

St. Paul's Weekly Update – Jan. 13, 2022



Minister's Ponderings:

Numbers continue to rise with the COVID Omicron variant. For the first time in the two years of this pandemic, we here at St. Paul's have multiple members and adherents who have the virus. As well, many of you have family members and/or close friends who have COVID. Though people are not as sick, this is still a very difficult time. Please know that I and your faith family are praying for you and encouraging everyone to be careful and stay safe. Please do not hesitate to call me if you are sick or if a loved one is taken to hospital or if you just need to talk. My number is 705-433-1224. I encourage you to reach out to others.

Please continue to pray for our front-line workers. This includes not only medical and emergency personnel but those who work on cash registers, those who pump gas, transport drivers – all these workers are not able to work from home because they are needed in person to assist the larger community.

At the beginning of the pandemic, Victoria Warwick and I wrote the words to "Stay Home and Isolate Now, you are Apart from the Family". It is a COVID take on the hymn, "Come In, Come In, and Sit Down, you are a Part of the Family". We are using it again this week in worship to remind us that though we are apart from each other, we are the body of Christ and you are still part of our faith family. God be with you. Karen

Worship:



This week's worship service will remind you of the spiritual gifts that God gives us. I hope that you will find it to be an uplifting service. I have started to include the prayers in the bulletin for those who are not able to view the service on-line. The bulletin is attached as well.

To worship with us, visit our website at www.stpaulsmidland.org and use the direct YouTube link at the top of the page, or simply go to YouTube and subscribe to our channel. Just type in "St. Paul's Midland" and you will find us. If you are on Facebook, you can get St. Paul's updates that way as well. Check us out on both our new website and FaceBook.

St. Paul's Zoom Coffee Hour:

The next ZOOM Coffee Hour will be on **Sunday January 23, 2022 at 1:00 p.m.** We invite you all to join. You can use the same link as before:

<https://us02web.zoom.us/j/89969004401>



Congregational News/Updates:

Our condolences go out to the Wooldrige family, on the passing of Midge Wooldrige on January 5, 2022. Both Midge and her late husband Bud were long time members of the congregation and much loved. A memorial service will be planned at a later date. Please keep this family in your prayers.

Do you have the winter blues? Spending a lot of time at home again? Please join our group of CARING CALLERS. All you need to do is phone ONE PERSON, ONCE A WEEK. For all who would like to participate, the names will be drawn at random and you may end up chatting with someone you've never met before or with someone you know well. Just a short call to "catch up"...how are we all doing during this time? The purpose is for everyone in our St. Paul's directory to feel connected, even though we are once again closed to in-person activities. We will begin the week of January 17th and continue until the end of February. Please email Colleen at cgareau02@gmail.com or call at 705-427-9630 by January 14th to be part of the fun and encourage others at the same time!

The Theological Studies Group invites you to join us on Wed. Jan. 26 at 1:00 p.m. via Zoom:

The Theological Studies Group has been meeting now for 10 years! This past fall, we discussed a book called "The Gatherings: Reimagining Indigenous-Settler Relations. The Orillia Museum of Art and History is offering an evening Zoom lecture by a local historian, Dave Town, who will be discussing this piece of local and national history. In 1846, the **Beausoleil and Rama Chiefs** stood against the residential school plan. They were the only two chiefs who did. This is a free lecture. Below is the link where you can learn more about it and you can register to attend on. **Wed. Jan. 19th at 7:00 p.m.** You need to register to get the link that will enable you to take part in the lecture. The story was in Midland Today.

https://www.midlandtoday.ca/local-news/in-1846-beausoleil-rama-chiefs-stood-against-residential-school-plan-4909140?utm_source=Email_Share&utm_medium=Email_Share&utm_campaign=Email_Share

The Theological Studies Group will meet by Zoom on **Wed. Jan. 26th at 1:00 p.m.** by Zoom to discuss the above lecture. We invite you join us. Let Karen know you want to join us for the discussion the following week so she can send you a Zoom link to join.

Brain Fog - A Message from the Rev. Dr. Glenn Robitaille, Director of Ethics and Spiritual Care, Waypoint Centre for Mental Health Care:

(This message was forwarded to me, so I called Glenn and received permission to include it in this week's update.)

"If you want to see what the fog hides in itself, don't wait for the fog to disperse. Instead of waiting for something to happen in this short life, do something immediately. Enter the fog!" ~ Mehmet Murat ildan

Early in the pandemic, recovering patients reported "brain fog" as a potential long-haul symptom of COVID-19. Well, I have important news to share. The novel coronavirus does indeed cause

brain fog in some, but it is hardly exclusive to those who became ill. A dense COVID cloud has settled over the entire world making the right course of action often difficult to discern. Simple tasks once easily performed now require preparation, concentration and creative “white noise” to mask the chatter of disaster. If your mental acuity is not what it once was, you are solidly in good company. Your mental filter has been working overtime for nearly two years.

Having brain fog is bad enough; feeling bad about lower energy is worse yet. Sometimes we must learn to live with the limitations of the moment without judgement. I do not enjoy driving in fog. Narrowing my focus to what is directly before me; trusting the road is pointing the way; slowing down; taking it moment by moment; relying completely on what I can see are but some of the strategies I instinctively employ. We would prefer to journey in the bright sunlight, but we can navigate this blurry moment. It does require us to drive differently.

Changing how we think is more complicated when our “thinker” is not working optimally. It is not likely you are firing on all cylinders. You may be wondering who you are letting down and when you will be corrected for not being on your game. It is hard to move in a straight line when trees are constantly falling on the road. Yes, we still have destinations to reach. Moving fallen trees is now a part of the journey.

Fussing about things we cannot control is the surest way to increase brain fog. Enter the mist. Engage your lethargy at ground level. Getting oxygen into our brains by taking brisk walks is the easiest and most reliable countermeasure we have. When we are not moving trees, moving our limbs is a great way to gain some bandwidth. It is okay if you are not at 100%. It is okay if you are not “space-jamming” the rim of this pandemic. Putting one foot in front of the other may be the best we can do right now. Our expectations of others should reflect that as well.

Blessings everyone,

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