

# LEGACY CONNECT

An Encouragement Newsletter - May 2021



## A Seasonal Reflection

Lent has passed and we have recently experienced the joy of Easter and its reminder that our faith; its depth and breadth; rests upon the resurrection reality. Grace and freedom are ours to know and embrace.

Many of us took advantage of the reflective opportunity brought to us by way of the Lenten season. During those days we came to new awareness and understanding of that which so easily impedes our spiritual growth, development and wellness. We have been through two incredibly important seasons of late. Well, Easter isn't just important, it is everything upon which our relationship with Christ stands.

However, we have also been through a long, long season of another kind. The season continues to impact us very deeply and has touched all of our lives on multiple levels. The long journey through COVID weights on our well-being.

A few days ago I participated, alongside our staff, in a three-day online Conference entitled "Emotional Health and Well-Being". It was an amazing, uplifting, insightful and internally revealing time. We selected certain sessions to watch together and one of them was entitled; "Ode to Melancholy." We viewed this particular session later in the Conference and it had been my practice at the conclusion of each session topic to turn to the team for a period of group

reflection and discussion. So, their expectancy was that I would ask for their personal insights but as I turned around and saw their faces I was immediately struck by the clear evidence of emotional weight across their faces and even across their physical demeanor. I immediately changed course, feeling my own sadness and emotional weight and simply said something like; "I don't think any of us are inclined to discuss or reflect on this one - a bit too real." I received head shakes affirming my suspicions. What did unfold, though, was a niggling thought in my heart that was pushing its way to the surface of my mind. As thoughts arose I shared with the others that there is something more when times of sadness, melancholy, depression and despair surround us.

Yes, we can be given "tools" that help us emotionally and psychologically as we deal with these periods in life; "tools" that help us make sense of these human experiences. But, what struck me so powerfully that day was the deep truth that we can rely on as persons of faith, as believers.

There's more!! Beyond getting to our tears, a part of the solution to our sadness, we know the One who holds our tears in the palm of His hand. We're never alone in any sorrow or sadness. We have a place of rest.

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That evening I sent a song to the staff. It's an old hymn, written between 1815 – 1832. Some of you may know it. The rendition I listened to was sung by Roberta Flack, a popular performer in the late 60's and 70's, and I listened to the album over and over with this particular song forming a backbone to the resolution of sad and melancholy times during my late teens. The words can move you and I encourage you to listen and see if they speak to your heart.

Take a moment to listen: [https://music.youtube.com/watch?v=7h8hTomC\\_8M&feature=share](https://music.youtube.com/watch?v=7h8hTomC_8M&feature=share)

The Greek origin of the word sadness is defined as "turning point". We learned in our course that sadness is a paradoxical entrance into happiness, joy and hope. That's an encouragement. Particularly in this long, somewhat wearying season. Proverbs 12:25 says, "**Anxiety weights down the heart but a kind word cheers it up.**"

You know, sadness and loneliness, depression and anxiety are common to us all from time to time and in varying degree. Yet, the growth of these experiences on a global scale is increasing at such a rate that some countries are establishing government level agencies called; the Ministry of Loneliness. Think on that awhile. Actual agencies called the Ministry of Loneliness. One country reports that general practitioner Doctors indicate they see between 1 and 5 people PER DAY suffering with loneliness. The health consequences associated with loneliness are enormous. Can you imagine the degree to which this has likely escalated during COVID as these statistics were pre-pandemic.

Sadness, loneliness, melancholy and sorrow will come to us all on our life journey and generally we find our way through as you'd expect.

But, those who share the beauty of a relationship with Jesus experience a diversion that is unparalleled on the journey.

Another song, "It Is Well", here played as an instrumental (<https://youtu.be/AzTt-fko9dw>) covers the paradox spoken of earlier as it reflects the depths of sorrow through text, alongside the joy of assurance. If you view the video take a moment to look at the one in the centre of the picture; it's Jesus and as always He stands ready to respond to our welcome as we invite Him to carry us.

During these unusual days when times of sadness or other challenging emotions beset you, turn to Jesus...the Easter blessing that carries us forever.

Pastor Lorna

## DEPRESSION TALK

We don't often share in chats on this topic in the life of the church but here's a worthy dialogue you might find helpful. It's much more than music!



### It Won't Rain Always

[It Won't Rain Always \[Part 1\] - Gaither](#)  
[YouTube Premiere - YouTube](#)

# Youth & Young Adult MINISTRY

target (Hint: I am not... I'm really bad at it.). God willing, our next activity together will be Go Karts, once we find a location that is safe and affordable for us all to go to! Aside from the fun and games together, we have been able to build our relationships with each other in smaller groups. We've connected outside of the usual Friday night with the intention of growing our faith to deeper spaces with Jesus.

Our young adult group has been meeting consistently! We recently just finished studying 1 Kings and found many instances of God's promises in the lives of the characters as well as His grace and mercy. These are such incredible reminders to who He is and His heart for his people. This week, we begin a new book: Boundaries, written by Dr. Henry Cloud & Dr. John Townsend. This book promises to be full of wisdom and practical application of biblical teachings on how to properly form boundaries in our lives, not only to guard our own hearts, but to also effectively love others.

Thank you for always keeping the youth and young adults of the church in prayer. We feel it and appreciate you all so much!

Shaka

The last few weeks of our youth and young adult ministry have been fun and engaging! A couple weeks ago, our youth group was able to secure a spot at Planet Lazer in Surrey to play a few rounds of laser tag together. It was a great time of fun competition and we really were able to learn who is good at strategically moving and getting their



# Children's Centre - Staff Renewal Weekend

What a privilege it was for our Centre staff to participate together for 3 full days in a fully online Conference by the Neufeld Institute. Our days began at 9AM and concluded at 4PM.

During this particular season with COVID and all of its impact, our staff benefited from the opportunity to learn, listen, discuss and grow as they were refreshed by the deep, deep content of the conference.

Together we listened to 3 Keynote addresses, the first of which was fundamental to the entire Conference. The topic of Emotional Health and Well - Being, presented by Dr. Gordon Neufeld, in the opening session as central to all other discussion topics. Other topics were listed to and discussed as a group were:

- Making Sense of Anxiety
- The Counterwill Dynamic - Understanding Resistance and Opportunity
- Wired to Connect: Screens and Emotional Health
- Ode to Melancholy
- Special Challenges with Hypersensitivity
- Making Sense of Discipline

Staff members were also given work hours to listen to additional sessions that were of particular interest to them as individuals. These included:

*Bouncing Back from Adversity. The resilience response; Play and Autism; Emotional Health and the Brain; Raising the Sensitive Child; Softening the Heart of the Adolescent; Nature Roots of Empathy; Book Dialogue with Deborah MacNamara; Addressing the Emotional Roots of Aggression; Dialogue with Hannah Beach and Tamara Strijack on Creating Playground for Emotional Expression; Between Parent and Child; Emotional Health in the Preschool Years; Finding Emotional Rest in our Parenting Journey; Indigenous Healing Rituals as Emotional Playgrounds; Book Dialogue with Gordon Neufeld; Family Rituals for Emotional Health and Well-Being; Parenting Through the Early Teens; Addressing Bullying as an Emotional Problem.*



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## Children's MINISTRY

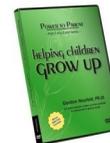
Throughout the pandemic we have discovered ways to reach out to our families even though we have not been able to meet in person. One thing that we have done is to send, by mail, the real kind, a monthly newsletter to parents and children followed by a weekly package includes lesson materials and instructions for use with their children.



## VIDEO LENDING LIBRARY

Following the Neufeld Conference we purchased several videos that we will be preparing to LEND to ANY & ALL who may be interested in viewing. WATCH FOR MORE INFORMATION.

Content will be of help and support on a wide range of subjects across the generations.



Here are some of the DVDs we have purchased.

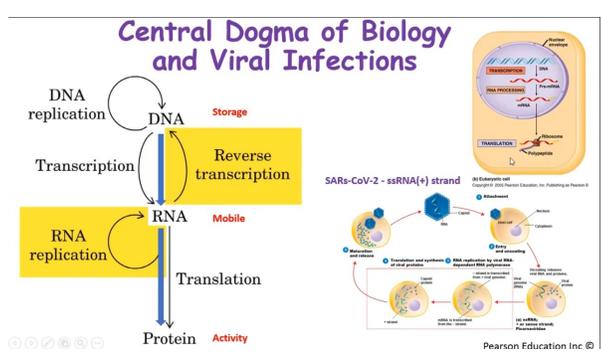


# What happens ON MAY 15?

- Bee here for a targeted work bee.
- Bee here on May 15 @ 8:30 am.
- It won't bee too long. Bee over by noon.
- Just bee here, no need to bring your equipment.
- Refreshments will bee served!



## TWU - FAITH & SCIENCE CLUB



An informative video presentation that will increase your understanding as it relates to the pandemic and vaccine.

**TWU Faith & Science Vaccine Event**  
<https://youtu.be/B0WABs3ikuM>

## Cameron's CORNER

A fresh cartoon from Cameron Austin.



## Ministries Online

The following link is for all the online groups: <https://legacynazarene.ca>

**Editor: Lorna Bartram**  
**Prep. Assistance: Nhien Pham**

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

# SUMMER GRANT APPLICATIONS FOR 2021



Greetings Church,

We have been blessed with opportunity to offer three 16-week work experience positions at Legacy for anyone between 15-30 years of age. Positions are available in each of the following areas:

1. **Children's Ministry**
2. **Youth/Young Adult Ministry**
3. **NEW! Church Media & Online Communications**

Each position is available to start as soon as May 10<sup>th</sup> and will run for up to 16 weeks. Each candidate will need to complete an online application form (see below) and will have a follow-up interview.



## SUMMER WORK EXPERIENCE PROGRAM 2021

This temporary work experience position will provide the opportunity to be engaged primarily in the development of online/ digital communications. It will involve further developing and updating current online tools and platforms as well as creative development of new media and digital resources for ministry.



Areas of involvement may include:

- Website, church app, and social media development/ Improvements
- Support Sunday services with creative video production
- Online community relations initiatives
- VBS tech support
- Online Sunday Service Editing
- Preparing church for live-streaming
- Church foyer media & communications design input

### TO APPLY

Anyone interested in this position (age 15 to 30) is invited to submit the online application form <https://www.cognitofrms.com/LegacyChurchOfTheNazarene/SummerWorkExperience2021MediaOnlineCommunications>

# YOUTH AND YOUNG ADULT MINISTRY SUMMER POSITION

## Description:

The position will provide the opportunity to be engaged in dynamic, collaborative, and creative effort to grow and improve our youth and young adult ministries. There will also be personal spiritual growth and leadership development throughout our time together.

**Report to:** Supervisor - Shaka Fonderson

## Tasks & Responsibilities:

- Monthly meeting with NYI Council
- Weekly youth and young adult preparation
- Discipleship planning/ Journey of Grace
- Leading weekly youth events
  - Weekly reminders to youth
  - Explanation of event
- Collaborative ministry opportunities



**APPLY AT:** <https://www.cognitoforms.com/LegacyChurchOfTheNazarene/SummerWorkExperience2021ChildrenYouth-Ministry>

# CHILDREN'S MINISTRY SUMMER JOB DESCRIPTION 2021

**Role:** To plan, develop and lead programs for all children and families associated with the Legacy church during the summer grant period.

**Report to:** the Director of Children's Ministry - Mariana Medina

## Tasks and Responsibilities:

- Plan and lead a weekly pre-teen activity during the summer.
- Lead the summer "Passport to Camp Program" with the children from our Children's Department and Children's Centre.  
*The Passport to Camp program consists of earning points that turn into cash towards Summer Camp registration fees by memorizing scripture and doing good deeds.*
- Plan and execute games and activities on a regular basis with the Out of School children from our Children's Centre.
- Maintain our Sunday School supplies cupboard.
- Assist the VBS coordinator in developing and implementing the 2021 program.
- Support and engage in other church Ministries over the summer as directed by your Supervisor.



**APPLY AT:** <https://www.cognitoforms.com/LegacyChurchOfTheNazarene/SummerWorkExperience2021ChildrenYouthMinistry>