



# The Mustard Seed

April 2020

*The Monthly Newsletter*  
*of*  
*St. John's Evangelical*  
*Lutheran Church*

47 McLachlin St. S., Arnprior  
Ontario K7S 2Z1

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**Church Council**

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Enid Blackwell 623-7017

## Pastor's Message

*Dear Faith family,*

During this Lenten season we have slowed down quite a bit and rested in God's loving care. We began Lent with thoughts of "giving up things" or "doing things for others". Little did we realize how many things we would have to give up due to the Covid-19 virus. It certainly has been a time to deepen our faith, our spirituality, and our personal prayer life. We have been given the time and the motivation to reach out to others who need to hear from us.

As Public Health and our Government have issued directives to prevent the virus from being transmitted or spreading, we have been encouraged to do the right things – to err on the side of precaution. Even our grandchildren are singing the hymn "Jesus loves me" or "Happy Birthday" for the appointed length of time while washing their hands.

I am reminded of a favorite scripture: Isaiah 30:15 *"In returning and rest you shall be saved; in quietness and in trust shall be your strength."*

I quote a parishioner who emailed this sentiment: *"It's times like this that I am so happy that I have faith. I find it very comforting and I wonder what people without faith do at times like these."*

We have heard that call to love and serve others as best as we can. It is loving others that builds a little kingdom here as we wait for God's great kingdom to come. It is love that changes hearts and minds and deeds. It changes schools, communities, families and congregations. Love changes lives.

*Continued over . . .*

*"The Kingdom of Heaven is like a grain of mustard seed, which a man took, and sowed in his field; which indeed is smaller than all seeds. But when it is grown, it is greater than the herbs, and becomes a tree, so that the birds of the air come and lodge in its branches."*

Matthew 13:31-32

*Pastor's Message continued,*

God loved us enough to change our lives through the saving grace of Jesus Christ. Christ died, once and for all. We celebrate that Christ is risen! During the Easter season, we are invited to experience the promise of new life in His name. This is the heart of the gospel. We are called to be an Easter people so may we embrace that calling! **As soon as physical distancing restrictions are lifted**, then we will plan to celebrate the love of our risen Lord and the hope and peace He bestows on the world.

For now – Today is the day that the Lord has made, let us rejoice and be glad in it. Alleluia!

I continue to pray for all of you every day.

May you have a blessed Easter Season.      Sincerely Pastor Norine

A young mom asked her 6 year old if he knew why he wasn't allowed to be in school?

his reply: “Yup! The school ran out of toilet paper”.

Courtesy of Floss Obst

## Cor·on·u·sion·al

/cor-on-ə'1ōōZH(ə)nəl/

*adjective*

1. holding beliefs that you will actually accomplish in quarantine all the tasks that you have put off for your entire adult life.

“Benji was coronusional for thinking he would spend two weeks baking, exercising, and writing a memoir.”



# Council Meeting Minutes

March 23, 2020

Attendance (via phone Conference)

Ryan Zimmerling	Pr. Norine	Enid Blackwell
Randy Zimmerling	Jeff Kargus	Dave Burkett

1. Meeting was called to order at 7:30 and Pastor opened with devotions and a prayer.
2. **Previous Minutes:** Newsletter version had a small error, which will be corrected. Ryan moved the minutes be approved as published, Randy seconded. **CARRIED**
3. **Pastor's report:**
  - a. Zoom meeting today with Bishop – checking in with the Pastors.
  - b. Pastor presented her activity report for the month.
  - c. Good St. John's attendance at Anglican Pancake event.
  - d. Beryl and Pastor attended Men's Shed event.
  - e. Synod website has links to all worship broadcasts.
  - f. Pastor thanked those who made check-in calls to members.
  - g. Pastor not going to be in the office for the time being.
  - h. Randy commented that, as needs are identified, he is available for errands etc.
  - i. Dave & Pastor to work on creating a video message from Pastor to be distributed via web, and DVD. Dave will prepare a hard copy of the message as well.
4. **Finance:**
  1. Givings are up at this point, PAR is helping.
  2. Randy has crafted message which Dave will send out soon to suggest ways to donate should members wish to do so.
5. **Outreach:**

Jeff thanked Pastor, Maureen, Randy and Cathy for their volunteering for deliveries. The Food Bank is hoping to stay open as long as possible – the delivery option has not been used yet but may be used in weeks to come.
6. **Property:**

Decision was made to cancel the Council retreat on the 3-4 of April. It was agreed that we'd wait for a while and then discuss trying to convene virtually.
7. **Marketing:**
  - a. Enid reported: Easter Breakfast is not likely to take place. Yard Sale Sat, May 23<sup>rd</sup> still tentative. Looking for coordinator assistance for Pastor for the Yard Sale. No broader community advertising, but will send out to email list and newsletter, giving message of hope.
  - b. We won't advertise Easter Breakfast – Enid will remove advertising. Enid talked about what we could do instead of worship. Instead of Breakfast, could we deliver an Easter Basket? Enid will forward thoughts on this to council.
8. **Other Business:**
  - a. Ryan received the VBS package. Decision to made in a month or so regarding VBS.
  - b. Pastor gave head's-up regarding a retreat in Orillia June 22-24<sup>th</sup>. It has not yet been cancelled.
  - c. Pastor to taking June 4-11 as vacation for private wedding.
  - d. Pastor has reached out to another pastor to fill in on the June 7<sup>th</sup>.
  - e. June 6<sup>th</sup> is the Big Give BBQ jointly with the Anglican parish.
  - f. Next meeting Monday April 20<sup>th</sup>

Adjournment: 8:45.

As churches across the country are adhering to Government and Public Health Directives, both St. James & St. John's Lutheran Churches will remain closed until further notice. We will let you know when it is possible to gather again to worship and to celebrate!

Respectfully submitted on behalf of Church Council, and Pastor Norine

Ryan Zimmerling

**April 2020**




**Birthdays**

April 9th—Chloe Zimmerling  
 April 22nd—Rory Brohart  
 April 28th—Lois Rosien

**Anniversaries**

April 15th—Paul & Paula Mainprize  
 April 22nd—Mark & Diane Boese



Dave & Alison's cats: Cracker and Jack getting ready for a nap.



OTTAWA -- When Darrel O'Shaughnessy got a call from the Arnprior Health and Family Unit asking for help gearing up to fight COVID-19, he sprang into action. He got fellow members of the Arnprior—McNab-Braeside Men's Shed on the phone and asked if they were up for a project.

"I reached out to our guys, and right away if they said: 'If it will help keep our health care workers safe, consider it done,'" said O'Shaughnessy, 74, a founding member of the Men's Shed and chair of the Arnprior Seniors Council.

O'Shaughnessy and four other volunteers got to work. Within less than a week, they had built nine new protective screens for Arnprior Regional Health, the Arnprior Health and Family Unit and the Petawawa family health teams. The plexiglass equipment provides protection for health care workers in screening areas as the novel coronavirus pandemic continues to spread.

The team completed the project while observing social distancing rules, with five workstations spread out around the large workshop. Arnprior Glass cut and donated the plexiglass for the structures.

"It was a real team effort," O'Shaughnessy said.

Karen Simpson, executive director of the Arnprior Health and Family Unit, said she was not surprised at the fast pace. "I have a lot of faith in these guys. They're pretty amazing," she said. The new personal protective equipment means other protective gear is freed up for use elsewhere, she said. "Sometimes it takes a village, and in this case it was a community," she added. "Without that support we would have been stuck as to where we go next."

The Men's Shed, affiliated with Arnprior Regional Health, is a place where senior men meet up to socialize, help each other and also complete community projects. Its members have built countless items for the community including picnic tables, planter boxes, lending libraries, and bird feeders. "The whole idea is to make sure that our senior men in particular remain productive, healthy, active and engaged," O'Shaughnessy said. "We just want them to maintain an active body and mind."

O'Shaughnessy said the guys at the shop are ready to step up again if more protective equipment is needed. "I know that we're going to get another call, and we will go back in again to get the job done. Whatever we can do to help. "The whole idea is to give back to the community."

*Reprinted from CTV News,  
Ottawa website.*



File Photo: taken before the virus outbreak (note the two guys on the left)

## Poetry Corner

Stock up on poetry not toilet paper,  
 Grace rather than guns.  
 Gorge on love,  
 Which multiplies like loaves and fishes.  
 Call people and talk for hours,  
 Fill their hearts with hope.  
 Hoard every sweet moment of your life  
 And then release each one into the world  
 To seed more joy.  
 Be stingy with nothing,  
 Least of all yourself.  
 Ensure the shelves of your heart never fall bare,  
 That your soul seeds new sprouts  
 And the wings of your imagination  
 Refuse containment.

May you realize what matters, who matters,  
 The rock that you can be,  
 When the world is shaking.  
 Stockpile only what is limitless,  
 And can be shared by all.

~ Mary Reynolds Thompson

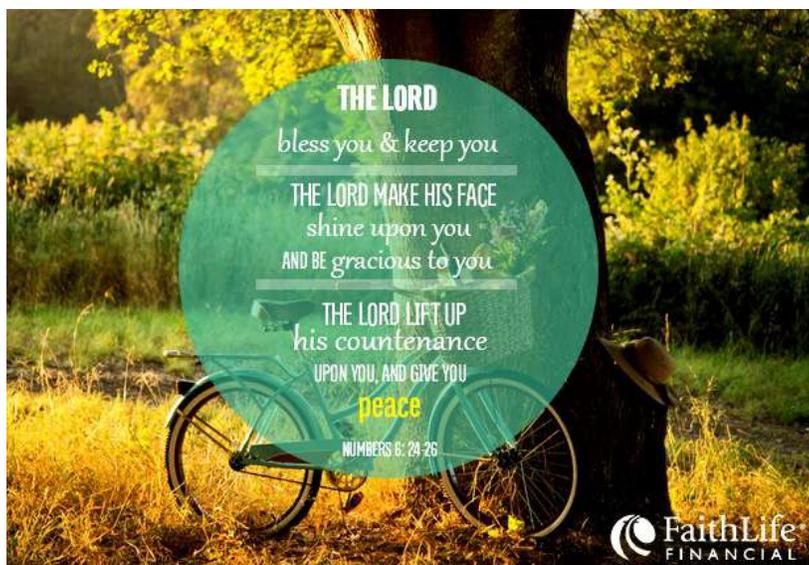
## Joke of the Month:

There's a plane with 5 passengers on board: Donald Trump, Boris Johnson, Pope Francis, Angela Merkel, and a 10-year-old schoolboy. The plane is about to crash and there are only 4 parachutes. Trump says: "I need one. I'm the smartest man in the world and am needed to make America great again." He takes one and jumps. Johnson says, "I'm needed to sort out Britain." He takes one and jumps. The Pope says, "I need one as the world needs the Catholic Church." He takes one and jumps. Merkel says to the 10-year old boy: "You can have the last parachute. I've lived my life, yours is only just starting." The 10-year-old replies: "Don't worry, there are 2 parachutes left. The smartest man in the world took my school bag."

Where are  
 we going Pooh?



Home Piglet. We're  
 going home, because that's  
 the best thing to do right now.



**LOCKDOWN** ... author unknown.

Yes there is fear.  
 Yes there is isolation.  
 Yes there is panic buying.  
 Yes there is sickness.  
 Yes there is even death.

But,  
 They say that in Wuhan after so many years of noise You can hear the birds again.  
 They say that after just a few weeks of quiet the sky is no longer thick with fumes but blue and grey and clear.

They say that in the streets of Assisi people are singing to each other across the empty squares, Keeping their windows open so that those who are alone may hear the sounds of family around them.

They say that a hotel in the West of Ireland is offering free meals and delivery to the household.

They say a young woman is busy spreading fliers with her number through the neighbourhood so that the elders may have someone to call on.

They say that Churches, Synagogues, Mosques and Temples are preparing to welcome and shelter the homeless, the sick, the weary.

All over the world people are slowing down and reflecting.

All over the world people are looking at their neighbours in a new way.

All over the world people are waking up to a new reality

To how big we really are.

To how little control we really have.

To what really matters.

To love.

So we pray and we remember that

Yes there is fear.

But there does not have to be hate.

Yes there is isolation.

But there does not have to be loneliness.

Yes there is panic buying.

But there does not have to be meanness.

Yes there is sickness.

But there does not have to be disease of the soul

Yes there is even death.

But there can always be a rebirth of love.

Wake to the choices you make as to how to live now.

Today, breathe and listen, push away the noises of your own panic

The birds are singing again, the sky is clearing, Spring is coming,

And we are always encompassed by love.

Throw open the windows of your soul

And though you may not be able to touch across the empty square

Sing.

**Make Your Own Hand Sanitizer**—courtesy of Barb Formuziewich

- 2/3 Isopropyl alcohol USP, 70%
- 1/3 Aloe Vera

Put in a bowl and whisk it till dissolved, put into small bottles with a funnel (if watery add more Aloe Vera)

Stay safe and protect yourself. I have a few extra bottles if needed at home. 613 622-1157 Free

## Sister-to-Sister Mentorship Program Nominations Open!

**Deadline April 17, 2020.**

***This may be of interest to someone you know. Nominations need to be in by April 17th and placement starts in the fall.***

- *Sister to Sister Mentorship Program for young women under 30 years of age with a passion for peacebuilding*
- *Nobel Women's Initiative, in partnership with the Coady International Institute*

Do you work with an incredible young woman activist who could benefit from intensive communications and advocacy training? If so, we want to hear from you!

We are excited to announce that the

**Nobel Women's Initiative** : <https://nobelwomensinitiative.org/about/>

in partnership with **Coady International Institute** : <https://coady.stfx.ca>

is now **accepting nominations for the 2020 Sister-to-Sister Mentorship Program.** :

<https://airtable.com/shr7EjInvmqOHB96N>

For more information about the Coady Institute, please visit [www.coady.stfx.ca](http://www.coady.stfx.ca).

Questions? contact Fernanda de Castro at [fcastroboria@nobelwomensinitiative.org](mailto:fcastroboria@nobelwomensinitiative.org)

**New Life!** On Tuesday, March 17, in the midst of these unusual times, Enid Blackwell and Bob Hinchley welcomed their first grandchild - remotely! Emma, daughter to Catherine Fleury-Amireault and Gavin Hinchley arrived in Gatineau Hospital. All are doing well. Enid and Bob hope to meet Emma in person before many more weeks go by!





*Videos of residents in Italy and Spain stepping out on their doorsteps to applaud their healthcare workers during the COVID-19 pandemic went viral on March 15. People in self-isolation all over the world are adopting the new tradition to show their gratitude to those working hard to end the pandemic. - Twitter video*

On March 19, the Registered Nurses Association of Ontario (RNAO) made an announcement asking all Ontarians to help thank and support our nurses, doctors and other health care workers for their ongoing efforts during the COVID-19 pandemic.

"RNAO is asking everyone – from the doorsteps of their homes or keeping a safe distance – to cheer on the millions of health providers, social service and other essential front-line workers in Ontario, Canada and around the world who are tackling #COVID19," the organization stated on their website.



*This message is being sent out by healthcare workers across the globe as governments urge residents to stay home and self-isolate to reduce the risk of infection of the COVID-19 virus. - Facebook photo*

*And finally, some Wonderfully Wise T-Shirts . . .*

