



Emmanuel United Church

February 19, 2021

# Emmanuel Newsflash

[www.emmanuelunitednorthbay.ca](http://www.emmanuelunitednorthbay.ca)

## From Mary Way-White

This week, our Lenten journey started. Tuesday was the last day before Lent, where traditionally pancakes were served to mark the end of eating leavened bread until Lent was over. On Wednesday, Lent began, usually with a church service and ashes being used to place a cross on parishioner's forehead. The days after the most frequently asked question was "What did you give up for Lent?" Which was followed by such answers as TV, ice cream, sweets and brussel sprouts because they didn't like them. A variety of liked and disliked things were "given up" or "sacrificed".

Instead of "giving up" something we should take time to do something beneficial for ours and others physical, mental, emotional and spiritual wellness. We need to take time to care for ourselves and others, to care for the earth, to count our blessings, to reflect, to connect with God, to do his work, and to smell the roses. Take time on your Lenten journey to move forward in a positive direction of peace and well-being.

Shalom

## Thank you to Trinity United Church for our Sunday service.

**February 21<sup>st</sup> is Communion Sunday:** Whether we are in-church or at home for the first Sunday in Lent, we will again celebrate a "Virtual Communion." Bring your own bread and cup to the service of worship. Whether you have juice, milk, wine or water - whether you have bread, wafer, cracker or crisp - we will prepare ourselves for the season of Lent by partaking of the sacrament, together!

*Lisa Blais, DLM*

*Faith Formation and Outreach Minister|Trinity United Church*

♦ **While Rev. Roni is away,** if you have any pastoral care issues, you may contact Nancy Lourie at 705-476-0305 or Bud McMartin at 705-474-8725.

♦ **Rev. Kathy McCallum,** will be providing emergency pastoral care.

- \* **The worship service** for this Sunday will be available on [Trinity's YouTube Channel](#) by 10:30am on Sunday morning.
- \* **We will celebrate** the first Sunday in Lent with Communion.
- \* **Trinity/Emmanuel Services Readers** are: Tiffany, Bill and William Van Meer, Bud McMartin and Robert Whitford.



## **The readings for Communion Sunday February 21<sup>st</sup> are:**

Genesis 9:8-17  
Psalm 25:1-10 (VU p.752)  
1 Peter 3:18-22  
Mark 1:9-15



## **Sunday Services are available online:**

**YouTube:** Emmanuel United YouTube Channel

**Facebook:** <https://www.facebook.com/EUCNorthBay/>

**Website:** <http://www.emmanuelunitednorthbay.ca/onlineservices.html>

**Twitter:** [https://twitter.com/emmanuel\\_united](https://twitter.com/emmanuel_united)

**Rev. Roni** invites you to submit pomes, short stories, jokes or any interest articles that you think will brighten someone's day! Information must be submitted by 9am on Wednesday to be included in the weekly Newsflash and should be no more than 500 words. Please email to [emmanuelnited@cogeco.net](mailto:emmanuelnited@cogeco.net).



### **The World Day of Prayer 2021**

service video, prepared by the Women's Inter-Church Council of Canada, can be accessed by going to [wicc.org](http://wicc.org) and clicking on the One Hour Service Video button.



**If anyone would like to make a donation** they may do so by donating online at [wicc.org](http://wicc.org) or mailing a cheque to: WICC, 47 Queen's Park Cres E., Toronto, ON, M5S 2C3

*Observed on the first Friday in March, World Day of Prayer is a global, ecumenical movement of Christian women joined together to observe a common day of prayer.*

### **AVENUES FOR FINANCIALLY SUPPORTING EMMANUEL'S MINISTRY AND MISSION:**

- \***AVGEN GIFT CARDS** (Contact-[gtwilcox96@gmail.com](mailto:gtwilcox96@gmail.com) or 705-303-4204).
- \***PAR** (Pre-Authorized Remittance)
- \***ONLINE GIVING** (CanadaHelps.org from our Website)
- \***E-TRANSFER** (From your personal online bank account to Brenda at [euctreasurer@gmail.com](mailto:euctreasurer@gmail.com))

**Thank you!**

### **SENIORS CONNECTED NEWSLETTER**

To connect seniors to events and services, promote mental health, and to provide useful information.

- Available in English and French
- Available online or through mail
- **To request a copy or for more information: Please email [NNPCN.SC@GMAIL.COM](mailto:NNPCN.SC@GMAIL.COM) or Call the Near North Palliative Care Network office at (705) 497-9239.**

### **Today's Smile - Thanks to Karen Carmicheal**

A group of senior citizens were exchanging notes about their ailments.

"My arm is so weak I can hardly hold this coffee cup."

"Yes, I know. My cataracts are so bad I can't see to pour the coffee."

"I can't turn my head because of the arthritis in my neck."

"My blood pressure pills make me dizzy."

I guess that's the price we pay for getting old.

"Well, it's not all bad. We should be thankful that we can still drive!"



### **"Known by Our Love"**

**Emmanuel United Church shall be a caring, welcoming faith community, nurturing spiritual life and sharing God's love and grace as experienced in Jesus Christ.**

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