

March 19, 2021

Dear Friends,

God is for Us

This verse settled my heart this morning: “If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things?” (Romans 8:31b-32) This is who God is. What a gift to get to know God; his ‘face’ is revealed in Jesus Christ. When we look to Jesus, we only see beauty, truth, and goodness.

Sunday Online Worship Gathering at 10 a.m.

As we make our way closer to Good Friday the theme of suffering and death grows stronger in the Sunday readings. In this fifth Sunday of Lent, Pastor Matt will preach on John 12:20-33. Some Greeks are in Jerusalem for the Passover festival and they want to see Jesus. Jesus tells them and all who are listening that to align with him involves a radical shift in values, from self-preservation to self-giving.

Please [email the church office](#) for a Zoom link.

*Please join the Zoom meeting after 9:30 a.m. to avoid problems entering.

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

Good Friday In Person Gatherings (April 2)

In the red zone, worship gatherings are allowed at 30 percent. We will be holding three Good Friday services on Friday, April 2, at 10:00 a.m., 11:30 a.m., and 1:00 p.m. Each service will have space for approximately 50 people, and you are welcome and encouraged to [contact the church office](#) by April 1st to register. We continue to adhere to provincial guidelines with each in-person gathering. It will be good to see you there.

We will hold Easter Sunday services (April 4) via Zoom to allow the 200 people who ‘gather’ each week to remain together. You are welcome. Please [contact the church office](#) by 9:30 a.m. on Easter morning for a link to this gathering.

Sunday School for grades 4-6 at 11:15 a.m.

Please contact [our family pastor](#) for a link to Sunday School for grades 4 to 6.

Next Prayer Gathering: March 23 at 11:30 a.m.

Please [email the prayer team](#) with any ways you wish to be upheld in prayer.

Relationship Humour and Tips

This year has provided ample opportunity for those who are at home with a few others to hone relational skills. Like empathy. For a laugh, check out a short video titled [It's Not About the Nail](#), which uses humour to show people’s need for our listening ear and understanding before our problem-solving attempts. It’s usually a good idea to make space for feelings to be expressed before offering our advice. (I speak as a learner in this, not an expert!)

All of us are feeling feelings these days, whether we live alone or with others. In my work as an adolescent mental health nurse, we’ve been receiving Emotionally Focused Skills Training (EFST). Emotions have meaning. They help us know what we need so that we can figure out the most appropriate action. We have to slow down to figure them out. This starts with noticing our bodies. There are unique sensations that go with various emotions. Like a rapid heartbeat when we are anxious or afraid. Or a heavy chest or body with sadness. Feeling hot when angry or blushing and cringing with shame. Once we name the emotion, we can sort out what we need and what best actions may help us get there. With fear, the need is for safety and one might act by running away, or by discerning whether there is a real threat. When sad, the need is for comfort and we might act by seeking a hug or a phone conversation. Anger usually means we need space and we need to set a boundary to get it. With shame, we need relief and may seek it through a healthy distraction or seeking reassurance from a trusted other.

I say all this because as we seek to be a healthy community, these skills will help us take careful responsibility for ourselves and effectively serve one another.

With love and prayers,

Pastor Kerry Kronberg (with the whole team)