings at 10:00 am.**

**Direct Link:**

<https://us02web.zoom.us/j/5783186702?pwd=VUIza285T0c5T0dkK243QUNXaS9jdz09>

By phone: call 1 778 907 2071. After connecting, when asked enter the Meeting ID: 578 318 6702, and then when asked, enter the password: 839660.

**Virtual Coffee Time: Thursday at 2 pm or Bible Study  
Wednesday between 3:30 and 4:30 pm.**

**Please note there will be no Bible Studies on Wednesday Feb. 3<sup>rd</sup> or 17<sup>th</sup> due to Rev. Tims' personal commitments and continuing education.**

**Meeting ID 541 063 2113, Password: 123.**

By phone: call 1 778 907 2071. After connecting, when asked enter the Meeting ID: 541 063 2113, and then when asked, enter the password: 123

## Readings for January 31<sup>st</sup>, 2021

Psalm 111

Mark 1:21-28



### Hymns and Music for January 31<sup>st</sup>, 2021

"Arise, Your Light is Come" (verse 1) VU 79

"God of Grace and God of Glory" VU 686

"Know that God is good" MV 104

"Christ, in Capernaum"

"Love is the Touch of Intangible Joy" MV 89

"I Am the Light of the World" (chorus) VU 87 2x

### **CONTACTING REV. TIM AND JEANETTE:**

Please note the office is closed until further orders from Dr Bonnie Henry are issued. Rev. Tim and Jeanette will be working from home. Tim's office hours are Tuesday through Friday, 9 to 5. He can be reached on his cell phone at 1-778-791-3545, or email him at bowmantimothy@gmail.com. Jeanette is also working from home as much as possible and can be reached at 1-604-799-5375. This is a Chilliwack # or [info@gladwinheightsunitdchurch.org](mailto:info@gladwinheightsunitdchurch.org).

## **Announcements:**

### **Rene Goudal**

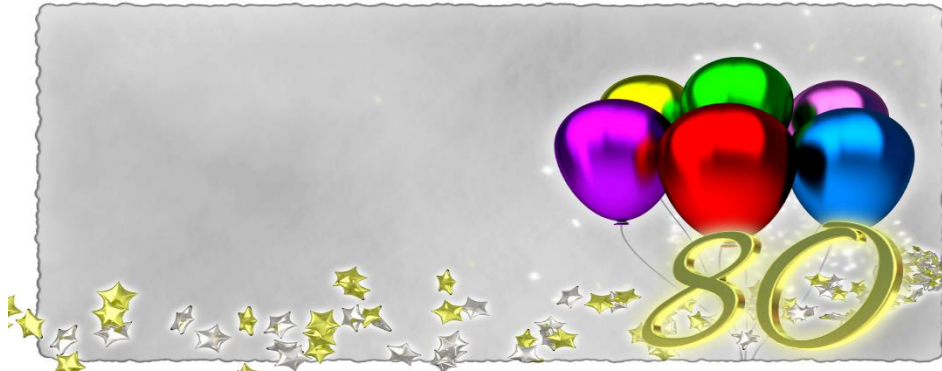
It is with sadness that we announce the passing last week of Rene Goudal.

We would like to extend our condolences at this time. More information to be at a later date.

### **Envelopes**

Just a little note to let everyone know that they can make arrangements to pick up their 2021 Offering Envelopes if they have not done so already. Please shoot me an email or phone the office or me and I will make arrangements with you to receive them.

### **2<sup>nd</sup> Annual 80+ Birthday Celebration** **"We've Got You Covered!"**



Last year, we had our inaugural 80+ Birthday Celebration for Gladwin's finest! This year, our 2<sup>nd</sup> annual event will look a lot different due to Covid-19. But we have found a small way to celebrate you!

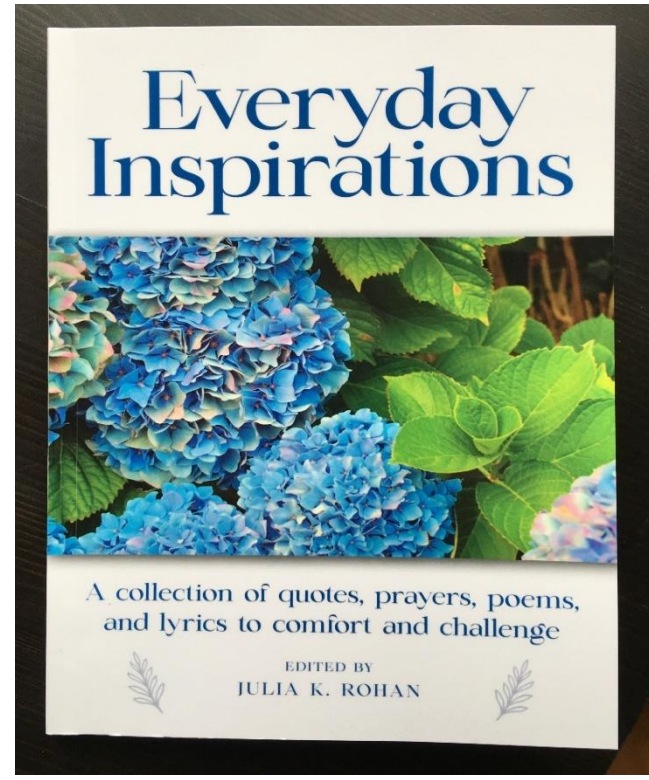
Those 80+ will be receiving a phone call sometime in February for further direction.

Looking forward to hearing your voice!

Blessings,

Ellen & Carlene

## **Everyday Inspirations**



"Everyday Inspirations" is a collection of quotes, prayers, poems and lyrics for every occasion. Enriched by beautiful colour photos, this book of spiritual wisdom will become an uplifting friend in the challenging days ahead. Sourced from dozens of spiritual teachers from across the centuries, the collection also includes prayers from Rev. Tracy Fairfield (Aldergrove), Julia Rohan, Arlene Kropp (Gladwin) and Brenna Maag (St. Andrew's), along with photos from Joan Curtis (Trinity). Price for members of our church cluster is \$20, tax included. All proceeds go to Mission & Service. Order your copy now by contacting Jeanette at 604-852-3984.



# SAVE THE DATE

## WEDNESDAY, FEBRUARY 24 2021



Join Tabor Village for a virtual Coffee + Prayer on  
Wednesday, February 24th from 7:30am - 8:30am via  
**ZOOM.**

Due to the COVID-19 pandemic, we are unable to hold  
our annual in-person prayer breakfast at Tabor Court,  
but that doesn't mean we skip out on the prayer... or  
the coffee!

Given the challenging times we're in, if there were  
ever a time when gathering together in prayer was  
needed, it's now. Thanks to the gift of technology,  
we're able to do so safely.

Grab your morning cup of joe from home then sign on  
to ZOOM to join us in praying for *healing* from the  
hardship, grief, and loss that 2020 brought and  
together, move forward in *hope*.

Pastor Ray Harris  
Spiritual Care Coordinator  
[RHarris@taborvillage.org](mailto:RHarris@taborvillage.org)

[CLICK HERE TO REGISTER TODAY](#)

*Limited spots available, register before it's too late!*



**FREE VIRTUAL  
EVENT:**  
COFFEE +  
PRAYER

**DATE:**  
WEDNESDAY,  
FEBRUARY 24,  
2021

**TIME:**  
7:30AM - 8:30AM

**LOCATION:**  
ZOOM (VIDEO  
CONFERENCING)  
\*ZOOM link to be  
emailed the day  
before the event.

## **A February Mission and Service Story**

### **February 14 – A FRESH START – ARIA’S STORY**

We all know what it’s like to need a fresh start. But not all of us have support systems and opportunities in place to help us get the new beginning we need. Aria was in the third year of getting a law degree when she discovered she was pregnant. With limited financial resources and no close family to lean on, she had to take a break from school and go to work. Thanks to support from people like you, [her story doesn’t end there](#). Listen to Aria share her story in [this video](#).



## **Not sure what P.I.E. Day is all about? Read on ...**

Yes, National Affirming/PIE Day is a go!

**Celebrate with us on March 14, 2021.**

Why PIE? The lovely acronym PIE stands for Public, Intentional, and Explicit. Those are the standards we hold ourselves and our welcome to when we become Affirming, Welcoming, or Inclusive communities! We founded this Day as an official way to invite people across Canada to show what it means to be inclusive.

On National PIE Day, we invite you to serve up some pie and roll out the **PIE ONLINE** in your ministries and communities! This is your chance to celebrate and honour the full inclusion of LGBTQ2SIA+ people in faith communities and beyond, with everyone across Canada!

This year we’re asking – What’s in your PIE? What ways have you been making your community a safer and more inclusive space, and what ‘ingredients’ do you need to grow even more? Start by baking up something new or heating up a trusty familiar recipe... Plan an online event, service, movie night, talent show, pie, baking show, book reading, the pie in the sky’s the limit!



### **Tip of the Week**

Wouldn't it be a pleasant surprise to get mail from your grandchildren! Well, if they are in their 'teenage years' and are so busy with friends (surely you haven't forgotten when you were a teenager!), they just can't find the time. Send them a box of 'note cards' with postage stamps on envelopes (and your name/address on envelope, if you want). This will encourage them to write you more often...remember to tell them how much it means to you to receive these notes! And I'd bet they enjoy receiving mail from YOU, too!!

### **A couple of Craft ideas**

#### **An easy to make Easter Wreath**

Start by cutting a large oval (16" x 10") from sturdy cardboard, then cut out center leaving a 2" wreath. Color with marking pen or crayon (your choice). Staple a looped ribbon to top back-side for 'hanger'. Open plastic eggs and glue halves, open-side down, to front of cardboard. Fill in spaces (glue on) with bits of artificial grass, small lily flowers (from craftstore), one or two bunny picks and a cross at the top. This is a great project to do with grandchildren or neighbor children...make an extra one for them to take home.



#### **Pressed flower bookmarks**

An idea for bookmarks is to apply pressed flowers or small leaves to an appropriate-size piece of shirt board or heavy paper. Use a white glue watered down so you can "paint" it over the flower with a soft brush ... once dry it can be laminated. These can be really beautiful.



### **Quotes of the Week**

"If there is one thing I've learned in my years on this planet, it's that the happiest and most fulfilled people are those who devoted themselves to something bigger and more profound than merely their own self-interest." – *John Glenn*

"Aging is an extraordinary process where you become the person you always should have been." – *David Bowie*

"I have reached an age where if someone tells me to wear socks, I don't have to." – *Albert Einstein*

"You can live to be a hundred if you give up all the things that make you want to live to be a hundred." – *Woody Allen*

## **Because Of Love**

By Shining Brown • January 20, 2021

Last month I took my son Tom to see his grandparents in the countryside. When we arrived, my father and mother were so happy to see us. Tom's nana hugged and kissed Tom excitedly. Then his grandpa took him to the yard to play. My mom went to her kitchen to prepare our meal. I knew my Tom was curious about everything in his grandparents' home, and he would be very excited.

At lunch table, Tom told me, proudly, "Dad, I saw a hen flying."

"Impossible!" I said without thinking, "How can a hen fly?"

"Dad, in the yard, the dog ran after the hen. Finally the hen was forced to a corner. The panicked hen, when she found no other way out, suddenly flapped her wings and flew up to the roof. The hen escaped successfully. Dad, I didn't know a hen could fly before. Why can a hen fly?"

I thought for a while and said, "Maybe because of love. The hen loves her own life. It is the love that stirs her inner power and she flies!"

Tom nodded. He seemed to have understood.

Last weekend we visited Tom's grandparents again. This time I heard Tom shouting from the yard, "Dad! The dog is chasing the hen again! Come to see!"

I ran out of the house quickly. The hen ran to a group of chickens followed by the dog. The hen stopped and turned around

suddenly and faced the dog angrily, with her two wings sticking out to protect her children.

I ran fast and stood between the dog and the hen, shouting at the dog to drive it away.

"Dad, why didn't the hen fly away? She knows she can't beat the dog." asked Tom.

I thought for a while and said, "Maybe because of love, the love of her children more than her own life."

Tom thought for a long time and nodded. He seemed to have understood.

In fact, in our life, we, human beings, will do the same as the hen did.

