



## ***Gladwin Heights United Church***

***3474 Gladwin Road,***

***Abbotsford , B.C. V2S 7B4***

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### **May 2021**

**Minister:** Rev. Tim Bowman

**Music Director:** Rita Green

**Musician:** Jacob Greenan

**Custodian:** Rick Frier

**Church Administrator:** Jeanette Chassie

**Song Leader:** Deborah Handley

### **BOARD MEMBERS**

**Chair** – Gayle LaPointe

**Secretary** – Gina Hartley

**Treasurer** – Muriel Thomas

**M & P Rep** – Lois Chatham

**Pastoral Care & Outreach** – Arlene Kropp

**Property Inside** – Len & Carlene Stein

**Property Outside** – Daryl & Ellen Alstad

**Sunday Morning Coordinator** – Gladys Banks

**UCW President** – Carlene Stein

### **MEMBERS OF JOINT COMMITTEES WITH ST. ANDREW'S**

**Joint Board:** Gayle LaPointe, Arlene Kropp, Gladys Banks

**Joint M & P:** Lois Chatham, Rev. Kate Jordan

**Joint Worship:** Rita Green, Carlene Stein, Arlene Kropp

### **TRUSTEES**

**Secretary** – Lois Gordon

Charles Bailey

Jan Green

Ross Gordon

# Epiphany, Year B:

<p style="text-align: center;">PSALM 22.</p> <p><i>1 The Messiah complains of being forsaken of God. 14 De- scribeth his sufferings. 22 Describeth salvation. To the chief Musician upon <sup>6</sup>AJ-lil-shi-shar. A Psalm of David.</i></p> <p><b>M</b>Y <sup>1</sup>God, my God, why hast thou forsaken me? <sup>2</sup>why art thou so far <sup>3</sup>from helping me, and from the words of my roaring? <sup>2</sup>O my God, I cry in the daytime, but thou hearest not; and in the night season, and <sup>4</sup>am not silent. <sup>3</sup>But thou art holy, O thou that inhabitest the praises of Is-râ-el. <sup>4</sup>Our fathers trusted in thee: they trusted, and thou didst de- liver them. <sup>5</sup>They cried unto thee, and were delivered: they trusted in thee, and were not confounded. <sup>6</sup>But I am a worm, and no man; a reproach of men, and despised of the people. <sup>7</sup>All they that see me laugh me to scorn: they shoot out the lip, they shake the head, saying, <sup>8</sup>He trusted on the LORD that he would deliver him: let him deliver him, seeing he delighted in him. <sup>9</sup>But thou art he that took me out of the womb: thou didst make me hope when I was upon my mother's breasts. <sup>10</sup>I was cast upon thee from the womb: thou art my God from my mother's belly. <sup>11</sup>Be not far from me: for trouble is near; for there is none to help. <sup>12</sup>Many bulls have compassed me: strong bulls of Ba-shan have beset me round. <sup>13</sup>They gaped upon me with their mouths, as a ravening and a roaring lion. <sup>14</sup>I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels. <sup>15</sup>My strength is dried up like a potsherd; and my tongue cleaveth to my jaws: and thou hast bronzt</p>	<p style="text-align: center;">PSALM 23.</p> <p><i>David's confidence in God's grace. A Psalm of David.</i></p> <p><b>T</b>HE LORD is my shepherd; I shall not want. <sup>2</sup>He maketh me to lie down in green pastures: he leadeth me beside the still waters. <sup>3</sup>He restoreth my soul: he lead-</p>	<p style="text-align: center;">PSALM 24.</p> <p><i>Christ's kingdom of power. 8 of grace. 7 of glory. A Psalm of David.</i></p> <p><b>T</b>HE earth is the LORD's, and the fulness thereof; the world, and they that dwell therein. <sup>2</sup>For he hath founded it upon the rocks, and established it upon the floods. <sup>3</sup>Who shall ascend into the hill of the LORD? or who shall stand in his holy place? <sup>4</sup>He that hath clean hands, and pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully. <sup>5</sup>He shall receive the blessing from the LORD, and righteousness from the God of his salvation. <sup>6</sup>This is the generation of them that seek him, that seek thy face, O Ja-cob. Selah. <sup>7</sup>Lift up your heads, O ye gates: and be ye lift up, ye everlasting doors; and the King of glory shall come in. <sup>8</sup>Who is this King of glory? The LORD strong and mighty, the LORD mighty in battle. <sup>9</sup>Lift up your heads, O ye gates: even lift them up, ye everlasting doors; and the King of glory shall come in. <sup>10</sup>Who is this King of glory? The LORD of hosts, he is the King of glory. Selah.</p> <p style="text-align: center;">PSALM 25.</p> <p><i>David's confidence in prayer. 7 He prayeth for remis- sion of sins, 16 and for help in affliction. A Psalm of David.</i></p> <p><b>U</b>NTO thee, O LORD, do I lift up my soul. <sup>2</sup>O my God, I trust in thee: let me not be ashamed, let not mine enemies triumph over me. <sup>3</sup>Yea, let none that wait on thee be ashamed: let them be ashamed which transgress without cause. <sup>4</sup>Shout unto the LORD, O LORD,</p>
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## May 2021 LECTIONARY

### Fifth Sunday of Easter – May 2, 2021

- Acts 8:26-40
- Psalm 22:25-31
- 1 John 4:7-21
- John 15:1-8

### Sixth Sunday of Easter – May 9, 2021

- Acts 10:44-48
- Psalm 98
- 1 John 5:1-6
- John 15:9-17

### Seventh Sunday of Easter – May 16, 2021

- Acts 1:15-17,21-26
- Psalm 1
- 1 John 5:9-13
- John 17:6-19

### Pentecost Sunday – May 23, 2021

- Acts 2:1-21 or Ezekiel 37:1-14
- Psalm 104:24-34, 35b
- Romans 8:22-27 or Acts 2:1-21
- John 15:26-27; 16:4b-15

### Trinity Sunday – May 30, 2021

- Isaiah 6:1-8
- Psalm 29
- Romans 8:12-17
- John 3:1-17

## Minister's Message

As he stepped out on land, a man of the city who had demons met him. For a long time he had worn no clothes, and he did not live in a house but in the tombs. When he saw Jesus, he fell down before him and shouted at the top of his voice, "What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me"—for Jesus had commanded the unclean spirit to come out of the man....

Now there on the hillside a large herd of swine was feeding; and the demons begged Jesus to let them enter these. So he gave them permission. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned.

- Luke 8:27-29a, 32-33.

Siblings in Christ,

The Jesus of the Gospels was a holistic healer: he addressed the physical, social, psychological and spiritual aspects of people's illnesses. Medical practitioners are coming to share this perspective as well, recognizing that effective and lasting treatment must encompass all of these aspects of health.

When our families, our neighbours, or our siblings in faith suffer from mental illness, we Christians therefore have a role to play in their health and healing, if we take seriously this holistic approach.

Reading passages like the one above, some Christians assume too much power for the spiritual side of the problem: depression is seen as a lack of faith and prayer, while schizophrenia and mania are signs of demonic possession to be addressed by exorcism.

Others assume that such problems are solely a problem for psychiatric and psychological treatment, and that the best approach from the Church is silence.

As May 2nd is Mental Health Sunday, let us instead follow Jesus in the middle way. We can pray for their strength and for our patience; we can show them and their families compassion without condescension; we can avoid stigmatizing language like "crazy," "nuts," or "psycho." We can gently educate others, and educate ourselves via resources like the United Church of Christ Mental Health Network. Mental Health First Aid courses are also a good way to increase your confidence and competence in helping others; the Mental Health Commission of Canada offers courses.

I thank God for all the ways in which you share in the healing ministry of Jesus, through education, courage, humility, compassion and the strength of the Holy Spirit.

Yours in Christ,

Tim

## Birthdays

Barbara Showers – May 6  
Jenny Matthews – May 13  
Gina Hartley – May 25

## **SPECIAL CONGREGATIONAL MEETING OF THE BOARD**

***SUNDAY MAY 16, 2021 @ 12:00***

**Here is your Zoom link(same one used for coffee time):**

**<https://us02web.zoom.us/j/5410632113?pwd=eDhHL3ZUMkszcFArQzlyZ2lXbEExdz09>**

## Survey

**Please note there is a special survey from Rev. Tim being emailed to you this week. Please take the time to fill out this survey and return via email by May 14. Thank you in advance for doing this!**