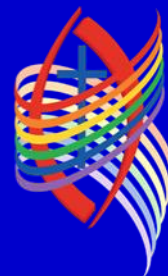




St. Andrew's United Church, North Bay

# 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.

## A PRAYER FOR GOOD FRIDAY

Dear God,

We remember today, the pain and suffering of the cross, and all that Jesus was willing to endure, so we could be set free. He paid the price, such a great sacrifice, to offer us the gift of eternal life.

Help us never to take for granted this huge gift of love on our behalf. Help us to be reminded of the cost of it all. Forgive us for being too busy, or distracted by other things, for not fully recognizing what You have freely given, what You have done for us.

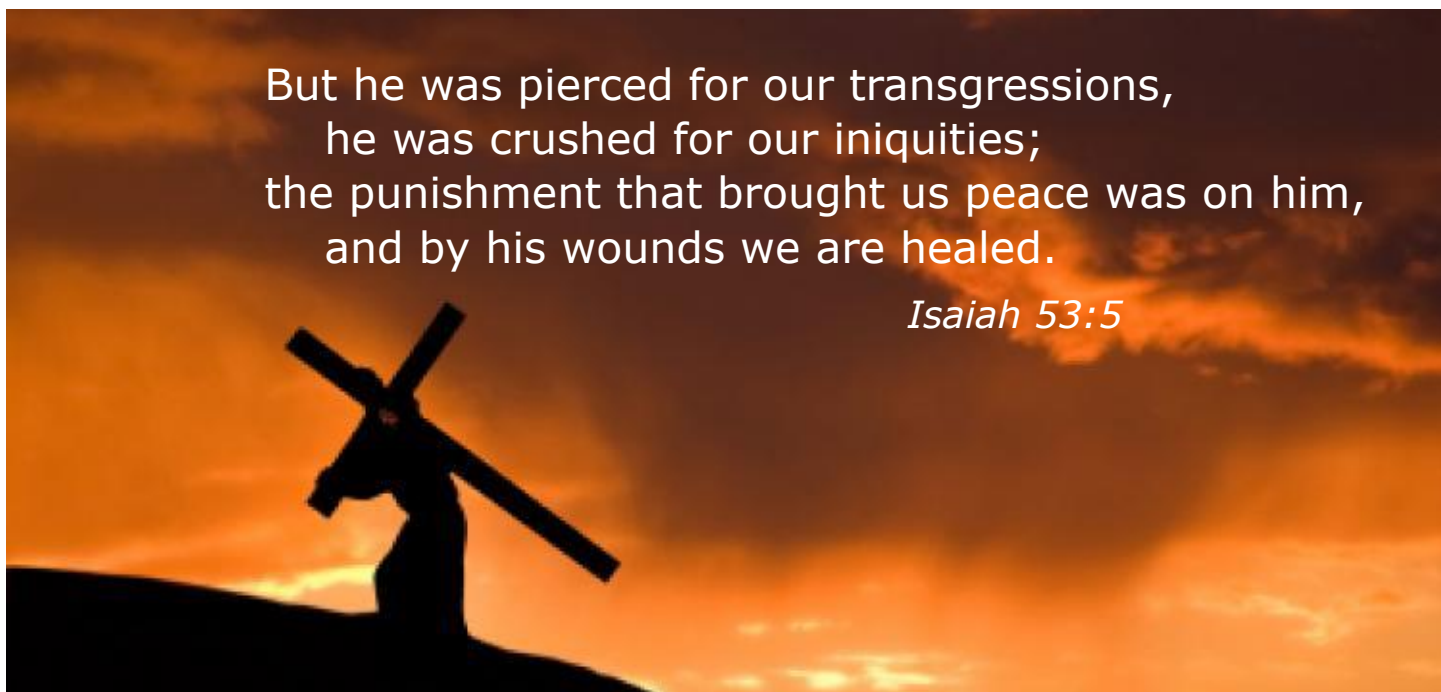
Thank You Lord that by your wounds we are healed. Thank You that because of your huge sacrifice we can live free. Thank You that sin and death have been conquered, and that Your Power is everlasting.

Thank You that we can say with great hope, "It is finished. . ." For we know what's still to come. And death has lost its sting. We praise You for you are making all things new.

In Jesus' Name,  
**Amen.**

But he was pierced for our transgressions,  
he was crushed for our iniquities;  
the punishment that brought us peace was on him,  
and by his wounds we are healed.

*Isaiah 53:5*



[Click HERE to view the Trinity United Church GOOD FRIDAY SERVICE](#)

## A Reflection for Easter Sunday

*Tracy Davis, DLM*



He's not opposed to prayer. Since contracting COVID-19 a few days ago, many people have told Chris Cuomo they are praying for him. He appreciates their gesture of

support, but he had a deeper question.

As he opened his CNN *Prime Time* show the other night, he bluntly asked his viewers, "What good is a prayer when you aren't doing anything to give real help to a person? People say they are praying for those who are sick as well as the doctors, nurses, and first responders on the front line. But what good is that when their real need is PPE, ventilators, and drugs to fight this disease? What good does a prayer do?"

Fair question. James, the brother of Jesus, says something very similar to the early Christian community:

*What good is it, my brothers and sisters, if someone claims to have faith but has no deeds?...Suppose a brother or a sister is without clothes and daily food. If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it?*

(James 2:14-16, NIV)

Both James and Chris Cuomo are making the same point: Real faith should result in loving actions. No doubt. There is only one difference: For James, prayer is one of those faithful deeds. Here are a few things prayer does.

- **Prayer changes me.**

When I pray, I come into the Presence of God, and I'm touched by God's love, truth, peace, holiness, and faithfulness. The longer I stay there, the harder it is to hold onto my false assumptions, limited perspective, and self-centered nature. Creative ideas fall into my head. I stop measuring my possibilities by what I can do, but rather what God can do through me. Suddenly, no giant in front of me is bigger than the God inside of me. I discover I'm not fighting my battles alone. Even if I walk through the valley of death, God is with me. When I pray, despair is transformed into hope, anxiety is melted into peace, and fear is forged into courage. Prayer changes me.

- **Prayer changes others.**

After years of experimenting, I've noticed that when I pray specifically, persistently, and boldly, real changes occur in other people. Sometimes it is the softening of a hard heart. Sometimes it is the comforting of a grieving soul. Sometimes it's the newfound joy of an aimless life turned to Christ. On occasion, I've seen people physically healed. I don't pretend to understand how this mysterious force works; I'm just a witness that it does.

- **Prayer releases the power of God.**

Scripture is quite clear on this. "If my people...will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land" (2 Chronicles 7:14 NIV). In reality, God can do more in ten minutes than we can do in

twenty years. If there was ever a time in the last one hundred years when God's people needed to humble themselves and pray so our world will be healed, it would be now.

By all means, we need to supply the people fighting this deadly disease with the equipment they need to be safe and effective. My dear friend works in a hospital blood bank; I understand the need. But equipment and human effort will not be enough.

This moment in history is pleading for God's people to go beyond saying a prayer to fervently praying. When you pray, you are engaging the most specific and potent help anyone could receive.

Now is our time to ask God to do the things we cannot do, in places we cannot go, and in situations we cannot control for people and nations that hang in the balance. When we do, God will use our humble prayers to bring about enormous good.



### ONLINE WORSHIP - EASTER SUNDAY - Several Options

Thanks go to Rev. Ted Harrison and the folks at *Trinity United* who have also recorded an **Easter Sunday Service** and will be placing it on the **Trinity YouTube channel**.

Thanks also to our Minister Tracy who is one of the contributors to this special time of worship. These *YouTube* videos are recorded and can be watched at any time. To visit the channel, click on this link: [Trinity United Church YouTube Channel](#)

- Click **\*\*HERE\*\*** for the [United Church YouTube channel](#) and features Sunday worship services led by UCC Moderator Rev. Richard Bott
- Click **\*\*HERE\*\*** for the Bedford United Church (Bedford, N.S.) YouTube Channel, one of the many online worship experiences available

### HOW YOU CAN HELP ST. ANDREW'S "WEATHER THE STORM" FINANCIALLY!

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 here, 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.



## Foodbank News

**Thursday April 9, 2020** Our foodbank was very successful this morning! Due to COVID-19 restrictions, there can only be two of us in the building at one time. So we served prepackaged bags out the McIntyre doors. Brian Nelles and I were able to handle the new procedure as people were not touching items and folks were beyond grateful.

We had a massive donation from our friends at *The Hart Store* and so each person left with Easter goodies for their children and families. Due to the generosity of Barb and Gerald Van Herk we were able to create a "store front" at *Cassellholme* for front line workers who had not had the opportunity or financial resources to shop for their children for Easter. What a lovely way to offer our workers a financial break and also one of convenience in this difficult time. We are working very hard to continue this essential service to our friends in the community who desperately need food and support right now.

*Photo above:* Under the new CVOVID-19 procedures, each food bank recipient received a small (single) or large (family) bag of items handed out by Tracy and her team at the McIntyre door.

If you would like to support 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 from a 6ft distance. If you wish to support our foodbank by cash cheque, 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 on page 3 or on the church website. ([standrews-northbay.ca](http://standrews-northbay.ca))



Foodbank volunteer Brian Nelles (right) arranged for a special *Loaves & Fishes* delivery to Bear Island where folks are being challenged by the current situation.



## An Easter Message from the Chair of Council

Dear Members and friends of St. Andrew's,

Easter is here, and what a strange Easter it will be!

I think of Easters past, when we entered the darkened church on Easter morning waiting in anticipation for the light as the choir sings, "Jesus Christ is Risen Today."

I think of our large, extended family meals with turkey, ham and "all the fixins." All our family and friends gathered round our large table extending into the living room to make room for everyone.

What a strange Easter it will be. But remember, no matter what, Jesus Christ is Risen, and the Light is entering our lives. All we need is to open our hearts. The warmth of the Spirit is with us, holding us, comforting us and strengthening us.

My table may be smaller this year in a physical sense, but really it is spread wide, engulfing all my St. Andrew's family. As we say our grace over our Easter meal, I will be thinking of all of you out there imagining you around our table. I am giving you all virtual hugs, and I hope you will all be doing the same. We are not alone; distance cannot keep the family of God down.

May the love of Christ be with us all through this Easter weekend and though the weeks to come. God Bless you all.

Patricia Kirton-Bailey  
Council Chairperson  
St. Andrew's United Church

