

## Coop's Scoops # 62, Friday June 26, 2020



How are you feeling about the way “re-opening” is going? It seems very fragile. The streets in town are busy again, and stores have varied policies about re-opening: some have decided to stick with curbside pickup and on-line service, some allow just 2 to 3 people in the store at one time, some have reduced hours, and some – like restaurants – are doing patio

service. Some people seem to be totally comfortable with everything, and others are wearing masks and limiting their outside excursions to just essential items. And the question of the Churches re-opening is quite a topic of conversation. Our Archbishop +Anne, along with Archdeacons Kelly Baetz and Jay Koyle and Diocesan Treasurer Jane Mesich led a two hour zoom meeting for Wardens, Treasurers and Clergy this past week. Several important items were announced: a recommendation that we do not hold out-door services during the summer, the possibility of just one outdoor service for seasonal parishes with strict approved protocols and clergy consent, and the reminder that when September does come, and church may re-open, it will not be church “as it has been”, but church re-imagined for COVID. A document is being prepared in consultation with epidemiologists, provincial and diocesan Bishops and officials which will contain the “do’s and don’t’s” we may be wondering about now. Archdeacons Kelly and Jay are in the process of writing it, and really need the prayerful support of everyone. It should be out by the end of July. Meanwhile, we can attend live-stream worship services in a variety of churches, and the Scoops will continue as well. Patience, optimism, trust and good “self, family, and neighbour” care are key to moving forward.

The Messy Church Team videotaped it’s monthly outreach program for all our Messy Church kids this morning. A decision has been made to NOT close down for the summer, but to also offer video’s in July and August. The puppet shows

and music and small teaching are really quite awesome...Check it out on our Facebook page. "Alex" won the prize for his drawing of what he does to help the earth during Covid....watering a very, very droopy plant to keep it strong. Thanks to Peter, Connie, Rob, Alva, and Jess for all their work, and for giving me a spot to share as well.

Please remember to pray for our Concurrence Committee. These are the folks who are participating in the preparatory work of making a new Parish Profile, and who will ultimately be making determinations as to the new Priest for Lake of Bays and St. Thomas, Bracebridge.

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### **Some fun!**

#### **Advance Notice**

A bishop visited a church in his diocese. Only three people turned up to hear him preach.

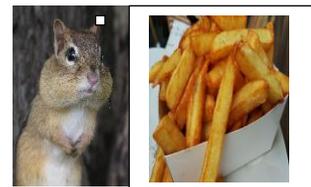
He asked the Vicar "Did you give notice of my visit?".

"No" replied the vicar, "but word seems to have got round anyway".

A monastery in the English countryside had fallen on hard times, and decided to establish a business to defray their expenses, such as a bakery or winery. Being English, however, they decided to open a fish-and-chips restaurant. The establishment soon became very popular, attracting people from all over.

One city fellow, thinking himself clever, asked one of the brothers standing nearby, "I suppose you're the 'fish friar'?"

"No," answered the brother levelly, "I'm the 'chip monk'."



**Some Coping Skills during Covid 19 – written by Bro Nicholas Bartoli and sent in to me by Phil Gunyon. Hope they will be of some help!**



These are momentous, stressful times we live in. It may seem that around every corner there's something to be fearful, angry, or distraught over. Our minds may habitually return to the last article we read, or video we watched, or podcast we listened to. We may feel compelled to stay up-to-date on the latest news, out of a sense of duty, from a powerful curiosity, or a need to be on top of what's going on so as to feel safe and prepared. And all of this takes a toll on us.

Psychologists have long studied what is called vicarious trauma or vicarious traumatization. This kind of trauma arises not from a first-hand experience of a traumatic event, but from witnessing such an event. Such vicarious trauma has often been seen in professionals who work in fields where witnessing traumatic events or interacting with trauma survivors is common. However, it's now known that vicarious trauma can also affect those who are regularly exposed to traumatic events in the media. Constant exposure to traumatic events in media has been shown to cause anxiety, difficulties in coping, immense fear, and feelings of hopelessness. This is especially true for those of us who have a history of trauma ourselves or just happen to be particularly sensitive.

Jesus said "blessed are the peacemakers," and as children of God that is our calling. Being a peacemaker, which is so needed in these tumultuous times, begins with being at peace ourselves. A big fan of the beatitudes himself, Gandhi once said that "there is no way to peace, peace is the way." And Martin Luther King Jr. told us to "be the peace you wish to see in the world." In other words, one of the very best gifts we can offer a troubled world is letting ourselves rest in God's presence, resting in the Peace and Joy of Christ.

If you feel yourself caught up in a cycle of fear, anger, and despair, as you digest all the latest news of a world and people in crisis, you owe it to yourself and the

world to be kind to yourself, and take a break. And even Jesus needed to be alone every now and then, so you know you're in good company. In a world inundated with news 24-hours a day, here are some helpful tips on being a peacemaker, beginning with making inner peace:

- Set limits on the consumption of news media, videos, etc. Consider taking a Sabbath from all kinds of media, for a day or even longer.
- If you have trouble setting limits, put notes on the devices you use reminding yourself to ask "Is what I'm doing now nourishing for my soul?"
- Practice noticing patterns in your thoughts and feelings around consuming traumatic news, and take a break when needed.
- Make a list of things that bring you hope, peace, and joy, and practice them.
- If you feel called to do something, then do something! Consider even the smallest gestures that could turn hopelessness and anxiety into action.
- Make time for silent prayer, and practice letting God take on the cares of the world while you rest in God's presence.

Remember, your greatest contribution to God's Kingdom is to cultivate the Kingdom within. Stay informed in moderation, be kind to yourself, and be the Peace and Joy of Christ the world so needs.

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Found this cartoon today....goes well with Annette's sermon from Wednesday's Scoops!



**Scripture for the Day: Romans 8 28, 35-39**

**28 We know that in everything God works for good with those who love Him, who are called according to His purpose.**

**<sup>35</sup> Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? <sup>36</sup> As it is written,**

**“For your sake we are being killed all day long;  
we are accounted as sheep to be slaughtered.”**

**<sup>37</sup> No, in all these things we are more than conquerors through him who loved us. <sup>38</sup> For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, <sup>39</sup> nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.**

**Homily:** As Timothy said ( ch 3: 16-17) “ all Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, <sup>17</sup> so that the servant of God may be thoroughly Complete and ready for every good work.” Those words apply so directly to the words of Paul in todays Scripture from Romans, I kind of think they had coffee together and discussed it! When we understand that God works for good WITH those who love Him, then we can look at difficult things that happen to us, as opportunities for good things to happen through us....empowered and led and held close by the Holy Spirit. When I first came across Romans 8:28 as a young woman, I was taught that it meant that no matter what happened in my life God would make good out of it. Sort of like lemons to lemonade philosophy. Much later, I learned that that translation was in fact quite inadequate and not in line with original manuscripts. The better translation is that God works for good (always) and with (always) those who love Him and have responded to His call to serve Him. We aren't about trying to work for good all by ourselves....and neither is God. It is “together” work. He begins and ends in His love.

This is great, wonderful, encouraging news for all who find themselves in difficult places. NOTHING can separate us from the love of God in Christ Jesus our Lord. When He works for good with us, nothing whatsoever can separate us from His yoke, from His power, from His love. Nothing **HUGE**, like famine, or persecution, tribulation, distress, nakedness, peril or sword. Nothing **COMMON**

to human existence like hardships in life, or our own death, events from the past or in the future, no evil brought by Satan, no distress caused by Powers. Nothing **BIGGER** like height or **INTERIOR** like depth, not anything in all of creation can separate us from the love of Jesus. Covid is awful, but it cannot separate us from God's love. Isolation is lonely and can be terrifying, but God still wants to work with us to make good happen for others and for ourselves. Loss of income and employment is devastating but is no sign that God loves us one iota less than His very own Son. In all things, there is one constant FACT to sustain us. We, you, I...are loved by almighty God who will work in all things with us to bring goodness into life and into relationships.

Take heart, be strong in the knowledge and love of God. Keep your eyes on the Word of God, keep your heart open to the love of God, and you will be blessed. You will become more and more a partner in what makes life in this world truly good. A partner of God. A light bearer of Jesus. A friend of Holy Spirit, the Counsellor, the Comforter. Good news indeed. Amen. —Judie+

**Prayers:** Overwhelm us with your love this day, O God. Pour your Spirit right through us, head to toe, warmth and glow, tingling our hearts and our minds. Thus filled, thus loved, we have all we need to bring good to others and honour to You. Help us to be still, and know that you are God, and You will accomplish your purposes in us and through us by the power of Love. In the name of Jesus, we pray. Amen.

**For the Concurrence Committee:** Almighty God, giver of all good gifts, look on your servants with grace, and guide the minds of those who shall choose a new Priest for our parishes that we may receive a faithful servant who will care for your people and support us in our ministries; through Jesus Christ our Lord. Amen.

**Blessing:** The blessing of the Lord rest and remain upon all his people in every land, of every tongue; the Lord meet in mercy all who seek Him; the Lord comfort all who suffer and mourn; the Lord hasten his coming, and give us, His people, The blessing of peace. Amen. ( Bishop Handley Moule, 1841-1920)