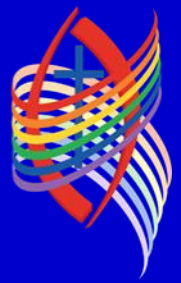




St. Andrew's United Church, North Bay

Reaching Out

a weekly online newsletter for members and friends of the
St. Andrews faith community, shared for the purpose of
bringing peace, hope and comfort during these special times.



The Third Sunday of Easter

Scripture Reading: LUKE 24:13-35 *The Road to Emmaus*

Now on that same day two of them were going to a village called Emmaus, about seven miles* from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, 'What are you discussing with each other while you walk along?' They stood still, looking sad.

Then one of them, whose name was Cleopas, answered him, 'Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?' He asked them, 'What things?' They replied, 'The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel.* Yes, and besides all this, it is now the third day since these things took place.'

Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him.'

Then he said to them, 'Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah* should suffer these things and then enter into his glory?' Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.

As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, 'Stay with us, because it is almost evening and the day is now nearly over.' So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight.

They said to each other, 'Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?' 33 That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, 'The Lord has risen indeed, and he has appeared to Simon!' Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

Tracy Davis is taking a few days off to recuperate from surgery. We are keeping her in our prayers and wish her a speedy recovery.

SPECIAL THANKS to Jim and Donna Sinclair for offering the Reflection and Prayer for Earth Sunday (and the photos too!). If their garden is any indication, these two retired folk are certainly at one with the earth and all its goodness. They also both care very deeply about the ways that we can be good and caring stewards of our earth's environment. Donna's latest book, [The Activist Alphabet](#) is a primer on how to translate one's love for our planet into increasing awareness and initiating meaningful action.



A Reflection for Earth Sunday - Donna Sinclair

It is today's story. Information overload in the midst of fear and sorrow — one more newscast about COVID-19, now preceded by a terrible tragedy in Nova Scotia. But it's also an ancient story. Two disciples walk with Jesus along the Emmaus road. "Are you the only stranger in Jerusalem," says one of them in sad disbelief, "who does not know the things that have taken place there in these days?"

Of course, the disciples don't have the whole picture. And neither, perhaps, do we. They had no way of knowing that walking beside them was an impossibility, their beloved friend. The world had been transformed without their knowing.

Perhaps even now, as we pace through our days, the impossible is happening to us. They say that



on this Earth Sunday, whales call to each other, free from the usual multitude of ship's propellers that interrupt their song. Birdsong is unlimited by the sound of traffic, the roar of jets is silenced, and we newly envision our cities with broad sidewalks and generous space for bicycles.

These are glimpses of a strange, peaceful kingdom. A deer walks calmly down our street. We rake leaves and chat with across-the-street neighbours, uninterrupted

by passing vehicles. Kimberly Robinson sings the water song down by the lake. In the drumming and her voice, we recognize the joy those two disciples must have felt — breaking bread and leaping from exhaustion to astonished gratitude. They thought they were alone; and then they saw their world had changed.

Perhaps this is today's story. Perhaps a terrible sorrow in the Maritimes will open our hearts and lead us to fiercely regulate our guns. Perhaps a tiny virus — not even a life form on its own — will show us how to care more deeply for each other and our Mother Earth. Perhaps our world has been transformed without our knowing.

A PRAYER - *Jim Sinclair*

Gracious and loving God, it is a new day, and we have stopped to thank you for embracing us, over and over again. We are grateful every time You bless us with fresh strength. We thank You for moments of quiet joy. And we remember with thanksgiving the times when You inspire us with hope in our despair.

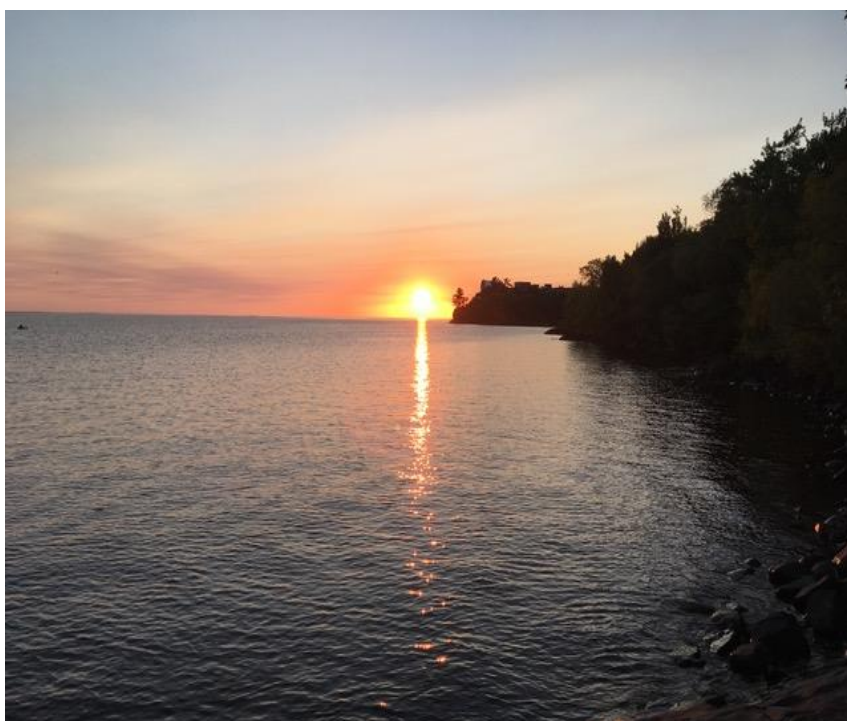
We celebrate way our friends - and strangers too - are reaching out during these strange times of isolation. We wish our dear friend Tracy strength and good health - and the same to all who serve others with dedication.

In the midst of the changing season, we offer thanks for the beauty of this Northern community, the opening of lakes, the buds on trees, the excitement of planning gardens and canoe trips and - yes - picnics with friends and family when it is safe to do so.

Today, in the midst of all these reasons for gratitude, O God, we also admit the pain we feel in the terrible tragedies that continue to unfold around us. Be with all those affected by the killings in Nova Scotia this past week. Help us to keep holding them in our prayers, and be with people everywhere who live in fear of violence, hunger, or disease.

As the Easter anniversary of Christ's resurrection slips behind us, may all that it represents keep us faithful in our believing, brave in our public witnessing, and loving in all the ways we care for others.

AMEN



FROM FACEBOOK TODAY...



ONLINE WORSHIP - THIS SUNDAY - Several Options

This Sunday's service (Earth Sunday) will be found on the **Trinity YouTube channel**. This *YouTube* video is recorded and can be watched at any time. To visit the channel, click on this link: [Trinity United Church YouTube Channel](#)



- Click [**HERE**](#) for this Sunday's worship services led by UCC Moderator Rev. Richard Bott. He reflects on the road to Emmaus story, and asks, "Who are you walking with in this time of shock and tragedy?"
- Click [**HERE**](#) for the Bedford United Church (Bedford, N.S.) YouTube Channel, one of the many online worship experiences available

FROM THE ST. ANDREW'S PASTORAL CARE COMMITTEE ...



Even though the church doors are closed during this unprecedented time in our lives, the congregation once again is showing that we all belong to a very warm and caring church community at St. Andrew's. It is heart-warming to know that there are so many dedicated church members calling each other to check in, say hello and offer a hand if needed.

A special thank you to the dedicated Pastoral Care team – **Tracy Davis, Kathy Forth, Joyce Boston, George and Doris Cole, Janie and Bill Holmes, Mary Marrs**

and Kathy Payne - as they continue to touch base with the church members they visit. Some of the ways the Pastoral Care Committee have kept in touch with church members include mailed cards, electronic cards and, of course, phone calls.

The Pastoral Care Committee wishes everyone to take care and stay safe as we all experience this time together.

Margie Howard and Barbara Van Herk

Pastoral
CARE



Foodbank Report

Thursday April 22, 2020 This week our own Tracey "Star" McGregor was in charge of the food bank operation. She reports that they had a new setup at the Church's main entrance on Algonquin Ave. Star reports that this new arrangement was much better in terms of maintaining better physical distancing and approximately 100 persons were served efficiently. "We help who we can, when we can," remarked Star, who has been helping out with the Thursday morning food bank for quite a while.



If you would like to make food donations to the foodbank, please know that the Church Office Administrator, Star, will be in the building on **Wednesdays and Fridays from 10 am until 2 pm**. We will safely take your non-perishables.

If you wish to support our foodbank with a cash or cheque donation, Star can handle that as well. Alternately, donations may be mailed to St. Andrew's, or online donations can be made via the "Donate Now" option (see lower page)



photo left: The main entrance on Algonquin provides a less congested space to operate in, Pre-packaging the food items into family/single bags helped streamline the distribution and maintain distancing.

photo above: the main staircase makes an excellent bread rack to hold the many loaves of bread that are given out.

HOW YOU CAN HELP ST. ANDREW'S DURING THIS SPECIAL TIME

1. Become a monthly **PAR (Pre-Authorized Remittance) member** by downloading a form and mailing it to St. Andrew's. Complete PAR details and forms can be found at: <https://www.united-church.ca/community-faith/get-involved/give-regularly>
2. Drop off a **cheque** at the Church on **Wednesday or Friday mornings** (from 10 am til 2 pm) - or mail it to St. Andrew's United Church, 399 Cassells Street, North Bay, ON P1B 3Z4
3. Give via the **"Donate Now"** button located to the right, or on our website (<https://standrews-northbay.ca/donate/>) Please note choosing this option allows you to use a credit card however the tax receipt will come from **Canada Helps directly to you by e-mail** and they take a 3% admin fee.





Rob Morton ▸ St. Andrew's United Church
April 21 · 🌐

When Lupins Bloom
All Is Right With The World.
Breathe easy.
Have a bright day.

Thanks to Rob Morton for his beautiful post on the [St. Andrew's facebook page](#)

MY PRAYER FOR TODAY

May I (you) be brave.

May I (you) be strong.

May I (you) be whole.

May I (you) be at peace.

Name someone you wish to bless and use "you"

special thanks to Liz Brownlee for sharing this special prayer



We're All in the Together

Click on the photo above to see a tribute video to the Cassellholme Staff - Pictures and videos by Tracy Davis

