



The Mustard Seed

March 2022

Newsletter

of

*St. John's Evangelical
Lutheran Church*

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

Pastor:

Rev Norine Gullons: 613 282-5032

Church Office: 613 623-4562

Church Council

Enid Blackwell (Chair)	623-7017
Debbie Witt	622-1500
Dave Burkett (Sec'y)	618-5729
Andy Kalnins (Vice)	863-0202
Alison Burkett (Treasurer)	618-5716
Rachel Roesner	804-3392

See us on facebook:

St. John's Lutheran Church Arnprior

On the web: stjohnsarnprior.com

"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."

Pastor's Message

Lent takes over the whole month of March this year. It is a church season in which we are reminded of our mortality, beginning with Ash Wednesday, as we are marked by dust and ashes. **(Ash Wednesday services are listed in our respective newsletters, website, and facebook pages)**

Every year is different. Some people feel the Covid-19 pandemic and the ensuing protocols, the related social distancing, and the inability of faith communities to gather together was in keeping with Lenten traditions. I agree. It has been a time of simplified living; fasting from a number of activities, focusing on what we felt was important and offering help to others to assist them get through this time. These activities or lack of them continues even as we take baby steps into a new existence within our churches, and in our lives.

Beginning on Ash Wednesday, Lent is a season of reflection and preparation before the celebrations of Easter. By observing the 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days. Some of us take up an added activity or drop or fast from an activity. Some of us may add a spiritual discipline into our daily lives such as prayer or meditation or reading scriptures.

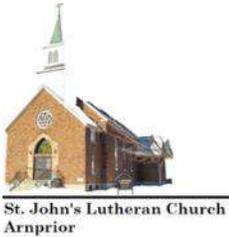
Bishop Susan encourages us to be **"Praying the Catechism"** through her **2022 Lenten Bible Study**, found on the ELCIC website. If you are interested in purchasing the booklet, please let Pastor Norine know.

Whatever Lenten practice you decide to observe, or whatever you drop from doing, may your Lenten days be blessed with God's presence.

Sincerely P+Norine

March 2022 Event Schedule

DATE	EVENT
Wednesday Mar 2nd	4:00pm—Ash Wednesday service with Holy Communion
Thursday Mar 3 rd	1:30pm—Caregivers Support Group meets at Grace St. Andrews United Church
Saturday Mar 5 th	1:00-2:30pm—UNPLUG youth event – snowshoeing at Blackwell-Hinchley homestead
Sunday Mar 6th	10:30am—Worship service with Holy Communion
Thursday Mar 10 th	10:00am—Pastors Cluster meets in Pembroke
Saturday Mar 12 th	8:30am—Men’s Breakfast at Jim’s Restaurant
Sunday March 13th	10:30am— Worship service of Word and Prayer St. John’s Annual General Meeting after worship. (<i>remember Day-light savings time!</i>)
Thursday Mar 17 th	7:00pm— Book group discussion by zoom on Chapter 3 “Sky” from the book <u>Grounded</u> by Diana Butler Bass — <i>see ad in newsletter St. Patrick’s Day</i>
Sunday March 20th	10:30am—Worship service of Word and Prayer 1:00pm—UNPLUG youth event—“ Fortune Farms Sugar Bush ” (in Almonte) See ad for more details
Monday Mar 21 st	Church Council Meets
Sunday Mar 27th	10:30am—Worship service of Word and Prayer 1:00pm—“Wilderness Survival - Winter” . This will be a second offering of this popular event at the Zimmerling Farm.



Council Meeting

Minutes of the February 22nd, 2022

Attendance (ZOOM)

Enid Blackwell
Alison Burkett

David Burkett
Andy Kalnins

Pr. Norine
Debbie Witt

Meeting was called to order at 1:00 pm.

Pastor opened with a devotion.

1. **Previous Minutes:** Dave moved that the Jan 16th, 2022 minutes be approved as corrected (Ulla is reviewing not auditing). Debbie seconded, **CARRIED**. Budget meeting minutes Moved by Dave and seconded by Andy, **CARRIED**.
2. **Finance:**
 - The deficit to end of January is -\$3,025. Last year we had a \$187 surplus; the difference is in donations. Hopefully, this pattern doesn't continue.
 - Cathy and Alison reconciled tax-receipted donations with the accounting software. Other year-end reconciliations were finalized. The 2021 financials have been submitted for the Annual Report and are distributed to Council. They are being reviewed Feb 22nd morning by Ulla Schilling – with thanks.
 - The 2021 Charity Report will be submitted by the end of May.
 - Alison outlined the controls. Alison moved and Andy seconded that the reports as submitted be accepted, **CARRIED**.
3. **AGM:** Reviewed Enid's planning outline. Delay decision on Coffee / Tea pending Government announcement. Dave to update Agenda of the Annual Report and distribute to council.
4. **Children and Youth.** Planning meeting held for Unplug – Events schedule for March and onward. Lenten Calendar is being in proposed March 6th onward. 5 weeks of activities being proposed Jeff, Alison, Enid Pastor and Ryan. Coordination ongoing – aiming for March 6th (newsletter Sunday).
5. **Pastor's report:** Increase in Pastoral visits. Pastor touching base with inactive members. Week long Confirmation Camp being held at Camp Lutherlyn where all pastors bring their youth. Pastor in discussion with parents. July 3 – 8th/ Ash Wed – St. James at 1:00. Palm Sunday. No Maundy Thursday service being held. Consideration for booking organist for Palm Sunday and Easter.
6. **COVID Protocols:** We are in a “wait and see” mode.
7. **Outreach:** Andy and Jeff met and will report next month.
8. **Communications:** Message out to former members. Discussion on counts. March Newsletter will be available Sunday Mar 6th.
9. **Operations matters:** Debbie reported work on Job descriptions, organizing files and archiving is ongoing.
10. **Tech and Property:** Dave outlined the On-line Viewership stats. We 2021 saw our total reach (in-person + On-line) increase by 40% over 2019. A working group is being formed to consider the basement floor project. Furnaces were inspected—no issues found.
11. **Other Business:** • Candidates for council – suggestions welcomed. • NEXT MEETING: Mon Mar 21st.
Adjournment: 3:00p.m.

The PRETTY / UGLY POEM, Abdullah Shoaib

*I'm very ugly
 So don't try to convince me that
 I am a very beautiful person
 Because at the end of the day
 I hate myself in every single way
 And I'm not going to lie to myself by saying
 There is beauty inside of me
 So rest assured I will remind myself
 That I am a worthless, terrible person
 And nothing you say will make me believe
 I still deserve love
 Because no matter what
 I am not good enough to be loved
 And I am in no position to believe that
 Beauty does exist within me
 Because whenever I look in the mirror I always think
 Am I as ugly as people say?*

**Now read the same words, but bottom-up
 (we've already rewritten it for you):**

*Am I as ugly as people say?
 Because whenever I look in the mirror I always think
 Beauty does exist within me
 And I am in no position to believe that
 I am not good enough to be loved
 Because no matter what
 I still deserve love
 And nothing you say will make me believe
 That I am a worthless, terrible person
 So rest assured I will remind myself
 There is beauty inside of me that matters
 And I'm not going to lie to myself by saying
 I hate myself in every single way
 Because at the end of the day
 I am a very beautiful person
 So don't try to convince me that
 I'm very ugly*

We Pray for Peace

(Carolyn Winfrey Gillette)

We pray for peace, O God of love and justice,
 as once again, we face a time of war.
 The meek and humble try— amid the crisis—
 to love and build, to nurture and restore.
 May leaders hear the truth the prophets teach us—
 that gifts of peace are well worth struggling for

We pray for peace, O Christ who calmed the wa-
 ters—
 who stilled the storm, who stilled disciples' fear.
 You spoke with love and with amazing power;
 be with us now when trouble is so near.
 May leaders see the miracle you offer—
 that words and deeds can calm the nations here.

We pray for peace, O Spirit here among us;
 your love emboldens, judges and restrains.
 Take any hate and acts of impulse from us;
 make leaders wise, amid competing claims.
 May we seek peace, O God of love and justice;
 may love and mercy be our highest aims.



PRAYER LIST



We normally have this list on our Sunday bulletin.
Please pray for these people in your daily prayers:



From our congregation: Ed & Rosemary, Linda & family, Diane B., Vicki, Jacqueline B., Briar.

Friends of the Parish: Mary K. (Jeff Kargus's mother); Leslie, Tere, Lorraine & Iona B. (Rhonda McTeer's sister and mother); Alivia, Lucille, Kathleen, Kye, Ed (Bob Witt's cousin), Roy (Mel, Lorne & Joyce's brother)

Please pray for PEACE in the Ukraine and an end to the conflict there. Bless you for believing in the power of prayers. If you wish to add a name to this list, please contact Pastor Norine.



Annual Meeting Information

Reminder: Come to the Annual Meeting!

Please 'spring ahead!' and join us for **St. John's Annual Meeting after worship on Sunday, March 13.** We expect the meeting to begin downstairs at approximately 11:30 a.m. If you are unable to come to in-person service at 10:30, but can make the meeting, you are welcome.

Prior to our meeting, there will be a short time when refreshments will be provided. We ask people to sit in their households/bubbles, and to be masked except for eating and drinking.

Copies of our 2021 Annual Report are available on or before Sunday, March 6, by email and in print. We have somewhat limited copies of the printed report; if you have a copy, kindly bring it with you on March 13.

Thank you for your interest and involvement in this meeting. And thank you for the care for one another, our local and broader church, and all of creation near and far that you express through participating and sharing in St. John's community.



ART COMPETITION

Tell us what God’s Creation means to you! Get messy...have fun! Take a picture of your creation or send us a video!

Theme: “For the Love of Creation”

Categories: 12 and Under **or** 13+

Submission Examples: Paintings, Drawings, Sculpture, Poetry, Song, Dance, Story-Telling/Writing

Deadline: March 31, 2022

Winning entries will be featured on the Eastern Synod and Youth and Young Adult website for the month of April. All submissions will be available for congregational use in worship and/or for the celebration of Earth Day. Art Consent form required. [CLICK HERE to learn more!](#)



White Upholstered Chairs FREE for the taking!

We are replacing the upholstered chairs in the meeting room. The old chairs pictured left are free for the taking. Please notify Dave that you’ve taken some.





Camp Lutherlyn is offering

**Blended Standard First Aid & CPR-C & AED Course
for \$100.00**

- 1. Register by emailing info@lutherlyncamp.ca by February 25th**
- 2. Complete the on line component of the course-about 7 hours**
- 3. Attend the in person component of the course at
Camp Lutherlyn-Four Seasons Lodge
on Saturday March 26th (includes lunch)**
- 4. Pass the Course and get your certificate!**

Spaces are limited and proof of COVID-19 Vaccinations is required



Established 1965

CONFIRMATION CAMP

JULY 3-8 2022

JOIN US ON BEAUTIFUL GOLDEN LAKE FOR A WEEK OF
LEARNING, SWIMMING, FUN AND MORE FUN!

FOR MORE INFO TALK TO YOUR PASTOR or CONTACT
REV. SCOTT SCHELLENBERGER AT ZION PEMBROKE
613-732-8792.

THE COST PER PARTICIPANT IS \$200
THANKS TO AN EASTERN SYNOD GRANT

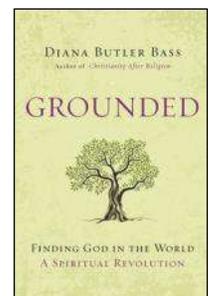
WE ARE ASKING FOR A DEPOSIT BY MARCH 15.

YOU WILL NEED TO REGISTER ON THE LUTHERLYN WEBSITE.

BOOK STUDY

You are invited to join Pastor Norine and the Unplug Team at **7pm on Thurs March 17th** for a discussion about "Sky" - Chapter 2 - from the book **Grounded** by Diana Butler Bass. *There are still free copies of the book available at the church.*

The discussion will be held over zoom so please rsvp to P+Norine before Tues, February 15th and she will email the link to you for the zoom chat.





"Take a Walk on the Wild Side" - Dec 12th UNPLUG

On December 12th, 2021, **UNPLUG** hosted an afternoon walk along the MacNamara Trail in Arnprior looking for birds that stay in the area all year long. Nine young naturalists (ages 5 to 12) participated in the 2.5 km roundtrip trek to the Marsh Lookout. Black-capped Chickadees, White-breasted Nuthatch, Red-breasted Nuthatch, and Common Ravens were some of the birds seen or heard during the event. In several spots, Black-capped Chickadees were fed by hand. In other locations, evidence of Pileated Woodpeckers, Yellow-bellied Sapsuckers and other woodpeckers feeding cavities were found, as were a few nests. The young naturalists learned how to attract birds using a variety of techniques such as pishing, squeaking, and using owl calls. They also learned about some of the adaptations that allow some birds survive the winter cold and why others migrate long distances each year.



Our leader was Ryan Zimmerling, with support from Phoenix Mosiondz-Sagmeister and Andy Kalnins. The comments were positive and a couple of parents asked when we would be doing this type of outdoor activity again. We had 4 new families join us for this event; they found us from social media.

UNPLUG Youth Program—Upcoming Events



Three great UNPLUG events are planned for March. Registration is required to unplug.SJL@gmail.com The fee is \$5/ child/ event.

(Sat) **Mar 5th** from 1:00 to 2:30: Enjoy **"Field & Forest Snowshoe Social"** at the Blackwell-Hinchley Homestead. Snowshoe around a beautiful country property (snowshoes are available; the trail is 1.5 km but you can do less); go sledding; and then gather around the campfire for hot chocolate!

March 20th from 1:00 to 3:00: We're going to **"Fortune Farms Sugar Bush"** (in Almonte) – a rite of spring! We can watch maple syrup being made in 3 sites – modern operation, a wood-fired evaporator, and old-fashioned kettles. (And we'll taste the taffy.) We'll walk along wonderful forest trails and view Wildlife, Mast and Super-Canopy Trees and understand their role in nature, and talk about Shelterwood management. It will be fun, educational and yummy!



March 27th from 1:00 to 3:30: **"Wilderness Survival - Winter"**. This will be a second offering of this popular event at the Zimmerling Farm. It's a hands-on experience for children and youth along with their parent/ grandparent(s) to learn how to survive for 3 days until help arrives should you get lost in the woods.



Open Door - International Women's Day

Martin Luther University College invites you to join the weekly Open Door gathering at 5 p.m. on Wednesday, March 9, with special speaker Dr. Musimbi Kanyoro, board chair of the United World Colleges; past president and CEO of the Global Fund for Women; and former head of the Lutheran World Federation's Women in Church and Society desk. Her talk is titled "Gratitude Beyond Measure: The Power of Privilege!" This year's IWD theme is #BreakTheBias.

Zoom meeting link: <https://us02web.zoom.us/j/82684038312>

Gratitude Beyond Measure: The Power of Privilege!
an International Women's Day event during Luther's weekly Open Door gathering



Speaker: **Dr. Musimbi Kanyoro**, board chair of the United World Colleges; past president and CEO of the Global Fund for Women; and former head of the Lutheran World Federation's Women in Church and Society desk.

5 p.m. (ET) Wednesday, March 9, 2022

Meeting link bit.ly/opendooriwd



2022-2023 SCHOLARSHIPS

Now Available

CLICK HERE TO APPLY

<https://easternsynod.org/scholarships/>

Applications for Eastern Synod scholarship funds are now available. The purpose of these three scholarship funds is to provide financial support to those young Christians wishing to or currently pursuing a post-secondary education. Go to easternsynod.org, search scholarships, or phone: 1 877 373 5242. The three funds are: Synod Scholarship Fund, Spencer-Barche Educational Trust Fund, and Toolsie Fund. Deadline for applications is Tuesday, May 31, 2022.



2022 ELCIC Lenten Study



For the last few years, we have been sharing National Bishop Susan Johnson’s vision for a four-year emphasis on *Living our Faith* – as together we pray, read, worship and love.

During this third year, we are focusing on **worship** with the goal of deepening our experience in worship when the community gathers (either in person or online) and deepening our individual practice of devotion.

You are invited to participate in a weekly Lenten devotional study using the Gospel texts for Ash Wednesday and the Sundays, along with select days from *Praying the Catechism* for your personal or small group study.

Most recently, our National Bishop wrote a revised and expanded version of *Praying the Catechism*, a book originally authored by her father, Rev. Donald W. Johnson. Although the revised version is recommended, either version of this publication can be used for this Lenten study.

READINGS:

Please note page numbers refer to the 2021 edition of *Praying the Catechism*.

WEEK	PRAYING THE CATECHISM	GOSPEL READING
Ash Wednesday	Confession (Day 86, pg. 200)	Matthew 6:1-6, 16-21
Lent 1	Temptation (Day 11, pg. 32)	Luke 4:1-13
Lent 2	Lament (Day 22, pg. 58)	Luke 13:31-35
Lent 3	Hardship (Day 39, pg. 98)	Luke 13: 1-9
Lent 4	Forgiveness (Day 38, pg. 96)	Luke 15: 1-3, 11b-32
Lent 5	Generosity (Day 79, pg. 185)	John 12:1-8
Holy Week	Redemption (Day 23, pg. 62)	Luke 22:14—23:56

1. Read the appointed Gospel lesson and reflect on what you hear God saying. If you are meeting with a group, discuss this.
2. Read the text of *Praying the Catechism* and reflect on what you have read. If you are meeting with a group, discuss this.
3. Pray the suggested petitions alone or together.

Acknowledgements of St. John's Generosity !



P.O. Box 21005
Amprior, Ontario K7S 3X6
Charity BN #819198144RR0001

Dec. 30, 2021

St. John's Lutheran Church
47 McLachlin Street South
Amprior, Ontario
K7S 2Z1

Greetings from The NeighbourLink Fountain.

We take this opportunity to express appreciation for the generous financial donation of \$100.00. This support enables us to help people in our community assisting those in need.

We are aware that, because you are non-profit, a donation receipt is not required by the government. If you have questions, please contact our Treasurer, Susan Fridgen @ 613-623-7098.

We would like to thank you on behalf of those we serve.

Sincerely,

Susan Fridgen,
Treasurer



Arnprior & District Food Bank Inc.
P.O. Box 463
Arnprior, Ontario
K7S 3L9

Dec 30, 2021

Dear Friends from St John's Lutheran Church:

On behalf of the Board of Directors, our many volunteers and above all, those who we serve, a heartfelt **thank you** for supporting the Arnprior & District Food Bank with your generous financial contributions totalling \$2,750.00 for the year 2021.

We at the food bank continue to be inspired by faith groups such as yours, who contribute to our community outreach programs.

We live in uncertain times, but with the help of donors such as you, we were able to support 105 needy families, 158 adults and 88 children on average per month during the past year 2020.

Once again... thank you for caring and sharing... and we wish you a Happy and Healthy New Year.

Sincerely,

Dave Fridgen
Treasurer,
Arnprior & District Food Bank Inc.



Some days
you just
have to create
your own
sunshine.



Sometimes we have a friend
and we sense that our souls are
very closely connected.
We know that the connection
is above time and space.
We know that wherever we are
in our lives we will always
remain friends. Even if we do
not see each other for years we
are able to pick up right where
we left off. This is what people
mean when they say friends
forever.

March 2022

BIRTHDAYS

March 8th—Melissa Watt

March 11th—Randy Zimmerling

March 15th—Jacqueline Bertrand

March 20th—Elmer Leeck

March 25th—Pastor Stan

March 29th—Lorne Bretzlaff

March 30th—Blake Zimmerling

March 30th—Joanne Bretzlaff

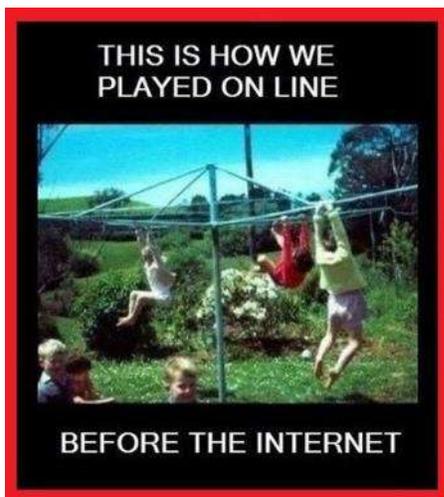


ANDY KALNINS is the McNab/Braeside Volunteer of the Month!

Andy was named the February Volunteer of the month. He was honoured for his volunteer work: running the Snowshoe Races at the White Lake Winter Carnival; planning and guiding tours for the Big Wheel Wednesdays; Paddle Tour Wednesdays; Tour de Poutine; Winter Solstice Hike; Star Gazing nights and Fall Nature Fest.



Congratulations Andy!





Dear Friends,

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.”

Hebrews 12:1-2a, NIV

Perseverance is a good word to describe the year that was 2021. The Covid-19 pandemic is proving to be more of a marathon rather than a sprint. And yet, in so many ways across our Synod, congregations and individuals continue to act with amazing resilience, courage and faithfulness. It seems like the more uncertain things become, the greater the faith that arises out of that uncertainty. Our God is amazing and gracious like this. Your response has also been amazing and gracious.

We have just closed the books on the fiscal year of 2021, and we wanted to write to you to thank you for your continued financial support and amazing generosity. Thank you for your loving and faithful expression of stewardship and generous giving which continues to shine through this ongoing, challenging time. We feel your partnership and we are so very grateful for your financial support, and indeed, for all the ways you support our ministry together.

Thanks to your regular and consistent benevolence contributions over the past year, the Synod is sitting around 2% behind where benevolence offerings were at this time last year. You may be interested to know that there has been a 9% decrease over a two-year period (2019-2021). While this still represents an overall decrease in benevolence givings, given the uncertainty surrounding the ongoing pandemic, it is not nearly as catastrophic as it could have been. For your faithfulness, generosity, and partnership in ministry, we remain so, so grateful.

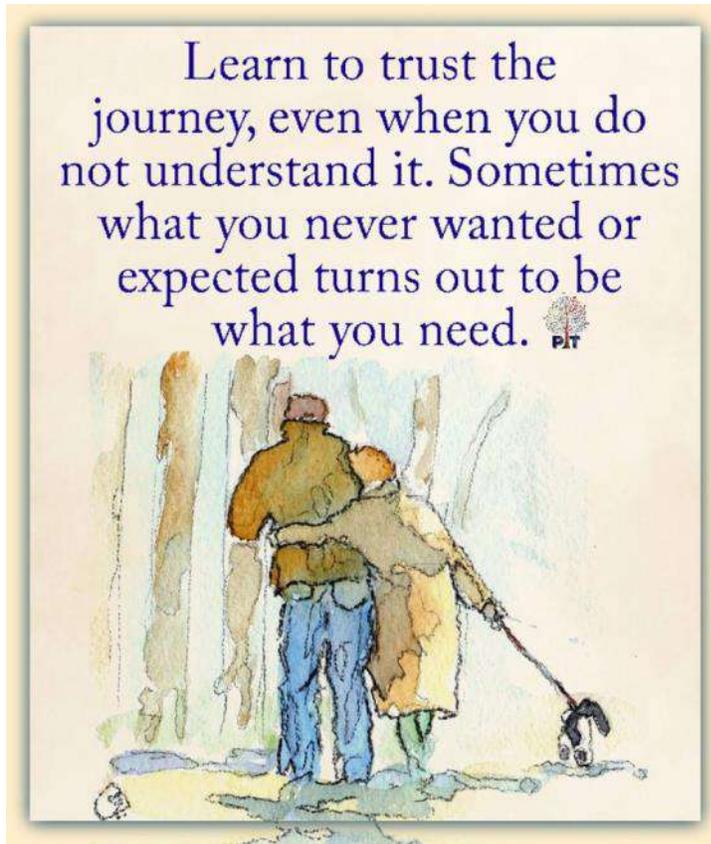
We would also like to remind you that you can revisit the different ministry areas that your benevolence offerings help to support by viewing again ***Our Ministry Together*** – a series of short videos intended to highlight and celebrate areas of our common mission across the Eastern Synod. These highlights can be found [here](#). More video stories exploring ministry and mission from around the Eastern Synod are coming in the year ahead! We are also developing a Stewardship and Generous Giving hub on the Synod website where all these resources will be consolidated and easily accessed. This is coming in the early part of 2022. Stay-tuned!

We would ask that you share this letter with your congregation(s) and supporters, and convey to them our deep gratitude for the ministry and the partnership we share. In a year that continues to require deep perseverance and the fortitude of a marathon runner, we remain thankful for your faithfulness and generosity.

Faithfully yours,

Bishop Michael J. Pryse

Keith Myra, Treasurer



VOLUNTEER SCHEDULE FOR MARCH 2022

DATE	READING	ALTAR	USHERS	COUNTERS	BUILDING & GROUNDS
Mar 2nd	Jeff Kargus	Barbara & Gerald	Greg, Fred & Kevin Steinke	Mel & Marion	Gerald, Lorne and Randy
Mar 6th	Jessica Elliot & Jacob/Sawyer	Barbara & Gerald	Greg, Fred & Kevin Steinke	Mel & Marion	Gerald, Lorne and Randy
Mar 13th	Andy Kalnins	Barbara & Gerald	Greg, Fred & Kevin Steinke	Mel & Marion	Gerald, Lorne and Randy
Mar 20th	Maureen Rueckwald	Barbara & Gerald	Greg, Fred & Kevin Steinke	Mel & Marion	Gerald, Lorne and Randy
Mar 27th	Melissa Watt / Nathan & Kalin	Barbara & Gerald	Greg, Fred & Kevin Steinke	Mel & Marion	Gerald, Lorne and Randy