



# BETHEL

*Christian Reformed Church*

Connect . Grow . Care

**NOTE REGARDING MEETING FOR SERVICES:** As of this writing, we are continuing to suspend meeting together in person for Sunday services at Bethel Church. The council of Bethel Church is following developments and ministry of health guidelines regarding public meetings. We will keep our membership informed of updated information and plans through various means of communication including by phone. Please check the church's website as well if you are able. Through our website we are making sermons, messages and relevant documents available week to week. If you have needs or questions please contact the church office, Pastor Eric, the council chair Steve tB. or any elder or deacon of the church. Contact information is located near the end of this bulletin.

**THIS WEEK: JUNE 7, 2020:** LESSONS FROM LOCKDOWN (4) Moving forward with our series based on Paul's prison letter to the Philippians, we reflect on the familiar and powerful words of servanthood expressed in the first 11 verses of chapter 2. The message will again be on video on the website or available through an email link.

**NEXT WEEK: JUNE 14, 2020:** LESSONS FROM LOCKDOWN (5) Moving forward with our series based on Paul's prison letter Philippians, we reflect on chapter 2, verses 12-18.

## CHURCH FAMILY

*We pray for each other in the ongoing challenges, hardships and health concerns we experience within our community; we pray also in thanksgiving for the gifts of blessings and joys.*

- So far each week we have listed several prayer prompts regarding COVID-19. We now are being encouraged to create our own list that we can use in personal or table devotions throughout the week. By

checking the news or through your personal knowledge of needs, create a list of three Covid-19 requests. If you need some prompting initially, you can consult previous bulletins.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

- Pray for **Trix S.** Trix was taken to Victoria Hospital last Sunday afternoon after experiencing chest pains. A stent was implanted and she was able to return home Thursday.
- Please pray for **Keith and Alie V.** as their son-in-law Jeff (married to Jennifer) who at this time is receiving treatments. Please pray for Jeff, Jennifer, their children and all their loved ones.
- Pray for **Mary-Lynn MC.** as she continues to deal with pain and concussion symptoms caused by a recent fall.
- Pray for **Bronson G.'s** mother, Jane, who began chemotherapy a week ago last Friday.
- Pray for **Peter and Irene O.** as Irene's brother in law Henry Amsinga nears more closely the end of his life.
- Pray for **Jean D., Jennie D. and Herman VS.'s** sister **Nel** who continues to struggle with her health.
- Pray for **Riek V., Albert P., Margaret S., Tina D., Frans H., Andy V. and Bernie & Harmina K.** all of whom are in long term care facilities.
- Belated birthday wishes to **Bernie K.** who celebrated his 93rd birthday on June 3.
- Birthday wishes go out to **Tonia H.** for her 84th birthday on June 13.

**PRAYER LIST:** Pray for Bethel members and friends with ongoing health concerns or unable to attend as well as those whose ministries we support: **Janet B.; Tina DV.; Truus DV.; Bernie H.; Sid K.; Melissa P.; Marlene P., Gerry M.; Albert P.; Joan S.; Margaret S.; Rita J.; Keith and Alie's son-in-law; Nel DV.; Rose S.;** Bernie and Harmina K.

In Ministry: **Leah Hopp; Karen Lubbers-Odel**

## PRAYER MINISTRY AT BETHEL

*Each week we are encouraged to formulate our personal prayers using such categories as our city, our community, our world; the deepening of God's people; the extending of God's Kingdom; the flourishing of love, justice, peace and the spread of the gospel.*

### THIS WEEK'S PRAYER SUGGESTIONS:

**DENOMINATIONAL MINISTRIES:** In addition to these weekly denominational prayer items, you may access other updated requests through this link of CCNL (Christian Churches Network of London <http://www.ccnl.org/resources/pray/>)

**CRC COMMUNICATIONS: TRINITY SUNDAY** - Many churches celebrate this first Sunday after Pentecost as Trinity Sunday. Praise God for his three-in-one nature and celebrate his love in creating us, saving us, and guiding us for his glory.

**RESONATE GLOBAL MISSION: JAPAN** - Less than 2 percent of Japan's population openly follow Christ. Before the coronavirus pandemic, Resonate missionaries Larry and Ruth Spalink reported that more people were attending church. Praise God! Please ask the Holy Spirit to keep working in people's lives and to draw them into a relationship with Jesus.

**WORLD RENEW: HONDURAS** - While borders, schools, and businesses in Honduras have been closed, World Renew's agricultural initiatives have been deemed an essential service: providing food security for the nation's people. We thank you for your prayers for the people of Honduras and for our staff as they prepare to faithfully carry out their work.

**FAITH FORMATION MINISTRIES: SUMMER MINISTRY** - Please join with FFM staff in praying for the many children, youth, and emerging adults who are grieving the loss of summer camp experiences this year. Pray for camp ministries and churches that are working hard to create other faith formative opportunities for children and youth to meet and grow in relationship with Jesus Christ this summer.

**WORLD RENEW: DISASTER RESPONSE** - Despite the COVID-19 pandemic, churches continue to find creative, inspiring, and cooperative opportunities to reach out to people affected by this crisis. World Renew and Diaconal Ministries Canada have partnered to offer small grants to churches assisting local ministries in meeting community needs. Please pray for the efforts of these congregations and communities in the midst of this crisis.

## CHURCH ANNOUNCEMENTS

**ZOOM BIBLE STUDY – WEDNESDAYS AT 7:30 – LESSONS FROM LOCKDOWN:** Please join us on Wednesday evenings at 7.30 for a discussion of the previous Sunday's message. Look for an email each week and/or the Bethel Facebook page for the Zoom link.

**FELLOWSHIP HALL SOUND SYSTEM:** is in dire need of upgrading to a total bill of \$8—9000. A special account has been opened for this. Donations are gratefully accepted. **YARD SALE** is hopefully planned for **JULY 25 - NOTE DATE CHANGE** — with the proceeds going to the Fellowship Hall sound system. It's a good time now to clean your closets and save everything for the sale. When we are able to get out, you can make arrangements to drop it off or have it picked up. Please continue to save your donations—books, plants, household items, crafts, clothing, etc. Talk to a member of the Board of Stewards or Ben S.

## REQUESTED ANNOUNCEMENTS

**WORLD RENEW OFFERING:** The offering schedule is being changed **from June 28 to June 7** to accommodate a **4X match from the Canadian Government through Canadian Foodgrains Bank**. Your donation will be multiplied to provide food for as many displaced and refugee families as possible. **Your donation of any amount will be matched 4X to provide critical food and hope to families living in crisis.** —*The Deacons*

**PRAYER REQUEST FROM THE CRCNA:** All Christian Reformed churches and their members are asked to remember the deliberations of the Special Meeting of the Council of Delegates in prayer this week. The COD will be meeting on behalf of synod (which was canceled because of COVID-19) on June 11 & 12 for advisory committees, and June 16 & 17 for plenary sessions. This includes the approval of this year's candidates for minister of the Word. All decisions from this special meeting will be reported to Synod 2021. Your prayers for wisdom and discernment through the leading of the Spirit are appreciated. - *Colin P. Watson, Sr., Acting Executive Director*

**FROM DISABILITY CONCERNS:** Our colleagues at the Office of Social Justice worked with our ministry to put together an action alert for us! Please feel free to forward this far and wide to make sure our voice is heard! <http://>

### Interested in membership at Bethel Church?

In making profession of faith? To talk further, contact Pastor Eric at [pastor.ericqn@gmail.com](mailto:pastor.ericqn@gmail.com).

[dojustice.crcna.org/article/hearusout-canada-edition](http://dojustice.crcna.org/article/hearusout-canada-edition)

**CHRISTIAN STEWARDSHIP SERVICES** is hosting a series of Virtual Webinars and are delighted to invite you to join in. Since we are partnered with the CRCNA, there is no charge to listen in or receive the personal follow up that is available. Our current webinars topics are: 1. Planning or Reviewing a Will: Learn the basics, dispel the myths (June 2 at 7pm EST or June 4 at 7pm PST) and 2. Tools of Gift Planning: Maximize your gift, save more Tax (June 9 at 7pm EST, or June 11 at 7pm PST) You can register for any upcoming Webinar on our EVENTS page at <http://www.cssservices.ca/events.php> or simply email [info@cssservices.ca](mailto:info@cssservices.ca) to register. Christian Stewardship Services - 800.267.8890 x217 or [info@cssservices.ca](mailto:info@cssservices.ca)

**WORLD REFUGEE DAY:** How has COVID-19 impacted refugees? And what can I do about it? To mark World Refugee Day (June 20th) we have a new video series featuring what's happening in the lives of refugee claimants, sponsored refugees, and displaced people, along with ways we can support and pray. Visit [crcna.org/worldrefugeeday](http://crcna.org/worldrefugeeday)

**COVID-19 UPDATES:** To assist congregations in responding to the challenges that the COVID-19 crisis brings, the ministries of the Christian Reformed Church in North America are curating resources on key topics. Learn more at [crcna.org/Covid19](http://crcna.org/Covid19).

**GROUNDWORK: THE WAY OF WISDOM** - People deemed "wise" by worldly standards are not always wise by biblical standards. Discover the characteristics of godly wisdom by joining our conversation studying Proverbs 9:1-12 and together we'll learn how we can cultivate wisdom that meets God's standards. Listen now at [GroundworkOnline.com](http://GroundworkOnline.com) and subscribe to Groundwork's weekly emails for future episodes.

**AT-HOME FAITH FORMATION TIP:** Vacations can be a great time for families with children to grow in faith together. Check out Everyday Family Faith—a pocket-sized resource that helps families build strong faith habits together and make time for God in everyday life. For each day of the week, you'll find creative ideas for exploring Bible verses, talking about faith in daily life, and praying together, as well as fun activities to do. Available from [FaithAliveResources.org](http://FaithAliveResources.org). (Tip from Faith Formation Ministries; <https://www.crcna.org/FaithFormation> )

**MOVIE NIGHT!:** Do you love discussing movies with other folks? Don't miss the free screening of "The Story of Plastic." Watch it whenever you'd like in your own home and then select from our different discussion groups to discuss the film and ways we can care for creation as believers! <https://www.eventbrite.com/e/105585154038> - *the Office of Social Justice*

**CRC OFFICE OF SOCIAL JUSTICE CALL FOR IMMIGRATION STORIES!:** During COVID-19, we find ourselves stuck at home - which is a great opportunity to share family stories. Is immigration a part of your family's story? Where did your ancestors come from and when? Join the CRC Office of Social Justice in dusting off these stories while we stay home for a while, by contributing to the "Immigration Is Our Story" series. Visit [justice.crcna.org](http://justice.crcna.org) for more info.

**MONTREAL SEAFARERS':** In mid-March, the Montreal Seafarers' Centre closed when Transport Canada cancelled non-urgent shore leave for seafarers. You can read their newsletter here: <https://storage.snappages.site/3K7JFC/assets/files/M2S-Newsletter-Jun-2020-web.pdf>

**SHALEM:** As an essential service, Shalem did not experience any disruptions as we have been providing all services over the past 2 months through virtual platforms. We will continue to provide services through virtual means only, as

DIACONAL GIVING		
LAST WEEK	THIS WEEK	NEXT WEEK
Back to God Hour 190.00	World Renew (Canadian Food-grains Bank)	Denominational Ministry Shares
NewGround 25.00		
Resonate Global Mission 325.00		
World Renew 55.00		
Open Homes Hamilton 75.00		
World Renew Cdn Foodgrains 650.00		
Fresh Start 25.00		
<b>BETHEL BUDGET—GIVING 2020</b>		
Budget Received Last Sunday: \$ 2020.00		

yet, as we work toward a very gradual return to in-person services. Please feel welcome to continue to contact us during regular business hours for support as needed. As always, if you have any concerns or questions, please do not hesitate to contact us at [office@shalemnetwork.org](mailto:office@shalemnetwork.org) or by calling 866.347.0041

**INDWELL:** Join Indwell communities across southern Ontario on Friday, June 12 for an informative, fun virtual gala from 7:30 – 9:00 pm. You'll catch a glimpse into our current and upcoming affordable housing communities together across southern Ontario. Register at [indwell.ca](http://indwell.ca) today!

**CELEBRATIONS WITH WILL GRAHAM:** On Sunday, June 7, we invite you to gather your family and join us for our second [online worship and prayer event](#). Believers from the Greater London and Greater Sudbury regions will unite on Facebook to worship together and pray for our communities, asking God to move in the lives of those around us, as we prepare for the Celebrations with Will Graham.

**GENESIS COMMENTARY BY CRC AUTHORS TOPS BEST SELLER LIST:** Just three days after their book was published, John Little and Darrell Bierman were surprised to see it reach number one on the best-seller list in Amazon's Christian commentary category. The book, [Genesis for the Rest of Us](#), was released in early May 2020. A two-year project for Little and Bierman, the book aims to tell the story of Genesis in simple, modern language for anyone to understand. Little is a member of [River City Church](#), a Christian Reformed congregation in Cambridge, Ont. He is an award-winning author, with 20 books of fiction published. Bierman is the lead pastor of River City Church. The format of the book presents Genesis a few verses at a time, followed by an explanation of the verses. Little wrote the explanations in an engaging, easy-to-understand way, including humor, pop-culture references, diagrams, and family trees to help readers learn and stay interested. After *Genesis for the Rest of Us* was published in early May, it climbed quickly to the top of the best-seller list for Christian commentary. - Anita Brinkman, CRC Communications

**ENDNOTES:** Today is a lesser known yet important Sunday in the church calendar named simply TRINITY SUNDAY. It is a day to celebrate something of the mystery of God as we confess with Christian churches of all time that our one God is three persons. As it speaks to the mystery of God, it is sometimes helpful for us to think more concretely of the primary (but not exclusive) work of each person. We think of God the Father as he creates and sustains the universe (He's got the whole world in his hands), God the Son who came to rescue and save the world through his death and resurrection (the events of Good Friday and Easter), and God the Holy Spirit, who lives in us and gives us comfort, counsel and power (the wind and fire of Pentecost Sunday).

The WORSHIP SOURCEBOOK (Faith Alive) offers this helpful summary:

*While every Christian worship service is a celebration of the Trinity, Trinity Sunday focuses explicitly on the mystery, power, and beauty of the triune God. Our Christian identity and mission are given to us as we are baptized in the name of the Father, the Son, and the Holy Spirit (Matt. 28:19). Our worship is not only directed to the triune God but is also enabled by the prompting of the Holy Spirit and the mediation of Jesus Christ. At its best, our worship is also an expression of the unity and common purpose of the church, which Jesus prayed would reflect the unity between himself and God (John 17:20-21) (p.719). EGN*

**To access Pastor's Eric's regular COVID-19 MEDITATIONS, click here ...**

<http://www.bethel-crc.ca/covid-19-meditations/>

THIS WEEK AT BETHEL...		
<b>TUESDAY</b> JUNE 9		
<b>WEDNESDAY</b> JUNE 10	7:30 PM	Zoom Bible Study

**Pastor Eric Groot-Nibbelink:** 519.453.0767 (church study) [pastor.ericgn@gmail.com](mailto:pastor.ericgn@gmail.com)  
**Chair of Council:** Steve te Bokkel 519.461.0853 [stevet8566@yahoo.com](mailto:stevet8566@yahoo.com)  
**Office Admin:** Barb Wesselius 519.453.6565 [bethelcrlcldn@gmail.com](mailto:bethelcrlcldn@gmail.com)  
**Office Hours: Friday 9:30 AM - 1:30 PM** Bulletin Deadline: **Thursday by Noon.**

# Summary of Webinar Chat

## 'MENTAL & EMOTIONAL HEALTH DURING COVID 19' WEBINAR

Hosted By Diaconal Ministries Canada & World Renew

April 11, 2020 @ 2pm EDT

Below are excerpts from the Chat that took place during the online webinar (hosted by Zoom). Some great ideas were shared participants!

### **Connect with God**

- Prayer time
- Start a new 30-day or other devotional
- Read Scripture
- Pray for others
- Listen to worship or choral music

### **Connect with your church**

- Have a mid-week Zoom chat
- Try prayer practices over video chat
- Worship online
- Call folks in your congregation

### **Communicate**

- Talk to those you're living with
- Reach out to friends by phone, video call, or text
- Unplug from social media or TV for a while
- Send some snail mail

### **Take care of yourself**

- Sleep
- Eat healthy foods
- Exercise
- Breathe
- Limit news intake
- Practice self-compassion

### **Give back**

- Sew masks for loved ones
- Knit/crochet prayer shawls
- Offer to help neighbours
- Bring someone flowers

## Have some fun

- Watch funny clips or shows
- Get goofy during family zoom calls (try a talent show or costume night!)
- Take photos
- Garden
- Try this [“tabletop simulator”](#) to play classic board games virtually
- “Save up” things you look forward to doing again someday on notes in a jar

## And Don't Forget To...

- Spend time (safely) outdoors
- Remember that you're not alone
- Be honest with yourself and your family
- Grieve together with your children or other trusted people in your life
- Be open to learn from this experience
- Don't forget to celebrate the bright spots, too
- Take it one day at a time

