

Please visit our website <https://wesleyunitedchurchstandrewsbytheseanb.ca/>  
for any updates and information

## Acknowledging our Brokenness

*“There is a crack in everything. That’s how the light gets in.”*

(Leonard Cohen, from the song “Anthem”.)



### Ponderings

Over the next few weeks, these messages will inevitably reference some of the nuggets of wisdom contained within the Brene Brown book that is being explored as a book study. My aim and desire is to bring these concepts into the Christian context and talk about how they relate to our faith. As the title suggests, she speaks a great deal about accepting our imperfection in order to live in a more whole-hearted way.

*“Perfectionism is the belief that if we live perfect, look perfect, act perfect, we can minimize or avoid the pain of blame, judgement, and shame...perfectionism is, at its core, about trying to earn approval and acceptance.”*

(Brene Brown, “The Gifts of Imperfection”, 10th Anniversary Edition, p.75)

Faith can feel like a series of pressures to do better and be better, thus feeding into our desire to be perfect and our tendency to feel shame when we make mistakes. There are some churches that make this link even more concrete by forcing people to stand up in front of the congregation and admit their short comings (divorce, teen pregnancy, addiction, family conflict, etc.) in order to be forgiven and remain a member of the community. Though this public shaming may end with community support it certainly has a way of heaping a whole lot of pressure on people to be “good Christians”. Whatever that means!?

In recent decades, many United Churches have moved away from weekly Prayers of Confession that often leave parishioners feeling uncomfortable. Feelings of guilt and shame can immerge when the worship leader offers words that seemingly point fingers at our personal and societal shortcomings. The benefits of confession can be found when we admit our imperfections to God, letting go of the desire to do everything right. Then, we can realize that the Divine does not judge us for our actions but accepts us unconditionally. Thus, a Prayer of Confession is always followed by Words of Assurance and forgiveness in a service of worship.

To illustrate that God accepts us as imperfect as we are, I offer to you the words of Jesus from the “Beatitudes” as presented in the Message translation. Read them as an affirmation that our brokenness is not a hinderance to living faithfully but a part of learning to live more fully in body, mind and spirit.

Rev. Natasha Pearen

## Scripture

"You're blessed when you're at the end of your rope. With less of you there is more of God and his rule.  
"You're blessed when you feel you've lost what is most dear to you. Only then can you be embraced by the One most dear to you.

"You're blessed when you're content with just who you are—no more, no less. That's the moment you find yourselves proud owners of everything that can't be bought.

"You're blessed when you've worked up a good appetite for God. He's food and drink in the best meal you'll ever eat.

"You're blessed when you care. At the moment of being 'care-full,' you find yourselves cared for. "You're blessed when you get your inside world—your mind and heart—put right. Then you can see God in the outside world.

"You're blessed when you can show people how to cooperate instead of compete or fight. That's when you discover who you really are, and your place in God's family.

Matthew 5: 3-9 (The Message Bible)

## Prayer

Source of love,  
You created us to be imperfect so that we may evolve  
As individuals and a species,  
Learning to love more deeply and accept unconditionally.  
May we mirror your affirmation for everyone and everything.

In letting go of our desire to be perfect,  
may we find healing for our brokenness,  
And discover your light, which has always been within us.  
Amen.

## Reflective Music

Come As You Are – Deidre Brown/ Paul Gurr

[https://www.youtube.com/watch?v=qD4KAq\\_W8tY](https://www.youtube.com/watch?v=qD4KAq_W8tY)

## Events and Announcements

### Helping our Neighbours - Update on Rossignol Family

The Rossignol family of Tower Hill, a community close to St. James, has been dealing with serious health issues since 2021. Last April, Mark (father) was diagnosed with a rare benign brain tumor. Since May 5, 2021 Mark has had 3 surgeries (SJRH) in 6 months, spent almost 2 months at Stan Cassidy Rehab (Fredericton), and had surgery in Halifax. On January 10, 2022 Mark began what is expected to be 6 weeks (5 days/week) of radiation treatments at SJRH. Daily travel is necessary

If you are interested in making a contribution to the family, please contact Karen Dempsey (466-1376), Betty Gatta (466-0186), or Sharon Hannan (466-1435). Due to dietary restrictions, we are suggesting cash or gift cards (gas/Superstore/Giant Tiger).

If anyone is willing to help with the driving, please contact Karen, Betty or Sharon.

Wesley congregation may contribute thru e-transfer or church envelope to Wesley United specifying "family".

Zoom Worship Link - Jan 23<sup>rd</sup>, 2022 10:00 AM

<https://us02web.zoom.us/j/7092753988?pwd=YVIFbTVrU2pZd3lRNlNmL1ZtaTlnUT09>

Meeting ID: 709 275 3988 Passcode: 3527

Call one of these #'s to join by phone with audio only +1 587 328 1099,

+1 647 374 4685 or +1 438 809 7799

### Wesley Annual Reports Due by January 21<sup>st</sup>

Reports will be compiled and available by the end of the month online

## **Wesley Annual Meeting Postponed**

The meeting will take place in person when it is safe to do so, not date is set yet.

## **Book Study**

*“The Gifts of Imperfection”*

Tuesday at 10: 30am on Zoom January 24<sup>th</sup>

(Please read guideposts 1&2 for our second session!)

## **Scotch Ridge and Oak Hill Annual Meetings**

These meetings have been rescheduled for Feb. 1<sup>st</sup> 7:00pm at Scotch Ridge Hall and Feb. 6<sup>th</sup> 12:30pm (following worship) at Oak Hill Hall.

**St. James Annual Meeting** will be held on Sunday February 20<sup>th</sup>.

Reports are to be submitted to Karen Dempsey by February 13<sup>th</sup>. Thank you!

. **Please check our calendar on our website for any upcoming events or changes to events**

<https://wesleyunitedchurchstandrewsbytheseanb.ca/events/>

**Dedications are most welcome remembering, honouring, celebrating a special person, event or season! Please email [wesleyunitedstandrews@gmail.com](mailto:wesleyunitedstandrews@gmail.com) with your request. Thanks!**

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

**Please send all announcements to: [WesleyUnitedStAndrews@gmail.com](mailto: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](mailto:davebarbking@gmail.com)
2. contacting Sharon Hannan [retired@xplornet.ca](mailto: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

Office email: [WesleyUnitedStAndrews@gmail.com](mailto:WesleyUnitedStAndrews@gmail.com) Website: <https://wesleyunitedchurchstandrewsbytheseanb.ca>

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

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