

## HARMONY PASTORAL CHARGE

Worshipping at the Centreville Presbyterian Church  
at 10.30 a.m. for the month of May

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Well given that April showers are said to bring May flowers, we should be in for a glorious May indeed!

Longer days, sunshine, the song of birds; what a wonderful season Spring is!



Our season of Lent ended on Easter morning with the good news of Jesus resurrection. We are now in the Liturgical Season of Easter which lasts until Pentecost Sunday. This year Pentecost falls on June 5<sup>th</sup>.

Our Sunday services for the month of May will be taking place at 10:30 am in the Centreville Presbyterian Hall.

May 1<sup>st</sup>. Worship followed by Bailieboro Springville Annual Congregational meeting .  
Rev Lynda

May 8<sup>th</sup>. Christian Family (Mother's) Day. Rev. Lynda

May 15<sup>th</sup>. Dreaming of God's World Rev. Bob

May 22<sup>nd</sup>. Spirituality of Aging. Rev Lynda.

May 29<sup>th</sup> The Hereafter. Rev. Lynda

**We are delighted that our friends from Centreville Presbyterian Church will be worshipping with us on May 22<sup>nd</sup> and 29<sup>th</sup>.**

### **Congregational Meeting.**

Following worship on Sunday April 10<sup>th</sup> a combined congregational meeting was held for Millbrook Cavan and Bailieboro Springville United Churches.

This meeting was held in person and attended by 27 people with equal representation from both churches.

The purpose of the meeting was to engage in further discussion about the future of our churches.

After some shared conversation the group broke into small groups to discuss options for the future and then gathered back into the larger group to share options and ideas for moving forward.

It was decided group would be formed consisting of three representatives from each church to begin conversations with the folks from Centreville Presbyterian church about

possibly moving forward together to form Community Church.

Those representatives from the churches have now been appointed and approved. Many thanks to Bonnie Larmer, Jim Payne and Murray Thompson from Bailieboro Springville and Melba Boyd, Beryl Cable Williams and Wayne Lockie from Millbrook Cavan for agreeing to be part of these conversations.

On Tuesday, May 10<sup>th</sup> these folks along with the representatives from Centreville Presbyterian church, the Moderator of the Presbyterian church and Rev. Bob and Rev. Lynda will sit down for an initial conversation. This is exciting news. We are doing something very new here and congratulations for the courage and faith it has taken to get to this point on the journey.

**WE DON'T KNOW WHAT THE  
FUTURE HOLDS, BUT WE KNOW  
WHO HOLDS THE FUTURE!**



**Interested in joining a ZOOM  
Coffee chat on Wednesday  
mornings at 10:00? Call Rev.  
Lynda at 705 559 1774 or email  
[unitedchurhc@nexicom.net](mailto:unitedchurhc@nexicom.net) to  
get on the list for a Zoom Link  
invitation.**

## **Pandemic Fatigue**

... At this point in the pandemic, we are more than tired of being cooped up due to restrictions on indoor gatherings outside the home.

We are tired of wearing masks, physical distancing, being away from family and friends, and increasingly fed up with the “new normal” routines. People are experiencing a type of burnout that experts are calling COVID-19 fatigue.

### **Recognize signs of COVID fatigue**

One sign of covid fatigue is “being excessively tired despite adequate rest. Even if you’re getting eight hours of sleep, you just feel like you’re dragging through the day and it’s hard to find the joy in life. Two years of isolation from loved ones and people we love has been so hard on us all. Be gentle with yourself!

### **Find ways to have community**

It is important to find ways to stay connected. Phone calls, outside walks and visit, and Zoom chats have helped fill the many gaps over the past 26 month but keeping those connections strong is something we all need to keep working on. Finding ways to maintain community is important.

### **Maintain hope**

With covid fatigue, you’re tired in your soul—emotionally, psychologically, socially, spiritually. To push back against that fatigue, try to consciously work to maintain a sense of hope that things will get better. Hope is a powerful emotion and as Christians we can dig deep into our faith to try to find untapped reserves of Hope.

### Psalm 62:5-6

For God alone is my hope. God alone is my rock and my salvation, my fortress; I shall not be shaken.

### Create a schedule

With covid fatigue we all can feel a bit like a dog that's just paddling around and around in circles in the pool, not really knowing where it's going. When we lose our routines in life, we lose our momentum and sense of purpose.

As humans, we like to have something we're moving towards, a goal. When we don't even know when the end point of something is, how can we move towards it? Maintaining a routine helps. Set daily goals and make them challenging enough to keep your mind and body engaged.

### Focus on what you can control

Even if we're in a world right now where it seems like everything is turned upside down, pick one or two things that you have control of. Maybe that is a new fitness program. We can all set that as a goal we can control, even if it is fitness from our armchair.

### Practice positive affirmation

We're all doing the best that we can, and we don't always give ourselves credit. But we show up each day and have for 26 months now. Even though we're fatigued, there are still things that we can still be grateful for. Think about those things, offer a daily prayer of gratitude. If you can't think of anything you are grateful for, that is the time to keep

praying until you think of something. Rest in God.

### Set boundaries for media and social media

If you use social media or social, be careful how you use it. It is so easy to fall into the trap of scrolling through and watching all the bad news. There are also some great sites that report the good news that is still happening out there every day. It might not be on the front page because it is not what sells, but it is there and is much healthier for us than the constant bad news stories, so find sources that provide hope and affirm that even in the midst to this pandemic our world is a good and beautiful place and that God walks with us.

### **A Prayer for Mothers...**

**God be with the mother.**

**As she carried her child, may she carry her soul.**

**As her child was born may she give birth and life and form to her own higher truth.**

**As she nourished and protected her child, may she nourish and protect her inner life, and her independence, for her soul shall be her most painful birth, most difficult child and the dearest sister to her other children. Amen.**

**( source unknown\_)**

