

Emmanuel Newsflash

www.emmanuelunitednorthbay.ca

A Message From Rev. Roni

At a recent trip to the bookstore, I purchased a book that seemed to call out to me, "Find Your Calm". The first chapter of the book is entitled "The Healing Power of Gratitude: Call it Vitamin G." During these early weeks of Fall I've been increasing my intake of vitamin C, D and Zinc. Medical doctors, psychologists and clergy also recommend mega doses of vitamin G. It is good for our spiritual health, physical health and mental health.

The context for giving thanks isn't always happy. Many of us will not be with family at Thanksgiving, we may be relying on technology to facetime and we know it isn't quite the same as friendly conversation around the dinner table. Many people are feeling a twinge of sadness as their family exceeds "ten".



We began in-person worship services last Sunday and we have changing rules and guidelines, with endless adaptations that we are required to make. Honestly, sometimes we forget, or make innocent blunders. Wearing a face covering can be an inconvenience, when your breath fogs up your glasses and you can't read.

We are living in stressful times and it feels like a modern day wilderness that we are living through. The public health commandments keep changing and it is hard to keep up. The story of the Israelites reminds us, that the wilderness is a holy place. God is with us in the wilderness, giving us the grace and resources to meet every challenge. God cares deeply for us.

He provides for our needs in surprising ways and is consistently merciful and kind. Let's trust that and let's recount the ways in which God has been merciful to us. Let's be patient with each other, because God is patient with us. Let's recall those experiences, where God has kept faith with us, this Thanksgiving! Join us for in-person or online worship on Sunday October 11th at 10:30 am. The online service will be available later that evening. Have a Blessed Thanksgiving!

Rev. Rick Thorne will provide pastoral care during
Rev. Roni's study leave October 12-October 19, 2020.



NEWSLETTER ARTICLES WANTED

Last chance to submit articles for the November 'Emmanuel Communicates' newsletter. If you have an interesting article for inclusion, please send to carmichl@efni.com or place in the Newsletter slot in the church office, on or before **2:00 p.m. THIS SUNDAY OCTOBER 11.**

CHURCH SERVICE: 10:30am SUNDAY, OCTOBER 11, 2020.

MASKS & SIGN-IN: It is mandatory that you wear a face mask and sign-in when you enter the church.

ROOM RENTALS: The Church remains CLOSED to all room rentals as we do not have the needed resources to implement safety, sanitation, and infection control standards established by public health authorities.

REOPENING OF CHURCH SERVICES

Please remember that you need to phone the Office at 472-1806 to say that you intend to come to any Church Service by Friday at noon so the Secretary can make up the list of people attending that Sunday for the Ushers & Greeters.

VOLUNTEERS NEEDED

- To help as a Greeter at the 2 entrances. Please phone Bud McMartin at 705-474-8725.
- Ushers are also needed. Please phone Judy Pronovost at 705-494-7264.

Things are different for all of us but we are doing the best to make our return to Services worthwhile, meaningful & safe.

Thanks in advance! Bud McMartin

Please let anyone you feel could use this service know that the
FOOD CUPBOARD is OPEN
THURSDAY 10am-11am
Need ID & proof of address
Must live on the Lakeshore side of the overpass.
Non-perishable foods only!
Must follow COVID-19 Regulations.
(Please use William St. entrance)



CHURCH OFFICE HOURS

Wednesday, Thursday, Friday 9am to 1pm

- Everyone is required to use a mask, use hand sanitizer and sign in with your name and phone number.
- The bottom part of the office door will be closed and you are asked not to enter the office due to spacing and sanitizing.
- If you are touching anything, please sanitize those areas before you leave.

AVENUES FOR FINANCIALLY SUPPORTING
EMMANUEL'S MINISTRY AND MISSION.

*AVGEN GIFT CARDS (Contact Tina or Greg by [email gtwilcox96@gmail.com](mailto:gtwilcox96@gmail.com) or 705-303-4204)

*PAR (Pre-Authorized Remittance)

*ONLINE GIVING (CanadaHelps)

*E-TRANSFER (From your personal online bank account to Brenda at euctreasurer@gmail.com)

THANK YOU!

“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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