

# Pastoral Care Update February 1, 2023



## Valentine Card Making & Cookie Decorating



Emma Sheffield  
with friend Julia



Mia Alfing & her friends  
from Nottawa School



Molly Kutcy with  
Grandma Barb Synnott



Jordan & Nancy Ostertag  
with Elizabeth Campbell

# February



**Guest Speaker** at Sunday worship, Feb 5 - Rev. David Stead

**Thank You:** to the Valentine Card-Making group, under the leadership of Marnie Hillier, Jaquelyn Patterson-Schaefer and Veronica Prichard. The cards made for Pastoral Care were beautiful.



**Answers to Kirk Quiz:** 1) 1855 2) 19 3) Rev. Karen Horst  
4) 60% 5) John Knox 6) Lorne Perkins 7) Cairn  
8) WWI First Pres casualties 9) floor 10) psalter

### Prayer Requests for:

- Glenn Grosset, Marjorie Heggart
- the Healey family, in the passing of 100-year old member, Marion Healey
- residents in outbreak in long-term care homes
- those facing surgery
- those who have had to move because of high rent
- continuing conflict in Ukraine, Haiti, Israel & Palestine
- in thankfulness for PWS&D (Presbyterian World Service and Development) programs & partners, empowering vulnerable communities, caring for the poor around the world.

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"Friends are friends forever,  
if the Lord's the Lord of them"



## A WINTER TO REMEMBER

My birthday is in February, so I had many toboggan birthday parties. A favourite memory is the time, about 50 years ago, that I used a garbage bag to slide down the hill.



To celebrate my birthday that year, a group of us attended a square dance in the log lodge at the top of Osler Bluff. When the dance was finished, someone handed out garbage bags and we continued "dosey doeing" down the 800 foot mountain. What a ride that was, under the beautiful moon, and stars! Oh, what fun we all had... What a wonderful night to remember!

~ by Mary Jane Santori

Editor: Happy Birthday, Mary Jane, on Feb 4th!!



## PEOPLE and PLACES



Len and Karina Logozar  
in sunny Barbados



A quilt made with love  
by Joanne Beacock



Guest speaker Nancy Loveless  
with friend Rose Partridge



Carl Wagner & Steve McKee  
shooting the breeze

## Funny Places to Go



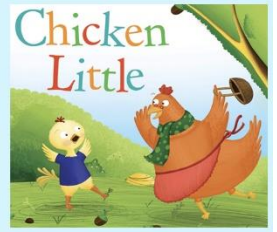
- I have been in many places, but I've never been *in Kahoots*. You can't go alone. You have to be *in Kahoots* with someone.
- Once I was *in Cognito*, but no one recognized me there.
- I have been *in Sane*. They don't have an airport; you have to be driven there. I have made several trips, thanks to my children, friends, family and work.
- I would like to go *to Conclusions*, but you have to jump, and I'm not too much on physical activity anymore.
- I have been *in Flexible*, but I really got bent out of shape.
- Sometimes I am *in Capable*, and I visit there more often as the years go by.
- One of my favourite places to be is *in Suspense*! It really gets the adrenaline flowing and pumps up the old heart! At my age, I need all the stimuli I can get!

~ submitted by Carl Wagner, who's been everywhere!

## AWFULIZING

"The sky is falling!"  
~ Chicken Little

A Devotional by Kenn Stright



"Your life shall hang in doubt before you. Night and day you shall be in dread and have no assurance of your life. In the morning you shall say, 'If only it were evening!' & at evening you shall say, 'If only it were morning!' because of the dread that your heart shall feel, and the sights your eyes shall see."  
~ Deuteronomy 28:66-67

I have an acquaintance who wakes up every day of her life with the absolute conviction that life is just awful & will never get any better. While trying to help her cope with this anxiety, I found that this condition actually has a name — awfulizing — defined as imagining a situation to be as bad as it can possibly be. I also learned that this morning dread is associated with an elevated level of the hormone Cortisol (stress hormone).

The Bible is no stranger to those suffering anxiety & dread. Assuming the worst is rarely helpful. People who study this refer to three contributing elements:

Insecurity — something bad is going to happen

Helplessness — there is nothing that I can do

Isolation — there is no one to help me

Those of us who follow the way of Jesus should help people who find the days and nights filled with dread and anxiety and despair. We can challenge such persons to focus on what they can control. We can invite them to keep a journal and write down what they might be grateful for. We can encourage them to list at least 3 things that they are looking forward to. We can remind them that scripture says, "I want you to be free from anxieties." (1 Corinthians 7:32), and "I can do all things through him who strengthens me." (Philippians 4:13)

**Prayer:** God, help us to cast all our anxieties on You. We know that You care for us, but sometimes, we forget. Thank You that You have told us, "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." (John 14:27)