

## Coop's Scoops # Thursday October 15<sup>th</sup>, 2020

I've got a spring in my step this morning! So I must be feeling happy and optimistic right? Not that kind of spring...a real one. In my shoe. It's small and came out of a pen, I think. I must have stepped on one lost in the carpet before putting my shoes on. On my way into church, I was thinking "That's odd, what is that little pricking?" . After an hour of walking around on it, the penny finally dropped that perhaps I should CHECK if anything was in my shoe. And there it was. I was tempted to just leave it in my shoe so I could keep on telling people "I have a spring in my step today" with a big smile, but decided to take it out and just feel however I feel. And guess what? I still feel happy today, I feel grateful and glad to be busy, and blessed by all the people with whom I am in contact by phone, or in person, or in Scoops! So thanks for helping to make my day! What might put a "spring" in your step today? A telephone call? A drive? A walk outside in the not-so-cold rain? Eggs benedict for dinner? Getting back to that good book you've been reading? A good day at work? Happy kids doing school work or playing together well? Your pooch? Your cat? See a flock of Canada Geese making a big V over the river? Ignoring politics for just one day? A homemade cookie? There are so many "little" things that can pick us up and put a smile on our face. Enjoy something today! No matter how small or big or ordinary or unusual. It is good for your soul. How do I know? The Bible tells me so ! ( great little chorus from Sunday School days of yore) Check it out: Proverbs 17:22 – "A merry heart does good like medicine, but a broken spirit dries up one's bones". Finding a way to make you smile is worth whatever effort it takes.....it brings at least some health to your spirit.

### Updates and News:

Starting October 21<sup>st</sup> (next Wednesday), I will be offering a Celebration of the Eucharist (in one kind) at 10 am in Browning Hall. Each service is limited to ten people wearing masks and following Covid protocols when entering the church. Services will be offered every Wednesday and Friday morning until the church is re-opened for public worship. In order to keep to the number permitted, Tracy or Cathy will be calling you to see what date you would be able

to come, OR you can call the office at 705 645-3486 to place yourself on the schedule. We have created and are maintaining a clean space, with social distancing and sanitizing of hands in order to be as confident as possible that participating will not increase your risk of contracting Covid19. Leaving your home is always



a potential risk, and it is up to each one of you, and me, to determine whether or not this service is an acceptable risk for ourselves. Again (here I go on the broken record) if new provincial/medical/diocesan limitations are imposed which preclude indoor gatherings, then the services will not be held. Brothers and sisters from our **Lake of Bays** churches are also most welcome to attend.... Please phone to be included on a schedule.

What a joy it will be to share Eucharist together with the Lord Jesus in our midst to bless, forgive, comfort and encourage us.

### **Some Merry Heart Makers:**

- During a hectic night of mail processing at the post office, a number of letters fell off an elevated conveyor belt and scattered onto the floor. Before the area supervisor had a chance to pick them up, the facility manager, who had a reputation for being stern, came upon the scene.

"Why is this mail on the floor?" he demanded angrily.

Without hesitation the supervisor replied, "Gravity, sir."

- My four-year-old likes to say the blessing at mealtimes, usually repeating the same short prayer: "Thank you, God, for this gracious food. Amen."

One evening, however, he thanked the Lord for the birds, the trees, each of his friends, and asked God to watch over his family and help them to be good. I was thrilled that he was finally praying from the heart.

But after the "Amen," he took a spoonful of stew, gasped, then dropped his spoon into the bowl. "I should have said a longer prayer," he said. "My food is still too hot."

- It was very crowded at the supermarket, and the customer in front of me had a large order.

As the harried-looking clerk lifted the final bag for her, its bottom gave way, sending the contents crashing to the floor.

"They just don't make these bags like they used to," the clerk quipped to the customer. "That was supposed to happen in your driveway!"

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### **Scripture for Today: Psalm 65:9-13**

You visit the earth and water it,

you greatly enrich it;

the river of God is full of water;

you provide the people with grain,

for so you have prepared it.

<sup>10</sup> You water its furrows abundantly,

settling its ridges,

softening it with showers,

and blessing its growth.

<sup>11</sup> You crown the year with your bounty;

your wagon tracks overflow with richness.

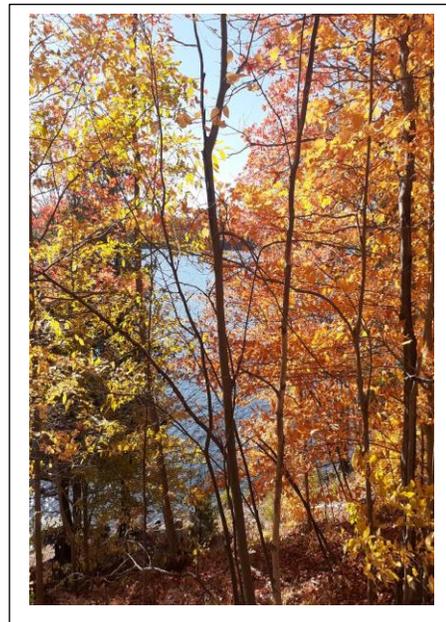
<sup>12</sup> The pastures of the wilderness overflow,

the hills gird themselves with joy,

<sup>13</sup> the meadows clothe themselves with flocks,

the valleys deck themselves with grain,

they shout and sing together for joy.



**Homily:** What a pick me up this Psalm is! Many reasons to have a merry heart and place a smile on our faces. As we see summer now turned to fall, and fall soon turning to winter, we know that spring will in time return and summer breezes fill our sails once more. All of the earth is the making of our Creator...His works are all listed by the psalmist in most poetic ways. Which verse speaks to you most beautifully? Why is that? For me, it's verse 11 "You crown the year with your bounty: your wagon tracks overflow with richness". We have all seen the "crowning" of the year this fall in what I believe is the most radiantly beautiful colours I have seen on the trees. Not just lovely, but jaw-dropping, wow-producing, say hallelujah beauty. God's wagon tracks overflow with richness indeed. What are God's wagon tracks? The Psalmist means something more

than God's footprints in this expression....the wagon tracks are evidence that God has been here, and has left rich blessings where He has gone, whatever He has done. Perhaps the Psalmist felt that God, being Almighty and Holy and all, should not be merely walking....should have a wagon to transport Him as He spreads His bounty. I love that the Psalmist did not say his chariot tracks.... That image would speak of imperial power....like that of Egypt, or Babylon, or Rome.... whereas wagon tracks bespeak a commonality between God and mankind; a working with the basic common "stuff" of human life in and through very human beings. Like farmers, like a parent taking a child to school, like a reaper's leavings after the harvest. This entire psalm promotes human joy in the coming and going of God, the beauty He creates wherever He goes, and the tracks He leaves so we have no doubt about His Presence. Thanks be to God for His handiwork upon our earth. May we, like Him, act in ways that bless creation, and leave tracks to encourage future generations to follow suit. Amen.

**Prayer:**

O God, creator and Sustainer of all things, we thank You for the world in which we live.

For night and day, for dark and light, for summer and winter: we thank You.

For the sun and the rain and the wind, For earth and sea and sky. For all the changing seasons of the year: We thank You.

For all the flowers and fruits and crops of earth, for all the wealth which nature offers to mankind; for the beauty and the bounty of this world: we thank You.

Grant that everything we see in this world may turn our thoughts to You, the Maker, and Creator and Sustainer of it all. Amen.

(William Barclay; A Barclay Prayer Book)

**Blessing:**

May grace, mercy and peace, from Father, Son, and Holy Spirit, one God, rest upon us all now and abide with each one of us henceforth and for evermore. Amen.