

July 17, 2020

Dear Friends,

When I was a child, the back of the shampoo bottle had terse instructions: “Lather. Rinse. Repeat.”

Someone asked me the other day how I was rolling through this ever-changing time with a level of grace. (Let’s keep it real. If you follow me around, you will sometimes see [this!](#))

But I do have a general approach to these times of change. I try to be as matter of fact as the shampoo bottle. My approach is: Complain. Adjust. Repeat.

**Complain. Adjust. Repeat.**

Complain. Every time the rug is pulled out from under us, it’s reasonable, and even healthy, to go [here](#) first. (Check out the Psalms in the Bible. The ancient poets complained regularly.) But this is not the place to stay.

Adjust. For me, adjust means two things. Do what you need to do to respond to the change and (re)focus on Jesus. So, get on with it and create the [Building Entrance Screening](#) button for our website homepage. Listen to piano and cello instrumentals and learn to embody worship in our in-person gatherings – with open or raised hands, bowed heads, knees bent, standing upright, (masked) faces lifted – during a time when singing is off the table. Do life together in the park or around the block (as able). Serve those who are poor by delivering packaged food to Capital City Mission or Restoring Hope. Focus and (re)focus on Jesus.

Repeat. The situation shifts again. The rules change. So, complain, then adjust all over again, drawing near to the One who draws near to you.

**Sunday Online Worship Gathering at 10 a.m.**

There are things only God knows about us, about our situation and about eternal outcomes. In this Sunday’s sermon I will wrestle with a difficult story Jesus told about wheat and weeds (Matthew 13:24-30, 36-43). There are some things – like judgment – that are not in our court. God only knows. Can we trust him? Why or why not?

Please [contact me](#) for Zoom links by 9 a.m. on Sunday.

For this week’s scripture readings and other announcements, go to [Sunday's bulletin](#).

**Sign Up TODAY for In-Person “Being Enamoured with Jesus” Gatherings**

Everyone must [RSVP here](#). There are 40 spaces total, not including those who will be welcoming you, offering music, and facilitating our worship time. We hope for 25 more to register. The events – Wednesdays, July 22 and 29, 7 p.m. – are identical. Chris Barrett and I will facilitate these gatherings. We will hear scripture and brief reflections, consider questions, and respond through different forms of prayer. Prepare to engage. For maximum enjoyment, please bring your own Bible and journal and pen. (The pews have none.) There will be instrumental music and a beautiful blessing at the end.

Many thanks to Bill and Lynn Morrison, Beth Hiemstra and Beth Fleming who prepared the sanctuary (and washrooms downstairs) for us to adhere to current public health guidelines. Come check it out and notice the subtle humour and care with which they have made space for you. Please read [Sunnyside’s onsite worship guidance](#). Complete the [Building Entrance Screening](#) on the day of the gathering. (It’s easy and will take one minute.) If you forget to pre-screen, it will happen at the door. Wear a mask and choose to let Covid-19 thoughts fade and focus on Jesus.

**Prayer**

Twenty-six of you sent me off with your prayer requests last week when I went on retreat. It was my pleasure to pray for you every day. Feel free to drop me a line about how things are going in the situations which concern you.

Our next daytime prayer meeting will happen on July 28. Stay tuned next Friday for Zoom details.

Have a great weekend and week.

With love and prayers,

Pastor Kerry Kronberg (with the whole team)