



July 29, 2020



## Long Weekends

We have all been working very hard since March to ensure that everyone has continued to feel connected to St. Andrew's during our physical closure. This weekend and over the next couple of weeks, various staff members will be taking a little time off for some much needed rest and relaxation. For the most part, this won't effect the congregation though you may notice that some services and newsletters are condensed. You will also be receiving the service for August 2nd on Thursday, July 30th. Thank you all for your support and patience!

## Pastor's Parable

Dutch Jesuit priest, Father Henri Nouwen once wrote,

Click here for the hymn Christ is Coming from Christine

"Intuitively, we know that it is important to spend time in solitude. We even start looking forward to this strange period of uselessness. This desire for solitude is often the first sign of prayer, the first indication that the presence of God's Spirit no longer remains unnoticed. As we empty ourselves of our many worries, we come to know not only with our mind but also with our heart that we never were really alone, that God's Spirit was with us all along. Thus we come to understand what Paul writes to the Romans, "Suffering brings patience . . . and patience brings perseverance, and perseverance brings hope, and this hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given to us" (Romans 5:4-5). In solitude, we come to know the Spirit who has already been given to us. The pains and struggles we encounter in our solitude thus become the way to hope, because our hope is not based on something that will happen after our sufferings are over, but on the real presence of God's healing Spirit in the midst of these sufferings. The discipline of solitude allows us gradually to come in touch with this hopeful presence of God in our lives and allows us also to taste even now the beginnings of the joy and peace that belong to the new heaven and the new earth."

The Coggins will be diving into solitude in the coming days on the southwest side of the Island. There will be no wireless connection so there is plenty of time to think, pray, read, write, listen and sleep. We welcome the respite that comes at a good time. Please pray for us as we pray for you.

Love and Blessings, Mitch

## 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"

## Cyber Security

Only you can protect your passwords!



**THE TRAP:** You receive an unexpected email that claims to be from our "Pastor" or someone familiar telling you they need you to reply because it's urgent; asking to click a link, log in or open a file.

**YOUR DEFENSE:** Be skeptical of any email message you are not expecting. Thieves are usually persuasive and they may even be subtle, pretending to be a friend or someone trustworthy. Don't let them trick you into letting down your guard. It is very likely a scam.

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

STAY CYBERSECURE



From the Daily Prayers of the Life and Mission Agency: We pray that our hearts may be open and generous so that we might make stewardship a way of life.

Read From Your Bible This Week

Genesis 29:15–28 and Psalm 105:1–11, 45b Romans 8:26–39 Matthew 13:31–33, 44–52

