

Please WATCH FOR AN EMAIL FOR the Home Worship Service – also on the website

<https://wesleyunitedchurchstandrewsbytheseanb.ca/>

Letting Go...

Yoga has been a practice that I have been able to maintain throughout this pandemic. At the end of each session, while on our mats, we are encouraged to take deep breaths, sink into our mats and relax like “ice cubes melting on a hot summer day”. This exercise helps to “let go” both mentally and physically.

I started reflecting on the aspect of “letting go” in our lives during this pandemic. In the past nine months because of COVID 19, we have had to “let go” of many things: big gatherings, hugs, spontaneity, the warmth of a smile, assumptions, the hope of a “quick fix”, our church routine and much more. Everyone has their own list.

Since I am not an expert in this field, I thought I would share some lessons and experiences from others. I asked myself what would nature reveal to us, what sage advice would my nearly 100-year-old aunt say, what would the recovery community tell us, and what directional roadmap has history and scripture left us.

Nature can be a great teacher. Every year, deciduous trees must drop their leaves so that new life can form. If the leaves did not fall, the tree could not renew itself. It is that simple. Nature might be telling us to keep things simple!

My aunt will be 100 years old on New Year’s Eve. She said that she has had to let go of a lot of things in her life. She acknowledges how hard it is but says that humour, remembering the good times, keeping up on the news, being thankful and saying her prayers every night has all helped. I might add that my aunt has a strong sense of determination and many might call her a tough cookie or a spitfire!

My experience as a volunteer with the recovery community has taught me that one of the steps of the twelve-step program is about letting go. Letting go and letting the higher power “take the wheel”. Let Go and let God! As 1Peter Chapter 5:7 teaches us: “Cast all your care upon Him, for he cares for you.”

Turning to history, one of our respected world leaders had this to say: “To let go is to fear less and love more.” (Nelson Mandela)

Letting go is not a new idea but with the pandemic it seems different. Maybe because it is a collective “letting go” and has been imposed upon us. We have been challenged to become more creative in moving forward as we “let go” and question what to do with the empty space that we feel or experience. Letting go can be a very deep discussion with different interpretations, but my intention was to simply raise awareness on a topic that perhaps could stimulate some self-reflection or conversation.

Blessings,
Bonnie McGraw, St. James

Reflections from the Lake



Stewardship is Sharing



This week, Wesley United received this beautiful, personally hand painted, note from Brian Peer M.D.;

Inside he wrote:

“Thank you for the use of your beautiful church for our flu clinics. The use of your facility allowed us to vaccinate a large number of people more safely and efficiently. Wishing you a safe and healthy winter.” – Brian Peer M.D.

Another unexpected visitor to our church several weeks ago was a United Church minister doing unplanned study leave in St Andrews. She reached us via our website asking to visit the Labyrinth and we were able

to accommodate her. With candles lit and a late afternoon sunlight shining through the stained-glass windows, she felt truly blessed to be in our beautiful space. She left feeling renewed and refreshed.

Two very different uses of our space, and sometimes it is moments such as these that perhaps we realize how fortunate we are to be able to share even in uncertain times.

As our Expression of Values reads: “We are a hospitable church, offering a welcoming space to all; generously sharing material, cultural and spiritual nourishment.”

Your gifts to Wesley United are important, and we are grateful for every gift.



Anyone wishing to place poinsettia in Wesley for the Christmas season, please speak with Barb 506 469 4631 or email barbsheen@hotmail.com Thanks x
Please let us know if you would like something specific as a dedication that we can include on our bulletins and website.

Please check our Advent & Christmas Service details at;

<https://wesleyunitedchurchstandrewsbytheseanb.ca/advent-christmas-services>

Events:

Please visit our website for the bulletins for our ZOOM services and our At Home Worship along with any other virtual or in person gatherings <https://wesleyunitedchurchstandrewsbytheseanb.ca/>

Sunday, 22nd November **10 am** **Worship service via Zoom with Jane Doull**
<https://us02web.zoom.us/j/3067392185> ID: 306 739 2185

Feel free to share the Zoom link with anyone else who wants to come

Sunday, 22nd November **Home Worship**
A Home Worship service provided as an alternative to In Person Worship [provided by email](#) or please see our website for at Home Worship and other virtual gatherings <https://wesleyunitedchurchstandrewsbytheseanb.ca/>

Monday, 23rd November **1 - 3 pm** **Emma's Graduate Presentation by Zoom- see below**

Monday, 23rd November **6 - 8 pm** **Fundy Community Foundation Wesley United**

Tuesday 24th November **2:30 - 4 pm** **Wild Wisdom** **by Zoom- see below**

Tuesday 24th November **4 - 8 pm** **Highland Dance** **Wesley United**

Thursday 26th November **1 - 4 pm** **Walk Wesley's Labyrinth** **Wesley United**

Please see next page for details on events.



Emma's Graduate Presentation

Monday, 23th November 1 – 3 pm available by Zoom

AST Fall 2020 Graduate Project Presentations Upswelling: Voices to Nourish a Changing Church

November 2020 (all times in Atlantic Time) Join us to celebrate and learn about the important research that final-year AST students have been undertaking this year. You'll be fascinated, challenged, and inspired by each presentation. View [Graduate Projects List](#). To join online presentations at the scheduled time [use this link](#), Emma's presentation is on allyship with indigenous people.

Wild Wisdom

Tuesday 24th November 2:30 – 4 pm available by Zoom

We will be reading the book, "Coming Back to Life", by Joanne Macy, and reflecting on its themes of enlightened and compassionate environmental activism. Led by Carole Martignacco, the group is a wonderful source of inspiration and support.

This is open to all, so please contact Francie (francie.rosie@gmail.com) if you are interested in attending. ZOOM <https://us02web.zoom.us/j/3067392185>

Walk Wesley's Labyrinth

Thursday 26th November 1 – 4 pm



"Book a half hour session to walk Wesley's meditative labyrinth on November 26, Thursday between 1:00 and 4:00 pm. By pre-booking, we ensure that you have the labyrinth to yourself. It's Covid-free and so peaceful! Contact Francie at francie.rosie@gmail.com if you would like to book a time."

Dedications are most welcome remembering, honouring, celebrating a special person, event or season! Please email wesleyunitedstandrews@gmail.com with your request. Thanks!

Photos or any other requests to go with dedications – favourite flower or season etc.....

For pastoral care please, contact Rev. Jane Doull

at 529-3474 or email me or text at 467-1494

Any other matters please contact Barb Sheen, Chair of the Worship Committee on 469-4631.

Please send all announcements to: WesleyUnitedStAndrews@gmail.com State if you wish them to go on the Bulletin, the COOP, Facebook page, Website, or all four! (photos can be placed on all but the bulletin) Thank you!

PRAYER REQUESTS: may be given to our Prayer Circle by

- 1. contacting Barb King davebarbking@gmail.com**
- 2. contacting Sharon Hannan retired@xplornet.ca or phone 466-1435**
- 3. by asking any of us from Wesley/St James community to pass on a request**

Sent to you by

Wesley United Church, 77 William St, St Andrews NB E5B1W8 and
St James Pastoral Charge, 731 Route 745, Oak Hill, NB E5A3C7

In case of pastoral emergency, contact Rev. Jane Doull

call 529-3474 text 467-1494 email jvdoull@gmail.com

Any other matters please contact Barb Sheen, Chair of the Worship Committee on 469-4631.

Office email: WesleyUnitedStAndrews@gmail.com Website: <https://wesleyunitedchurchstandrewsbytheseanb.ca>

Facebook: <https://www.facebook.com/Wesley-and-St-James-United-St-AndrewsOak-HillScotch-Ridge>