



Loving our Neighbour 2.0 Going Deeper

The people of St Paul's show love for our neighbours in so many different ways already by generously sharing their time, talent and treasure. To me Going Deeper means rediscovering the joy, understanding the privilege and seizing the opportunities that God has for us to love our neighbour now and into our future.

Rediscovering Joy

The joy I'm talking about is the joy that comes from God because of his love for us.

It is this joy that Jesus promised to his disciples and all believers. "If you keep my commandments you will abide in my love, just as I have kept my Father's commandments and abide in his love. I have said these things to you so that my joy may be in you, and that your joy may be complete." (John 15:10-11)

Joy is a gift and does not depend on our feelings or circumstances. We can rediscover this gift when we focus on the giver. When we seek to know and love him, he blesses us and when we obey his commandments, we grow and share our faith and experience his joy. This is no idle promise and has the power to dispel fears, calm worry and enliven our days.

Understanding Privilege

What an awesome privilege to become part of God's kingdom and be in relationship with the Creator of the universe through belief in Jesus Christ. We didn't deserve his favour and we certainly didn't earn it. It is another free gift based on our faith in Christ. All our past sins and failures are forgiven and we are freed to live a new life in Christ. There are significant privileges associated with our new life: personal access to God through Christ through prayer and worship; love, joy, peace, wisdom, guidance, strength and comfort through the power of his word and the Holy Spirit; and the love, encouragement and support of other Christians. We do not need to stress and strain. God has given us so much and equipped us to love him, ourselves and our neighbours. He has promised to be with us always.

Seizing the Opportunities

Look around, opportunities to use the time, talents and treasure that you have been given can be found everywhere. They may even start with the person you came to church with or the person in the pew beside you. They can be found within our church family, next door on your street or in your block and way beyond this town's limits. You have a chance to welcome, listen, encourage, gain their trust or share. The opportunity to forgive as we are forgiven may be one of the greatest blessings God offers to us. The opportunity to restore broken relationships is priceless.

Lord, open us to your possibilities.

Dorothy Wilkins

Envelope Steward

...The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these.

MINISTER'S MESSAGE

In worship during the month of September we heard Scripture reading from the Book of Genesis, including a part of the story of Abraham and Sarah. We read the story of angels visiting in the guise of travelers to announce that Sarah would have a child and heard Sarah laugh to herself in disbelief. We heard that Isaac was eventually born to the couple.

To me though, this story isn't the most remarkable part of the tale of Abraham and Sarah. That comes far earlier in their story, at the beginning in fact. God tells Abraham to pack up everything he has, leave his community and travel to an unknown destination that God will eventually disclose. Unlike just about everyone else in the Bible, Abraham follows God's command with no word of protest or complaint.

This is even more remarkable because there are few things humanity dislikes more than change. This is as true for us as it was for people in Abraham and Sarah's day, and in some ways, it is even harder now than it was then. Over the past few decades the pace of change has increased exponentially leaving people feeling as if they have no chance to get their feet under them before things change again.

We cannot slow down the pace of change and it is important to remember that not all change is bad. Changes that increase justice, equality, connection and accessibility are good things even when we find it difficult to adjust.

How can you cope with change? Remember that it is okay to spend time grieving things that are lost through change. Reach out to others for support. Try and look for the way that a change has had a positive impact. It's all too easy to focus only on the negative. If you feel the need to talk my door is always open. And remember that although everything else changes, God is a constant loving presence that is always with you.

Rev. Cordelia

A wise man will hear and increase in learning, And a man of understanding will acquire wise counsel,

Proverbs 1:5

CONGREGATION CONNECTIONS

You Know You Want To



Join the Choir this Fall, You've heard them sing the Caribbean Mass, and it looked like so much fun. You hear them every week, singing Praise to God and you want to be a part of it.

The best time to join the Choir is while there are experienced members to help you learn. We have room for women and men with high and low voices.

For more info speak to any Choir member, or call Lois at 905.427.3800, or email her at lcraigbflat@gmail.com.

Piano Lessons this Fall

Have you always wanted to learn to play piano? Perhaps you want to know how to play Happy Birthday, or your favourite Christmas Carol? I have openings for several new students beginning in September.

I teach beginners to Grade 8 Royal Conservatory of Music for ages 7 to Adult. Lessons take place at St. Paul's. For those who work shifts, or who are retired, lessons are available during the day. Lessons are also available after school, and in the early evening.

For more information, or to schedule an interview, please call me at 905.427.3800, or email me at lcraigbflat@gmail.com.



Lois Craig
Music Director
St. Paul's United Church

Volunteers needed for the Open Cupboard

We are moving forward with the planning of hosting "The Open Cupboard" in the new year. It has been approved by our church Council and the response has been favourable. At our initial meeting it was decided that we will need volunteers from our church to run this outreach program and make it a success.

Volunteers will work in pairs, and the time required is minimal (2 hours a month). Please contact Linda Westendorp at 905-683-7670 or lindawestendorp24@hotmail.com if you feel you could help to make a difference in our community.

MISSION & SERVICE**“The Caregiver’s Club” documentary showing
at St. Paul’s Sunday November 17, 2019**

This spring I saw a moving and timely documentary called “The Caregiver’s Club” by Cynthia Banks. It tells the true story of four Ontario families dealing with a dementia diagnosis. The film focuses on the caregiver and the person with dementia, and their everyday struggles and interactions. Every case is different. How the caregiver deals with it is different. They have to find what works for them. The day-to-day challenges are ongoing, and finding appropriate help is not a clear path.

In addition to making people aware of the affects of dementia on someone’s life, and on those who love them, the film maker is calling for action from governments to get healthcare supports that are needed and can be expensive over the years of this debilitating disease.

The Ladies’ Exercise Group will be showing this movie on Sunday, November 17, 2019 after church. You won’t want to miss it. It’s very interesting and informative. Be sure to mark it on your calendar. Bring a friend! You can find out more at www.thecaregiversclubfilm.com

A freewill offering will be gratefully accepted.

Submitted by Helen Dowse
Chair, Mission and Service

Save the date

Harpist Liane James will be performing at the 10:30 am Sunday morning service on October 20, 2019. You won’t want to miss it.

Invite your friends, family and neighbours.



WORSHIP & MUSIC**Monthly Hymn Sing**

For those who enjoy singing the hymns on a Sunday morning, we are going to offer a monthly hymn sing commencing on Sunday, October 27, 2019.

On the fourth Sunday of each month, we are dedicating the time 10:25-10:35 am as a congregational hymn sing. We will honour your requests from Voices United, whether they be old favourites or relatively new hymns.

Join in and participate as you are able. Raise your voices in song and praise!

**You Suggest the Music**

Lois is looking for your favorite hymns to play before service each Sunday. If you supply the title, it can probably be tracked down.

Please jot down the title and put it in the suggestion box, or email it to her at lcraigbflat@gmail.com.

If you have a particular date that you would like it played, please include that.

Thanks for your ideas.

Thank you to all those who sent me Get Well cards, especially the congregation, UCW, the Prayer Shawl group (so comforting), the Visitation group, and Rev Cordelia for her phone call.

Also, being SPARC'd was very special.

Thank you all,
Mary Younie



THE MEN'S GROUP

The Men's Group will meet for breakfast on Saturday, October 5, 2019 at 8:00 am in the Gathering Place. The invitation is open to all men.

Come for the first time and enjoy a free breakfast.

"Happy Thanksgiving to all the men and their families"
Gobble! Gobble!

**UCW**

On Tuesday, October 15, 2019 at 1:00 pm, the UCW will meet for the monthly meeting in the Fellowship Room.

Janet Dirstein will be demonstrating scarves which can be worn in many ways and styles, depending on the type of material and what suits the individual.

Bring your own to participate in the enjoyment. Everyone is cordially invited. If anyone needs a ride, please call Valerie at 905-683-8798

Instrumentalists

Calling all instrumentalists. St. Paul's would like to make use of your talents. Whether you play flute, oboe, French horn, violin or any other instrument.

Perhaps you would like to play along with the Choir. Or, perhaps you could play a solo with or without accompaniment during the offering at the 10:30 am service. If you play the piano perhaps you would like to play a duet with me, or one with your regular partner.

To make yourself known, please call me at 905.427.3800, or email me at lcraigbflat@gmail.com. Looking forward to hearing from you.

Lois Craig
Music Director
St. Paul's United Church



CONGREGATION CONNECTIONS

Groan and Laugh Along with Us

The ladies exercise class that meets at St. Paul's Mondays at 9:15 am and Thursdays at 1:00 pm, has room for 2 more participants. It runs from September to June. The class is very relaxed and fun. The cost is nominal.

Come for a trial class - no charge (you don't have to be in the Choir to join). For more information or to let us know you're planning to visit, call Lois at 905-427-3800.



Senior Choir Open House

Have you ever wondered what happens during a Senior Choir practice? You're invited to come see, sing, and experience it. This year's Open House/Bring a Friend Night for St. Paul's Senior Choir is Thursday, October 17, 2019 at 7 pm. Practice will end at 8:15 pm followed by a time of fun, fellowship and food.

Visitors will be invited to sing with the choir Sunday, October 20, 2019 with harpist Liane James accompanying that day's anthem!

N.B. Until 7 pm ring the bell on the Parking Lot door. It's marked Choir Room/Piano Lessons. After 7 pm ring the bell labelled Church on the side door near the Minister's Office.

For more info, speak to any choir member; email Lois at lcraigflat@gmail.com; or phone Lois at 905-427-3800.



ST. PAUL'S UNITED CHURCH

the church with the open arms



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We're on the web!

www.stpaulsajax.org

The next *Epistle* will be issued on October 31, 2019

DEADLINE for articles is Friday, October 25, 2019

Please send articles to Wendy Mason at goosemason@yahoo.ca

JOIN WITH US TO WORSHIP AND PRAISE GOD.

Sunday Worship - 10:30 am

Wheelchair Accessible - Hearing Assistance

Sunday School and Nursery Care available during Sunday Worship.
Fellowship and coffee time follows every worship service.
Holy Communion is served on the first Sunday of the month.

Baptisms and Weddings may be arranged by calling the Church Office.

Meeting Space is available for booking.

Our office is open weekdays from 10:00 am to 2:00 pm.

Minister: the Rev. Cordelia Karpenko

Office Administrator: Catharine Ottaway

Music Director: Lois Craig

We come to experience, show and share the difference God's love in Christ makes in our lives. We strive to be a people growing spiritually while reaching out to others in response to Jesus Christ.