



## GLADWIN HEIGHTS UNITED CHURCH

April 9<sup>th</sup> , 2021

**Minister:** Rev. Tim Bowman

**Music Director:** Rita Green

**Pianist:** Jacob Greenan

\*\*\*\*\*



### ZOOM INFO FOR REGULAR GATHERINGS:

*These times and login credentials will remain the same until further notice, regardless of whether you receive an invitation.*

**Sunday mornings at 10:00 am.**

**Direct Link:**

<https://us02web.zoom.us/j/5783186702?pwd=VUIza285T0c5T0dkK243QUNXaS9jdz09>

By phone: call 1 778 907 2071. After connecting, when asked enter the Meeting ID: 578 318 6702, and then when asked, enter the password: 839660.

**Virtual Coffee Time: Thursday at 2 pm or Bible Study Wednesday between 3:30 and 4:30 pm.**

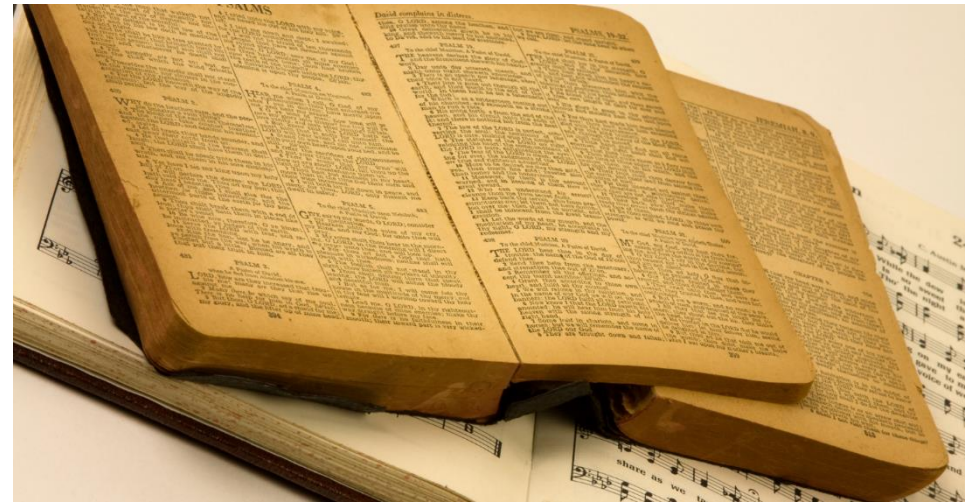
<https://us02web.zoom.us/j/5410632113?pwd=eDhHL3ZUMkszcFARQzlyZ2lXbEEzdz09>

**Meeting ID 541 063 2113, Password: 123.**

By phone: call 1 778 907 2071. After connecting, when asked enter the Meeting ID: 541 063 2113, and then when asked, enter the password: 123

## Readings for April 11<sup>th</sup> , 2021

John 20:19-31



## Hymns and Music for April 11<sup>th</sup> , 2021

MV 122 - "This is the Day"

VU 469 - "Morning Has Broken"

MV - 104 "Know that God is Good"

VU185 - "You Tell Me That The Lord is Risen"

MV - 85 "Take, O Take Me As I Am"

MV - 85 "Take, O Take Me As I Am"

VU 960 - "The Lords Prayer"

MV 185 - "Ev'ry Day is a Day of Thanksgiving"

VU 625 - "I feel the Winds of God Today"

### **CONTACTING REV. TIM AND JEANETTE:**

Please note the office is closed until further orders from Dr Bonnie Henry are issued. Rev. Tim and Jeanette will be working from home. Tim's office hours are Tuesday through Friday, 9 to 5. He can be reached on his cell phone at 1-778-791-3545, or email him at [bowmantimothy@gmail.com](mailto:bowmantimothy@gmail.com). Jeanette is also working from home as much as possible and can be reached at 1-604-799-5375. This is a Chilliwack # or [info@gladwinheightsunitedchurch.org](mailto:info@gladwinheightsunitedchurch.org)

## Announcements:



### April

**Charlie Bailey – April 10**

**Rev. Tim Bowman – April 14**

**Barbara Everton – April 19**

**George Everton – April 19**



Rev. Barry Trenton Thomas  
August 29, 1939 - March 19, 2021

We are in gratitude for the life of Barry Thomas, and for the individual connections that we each have had with him.

Born in Rosemount, Montreal, Barry's life juxtaposed the scientific life with the spiritual. At the time, these seemed to be very divided. He wanted to integrate the inner with the outer. Barry first worked as a mechanical engineer in Dominion Engineering, Lachine, when computers were just getting started. He then transitioned to being a member of the clergy in the United Church of Canada, first in northern Alberta, (Hythe), then in southern Ontario (St Thomas area) and lastly in Ottawa. In 1980 he moved back into the technical world where he studied electrical engineering and worked for CSIS. In 2004 he and Helen moved to Qualicum Beach.

Barry's brother, Bob, (Barbara) has predeceased him. He leaves his sister, Judy (Ron), wife, Helen, and sons Ian, (Jennifer), Lorne (Joanna), and Wade (Nedine), as well as ten grandchildren, -



### Romeo (Retired Old Men Eating Out)

All men from all Congregations are invited to this Zoom meeting every other Friday at 8:00 am. The next meeting is on Friday, April 16<sup>nd</sup>, 2021. Why not join and have some great breakfast company? By phone: call 1 778 907 2071.

After connecting, when asked enter the Meeting ID: 849 713 94 320, and then when asked, enter the password: 33737



Sarah, Charles, Kate (Matt), Sebastien, Marie Jacqueline, Julianna, Genevieve, Cassandra, Jacob, and Hudson. Always active in body and mind, Barry enjoyed biking, dancing, golfing, bridge, and exploring nature, in all its many intricacies. Intuitive and caring, Barry opened many doors into meaningful living relationships. We honor him as we release him into the love, light and power that is his.

In lieu of flowers, the charity of choice is CHES:

Canadian Harambee Education Society

#102B – 9030 King George Blvd

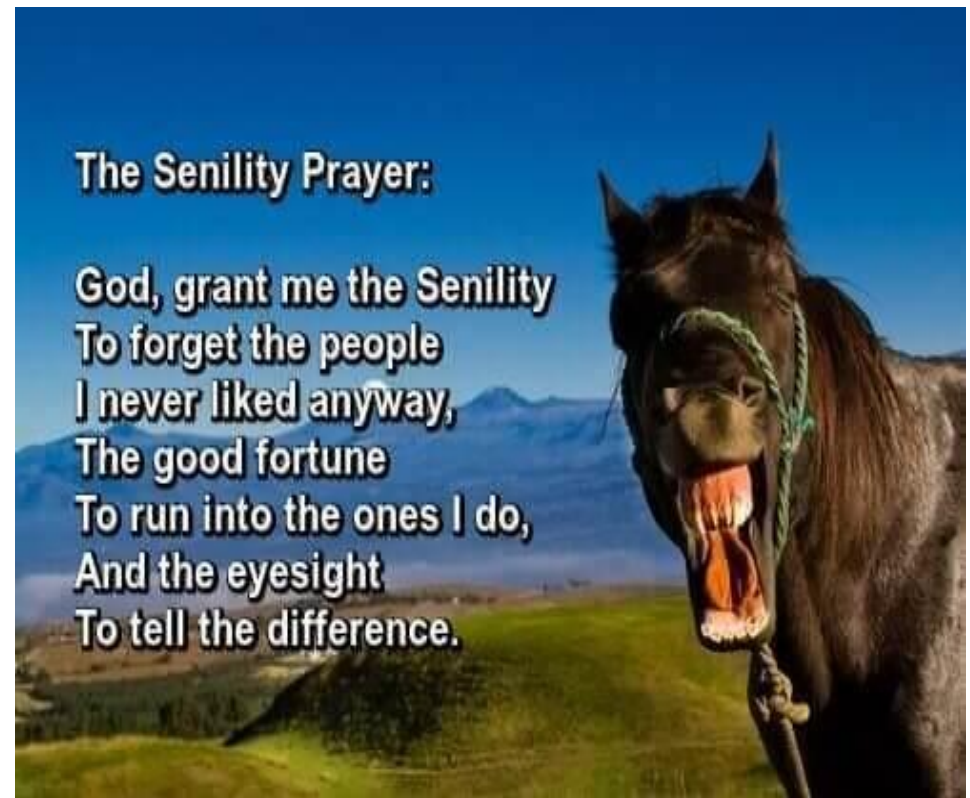
Surrey, BC V3V 7Y3

Canada

Telephone: 1 (778) 565-5261

Email: [ches@canadianharambee.ca](mailto:ches@canadianharambee.ca)

### Funny Quotes:





## Vaccines

Phase 2 of BC's vaccine rollout plan includes seniors 80+. If you would like assistance from congregation members in accessing the health system for this purpose by phone or computer, please contact one of our Cluster church offices. Alternatively, if you are comfortable with technology and would like to offer your time to assist others, please also contact a church office. Thank you!



## 4 tips for seniors to stay connected during coronavirus outbreak

As the numbers climb for those infected with the novel coronavirus, the dangers rise for vulnerable populations. People who are older or with underlying medical conditions risk the severest consequences, including organ failure and death. The latest data from China indicates the great majority of reported cases were in older people; elders also had the highest risk of respiratory illness and death. Should the spread of COVID-19 continue – and every indication suggests it will – people must make sure they are protected.

I am a geriatrician and an associate professor at the University of Virginia in geriatric medicine. So far, the disease is not present at my hospital or clinic. But our staff is already making preparations to minimize COVID-19's impact, particularly on the people imperiled the most.

Along with other hospitals across the country, we stay informed on local and national recommendations for screening, testing and protective equipment. We make sure staff and patients know about proper hand hygiene. We take extra steps to keep the facility clean, like removing magazines from the waiting rooms and implementing a “you-touch-it-you-take-it” policy for flyers and brochures. And we encourage all of our patients to call a doctor if they develop a fever or new respiratory symptoms.

Most of all, we are doing our best to get the right information out to the community, particularly the elderly.

Ways to reduce exposure



For those most at risk for severe infection: do everything you can to reduce exposure to the virus. Keep space between you and anyone who is sick. Avoid crowds. Limit your time in public by consolidating trips to get supplies. When out, try to keep a distance from others. Wash your hands often. And if a COVID-19 outbreak occurs in your community, stay home as much as possible.

“Social distancing” is the new phrase that describes most of this, and it goes against what we typically advocate for our older patients. As geriatricians, we promote the benefits of social engagement to our patients; we remind them of the poor health outcomes associated with social isolation. Now, with COVID-19, the times have changed. But along with the risk of coronavirus infection comes the risk of social isolation. How should older people balance these competing recommendations? During a time of social distancing, here are four ways for elders to stay socially connected.

### **1. Learn the new technology**

FaceTime, Zoom, Skype, Facebook, Twitter, Snapchat and lots more. All sorts of online options exist to talk with family and friends. And you don't have to be tech-savvy. Doing the basics is easy, and for most people, fun. If setting up an account is daunting, ask a neighbor, niece or nephew for help and a quick tutorial.

### **2. Stay active in the community from home**

It may sound counterintuitive. How can you remain a part of the community if the goal is to separate from the community? But maybe there's a remote option. Many organizations — political parties, faith-based groups, nonprofits — rely on

volunteers to make phone calls. You can do that clearly community-based activity right at home.

### **3. Go on a news diet**

Stay informed, know what's going on but don't get locked into endlessly watching “breaking news” on the 24-hour news channels. Typically, not much changes hour to hour. But enduring the repetitious pummeling from TV all day long can bring needless anxiety. My patients have found the following advice helpful: Watch a news update in the morning, then check in again at night. Don't stay with it all evening — 30 minutes or an hour is plenty.

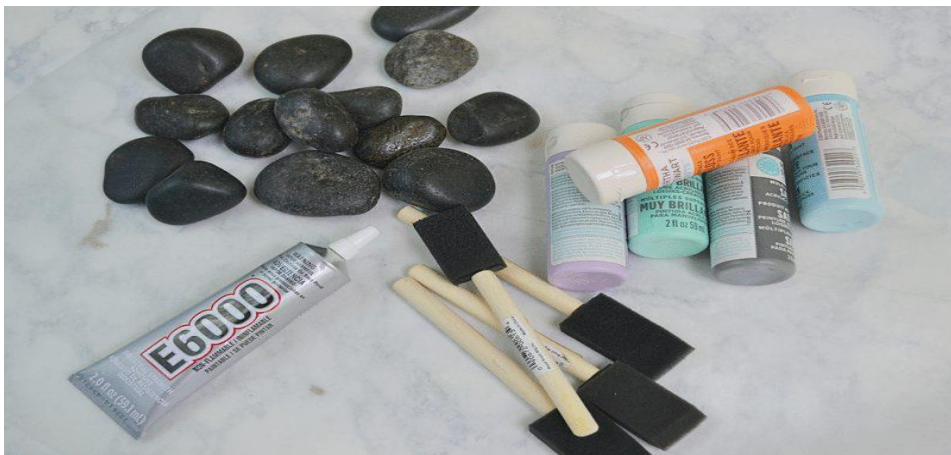
### **4. Reach out to family and friends**

Stay in touch with the people close to you, especially those who are social distancing too. The Centers for Disease Control and Prevention is recommending that communities create “buddy systems” to make sure vulnerable and hard-to-reach people stay connected, particularly to news about COVID-19. This can be done through your church, social group or daily neighborhood email blasts. And for those of you who are not elderly – why not make it a point to check in on your older friends and relatives? Such thoughtfulness is always greatly appreciated.

Social distancing does not mean social isolation, and even a potentially deadly virus should not force us to be alone. Now, more than ever, people need to find smart ways to stay connected.

***This article is republished from [The Conversation](#) under a Creative Commons license.***

## A Painting Craft idea:



## Materials

- Disposable brushes in various sizes
- Rocks
- Craft paint (if your caterpillar will be sitting outside use an outdoor paint)
- E6000 (or similar glue to hold the rocks together)
- Twigs for the antennae
- Sharpies (or you could use paint to draw on the faces)

## Tools

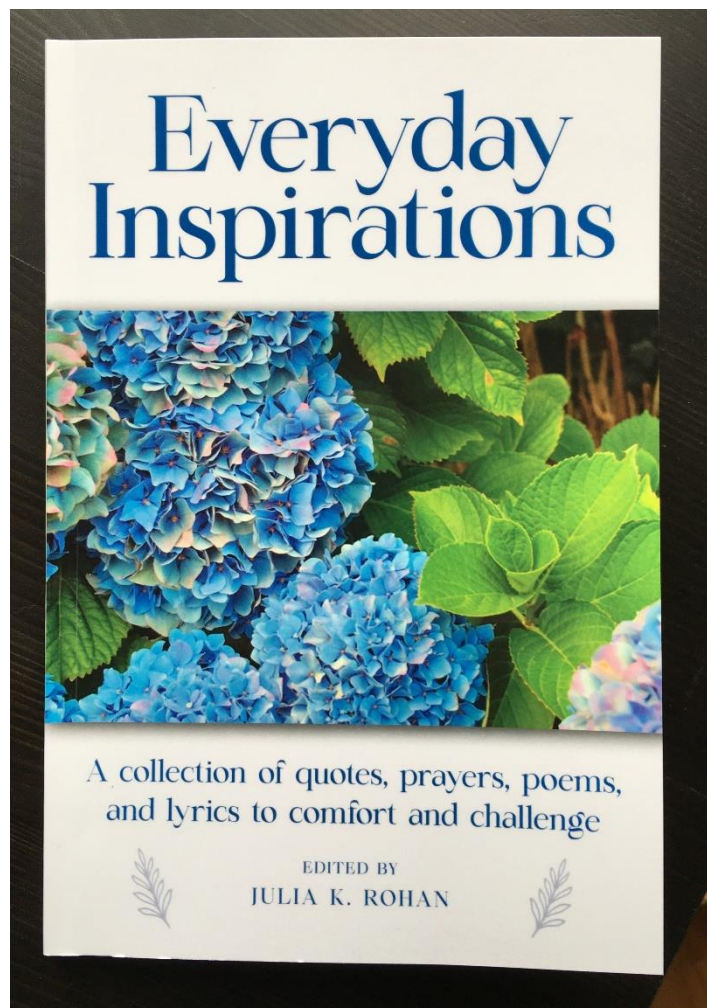
- Scissors
- Paintbrush

## Instructions

- Paint your rocks.
- Draw the face on your caterpillar's "head." Tip: Pull out your hair dryer to make the drying time go faster. If making the garden rock caterpillar with children, they love to use the dryer on their own!
- Assemble the caterpillar after the paint has properly dried! Tip: This is another great time to pull out the hairdryer. Prop up as much of the caterpillar as you can and then give it a shot with the dryer. It will help it be more secure and dry faster.
- Attach the "antennae" (sticks) with your waterproof glue.
- Let your whole caterpillar dry and cure overnight.



## Everyday Inspirations



Everyday Inspirations "Everyday Inspirations" is a collection of quotes, prayers, poems and lyrics for every occasion. Enriched by beautiful colour photos, this book of spiritual wisdom will become an uplifting friend in the challenging days ahead. Sourced from dozens of spiritual teachers from across the centuries, the collection includes prayers from Rev. Tracy Fairfield (Aldergrove), Julia Rohan, Arlene Kropp (Gladwin) and Brenna Maag (St. Andrew's), along with photos from Joan Curtis (Trinity). Price for members of our church cluster is \$20, tax included. All proceeds go to Mission & Service. Order your copy now by contacting Jeanette at 604-852-3984. Pick up only, at Gladwin, on appointment.



### October 2, 2021. FUNdrive with Value Village

Calling on all Soft Goods!

We are collecting Soft Goods, which include any type of material such as clothing, footwear, belts, scarves, handbags, linens, towels, drapes and anything else you can think of. Items need to be **CLEAN**, but can be torn, frayed and stained for recycling, repurposed or for resale.

Please tell your family, friends and neighbours and let's keep these items out of our landfill!

Any questions, ask Ellen 604-853-9501



# Rainbow Camp® provides campers with a safe space to be who they are without judgment.

## Primary Media



Harry Stewart and Chris Southin  
Credit: Harry Stewart and Chris Southin

Published On: March 22, 2021

Chris Southin was lounging in front of the television and Harry Stewart was in the kitchen when they got the call from the Governor General's office. Over the phone, the couple learned they had won an award from the Governor General recognizing "great Canadians for exceptional deeds that bring honour to our country." They received the honour for co-founding Rainbow Camp®, based in northern Ontario. Since 2012, the camp has welcomed young people of all sexual identities. "It was unbelievable. We didn't even know we were nominated," says Stewart. "We will receive the award in person when the pandemic lifts. I guess I'll need to buy a suit," he laughs. From the beginning, Mission & Service has supported Welcome Friend Association, which runs Rainbow Camp®. "Initially, we wanted to bridge the local LGBTQ community with area churches. We started the association, and then we launched the camp. We had no idea what we were doing at the time. Only

one person on the board had camp experience, but we knew that young people would benefit," says Southin. Originally a one-week camp with 14 youths, Rainbow Camp® now serves up to 50 youth each week for four weeks. Expansion plans are in the works; over the next couple of years, Rainbow Camp® will pilot on the east and west coasts. "We've had an invitation to duplicate the Rainbow Camp® experience in Australia and in the UK too. It's exciting!" says Stewart.

Above all, Rainbow Camp® provides campers with a safe space to be who they are without judgment.

"I'll never forget our first year of camp. It was the second full day. A camper told us his mom had found a dress in his closet. He lied to her and said that it belonged to his girlfriend. He had brought the dress to camp and said he would like to wear it. High heels and sand don't mix!" Stewart explains, laughing: "But the warmth, love, and compassion that the camper received from everyone at camp was amazing. We tell all of our staff 'Your job is to make sure that each and every camper has the best possible time at Rainbow Camp®.'"

Southin and Stewart say they want the camp experience to be memorable, fun, soul-searching, and supportive. "We don't want any camper to feel afraid to be who they are. I think that's why so many now call it their home."

*Your generosity through Mission & Service supports safe, welcoming spaces like Rainbow Camp®. Thank you!*

## **Chicken Soup for the Golden Soul:**

### **These things I wish for you by Lee Pitts**

*You cannot teach children to take care of themselves unless you let them try. They will make mistakes; and out of these mistakes comes wisdom.*

*H. W. Beecher*

We tried so hard to make things better for our kids that we made them worse.

For my grandchildren, I'd know better.



I'd really like for them to know about hand-me-down clothes and homemade ice cream and leftover meat loaf. I really would. My cherished grandson, I hope you learn humility by surviving failure and that you learn to be honest even when no one is looking.

I hope you learn to make your bed and mow the lawn and wash the car – and I hope nobody gives you a brand-new car when you are sixteen.

It will be good if at least one time you can see a baby calf born and have a good friend to be with you if you ever have to put your old dog to sleep.

I hope you get a black eye fighting for something you believe in.

I hope you have to share a bedroom with your younger brother. And it is all right to draw a line down the middle of the room, but when he wants to crawl under the covers with you because he's scared, I hope you'll let him.

And when you want to see a Disney movie and your kid brother wants to tag along, I hope you take him.

I hope you have to walk uphill with your friends and that you live in a town where you can do it safely.

If you want a slingshot, I hope your father teaches you how to make one instead of buying one. I hope you learn to dig in the dirt and read books, and when you learn to use computers, you also learn how to add and subtract in your head.

I hope you get razzed by friends when you have your first crush on a gir. And that when you talk back to your mother you learn what Ivory soap tastes like.

May you skin your knee climbing a mountain, burn your hand on the stove and stick your tongue on a frozen flagpole.

I hope you get sick when someone blows smoke in your face. I don't care if you try beer once, but I hope you won't like it.

And if a friend offers you a joint or any drugs, I hope you are smart enough to realize that person is not your friend.

I sure hope you make time to sit on a porch with your grandpa or go fishing with your uncle.

I hope your mother punishes you when you throw a baseball through a neighbor's window, and that she hugs you and kisses you when you give her a plaster of paris mold of your hand.

These things I wish for you – tough times and disappointment, hard work and happiness.

*Lee Pitts*