

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

Nurturing the Spiritual Light Within Us

“People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their beauty is revealed only if there is a light from within.”

(Elizabeth Kubler-Ross)



Music

MV 26 Your Love is Amazing

<https://www.youtube.com/watch?v=x5O1CTopOjk>

Ponderings

There is a growing movement both within the church and society at large of people who have faith in a cosmic entity of love but do not feel that they ascribe to the beliefs of any one Christian denomination or religious group. They are sometimes referred to as the Spiritual But Not Religious (SBNR). These individuals acknowledge that they are spiritual beings who feel the need to engage in practices that nurture their spirit and connect with the Holy. However, they are often not interested in the dogmas, creeds, power structures, politics, meetings, obligations and financial contributions required by many churches.

“Spirituality is recognizing and celebrating that we are all inextricably connected to each other by a power greater than all of us, and that our connection to that power and to one another is grounded in love and compassion. Practicing spirituality brings a sense of perspective, meaning and purpose to our lives.”

(Brene Brown, “The Gifts of Imperfection”, 10th Anniversary Edition, p.86)

SBNR are sometimes on the fringe of congregations, participating in activities that feed their soul but not engaging in traditional aspects of church like Sunday morning worship or Bible Study. In the United Church, they tend to connect more around social justice initiatives, meditation practices, inter-faith gatherings and intergenerational programs like Messy Church. (Messy Church encourages senior, younger adult, youth and children to come together over a meal, engage in an interactive story and participate in action centers that help incorporate our beliefs into everyday practices.)

It is important that we encourage the SBNR to continue to find ways to feed their spirits so that they can become more resilient in this world of pressures, stresses, trauma and suffering. Our churches are already doing many things to make everyone feel comfortable and welcome no matter where they are on their spiritual journey. It is important not be offended when younger generations, friends and family members are not interested in participating in the church and accept that they have their own path to walk. This can be especially difficult when you’re the minister, but open and respectful communication about our beliefs can ensure that we don’t allow differences to keep us from loving one another.

Nurture your light, feed your soul and walk the spiritual path laid out before you. Judge not yourself or others who like to think outside the box. Our ability to let go of shame, love ourselves and see hope in our world depends upon it.

Rev. Natasha Pearen

Broadview Article:

Learn about Spirituality Apps and how they are helping many to connect to their faith without the need to step into the often-daunting space of a church. <https://broadview.org/mindfulness-spirituality-apps/>

Wisdom Teaching: “For things to reveal themselves to us, we need to be ready to abandon our views about them.” – Thich Nhat Hanh

Prayer

Cosmic Christ, you fill us with the light of the universe
And bid us to shine into the darkest parts of our world.
May we recognize this light, love and life
that connects us with all of creation,
that we may be mindful of this Divine energy flowing everywhere.
Help us let go of the confines of rigid belief systems and open
Ourselves to the spiritual evolution of humanity. Amen.

Reflective Music

Open our Hearts

<https://www.youtube.com/watch?v=VwvVdJT0rII>

Events and Announcements

Zoom Worship Link - Jan 30th, 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

Worship Next Week: We are planning to be in-person next week (**February 6th**) for worship at 50% capacity with no singing, as the province will be moving to Level 2.

Scotch Ridge and Oak Hill Annual Meetings

These meetings have been rescheduled for;

Feb. 1st 7:00pm at Scotch Ridge Fire Hall

Feb. 6th 12:30pm (following worship) at Oak Hill Hall.

Canadian Nuclear Safety Commission Hearings

NB Power is applying for 25 year licence renewal. A webinar workshop on intervening at Canadian Nuclear Safety Commissions hearings will be held on **February 7th** from 6 to 7:30 p.m. Learn more and register at <https://cela.ca/webinar-intervening-at-canadian-nuclear-safety-commission-hearings/>

M&P Meeting

Tues. February 8th at 7pm on Zoom

Wesley Annual Meeting

Wed. February 9th at 7pm on Zoom

Passamaquoddy Lodge Service

Thurs. February 10th at 10am

Book Study

“The Gifts of Imperfection”

Tuesday at 10: 30am on Zoom, extended to March 15th

St. James Annual Meeting will be held on Sunday February 20th.

Reports are to be submitted to Karen Dempsey by February 13th. 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 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 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

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