

This Week at
St. Andrew's

Cyber Security

Over the past few months, we have noticed an increase of "phishing scam" emails in our inboxes. Maybe you have too, but maybe not. A phishing scam is just like it sounds like, someone is "fishing" for your information by trying to trick you in a fraudulent email.

The scam is defined like this: "Phishing is the fraudulent attempt to obtain sensitive information, or data, such as usernames, passwords and credit card details by disguising oneself as a trustworthy entity in an electronic communication." These scammers like to pretend to be someone you trust, like a minister or church staff. They can also pretend to be from a bank or a website you use or even someone you know.

Martin, our website administrator has put together a series of leaflets on digital security that we will include in 'This Week at St. Andrew's' in the coming weeks so that we can all be reminded how to stay "cyber secure".

If you ever get a "fishy" email, you can contact Martin or the church office. If you think that you may have given information to one of these emails, don't be embarrassed. It can happen to anyone! Your church community is here to support you and we can help you report the fraud.

# Message from The Committee to Re-enter the sanctuary:

"St. Andrew's will soon return to having Sunday services in our sanctuary. We look forward to being together for a service of worship but how we enter and exit, and where we sit, will be different. The ushers and greeters for these services will play an important role in these changes. We will need 4 people for each service. Prior to the resumption of services we will meet with those who volunteer so that they can become familiar with the changes and a rotation of volunteers can be set up. If you are willing to help out with this or have further questions please contact Sheelagh – 250 385-5157"

Today's Prayer from the Life and Mission Agency of the Presbyterian Church: We pray for the work of the Canadian Ecumenical Anti-Racism Network as it supports church communities working for racial justice across Canada.

<u>Click here</u> for a sing-a-long video of "Make a Joyful Noise" (Psalm 100)

July 22, 2020



#### Read From Your Bible This Week

Genesis 29:15–28
Psalm 105:1–11, 45b
Romans 8:26–39

Matthew 13:31–33, 44–52



## Pastor's Parable

I will just say it. I was feeling sorry for myself last week. Nothing was going well. Deadlines were stacking up. Many of the things that I had "finished" were waiting for others to finish their own parts of the puzzle. And to top it off, month 4 of the pandemic was growing old! Recording worship – with no one present – was feeling a bit isolating. Leaving the sanctuary after filming means that it was up to me to turn off the lights and lock the doors. (Not a bad thing – just different). There were no children to high-five, no updates to anyone's weekly stories and not a single new visitor to greet at coffee hour (because there was no coffee hour.).

But then – I made a call to someone who had been on my mind since February and they told me of a video call from their new grandchild and of a cancelled vacation and of Dr. visits. They mentioned someone they had not heard from recently which reminded me that I had not heard from this other person myself. So, I called them and was soon laughing at their socially distanced visit with grandchildren in their backyard. Since then 3 others have been either called or emailed to say, "How are you?" "What's new in your world?"

In those calls even amid cancelled travel plans, unexpected hospitalizations, distance from friends and family and 2020 dreams that have not been realized, no one was feeling sorry for themselves. In fact, it should not have been on their radar to rescue me from my own doldrums, but each did in his/her own way. I vowed to carry it forward. To focus more on making the first step to call the one that I have not talked with in ages. I predict they may in reality be "down in the dumps" themselves. After all, why should they not be? If they are, I want to listen, to care, to provide encouragement, but chances are, I will gain more from them than I can give.

So, for you? Consider the person about whom you are thinking...I haven't heard from \_\_\_\_\_\_ lately? No? Why not call and say, "I have been thinking of you." Chances are you will leave the call blessed and encouraged. What a fantastic lift that may be just what the Dr. (or the pastor) might recommend. Blessings,





Join in our virtual coffee hour tomorrow (Thursday) at 10:00 am To access the zoom meeting <u>click here</u>. If you need to call in using your phone <u>click here</u> to find the Canadian dial-in numbers. The Meeting ID is 890 6867 3603. Contact Mitch if you have any questions about using zoom.



### Cyber Security: Passwords

#### Only you can protect your passwords!



**THE TRAP:** You receive an urgent email asking you to reply with your password because "your account has been compromised" or could be "suspended due to inactivity."

**YOUR DEFENSE:** Remember at all times that reputable institutions will never ask you to send your password, SIN number, driver's license number, health insurance number, or any other sensitive information via email. Decline requests to send this information via email.

- Do not reply, instead, mark it spam and report it.
- Your security is our security.

**STAY CYBERSECURE** 

Remember! The deadline for submissions to The Link (our monthly newsletter) is July 26th! The editors of The Link need to hear from you. Let everyone know about what you're doing/reading/watching. Help us feel connected to one another by sharing.

Email <a href="mailto:thelink@shaw.ca">thelink@shaw.ca</a>

