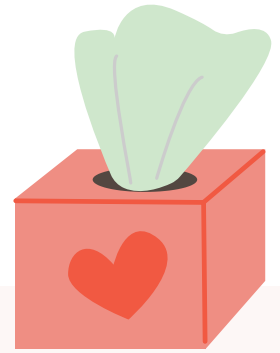


June 14, 2022



## *Parable of the Pastor*

Welcome to the mental and emotional space of “I should...”. This is the space in my mind and heart that replays “I should have” when related to past events and “I should” when focused on the future.

Last week is a lost blur of “life in COVID quarantine” from the upstairs bedroom at the Coggin’ house. Suddenly, the day before Pentecost and June communion, life came to a screeching halt with a positive diagnosis. But how could this have happened? Vaccinated x 4! How could this happen and how do I juggle a mass of responsibilities at the last minute! Thanks to Whitney, Christine, Wayne, our Interim Moderator, colleague, Rev. Cathy Victor and Colina, Clerk of Session for stepping up and assuring that every detail was covered. Thanks to the masked figure who appeared regularly at my quarantine isolation with a tray of food or a plate of cookies. (I assume this was my beloved wife and spouse, Linda who was a trooper in keeping me supplied and in protecting her own health!)

From the quarantine bedroom, hour after hour passed hounded by the “I should” of the mass of duties and responsibilities that seemed to be accumulating. I should complete the worship planning for June-July and August while I am languishing in quarantine. I should complete a Parable to the Pastor and record a video for the companion video even symptoms of COVID nearby.

There was also the “I should have” when yesterday, I completed the 10-day quarantine. I should have accomplished more during those days in isolation. The rigors of mind and heart add to the incredible fatigue that seems to be my lone COVID symptom yet to overcome. Why does it feel that everything I need and want to do is like scaling a mountain? At this point I should be... I should have ...

And then came the reflection from Reformed Journal that I receive daily which said, “There are external forces that are fueling our attention crisis, and so it is important to be conscious about who and where we give our precious attention and to give myself self-compassion. It is also important to allow my mind to rest, play and wander. Reflection can be focused on journaling, prayer, directed meditation and reading. But reflection can also happen when we open our minds and just let a little space and fresh air in. Our societal “be productive” training might cause some knee-jerk anxiety for a moment, but breathe, know that there is nothing more important than to be right where you are...and perhaps to dream, delight, and be in that open sense of now.”

I should have. Probably. I should. Yes, that to. But my body, mind and heart are saying, “Pay attention to the Stop sign that is known as COVID. Will you join me in honouring your own “stop signs” that dim the “I should” and the “I should have’s” that keep us distracted and misdirected.

Peace and Blessings

Mitch

## Music for Sunday, June 19th

The music for reflection this week is the Adagio from Felix Mendelssohn's sonata # 1. There are 4 sections (movements) in the sonata and this is the 2nd. Mendelssohn was born in Germany and is known for reviving the interest in the music of Johann Sebastian Bach. He made 10 trips to England where he worked as a composer and conductor. The Sonatas for organ were published in 1829.

The postlude, "Shine, Jesus Shine" is based on the final hymn for this Sunday. Christopher Tambling is a British composer and arranger of organ and choral music. He received his musical education from Malcolm McKelvey at Christ's Hospital in Horsham, Sussex and at St Peter's College, Oxford. He later became the city organist and conductor of the Symphony Orchestra and Music Director of Glenalmond College in Perth, Scotland.

-Christine

**Interested in singing?** Try out summer choir- everyone is welcome!

Meet Christine in the Sanctuary at 9:45 am on Sunday to go over the hymns for that day.



Summer's almost here, the tents are going up, Grant's plant nursery is growing, the roses will soon bloom.

Drop in to the laneway, Thursday afternoons, between 2&4 pm for iced tea and conversation starting June 23

Please join us! All are welcome!

Questions? Call Sheelagh 250 385-5157



## General Assembly 2022

General assembly is all done for another year. Highlights of Tuesday can be found [here](#) and highlights of Wednesday can be found by clicking [here](#).

An interesting note: The Assembly adopted recommendations related to justice initiatives: Sessions, presbyteries and committees of the General Assembly are encouraged to learn more about colonialism and the impacts of intergenerational trauma; identify and participate in a climate initiative in their community; and contact shelters and agencies providing support to people experiencing domestic violence to learn more about this issue and how to support people experiencing it. How might individual churches participate in these adopted recommendations?

**We want to know your plans** so we can make space and help advertise what's going on at St. Andrew's. If you would like to plan an event (like a fundraiser, concert, get-together, etc) talk to an elder or ask the office for an "event planning form". These forms will be available in the copy room as well.

After you have your event plans in place then fill out our new "advertising form" so we can make sure that everyone knows about it! The new form [found here](#) will help so much because all the info will be accurate and in one place. More info on this can be found in the June Link.

*But you, Lord, do not be far from me.  
You are my strength; come quickly to help me  
-Psalm 22: 19*

## Read From Your Bible This Week

- Isaiah 65:1-9
- Psalm 22:19-28
- Galatians 3:23-29
- Luke 8:26-39

