

Pastoral Care Update September 6, 2023



HAPPY 72nd Anniversary
to Bev & Marion Willis ~ Sept 8, 1951



Prayer Requests for:

- the Switzer & Trude families, in the passing of Grace Switzer
- Peggy Bayley, Barb Bristol, Millie Loughheed, Paulina Monette, Joe Tomilson, Joan Wagg, Marilyn Woodward
- Fri. Sept 8 (World Literacy Day) - pray for millions of children, who due to poverty, conflict & other challenges, lack the opportunity to learn.
- we give thanks for the professors at our three Theological Schools in Montreal, Toronto & Vancouver.
- for those struggling with addiction & other related mental health issues. May they find the support, care & resources they need to recover.
- for those concerned about their grown children
- for those who feel let down and discouraged
- in thanksgiving for those giving their time as Sunday School leaders or coffee hour hosts

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(What is librarian Judy Milley looking for? Overdue books!)



Stories Worth Sharing

FAKE IT and MAKE IT!
by Sheri Bulfon

I lived in Toronto from the 60's to early 70's and attended a school in grade 6 that taught violin. It was a beginner's group, so "Twinkle, Twinkle, Little Star" was a challenging song. Near the end of the school year, I moved to a new school with a grade 6 orchestra. I was placed in the orchestra's string section and needless to say, I was not up to par with this group. In fact, they were attending Kiwanis Festival the last month of school!! Not realizing that they had a beginner in their midst, who had no idea what she was doing during their rehearsals, we arrived at Kiwanis and guess who was placed in the row closest to the judges? Yep, it was me!

Here is what I did... I played the same string for the entire concert! And I followed the direction of the bow of the more experienced violin player who sat in front of me. Though I cannot remember how we did at Kiwanis, I often smile when I think about the one judge who might have thought...

"Where is that single note coming from?"

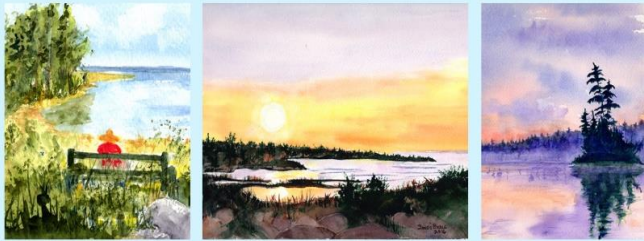


Sheri Skinner, aged 12



Sheri Bulfon, ageless

Celebrating Some of the Artists in the First Pres Family



A new member of the Pastoral Care Team, Sandi Bickle loves to paint outdoor scenes using watercolours



Doreen McDonald displays her own beautiful creations in her home, and here are three paintings from her collection



Fiona McGaw often makes small watercolour sketches that are used for the Pastoral Care greeting card ministry

A Break from the Classroom

Jessica (Synnott) Kutcy has been teaching for 18 years. She decided to take this year off and shares her thoughts about this...

"I'm looking forward to my year off teaching so I can slow down, enjoy life without the stress and pressures of work, and be more present with my family (photo of me & Blair, with our daughters Holly & Grace).

I'm looking forward to walking to the bus stop with my girls and picking them up at the bus stop after school... simple little things that I don't get to do when I am teaching full time.

I'm excited to have a little "me time" when the girls are at school and enjoy a nice slow coffee! I hope to do a little more cooking and hiking and things like that which seem to fall by the wayside when I'm overwhelmed trying to keep up with the demands of teaching and parenting."

All of us at First Pres hope you have a wonderful year, Jess.



Use Your Words to Build Others Up

by Rick Warren



"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

~ Ephesians 4:29

Sometimes our words are like a hammer. We swing away without thinking and suddenly we look around and realize a pile of relational rubble surrounds us. When you thoughtlessly use your words to tear people down, your relationships will suffer.

The scripture above (Ephesians 4:29) reminds us that God wants you to use your words to build others up. One reason we're not effective speakers is we don't realize how our words are powerful, God-given tools. We say things without thinking. And people remember them. Maybe you can still remember certain things people said to you in a careless way, even as far back as grade school. That's how powerful words are. So when it comes to the words you say, think of them as a power tool and be extremely careful. How can you use your mouth more carefully, so you are using it to build relationships and not to tear people down?

1. **Stop Excusing:** Stop saying, "I didn't really mean that!" or "That's me before my first coffee." Realize that what you say has a real impact on those around you.
2. **Talk Less:** We often get in trouble because we just don't know when to stop talking. If it's a power tool, you shouldn't have to use it as much, right?
3. **Listen More:** If you listen more, you can better understand people's needs.
4. **Start Building:** Let your first thoughts be, "What does this person need?", "How can I build him up?", "What can I say to make a real difference in her life?"

Consider making this part of your morning prayers:

"May the words of my mouth and the meditation of my heart be pleasing in your sight, Lord, my rock and my redeemer."

~ Psalm 19:14

PARTING THOUGHTS

Elder Kim Pineau has moved to Bolton to begin a new chapter in her life. We appreciate her participation on Session, in VBC leadership, and her many dramatic roles in Christmas and Easter presentations.

Blessing for the journey, Kim.

