



ST. ANDREW'S UNITED CHURCH

March 12TH 2021

Minister: Rev. Tim Bowman

Music Director: Deborah Handley

Pianist: Jacob Greenan



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 2PM or Bible Study Wednesday between 3:30 and 4:30.

<https://us02web.zoom.us/j/5410632113?pwd=eDhHL3ZUMkszcFARQzlyZ2lXbEExdz09>

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 March 14th, 2021

Numbers 21:4-9

John 3:14-21



Hymns and Music for March 14th, 2021

VU 121 - "Tree of Life and Awesome Mystery"

VU 111 - "As the Sun with Longer Journey"

VU 229 - "God of the Sparrow" (vs. 2 & 6)

VU 611 - "Out of the Depths, O God, We Call Your Name"

MV 161 - "I Have Called You by Your Name," (V 1)

VU 960 - "The Lords Prayer (Spoken)"

VU 538 - "For the Gift of Creation"

VU 303 - "For the Beauty of Prairies"

VU 318 - "Christ Be With Me"

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 mission.uc@shaw.ca

Announcements:



Our Prayer List

The result of Prayer is Life. Prayer irrigates the Earth and Heart. Author Unknown

Please hold these people and families in your heart and prayers.

Marvin,
Gem
Co,
David,
Annie,
Marilyn,
Devon and family,
Paulette and family,
Evelyn and family,
Kyden and Alexa.
Loa

Blessings Linda B.

ST ANDREW'S MINUTES

Our 2021 Annual General Meeting was successfully completed via Zoom. If anyone would like a copy of the minutes emailed to you, please advise Jeanette.

The Executive Board continues to meet on the third Wednesday of the month via Zoom. As Secretary to the Board, I record the minutes. If anyone would like to receive a copy of those minutes, please advise Jeanette.

Cherie Dobson

“A Time for Hope”

A Zoom Spring/AGM Gathering

Tuesday, March 16, 2021 @ 1 pm – 3 pm

Presented by the Fraser UCW

Hosted by Trinity Memorial United Church Women

Agenda

Opening: Val Weinert, Fraser UCW President

Guest Speaker: Clare Walker, Pacific Mountain UCW

President

Keynote Speaker: RoseAnne Timbrell, MA, RCC

... member of the Tl'az'ten Nation and Assistant Professor at UFV

Presentation: Ts'oot'o (Let's Paddle)

Musical Artist: Julia Rohan, Gladwin Heights United

... author of “Everyday Inspirations”, singer and song writer

Worship and Communion: Rev. Kirstin Autio, Carmen United

The event will, also, feature an In Memoriam Daffodil Service and the Fraser UCW AGM

A Zoom meeting link was sent in an email on Friday with instructions on how to join the meeting. It is also posted on the Trinity website.

www.trinitymemorialuc.com

Everyone Welcome!



THE MONTH OF MARCH

• **March Animal Holidays**

Month:

- Adopt a Rescued Guinea Pig Month
- Dolphin Awareness Month

2021 Weeks:

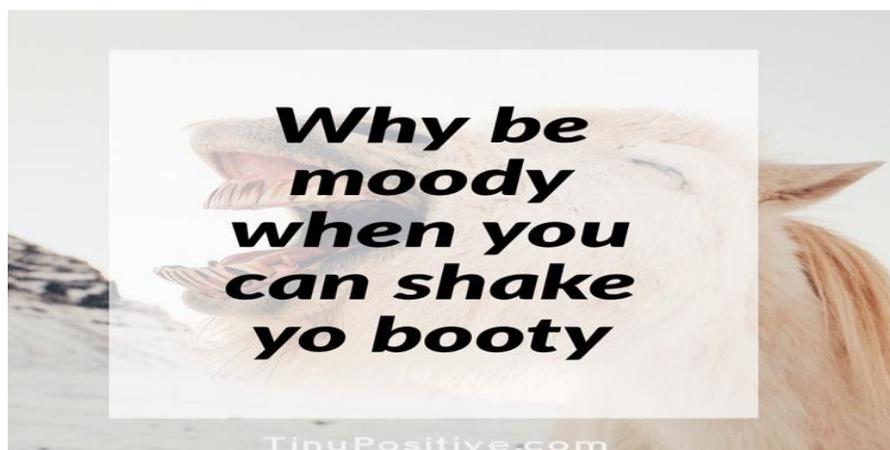
- International Festival of Owls – March 5-7, 2021 (First Full Weekend in March)
- National Aardvark Week – March 7-13 (Second Week of March)
- National Animal Poison Prevention Week – March 21-27, 2021 (Third Full Week of March)
- National Wildlife Week – March 17-23, 2021
- Termite Awareness Week – March 7-13, 2021
- Turkey Vultures Return to the Living Sign – March 11-17, 2021

2021 Days:

- National Horse Protection Day – March 1
- National Pig Day – March 1
- World Wildlife Day – March 3
- Key Deer Awareness Day – March 11
- K9's Veteran's Day – March 13
- Learn About Butterflies Day – March 14
- Save a Spider Day – March 14
- Buzzard Day – March 15
- National Panda Day – March 16
- Poultry Day – March 19
- Swallows Return to San Juan Capistrano Day – March 19
- Save the Panther Day – March 20, 2021 (Third Saturday in March)
- World Sparrow Day – March 20
- World Frog Day – March 20
- International Day of the Seal – March 22
- Manatee Appreciation Day – March 31, 2021 (Last Wednesday in March)



Funny Quotes:



**When life shuts a
door ... open it
again. It's a door.
That's how they
work.**

TinyPositive.com



Vaccines

Phase 2 of BC's vaccine rollout plan includes seniors 80+. If you would like assistance from congregation members in accessing the health system for this purpose by phone or computer, please contact one of our Cluster church offices. Alternatively, if you are comfortable with technology and would like to offer your time to assist others, please also contact a church office. Thank you!



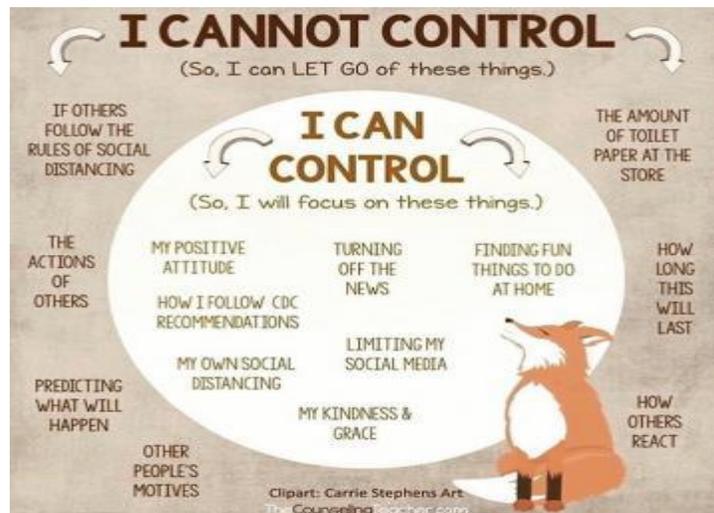
Surviving emotionally during Covid – 19

These are unprecedented times. We need to work extra hard to manage our emotions well. Expect to have a lot of mixed feelings. Naturally we feel anxiety, and maybe waves of panic, particularly when seeing new headlines. An article by stress scientist and Vice

Chair of Adult Psychology Elissa Epel, PhD, outlines the psychology behind the COVID-19 panic response and how we can try to make the best of this situation. Her tips can be found below. Our anxiety is helping us cope, bond together from a physical distance, and slow the spread of the virus. So our anxiety - while uncomfortable - is a good thing right now, especially if we manage it well. At the same time, we must effortfully prevent panic contagion and create periods when we can be screen-free and calm, engaging our attention in normal daily activities. Seize opportunities to share lightness and humor. Laughter right now is a relief for all of us!

You can also find moments of hope and resilience all around us despite the uncertainty. For example, a project created by UCSF postdoctoral scholar Nouf Al-Rashid shares stories of resilience and hope in response to the pandemic from individuals all over the world.

It may be helpful for you to make a list of what you can and cannot control right now. In this guide, we suggest radical acceptance of the situations we cannot control, and focus on what we can do.



- **Tips for everyone**
Stay physically safe from the virus

In this case, the biggest safety behaviors (physical distancing and hand washing) which decrease transmission of the COVID-19 virus, are also an integral part of anxiety management. Stay home when you can. When outside the home, wash your hands thoroughly and frequently.

To help us make the thorough hand-washing a new habit, try this: "Wash as if you just chopped up a jalapeno pepper (without gloves) and you now have to put in your contact lenses." Don't forget the sides of each and every finger, the back of hands, palms, the creases and nail beds, and the back of nails. Wash for at least 20 seconds - as long as it takes you to silently hum the Alphabet Song, Happy Birthday, or recite the Loving Kindness Prayer. If you are a speedy hummer, say it twice.

Limit media to reduce anxiety

By now you have heard this recommendation many times and there is research behind it: Watching or scrolling through the media makes us even more anxious. An excess of news and visual images about a traumatic event can create symptoms of post-traumatic stress disorder and poor health years later, according to research by UC Irvine's Roxy Silver, PhD, and others.

Try to limit COVID-19 media exposure to no more than twice a day (e.g., checking for updates in the morning and before dinner) and try to avoid reading about COVID-19 before bedtime. Take a vow to not forward (and thus propagate) alarming headlines to friends and family.

The media often creates an exaggerated impression of global panic. The reality emerging from research data in Seattle, an epicenter of the outbreak in the U.S., is that most people are dealing with this very well and rising up to help others.

Get and provide warm, comforting, social support by video, phone, or text

This is critical! Taking time to share your feelings and to listen and support others will go a long way. Talking with others who have our best interests at heart makes us feel safe. Use phone, video, text, or email. Fortunately these new highways of social contact are unlimited resources. More than just providing social support about the current crisis, it is a good idea to use these connections to talk about the things you normally would - host your book club online, for example - which can create feelings of connectedness. (See 8 Free Apps to Help You Stay Connected During Coronavirus). Host a dinner using FaceTime or Zoom so you can talk while you eat (and talk about some positive things, not just this crisis). Loving and caring for our pets can be phenomenal stress reduction for us too!

“Social Distancing” is actually a misnomer, it is actually physical distancing while we work hard to stay socially connected. Let’s switch to that phrase!

Find ways of expressing kindness, patience, and compassion

Be extra kind to yourself. This is a hard time for everyone. Humans across the world are sharing this experience with you. We are all in this together and we may all emerge with a renewed appreciation for our interconnectedness. Helping others in need is both critical to get through this well, and also creates more purpose to our days and well-being.

If you are physically well, there is another important way you can help: The Canadian Red Cross faces a severe blood shortage due to an unprecedented number of blood drive cancellations during this coronavirus outbreak. Eligible and healthy donors are strongly urged to make an appointment to donate and help ensure that lifesaving blood products are available for patients.

Create new routines and keep practicing health behaviors

Routine and ritual are restorative to us. Our brain wants predictable activity so we can relax our vigilant nervous system. Go to bed early and go outside each day to be active. Remember that our activities, thoughts, and mood are closely linked. If you want to change your mood, change your activities and/or your thoughts.

Eat well

Good nutrition helps our mood. Stress makes us seek comfort foods, and in turn high carbs and sugars impact our mood. Many population-based studies show that a Mediterranean diet has been linked to better mental health and stress resilience, whereas a junk food western diet is linked to depression and anxiety. Try to fill your home with fresh produce, frozen vegetables, and whole foods when possible.



A Craft idea:



Photo collage memory board



Supplies you will need

- Craft glue/sealant (like Mod Podge or Elmer's Glue All)
- Sponge brush
- Wood board
- Several photographs or paper decorations
- Hanging twine (optional)

Instructions

- Brush a thin coat of Mod Podge onto the front of the wood board, from edge to edge.
- Arrange and place the photos around the board, laying them out in a collage format. It's okay to have things overlap, if you desire.
- Once you have the pictures in place, brush another coat of Mod Podge all over — across the pictures and all over the backing board.
- Attach your hanging twine, if you're using any.
-



LENTE DEVOTION BOOKLET: Our Lenten devotional booklet is now complete and both parts are available on our congregational websites: <https://www.gladwinheightsunitedchurch.org/news/lenten-devotion-booklet-for-2021> OR <https://www.saintandrewsunited.church/news/lenten-devotion-booklet-for-2021>. Please contact Rev. Tim or Jeanette if you prefer to pick up a paper copy.

Religions Of The World I

Y H S C I E N T O L O G Y M S U T A D O
F Y A G G G R N M S N H S F I A C R K N
A N U F O H R Y R U Y I M I O L R F W H
M S J S C S M H T I N H C I M T C E A K
I J C S I M I H L I A G S E W F C T M R
S A O A I K D T A N N M M S I A D U J F
M Y N T T H H J M Y N A J A W A J H S D
J U A T D H S I D A S U I B I M N I G C
F M G K A A O F S D H M B T K S U R Y O
T S C M T T B L A M S H A M S E N T I N
U O I N S I I K I U E T U C O I O E C F
A M L C B I Y S L C H G M M Y S R A H U
B T N E W U U T A E I O A S A R C H I C
U C C I C C F D I N R S D W N N O A C I
D H A M U I I S N M C Y M H E Y I C J A
D F N E B M M M O I M U D M S N H S U N
H J R H H A F N S N H A A F I M I T M I
I S I O A S I Y Y M T L K C M A N S M S
S C T T W S A H Y L S T A H D A H S H M
M M R C M M L H U I S A E R L F R B N H

Buddhism

Islam

Judaism

Christianity

Hinduism

Sikhism

Taoism

Confucianism

Jainism

Catholicism

Atheism

Scientology

Humanism

NewAge

Mormonism

Romeo (Retired Old Men Eating Out)

All men from all Congregations are invited to this Zoom meeting every other Friday at 8:00 am. The next meeting is on Friday, March 19th , 2021 Why not join and have some great breakfast company?

By phone: call 1 778 907 2071. After connecting, when asked enter the Meeting ID: 849 713 94 320, and then when asked, enter the password: 33737