

## Pastoral Letter for the Weekend of May 17<sup>th</sup>, 2020 Victoria Day Long Weekend Holiday

Greetings CMC Friends:

Opening the Moravian Daily Text for Sunday, May 17<sup>th</sup> lifts my spirits. It reads, “Make a joyful noise to God, all the earth, sing the glory of God’s name; give to God glorious praise.” Psalm 66,1-2

Imagine the praise and adoration given to God by all of the wonderful noises found in all creation. This coming Sunday’s worship service celebrates God’s delicate handiwork in the creation of all of the universe and all life. Wow, let’s take time to listen to the sounds and noises of creation as these quiet weeks of solitude continue.

I trust that everyone receiving this note continues to be well. We do recognize that various life issues of grief, sorrow, struggle, joy, growth, birth, and more are a part of our lives, even in a state of quarantine and pandemic. May God be present with each of you with blessing, support, compassion, and hope.

As this long weekend arrives, some activities, businesses and experiences are beginning to “open up” and reengage. The CMC Executive Board and Fellowship of Elders will heed wise guidance from health authorities and theological wisdom as we pray and discern how this may begin to occur for the congregation. Within the next several weeks more information about this will be forthcoming. In the meantime, the video worship services will continue to be found on the link that Steve Blackwell provides on Saturday, and on the CMC website. We will begin removing previous worship services from the website.

Additionally, the CMC Shepherd’s Ministry will continue to be a valuable link and liaison of information, communication, and fellowship support throughout the congregation. I continue to be so impressed at the network of love, concern, kindness that has developed amidst this time of congregational life suspension. Well done, good and faithful servants of Christ!

I have been engaged in some online educational and information experiences this past week. One of those offered a helpful list of actions and intentions amidst this awkward time. These highlights stood out to me...

- 1) We have been actively “striving” to overcome this event with working harder and more diligently, pushing ourselves further... “striving” is wearing us down, and we are truly invited to begin “**Yielding**” to God’s presence. That experience of “surrendering” to God may assist us in this next stage of this crisis.
- 2) We have had to pause so many plans and normal activities. This type of hiatus invites us to activate some healthy changes in our lives we have long desired to make. Now is a time to begin that process of transformation that faith invites.
- 3) We will remember this event for all of our lives. This is a time in which to intentionally create “Memorable Moments”, times or experiences that will offer some positive reflections of this event long into our future. What will be the “Memorable Moments” to recall in 10 years, 20 years from now?
- 4) We can use some of the energy from plans that have been suspended, to actively name one healthy first step that we will make today. What one action will lead you into the future with a positive, hopeful attitude.

5) We have been given a gift of this crisis in some ways. This experience can invite you to dream, to fulfill one of those “yearnings” which has been dormant in your thoughts. Is there some “pie in the sky” dream which you can attend to or begin to address during these days?

I simply invite you to ponder and consider those five actions and intentions into these next days and weeks.

There has been some busy activity at the church this week, as the construction of the East Entrance Ramp has been occurring. Railings still need to be attached, but the convenience and safety of this addition will be appreciated once we return to church gatherings. We thank the Church Operations Committee of the Executive Board, and especially Don Niefer for assisting in this project.

Thanks to the number of folks who contributed songs and hymns for the “Singing Service” for May 24<sup>th</sup> weekend. We were able to use many of those lovely suggestions, and those not included will go into the queue for future services.

The service for May 31<sup>st</sup> will include May Birthday Highlights...please email me the congregational birthday children born in May so we can share them in the video. We never know who may turn up to share in the birthday cake that day.

As well, we invited the children and young folks to gather coins and donations for the Noisy Offering of that day. When each child has their donations counted, please email us with the amount collected (I can't believe how much Baby Gohdes-Ng has collected, and she isn't even born yet!) Send that figure into the church office or my email.

Included in this email are some children's activities, and a special colouring sheet prepared by Sofia Tesarski.

I have included the list of the 60 Life Lessons, that were named in last Sunday's Sermon. A number of you have asked for this list!

Included on this email will be the regular invitations to:

- 1) Sunday Morning Bible Study Group
- 2) Wednesday Afternoon Fellowship Group
- 3) E-Transfer information for donations
- 4) Links to additional Moravian resources

Keep well, and Be Blessed as a Blessing.

Pastor Gohdes

**May 10<sup>th</sup>, 2020 – Worship & Event Links**

**Topic: Bible Study with Michael & Barb Ward**

Time: May 10, 2020 09:00 AM Calgary

Join Zoom Meeting

<https://zoom.us/j/140347754?pwd=S2I1WUhLSkZ4Y2xHRUhxT0dDMFRjUT09>

Meeting ID: 140 347 754

Password: 288812

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**Topic: CMC Virtual Fellowship Gathering**

Time: May 13, 2020 02:00 PM Calgary

[https://us02web.zoom.us/join/vpckcuCgpzguZqSo6MRqVL9mPA86umjZDg/ics?icsToken=98tyKuqrpz4jEt2WtF\\_HUa0qA6\\_qbuHml0tfmawLsS30NQwKbzPXbrRXP7hFNN-B](https://us02web.zoom.us/join/vpckcuCgpzguZqSo6MRqVL9mPA86umjZDg/ics?icsToken=98tyKuqrpz4jEt2WtF_HUa0qA6_qbuHml0tfmawLsS30NQwKbzPXbrRXP7hFNN-B)

Join Zoom Meeting

<https://us02web.zoom.us/j/339598934>

Meeting ID: 339 598 934

Dial by your location

+1 587 328 1099 Canada

Meeting ID: 339 598 934

Find your local number: <https://us02web.zoom.us/u/kb5wkuuiWp>

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**Share Your Stories!**

We have recognized that folks may have a desire to be sharing their stories of this ordeal together on a special webpage. Steve Blackwell has arranged this and you can add your stories of life and faith by going to this webpage and adding your story for this time. You will find that webpage location below.

It requires a password to be entered so stories are available only to church-related people.

The upload link for video is <http://www.skbvideography.com/cmcestory>

Username: cmc

Password: cmcestory12345

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**Marco Polo instructions**

E-mail this to your cell phone.

1. Click the link below on your phone
2. Look for the link to download or install the app on the “App Store” (if you have an iphone) or the “Play Store” (if you have a Samsung or other non-apple phone)
3. Once you have installed the app, if you’re not taken to the group, click the link below again from your phone
4. Let Steve know if you are having troubles: give him your phone number and let him know what brand of phone you have. He’ll pass your info on to our volunteer helpdesk (aka youth group chat 😊)

<https://onmarcopolo.com/groups/yPAdAFxm4RS2/christ-moravian-church>

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**Links to Online Worship:**

Christ Moravian <https://www.christmoravian.com>

Good Shepherd <https://www.goodshepherdmoravian.org>

Rio Terrace <https://www.rioterracechurch.org/live>

Moravian Church Northern Province Check <https://www.moravian.org>

for details of events happening within the wider Moravian Church

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## The 60 Positives of Steve's Mother's Day Message!

- Be generous with others.
- Strive to be patient.
- Support those you love.
- Show interest in others' lives.
- See the good in people.
- Give more than you get.
- Don't overreact.
- Remember what's important.
- Notice the little things.
- Know who you are, and who you want to be.
- Do everything with enthusiasm.
- Give yourself choices.
- Trust your intuition.
- Protect your loved ones.
- Practice kindness daily.
- Pursue your dreams.
- Donate time and money to others in need.
- Make life fun.
- Do what you can with what you have.
- Be a good listener.
- Share your experiences & stories.
- See the humour in life.
- Work hard for what you want.
- Be adventurous.
- Create memories and traditions.
- Know which battles are worth fighting.
- Go the extra miles.
- Appreciate what works for you.
- Know when it's time to let go.
- Forgive others' their mistakes & forgive yourself your mistakes.
- Treat others the way you want to be treated.
- Live in the moment.
- Open yourself to new ideas
- Look for the positive.
- Spend time with friends.
- Don't take things personally.
- Take a break once in a while.
- Enjoy the moment.
- Celebrate beauty.
- Make the most of your mistakes.
- Never give up.
- Stay true to your beliefs.
- Be yourself.
- Speak your mind.
- Surround yourself with what you love.
- Adapt when faced with change.
- Accept what you cannot change.
- Give energetically.
- Express gratitude often.
- Help others help themselves.
- Don't dwell on the negative things.
- Say "Yes" to new things.
- Don't be afraid to be silly.
- Know when to say "No".
- Love with all your heart.
- Encourage others to be their best.
- Laugh at yourself.
- Think highly of yourself, God does.
- Choose your friends wisely.
- Highlight strengths not weaknesses.

CHAPTER FORTY-TWO

## SPIRIT OF LOVE: LOVING GOD

Psalm 116

Romans 8:1–17

Ephesians 3:14–21

WHEREVER GOD'S SPIRIT IS at work in the world, people are drawn more deeply to love... beginning with loving God.

Of course, we must acknowledge that the word *God* has become a big problem for a lot of people. How can they love a God who is an angry old white man with a beard, oppressing women and minorities, promoting discrimination and war, and blessing the destruction of the planet? How can they love the curator of a religious museum who seems to have a taste for all that is outdated, archaic, dour, and dusty? How can they love the host of an unending religious broadcast where everyone is always artificially smiling and excessively, unrealistically happy, desperate for you to send in your next generous financial contribution? How can they love a testy border guard who won't let new arrivals through heaven's passport control office unless they correctly answer a lot of technical doctrinal questions with a score of 100 percent?

Hot-headed religious extremists, lukewarm religious bureaucrats, and cold-hearted religious critics alike have turned the word *God* into a name for something ugly, small, boring, elitist, wacky, corrupt, or violent—the very opposite of what it should mean. Maybe God is more turned off to the

word *God* than anyone else! And maybe the distaste of many for the word *God* as it is commonly used actually reveals a corresponding love that longs for what God truly is.

Whatever ember of love for goodness flickers within us, however feeble or small . . . that's what the Spirit works with, until that spark glows warmer and brighter. From the tiniest beginning, our whole lives—our whole hearts, minds, souls, and strength—can be set aflame with love for God.

Even those of us who have always believed in God's existence and never had any big problems with the word *God* . . . when it comes to actually loving God, we can feel a little intimidated. We don't know where to begin.

But really, it's not so different from loving another human being.

When we speak of loving another human being, we naturally move toward that person in a special way. We appreciate the qualities of the beloved. We respect and honor the beloved's dignity. We enjoy the beloved's company and feel curious about the beloved's personhood. We want to support the beloved's dreams and desires. And we make ourselves available for the beloved to respect, honor, enjoy, know, and support us, too, because to be "in love" is to be in a mutual relationship.

Similarly, when we learn to love God, we appreciate God's qualities. We honor and respect God's dignity. We enjoy God's presence and are curious to know more and more of God's heart. We support God's dreams coming true. And we want to be appreciated, honored, enjoyed, known, and supported as well—to surrender ourselves to God in mutuality.

It all begins with moving toward God, taking a first step by simply showing up, becoming aware of God's presence and presenting ourselves to God. It's as simple as saying, "God, here I am," or "God, here you are," or even better, "God, here we are, together."

A second step is appreciation. Sometimes we take a spouse, child, parent, or friend for granted. Then some shock or threat occurs—an accident, a disease, or an argument through which they are nearly taken from us. Suddenly, we appreciate afresh this precious person we've been taking for granted. If we don't want to take God for granted, we can express gratitude and appreciation for what it means to have God in our lives. That's why many of us try to begin each day and each meal with a prayer of thankful

appreciation—it's a way of being sure we don't take God and God's blessings for granted. If the simple word *here* helps us show up, the simple word *thanks* can help us with appreciation.

A third step is to cultivate honor and respect for God—not just gratitude for what God does for us or gives us, but respect for God's dignity, honor for God's character. That's why many of us try to begin each week with a time of gathered worship and to begin and end each day with a few moments of praise. A single simple word like *Hallelujah* might help us, or even *Wow!* or *O!*

We all know that we do the opposite of loving God sometimes. We remain aloof or preoccupied, we complain instead of appreciate, and we ignore or disrespect rather than honor God. That's where a fourth step comes in: learning to say we're sorry and to express to God our regrets. When we say and mean a simple sentence like "I'm sorry" or "Lord, have mercy," we move toward God again, receiving forgiveness and renewing our loving connection.

If love means supporting the beloved's dreams and plans, we love God by expressing our support for what God desires. We express this support whenever we pray, "May your kingdom come. May your will be done on Earth as it is in heaven." We do so whenever we come to God in empathetic concern for others, joining our compassion with God's compassion for those in need, sorrow, or pain. By refusing to allow numbness or hardness of heart to gain a foothold in our lives, we keep our hearts aligned with God's heart, and in this way, express love for God. Sometimes, holding up the name or face of a person in God's presence, simply breathing the words "please help him" or "please bless her" can be a way of loving God by loving those God loves.

If love is about mutuality, love also means opening ourselves for God to support our dreams and desires. In that way, every time we cry out, "Help me, Lord!" we are expressing love for God. Why that is the case becomes obvious when we consider the opposite. Imagine shutting out a friend, parent, or spouse from our need, sorrow, or pain. Imagine never asking for help. That would be a sign of indifference and distrust, not love. So, opening ourselves to God when we're in need says that we trust God and want God to accompany us, support us, and befriend us in every way.

We trust those we love most with our deepest fears, doubts, emptiness, and disillusionment. So we love God when we share those vulnerable aspects of our lives with God. Just as a little child in the middle of a temper tantrum can shout “I hate you, Mommy!” only because he knows his outburst will not end their relationship, we can express to God our deep doubts, anger, or frustrations only because we possess an even deeper trust in God’s love. At times, then, our hearts cry out, “When, Lord? How long, Lord?” or “Why?” or even “No!” But the fact that we share this pain with God rather than withhold it turns out to be an expression of love.

Imagine an elderly couple who have loved one another through a long lifetime, or an adult child sitting at the bedside of a dying parent. Often, their love is expressed most powerfully by presence and touch, not by words. Simply being together, holding hands, smiling, sitting close in mutual enjoyment—these are profound expressions of love, beyond words. Something like this develops over time in our relationship with God.

Like one tuning fork that resonates effortlessly with another, we release our whole being to resonate with the love, grace, and joy of God. We feel a habitual attentiveness to God that spontaneously smiles or reaches out in an affectionate touch—without obligation, without trying, without even thinking. No words are necessary as we simply and deeply enjoy being together here and now. We are not alone. We are loved. We love.

Remembering our true identity in the family of creation, being rooted and grounded in love, we experience the multidimensional love of Christ that surpasses all knowledge, and we are filled with the very fullness of God. In that fullness, we simply breathe, be, and let be. This is life in the Spirit, being in love, with God—true aliveness indeed.

#### ENGAGE:

1. What one thought or idea from today’s lesson especially intrigued, provoked, disturbed, challenged, encouraged, warmed, warned, helped, or surprised you?
2. Share a story about a time when you felt most “in love” with God.
3. How do you respond to the comparison between human love and loving God?

4. For children: The Bible says, “God is love.” What do you think that means?
5. Activate: Use some of the simple words from this chapter—*here, thanks, O, sorry*, and so on—to practice postures of love for God.
6. Meditate: Invest a few minutes to practice simply being with God, in silence, in love. When your mind distracts you and wanders off, simply acknowledge that has happened and turn your attention back to God, being aware of God’s constant loving attention toward you.



DO NOT

YOUR heart

BE

TROUBLED

me

IN

me

JOHN 14 · 1 str



# Children's Worship Bulletin

## Coloring Page

### *The Comforter*

## Jesus promises the Holy Spirit

John 14:15-21

John 14:15-21

### *Word Search Puzzle*

B L L A D W G C L A I A X R N  
D X S L S G N C O S A M I O O  
Q N R H P K Y O I M H S A I K  
N O R M I O L E R S M O K A X  
W I U K R A C C E P T A W B K  
H F Y U I E M O B G H Z N E A  
H J T G T V C C V V B A S D J  
G W N H N I N O Q W G D N S E  
F X S L D M Y U K H Q F P S F  
R C T K I H Y N C T H O G M R  
Z Z G L O V E S R G L R T Y D  
F A T H E R E E P A B E R S Y  
M U R O P S O L I E T V U E E  
K O O B E Y V O M Z M E T L O  
H C Q N E I P R Z B F R H F U

FATHER	WORLD	OBEY	COUNSELOR	SHOW
ASK	COMMAND	LIVE	SPIRIT	LOVE
FOREVER	ORPHANS	MYSELF	TRUTH	ACCEPT



"I will ask the Father. And he will give you another Friend to help you and to be with you forever. "  
John 14:16 (NIRV)



# Word Jumble Puzzle

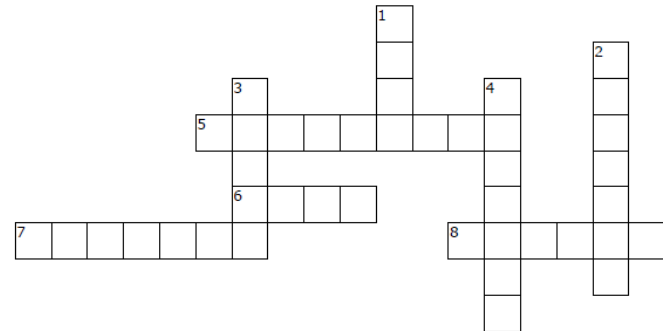
Unscramble the letters and write the word correctly in the space provided.

1. OBYE \_\_\_\_\_
2. LVOE \_\_\_\_\_
3. ISPTRI \_\_\_\_\_
4. SWHO \_\_\_\_\_
5. UESSJ \_\_\_\_\_
6. OWRDL \_\_\_\_\_
7. TRUHT \_\_\_\_\_
8. RTAFEH \_\_\_\_\_

FATHER	OBEY	JESUS	TRUTH
WORLD	SHOW	SPIRIT	LOVE



# Crossword Puzzle



## ACROSS

5. One who gives help or advice
6. To have a strong affection and attraction for someone
7. To give an order with authority
8. The first person of the Trinity; God the \_\_\_\_\_.

## DOWN

1. To be alive or have life
2. For all time; time without end
3. The whole earth and all the people on it
4. Children who have no parents

FATHER	FOREVER	WORLD	LOVE
COUNSELOR	LIVE	COMMAND	ORPHANS



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## e-Transfer instructions

Log on to your online banking site or banking app  
(your bank may be slightly different, but it should be similar)

- 1) Navigate to Interac e-Transfer section
- 2) Send money
  - a. Send money to section:
    - i. Add a new contact:
    - ii. Name - Christ Church
    - iii. Email [donatecmc@nucleus.com](mailto:donatecmc@nucleus.com)
  - b. Note: This contact has turned on autodeposit. You don't need a security question.
  - c. Transfer details section
    - i. Pick the bank account
    - ii. Enter the amount
    - iii. You will see a "Message to contact" field.
      1. The Christ Moravian Church Envelope Steward has **no way** of knowing who is sending the e-transfer unless the sender adds the following details in the message to contact field.
      2. It is critical to let the Envelope Steward know who the e-transfer is from so add one of the following in the message field:
        - a. Your name and envelope number
        - b. Or your name, address, & phone number

David Bennett, Treasurer

Email: [david.bennett1635@outlook.com](mailto:david.bennett1635@outlook.com)

Phone: (403) 479-1635