



St. Paul's Weekly Update – May 12, 2022

Minister's Ponderings

I was so pleased to be able to visit our Volunteer Associate Minister, Bev Irwin, in her new home in Millbrook. It was great to see her. It was also great to learn that they were finally able to place Heather in a Seniors' Facility on a ward where her special needs can be met. Heather has now moved to Bobcaygeon.

When I was visiting Bev, she shared a poem she wrote after exploring the beauty of her new backyard in her scooter. From several years of health and personal struggles, including the death of her daughter, she was reminded of spring and new beginnings. Here is her poem.

Spring

Had I forgotten...
change, beauty, wonder, excitement, joy?

Had I forgotten...
how to feel, how to hug, how to laugh, how to cry?

Had I forgotten...
how to think, how to forgive, how to plan, how to live?

Loss...
War, pandemic, family, health, friends, change?
How much more? How much more?

And then... a walk!
I heard his voice ... enthusea! Spirit awakening!
I felt her energy beneath the cold, damp earth...
reaching toward the Creator's warmth.

Look at this ... look at that ...
Oh, the excitement! My heart dances with uncontrollable joy!

It's Spring!
It's Spring!
It's Spring!

Written by Bev Irwin, Spring 2022

Worship



This Sunday, we will be remembering the Murdered and Missing Indigenous Women. We support the Red Dress Project at the request of our local First Nations and Metis women. It is a painful part of our Canadian story and affects us all. If you are able, I invite you to drive by the church on King Street to see the dresses as they hang from our church trees. It is a powerful symbol of loss and our journey of grief with these families.

To worship with us on-line, 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. We start live-streaming at 10:00 a.m. every Sunday.

Discovery Kids

We are very happy to announce that Discovery Kids are back in person every Sunday. Families are asked to take their children directly upstairs, where Rebecca is looking forward to seeing you.

Camp Awesome for ages 5-12 years will be from August 8-12, 2022, at the church. Stay tuned for more details and instructions on how to register. All are welcome -- you do not need to attend St. Paul's to register. Camp Awesome has been a wonderful week of fun for the participants. For Camp Awesome, we are calling all beekeepers! Rebecca and the Discovery Kids are in search of a local beekeeper who might be willing to be a part of some of our 2022 summer programming. If you have bees or know someone who does, please reach out to Rebecca at rebeccaamadei@gmail.com. Thank you!

Music Update

St. Paul's choir rehearsals have resumed at our regular time, Thursday evenings at 7:00 p.m. in the sanctuary. We continue to be masked and distanced for the safety of all involved. The first few rehearsals were spent just warming up and singing hymns in four parts as well as running over favourite anthems to get accustomed to singing together again after such a long break. We have a few new pieces that we are incorporating now into our rehearsals and these will be ready to include in a service in the fall. On occasion, we are incorporating live music in the Worship Service in the form of solos or duets and will continue this for the remainder of the summer where possible.

The St. Paul's Bell A'Peal Handbell Choir has been rehearsing in the gym, distanced and masked. We are excited to be taking part in the Worship Service May 29. We are always open to new members joining us for either choir. If you are interested in checking us out, please email me at warwick.victoria130@gmail.com and I will provide further details.

The St. Paul's organ combines pipes with electronics. From time to time, the pipes need to be tuned and currently a tuning is badly needed. As with everything, the pandemic has made it challenging to have a tuner complete that work. I understood your disappointment when we

were unable to use the organ for our Easter service, but rest assured I am working to rectify the situation so that we can once again have organ music as part of our Worship Services.



St. Paul's Zoom Coffee Hour

The next ZOOM Coffee Hour is on **Sunday May 22nd, 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 Life

Now that St. Paul's is returning to a 'new normal' the Transition Steering Team has suggested that we might return to **Social Hour** following Sunday worship. Many of our former committee members have 'moved on' 'aged out' or are otherwise unable to help host and serve refreshments every Sunday.

The Congregational Life committee has hopefully arrived at a satisfactory solution. We are looking for volunteers made up of four team leaders and three or four volunteers for each team. Social Hour will be held twice a month, on the first and third Sundays and a schedule will be set for the year. There will be some new and probably changing regulations, but we'll deal with them as they arise. If you would like to become involved with this new team or would like further information, please call or e-mail Sheila (705-526-2186 or rmsmt@rogers.com) or speak with Karen.

The Congregational Life committee is hosting another **Faith and Fellowship take-out dinner on Wednesday, June 1st, 2022.**

The menu will be lasagna, Caesar salad, bread and dessert. Cost is \$20.00 per dinner, **payable in advance** either by cheque or e-transfer. Pick up of meals will be between 4:30 and 5:00 p.m. in the Atrium. You can order your meals by contacting Louise, our Administrator at stpaulsunity@rogers.com or by calling her at 705-526-1640.



The Official Board is meeting via ZOOM **next Tuesday May 17, 2022, at 7:00 p.m.** Board members - please note this date on your calendars.

This Week's Minute for Mission



Today, over 200 families, many living in poverty, grow their own nutritious food at Fred Victor's gardens thanks to generous supporters like you. But there's far more to the gardens than the food. [Ashrafi says it has changed lives](#), including her own. [View her story on YouTube.](#)

GOD'S MISSION
OUR GIFTS

One in nine people around the world are going hungry according to the United Nations. Since the pandemic struck, 40 percent more people in need of a

nutritious meal have turned to the Fred Victor Centre, a Mission & Service partner, for help. That's one of the reasons why the 240 community gardens it runs are so important.

"Every day, we'll see 250–300 people standing outside for food. That is all the encouragement we need to keep growing and cooking. We donate most of the fruits and vegetables to our kitchen, and our participants get fresh veggies and support from us," says Ashrafi, Fred Victor's Garden Centre Coordinator.

Today, over 200 families, many living in poverty, grow their own nutritious food at Fred Victor's gardens thanks to generous supporters like you. But there's more to the gardens than the food. Ashrafi says children learn where food comes from by gardening, and participants tell her they feel less stress and pain, have more energy and meet new friends because of the gardens. "People from different cultural backgrounds share their vegetables and herbs with each other. Through sharing, they come to appreciate each other. At the core, we are all the same," she says.

The garden has changed Ashrafi's life, too. "As an immigrant, I came here feeling isolated. My family didn't know where to start. But now I feel I'm standing on my own feet and I know the community. Every day when I walk home from work everyone says, 'Hi Ashrafi, how are you?' They make my day happier. I feel belonging because of the garden. It has changed my life. Thank you for your support."

Blessings everyone,

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