



TOGETHER

a weekly newsletter for members
and friends of the St. Andrews faith community

Sunday, August 8th, 2021



Welcome Back from St. Andrew's Summer Break!

We hope that you are having an enjoyable summer so far!

As you are all aware, the province of Ontario is currently in "Step 3" of the COVID-19 re-opening plan. Limited in-person worship is allowed, but there are some restrictions and practices that must be followed.

Seating in the Church is limited and you must reserve your seat in advance. To do so, please contact the Church Office by 4 PM the THURSDAY prior to a Sunday Service with your name, return contact phone number or e-mail, and the number of people in your "bubble" that will be with you.

Contact can be by phone (705-472-7680 and leave a message if no answer) or by e-mail: standrews-church@coqeco.net.

Please Note: it is preferred that you phone during Office Hours (10 am – 2 pm) on Tuesday Wednesday or Thursday. (E-mail and phone message reservations will be confirmed by the Church Office by return phone or e-mail)

Masking and social distancing are still in effect, and seating will be assigned. You may view/download the **full text** of **St. Andrew's COVID protocol** by clicking [*here*](#)

Our Sunday services will continue to be recorded and posted for viewing here, and on St. Andrew's [YouTube Channel](#) later on the Sunday evening.

Sunday, August 8th - 11th Sunday after Pentecost Guest Reflector: Peter Haddow - "A Place at the Table"

According to this Sunday's scripture from John's Gospel, Jesus declares, "I am the bread of life!" Only Jesus can satisfy our deepest needs and longings. He can make us feel "full" and overflowing with blessing. To live physically, we need bread, or rice, or noodles, or pizza, or potatoes, or whatever your staple food is — but to live spiritually, abundantly and eternally, we need Jesus, who indeed is the bread of life, and who is always ready to welcome you to his table. We all may eat different food but we all share the Bread of life. This story is about inclusion, diversity and how our differences makes us stronger as a Community of Faith.



Is there a chair at your table for God ? ...and who else is invited?



Next Sunday (August 15th) we explore worship through songs and stories ... and memories of our camping days. In person (10:30 am) or via the St. Andrew's YouTube

Transition Team Gathering with the Congregation

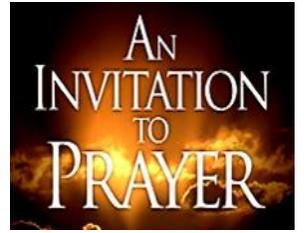
Thursday, September 30, 2021 at 7 pm

Details will be shared in September as we assess whether it will be possible to meet in person or whether we will gather through Zoom. It will be an opportunity to help shape the work of the Transition Team for the fall.



An Invitation to a Time of Prayer and Discernment

During these summer days, the Transition Team invites the St. Andrew's church community to continue the work of transition through prayer. Each week you are invited to reflect on a short reading and to lift up in prayer a specific area of the life of the congregation.



The practice of community prayer opens us to listening to God and being conscious that others to whom we are joined through our faith community are also making time to seek God's wisdom and presence. The practice is like the discipline of going for a walk every day, or maintaining our exercise program, it patterns intentional commitment to care of our soul. During this time of transition we are called to care for our individual spiritual well-being but also for the spiritual well-being of our community.

Discerning in prayer - questions St. Andrew's is asking:

- Gracious God, You call us to be a community of faith, where every part of the Body has a place of value and respect. How can we deepen our relationship with You and with one another?
- Ever Creating God, in this time of transition and change, what are the things we need to let go and what things do we need to begin?
- O Christ, You call us as church to be your presence in the world. Help me to hear your call. Grant the wisdom to know the things to which You are calling to St. Andrew's and how we are to witness in this community?

Sunday, August 8 - Prayer is a part of community faith practice



1 Thessalonians 5:16-18

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

When we are facing change, sometimes our first instinct is to do something, to take action. For the next month, the action you are being asked to consider is the intentional practice of prayer for the congregation. Prayer can be a way that we order life and open ourselves to an ongoing dialogue with God. Making prayer a regular practice is a discipline, a spiritual practice and grounds our living in our relationship with God. This can be transformative to how we see our individual lives and it can be transformative to the nature of being community.

Holy God, in whom I live and move and have my being. Help me to ground my living in knowing your presence. I pray for my community of faith, St. Andrew's and ask that we grow in listening to your presence with us, and to joining our hearts in a common prayer of trust in your leading. Amen

The Good Samaritan Corner



The Compassionate Committee for the Homeless in North Bay recognizes that the homeless have urgent needs.

North Bay Indigenous Centre- Navigators Program at 900 Cassells St., 705-472-2811

- granola bars - juice boxes - easy items that do not require cooking

Education and Awareness

Did you know that the Salvation Army is working with Safe Beds? According to the North Bay Regional Health Centre web site, "A number of safe beds are available where a person can receive crisis support, respite and stabilization in a non-medical setting. Short-term crisis case management, consultations and referrals are also available.

The program is available twenty-four hours per day, seven days per week for individuals (aged 16 and over) with a mental health or addiction."

The Safe Beds are located at 120 King Street West, Unit A, North Bay. For more information call the North Bay Regional Health Centre at 705-474-8600.

<https://www.facebook.com/compassionatecommitteeofnorthbay/>



St. Andrew's is an inclusive and affirming Christian community of faith worshiping God and serving others. Inspired by Holy Scripture and guided by tradition, reason, and experience, we share the ministry of Jesus Christ by nurturing spiritual growth, caring for creation, and being with those in need.