

LEGACY CONNECT

STRETCH 
EDITION

Encouragement Newsletter January & February 2021



Help me to **breathe,** **GOD.**

I am at awe and deep appreciation for those who care for our sick, especially these days. I know how uncomfortable wearing a mask for even a short time can be. And yet, our health care workers wear these masks for long hours so that they can safely treat our family, friends, and neighbours. Because COVID-19 can drastically impact the respiratory system, often the treatment that is being given involves oxygen – helping someone **breathe**.

As I reflect upon this, I am reminded of how Jesus laid down his own life so that we can have life – breathing in the very healing breath of God. The breath of God which frees us from life suffocating sin, a disease our world has grown too accustomed to. But even for the Christian, we know there are many things in life that can take our breath away – not in the good way – like having the wind knocked out of you. Sometimes this happens because of circumstances that are beyond our control. Other times it may be a result of our own choices or failure to deal with lingering sin in our lives – behaviours, habits, attitudes, etc. And yet God has given us life and the capacity to truly breathe in his sanctifying grace, so that our lives can fully exhale praise and glory to God, in any circumstance, free from the suffocating control of sin, shame, and fear.

Starting on February 17, as we head towards Easter Sunday, by way of Good Friday, it is my hope that you would join me in a journey of prayer. Each day, you will be provided scripture readings and prayers that can help you and inspire your own prayers. Every Sunday, the services will also help on this journey together. There will be more information and resources coming soon to our website

www.legacynazarene.ca

May our prayers be like that of King David's

***“Create in me a clean heart, O God,
And renew a steadfast spirit within me.”***

Psalm 51:10

STRETCH YOUR HEART



It's hard to believe that just a few short weeks ago we were celebrating Christmas and New Years and now the Lenten season is peeking around the corner leading us to Good Friday and Easter Sunday; great blessings. This newsletter covers both January and February, so we're taking a few moments to remember the season just passed. Then, we will share a few reminders of ministries ongoing; next, we will look into the new days of 2021.

We're encouraging you to stretch a little...your heart and your mind as you move into a new year with all its new opportunities and challenges.

Christmas 2020 - Remembered Bridgeview School Initiative

Gift cards, instead of our usual meal hampers, were provided for each family and your support made all the difference. The school leaders, children and their families were very grateful and appreciated your care for them this Christmas.



Student gift bags

Josephina at work



Judy & Glenda getting ready



Jun & Summer making their house



The group on screen



Good job Gwen!



Gail getting started

LEGACY - DEC 11



The chance to have a little Church "family fun" while navigating COVID was a great blessing - heart warming.

STRETCH YOUR HEART

Centre Christmas Zoom Party with Parents and Children

PLEASE STRETCH YOUR HEARTS - PRAY FOR OUR CENTRE FAMILIES.

Gifts to Centre families included a note expressing our belief in the Christmas story as well as a Christmas CD full of carols by Carrie Underwood and a small book about the birth of Jesus by Alistair Begg.



Live Construction Manger Scene Online with Families



Staff greeting as the families arrive onscreen



Families on Screen



Milk and Cookies with Santa

FOOD BANK - Our local FOOD BANK supported those in need over the Christmas season.

CHRISTMAS EVE SERVICE - The first ever ONLINE Christmas Eve Service was beautiful and a special remembrance for us all. Thank you Pastor Aaron!

New Year Visits, 2021

...A sampling of photos from the "distance" visits our pastoral staff recently began to our church family. A little gift was shared, a chance to pray for each person and the joy of seeing one another behind our masks have made the visits a great blessing. We are excited as we anticipate visits with you all.



SEE YOU SOON!!

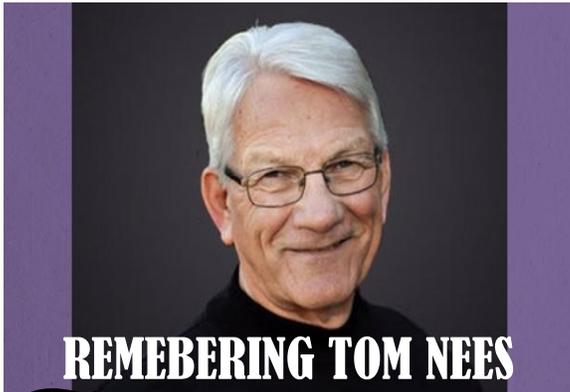


Gwen and Emmee with their balloons



Our visit with Jamie

STRETCH YOUR HEART & MIND



REMEMBERING TOM NEES

A Legacy of Compassion

“ In the Church of the Nazarene, the name Tom Nees is synonymous with the word ‘compassion’ “

**Bob Broadbooks, USA/ Canada
Regional Director**

Thomas Nees, 83, of Arnold, Maryland, passed away 24 January 2021. Nees served the Church of the Nazarene in many capacities, including as director of the USA/Canada Mission/Evangelism department (now USA/Canada Region) and as Nazarene Compassionate Ministries director for the USA and Canada. Tom picked up an early understanding of compassion and justice for those less fortunate while his father pastored across the Northwest United States and Canada. L. Guy, his father, eventually became a district superintendent and led World Missions.

General Superintendent Gustavo Crocker explained Nees' work to be a reflection of who he was as a Christian. "At a time where the church was rediscovering its compassionate roots, Tom Nees was instrumental in reminding us that compassion is not a means to an end but an expression of a transformed church," he said. "Tom's solidarity with those who lived in the margins was not just a theological construct. It was his daily walk...."

Continue reading at www.nazarene.org - [A legacy of compassion: Remembering Tom Nees - Church of the Nazarene](#)

Here in Canada we have also been the recipients of Tom's influence and the impact of his leadership on our varied Compassionate Ministries across Canada. Tom was a child when his father pastored our Vancouver 1st church and as well, in Red Deer, Alberta when his father served as the President of CNC. A few years ago Tom was the guest speaker at our combined CPD annual Conventions and also came as presenter to our CPD Pastors Professional Development Days several years ago. He was a great friend to our District and our country and his heart of compassion was an inspiration that caused others to follow and lead in their own ministries of compassion.



Dr. Stan Reeder

BOARD OF GENERAL SUPERINTENDENTS ELECTS NEW USA/CANADA LEADER

Recently Stan Reeder was elected to a Regional position. Stan was a contemporary of numerous Canadian students from CNC in the 1980's, known to many of us at Legacy. He and his wife, Janet grew up in Ontario and we congratulate them on their new assignment and look forward to Stan's leadership across Canada and the US in the future.

To know more about Dr. Stan Reeder, please visit [Board of General Superintendents elects new USA/Canada leader - Church of the Nazarene](#).



Zukuma Church - In memory of Pastor Neil Allenbrand - who served for 29 years as the pastor of our Penticton church and passed away in 2018 from cancer.



The Church building at the Zukuma Nazarene School property in Malawi (Africa) has been completed. It is a strong and beautiful building in that context and large enough to serve not only as the chapel for the school but also as the church building for the local Zukuma congregation. Previously the congregation was meeting in one of the school classrooms and the space was no longer large enough. All of the thousands of bricks for the building were made by the community. The community also provided for the preparation of the site and some labour during construction. The church building is truly theirs!



In addition to being a place of worship for the local Zukuma congregation, this new church building will house a child development centre (CDC) to provide Christian teaching (Bible stories and songs, scripture memorization, Christian values) as well as provide help with homework after school hours. This building is indeed a special blessing to this school and to the surrounding community as it will serve as a centre for ministries of compassion. NCM Canada plans to introduce conservation agriculture to local farmers to help improve their production so that they can feed their families year round. Farmers clubs will be formed and they will meet in the church building regularly and have prayer and scripture before attending to their farm related agenda. Thus it is a beacon of hope in this remote community in northern Malawi.



Funds for the building were contributed by Canadian Nazarenes but mainly from the congregation of the Penticton Church of the Nazarene and the Allenbrand family. These special gifts from Penticton were in memory of Rev. Neil Allenbrand, the dearly beloved pastor of the Penticton Church of the Nazarene who passed away a few short years ago in 2018.



The dedication of the building took place January 23. Please pray for the church and its congregation.



UPCOMING...

February 21 - 1:00 to 2:00pm is your opportunity to Drive Thru and give your support to the Alabaster Offering and our FOOD BANK. Bring your offering and a few items for the FOOD BANK and enjoy the opportunity to say hello - at a distance - to those who will be here to greet you.

ALABASTER offering

February 21, 2021



STRETCH YOUR HEART & MIND



YOUTH MINISTRY

During the last few months, it's been a little bit difficult to truly grow our youth and young adult ministry due to our restrictions.

Not being able to meet in person really takes away one of the most important aspects of the ministry, which is the social engagement with each other. However, we believe in a God that makes no mistakes and that always provides opportunities to grow and build in Him.

During this time, individual relationships have deepened with our youth and young adults. These are relationships that will be the foundations built on trust and love for one another. They will provide a basis for in-depth conversations and growth together and in the Lord. As a youth group, we consistently meet on Zoom on Friday evenings. This time, although maybe tired and worn out in regards to Zoom, is a time where we do a small Bible study, pray together, play games, but mostly just talk. It's a space where we can joke and laugh with each other, spend time, and ask questions about things that may be on hearts. I know I, as well as our team, has been so blessed to have these relationships with the youth.

This time away from the in-person meetings has also afforded us the opportunity to grow as a staff. We've been taking a course run by the Neufeld Institute called **Making Sense of Adolescence** as well as a course by Group U: The Ministry Training Centre called **Tackling the Four Biggest Hurts of Teens**. Now, these courses won't make us experts in all things "teenager" but they do give some insight to what is happening. They provide tools to deal with potential

issues that may arise. I think the most important thing they do, for me personally, is they challenge me to think about our youth more deeply and individually. I'm able to better respond to conversations that we have and create an even better space where they feel safe and loved.

As for our young adults, I've had the absolute pleasure of connecting with some on a personal level and begin to build friendships. We've been able to speak candidly and without reservation. We've been able to go for coffee and message back and forth about whatever comes to mind. These are relationships that I truly pray will continue to bloom as time passes on. SOLID relationships are key to life. It's been my core principle since I started in this role, and it will always be. I'm looking forward to beginning our Young Adults Small Groups. The men's group will begin this week (February 4th) and hopefully, with more participation, our ladies will have a group as well.

Please continue to keep us in your prayers. As you all may know, this time in our lives is critical. Everyone's needs are different and trying to meet those needs in the middle of a global pandemic has proven to be a fun challenge. But as Proverbs 3:5 says, "Trust in the Lord with all your heart and lean not on your own understanding." We continue to trust God that He will provide and guide us and I'm so grateful for the team that he's surrounded me with and the support and prayers from all of you.

Peace and Love to each of you!

Shaka Fonderson

Cameron's CORNER

Thank you Cameron Austin for your creative expression.



STRETCH YOUR HEART & MIND



Children's

MINISTRY

Let me share with you a few things that are happening in our Children's ministry:

- Our two classes, Pre-Teens at 9:30am and the Pre-schooler class at 11:00am are on each Sunday via Zoom.
- Our Sunday School class materials are still sent by mail every week to each family.

It has been a blessing to work with Emily and Alex as they have helped lead the Sunday School classes. Personally, I am getting to know Sam and Benjamin more (two kids from

the Pre-schooler class). I am blessed seeing our friendship grow a bit more every Sunday.

During Christmas break, our Helping Hands children sent Christmas cards to each of our Primetimers, on a "pen-pal" style. I want to share with you the happiness that was brought to the children when they received a card back. I recall two who shared with me how special that card was to them and how they were going to save it forever as they had never received a card in the mail before. Their faces were filled with joy.

As we wait on the Lord and trust that He will guide our way through this unusual time, let us continue to pray for each other and lift our hearts and prayers to our Lord Jesus Christ as we find different ways to minister to others.

May the Lord bless you and keep you safe.

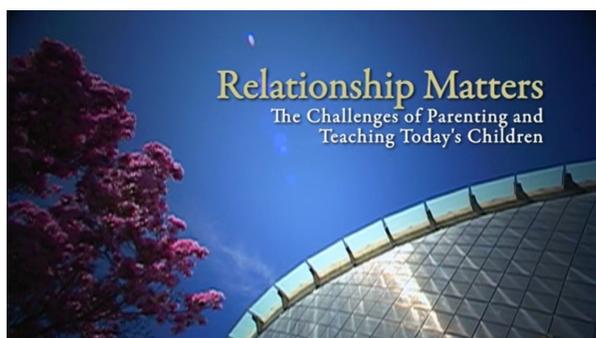
Mariana Medina



We're Stretching Too!

PREPARING FOR ADOLESCENCE COURSE - STAFF ATTENDING

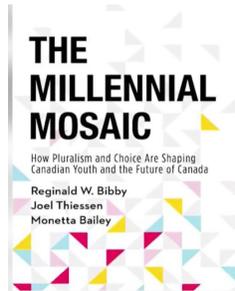
Under the sponsorship of the LAMP ministry on CPD, 6 individuals are currently (we hope to add others in the future) enrolled in a 10-week long course that began on Monday, January 18. Prior to Monday, we listen to a lecture by Dr. Gordon Neufeld and then a de-briefing/ presentation and dialogue takes place each Monday morning "live" via Zoom. The depth and scope of content is remarkable and it will provide a solid foundation for future development we are considering to support both pre-adolescents and parents. Our pastoral staff and Abbotsford staff are engaged in the course.



How do we provide the conditions children need to truly grow up? How do we provide direction and discipline without it backfiring? How do we shield our children against the rising tide of aggression and bullying?

Watch Dr. Neufeld's full presentation on the topic, **Relationship Matters** at <https://youtu.be/il0pTMHk6Qg>

STRETCH YOUR MIND



Ambrose University is offering 2 more public lectures - Join In!

FEB
25

History of Race and the Bible
@ 7:00pm (MST)

MAR
11

Developmental Aspects of Poverty and Why It Should Matter to You -
@ 7:00pm (MST)

Recently our pastoral staff joined in on the lecture about millennials. Dr. Thiessen, a good friend of our district, offered his lecture for all to listen... We highly recommend it to you.

[The Millennial Mosaic - Dr. Joel Thiessen \(Guest\) - YouTube](#)

Register for these free events @ [Events Calendar | Ambrose University](#)



LIVE 90-MINUTE FREE WEBINAR

TEARS AND TANTRUMS: Understanding Frustration and Aggression

presented by Deborah MacNamara



Wednesday, February 10, 2021
corrected time 1:00 to 2:30 PM PST

Register in advance at NO COST

Visit our [Events page](#) for details and to register.
<https://neufeldinstitute.org/events/>

If you won't be able to register for the event, you can always watch the recording posted on the Neufeld Institute website at [» Resources Related to the Pandemic \(neufeldinstitute.org\)](#)

Dr. Deborah MacNamara is a Clinical Counsellor and Developmentalist, on Faculty at the Neufeld Institute and Director of Kid's Best Bet, a counselling centre for families. She is a dynamic teacher and experienced counsellor who makes developmental science come to life in the everyday context of home and classroom, including complex behavioural and learning problems. She resides in Vancouver British Columbia with her family and consciously works to create an attachment village for her children to grow up in.

Where Has My Sweet Child Gone?! The Challenge of Holding On to Our Young Teens

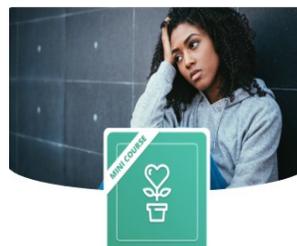
By Robin Brooks-Sherriff

Anyone spending time with a young teenager knows that they can be lovely and intriguing one moment and irrational and angry the next. Their emotions are strong and their prefrontal cortex is under major reconstruction, resulting in incredible highs, desperate lows, mature insight, and impulsive reactions - sometimes all in one day!

Continue reading at [» Where Has My Sweet Child Gone?! The Challenge of Holding On to Our Young Teens \(neufeldinstitute.org\)](#)

TACKLING THE FOUR BIGGEST HURTS OF TEENS

Mariana and Shaka are taking this course which explores the issues of self-harm, addiction, depression, and suicide that are the four most serious challenges that typically confront those serving in youth ministry. They're all complicated, demanding issues that can quickly overwhelm the ability to help. This training is dedicated to understanding these issues and discovering how to respond with the help that's needed.



Visit [Group U Course | Tackling the Four Biggest Hurts of Teens - Group](#) for more details

STRETCH

YOUR HEART
& MIND



The Questions John Wesley's "Holy Club" Asked Themselves

In 1729, while John Wesley was a student at Oxford, he started a club with his brother Charles. It was soon mockingly dubbed "The Holy Club" by some of his fellow collegians. The club members rigorously self-examined themselves everyday by asking the following 22 questions.

Did you know our church is of the Wesleyan tradition? Nearly 300 years ago, university students were stretching their hearts and minds in pursuit of a life of fellowship with their Lord. Why not try these out in your own daily routine?

1. *Am I consciously or unconsciously creating the impression that I am better than I really am? In other words, am I a hypocrite?*
2. *Am I honest in all my acts and words, or do I exaggerate?*
3. *Do I confidentially pass on to another what was told to me in confidence?*
4. *Can I be trusted?*
5. *Am I a slave to dress, friends, work, or habits?*
6. *Am I self-conscious, self-pitying, or self-justifying?*
7. *Did the Bible live in me today?*
8. *Do I give it time to speak to me everyday?*
9. *Am I enjoying prayer?*
10. *When did I last speak to someone else about my faith?*
11. *Do I pray about the money I spend?*
12. *Do I get to bed on time and get up on time?*
13. *Do I disobey God in anything?*
14. *Do I insist upon doing something about which my conscience is uneasy?*
15. *Am I defeated in any part of my life?*
16. *Am I jealous, impure, critical, irritable, touchy, or distrustful?*
17. *How do I spend my spare time?*
18. *Am I proud?*
19. *Do I thank God that I am not as other people, especially as the Pharisees who despised the publican?*
20. *Is there anymore whom I fear, dislike, disown, criticize, hold a resentment toward or disregard? If so, what am I doing about it?*
21. *Do I grumble or complain constantly?*
22. *Is Christ real to me?*

Ministries Online

The following link is for all the online groups:

<https://legacynazarene.ca>

Editor: Lorna Bartram
Preparation Assistance: Nhien Pham

- Adult Sunday Class
- Youth@7 - Zoom Event
- Sunday Worship
- Monday Prayer Circle
- Wednesday Ladies Bible Study
- Saturday Men's Ministry

STRETCH

YOUR HEART



The 'experts' tell us that finding our way through these pandemic days can be made easier by listening to music, a means to care for ourselves and others. We've offered some new genre links for this letter and with the long weekend just days away, why not rest and

relax, enjoying some tunes as well, cause you're not supposed to venture far from home or with others, so we hope you enjoy.

<https://youtu.be/wqAjWUAIJ-0>



Gobble Gobble - Matthew

<https://youtu.be/4KiFSKLTj0U>



HALLELUJAH

Carrie Underwood & John Legend

<https://youtu.be/yvRgSC8owxU>



WE TURN OUR EYES

WE TURN OUR EYES
JEREMY & ADRIENNE CAMP
THE WORSHIP PROJECT

Jeremy Camp, Adrienne Camp

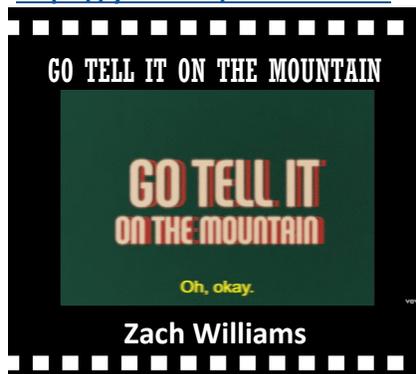
<https://youtu.be/g63nJjzgDH8>



JESUS CAN - AUSTIN FRENCH

JESUS CAN
AUSTIN FRENCH

<https://youtu.be/mXBzrutelZA>



GO TELL IT ON THE MOUNTAIN

GO TELL IT
ON THE MOUNTAIN

Oh, okay.

Zach Williams

<https://youtu.be/mlz0nj1qPkk>



Miracles



Colton Dixon

<https://youtu.be/cQ8D2Mx7tGg>



LOVE GOD LOVE PEOPLE

Danny Gokey

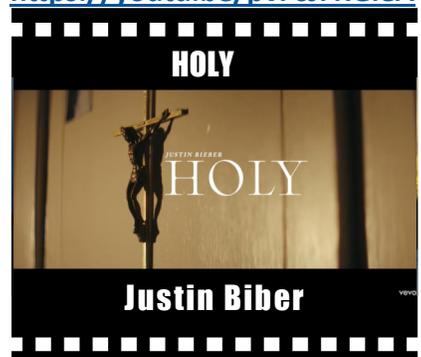
<https://youtu.be/fZPMZV9MVVY>



I Still Believe

Jeremy Camp

<https://youtu.be/pvPsJFRGleA>



HOLY

HOLY

Justin Bieber

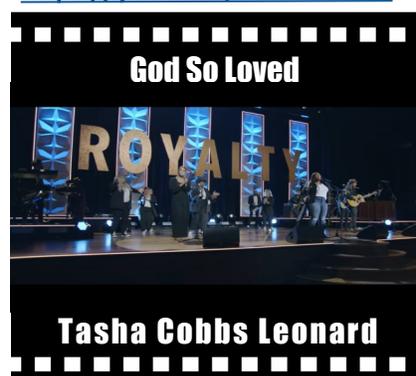
<https://youtu.be/UhTHgaCjTJs>



Sav I Won't

MercyMe

<https://youtu.be/iVux5s-SWFc>



God So Loved

ROYALTY

Tasha Cobbs Leonard

<https://youtu.be/8RIZINYI4ok>



Rise Up (Lazarus)

CAIN
RISE UP (LAZARUS)

Cain