



Sunday January 31st 2021

This Sunday's Service will be available on Sunday and can be found on our YouTube channel by typing "St. David's Presbyterian Message for January 31, 2021" into Google. The scripture readings for this Sunday are:

Mark 1:21–28

Church Office Hours: Rev. Sturtevant is in the office Tuesdays through Fridays from 9:30 am to 2 pm daily, should you wish to drop by. In case of an emergency, he can be reached on his cell phone at 699-3661. Alternately, you may contact your elder. The elder's list is on the back of this bulletin.

Prayer Partnership: The Presbyterian Church in Canada offers a prayer partnership that may form part of a daily devotional, please consider these prayer partnerships:

Sunday, January 31 We celebrate in prayer that vulnerable families in Nicaragua are being empowered through PWS&D-supported programs to help with their babies' growth, and the overall health of their families.

Monday, February 1 We pray that God nurtures and grows our practice of hospitality so that we might offer our time to those in need of friendship and compassion more easily and often.

Tuesday, February 2 We give thanks and pray for all frontline workers who support and serve under difficult circumstances.

Wednesday, February 3 We pray for the Near East School of Theology (NEST) in Beirut, Lebanon, and for Dr. George Sabra, President of NEST, as the school continues its recovery efforts after the explosion in Beirut's port in August.

Thursday, February 4 We pray for church secretaries and custodians and all those who support the worship and mission of the church in ways that are too often overlooked.

Friday, February 5 We pray for all those affected by COVID-19, including international partners of Presbyterian World Service & Development who continue to respond.

Saturday, February 6 We give thanks for the people in our lives who have mentored and nurtured us in Christian faith and discipline.

From the Board, Session and Treasurer

Coming to Church: Self Assessment Guide and Sign-in / Sign out Sheet: The Streamlined Process

St. David's has a process for completing our Self Assessment Guide (SAG) and the sign-in procedure for Sunday's church service. The manager on duty will ask you the questions on our SAG and will complete it for you. They will also complete the sign-in sheet allowing you to proceed directly into the sanctuary if all is well. The manager will also complete the sign-out sheets allowing you to leave in an orderly manner.

The sign-in and sign-out form is to allow contact tracing, should we ever need to do so. If you are a member of the congregation, we only need your name and phone number. If you are not a member, you will also be asked for your address.

Sunday January 31st Service

This Sunday we will continue to follow the process described above for the completion of the SAG and the sign-in sheets. We will again have people enter through the breezeway and come in through the side narthex door or the front door. The person or the "bubble" will be seated. The exit plan is to leave via the door to the lobby and out through the tower door. There will be managers and elders to greet you and if you are new to the process, they will help you through it.

We are including singing as part of the service and are adhering to all provincial public health guidelines. Please remain seated and wear your mask while singing.

Meanwhile, people have been asking whether we still provide **“Wheels to Worship”**? And the answer is **“Yes!”**. If you need a ride to church, please call Newfound Cabs (744-4444).

Getting the Service and Bulletin using our website

This bulletin and the Sunday service are placed on our website as soon as the Rollmann family get Monica’s email. The website is **stdavids.nf.ca** and if you type this in as your search, our website will be right there. At the top of the main page is a “Sunday Service” which will take you to this week’s service link and bulletin. Since our Sunday services are now live-streamed, the link is already posted so people can experience the Sunday service at home live beginning at 11 am on Sunday. If you click on Video Service for Jan 31st, you will see the screen and the note: live in “a number” of hours. After the fact, you can see the You-tube video of the service. If you would like to catch up on previous services all are available, simply scroll through the services and choose the Sunday service or bulletin that you would like to see or read.

Public Health Guidelines

This statement comes directly from the Public Health guidelines: “While not a requirement, Public Health maintains their warning to people 60 and above, or with additional risk factors, to avoid any non-essential gathering.” We feel duty bound to openly communicate this statement. We will certainly welcome and include anyone wishing to join us in person for worship. Meanwhile, we will continue to offer on-line services for those who may prefer that option. Everyone should feel comfortable participating in or engaging in any activity in which they take part. Do not feel compelled to participate, nor be barred from participating, by virtue of age or underlying medical condition. Every precaution to meet and exceed the Public Health guidelines will be taken. However, that is not a guarantee that we can make

our gathering a risk-free activity. We all look forward to a day when this Public Service warning is no longer required. We would like to thank you for your co-operation in helping us ensure we are all protected.

Treasurer's Report

Thank you all who are continuing to donate to your church through envelopes on Sunday mornings, by e-transfers, or by your monthly PAD contributions. My thanks go out to elders and friends who happily and gladly pick up envelopes from those not able to get out to church and drop them off at the church office. The 2021 envelopes have arrived and some are still sitting on Monica's desk. Please drop by the church to pick up your envelopes or call Monica a call and she will have the envelopes sent to you.

By the way, the sole email address we are using to accept donations is stdavidsnfd@gmail.com and this one is linked to our bank account and it will automatically accept all donations.

Announcements

Prayer Shawl Ministry will be meeting on Tuesday, Feb 2 @ 10 am in the Armour Room.

The **Bible Study** will resume on Wednesday, Feb. 3 @ 10:30 in the Armour Room. All are welcome!

Food for Thought, a Bible study group for university-age / young adults, is meeting once a week during the pandemic via Zoom. New people are always welcome. Our next meeting is scheduled for Saturday, January 30, at 8pm, with Ernst continuing a discussion on anxiety based on biblical examples. Anyone interested in participating should contact Ernst Rollmann (ernstrollmann12 at gmail.com) for the Zoom link. Ernst can also add you to the email list for instant updates.

Bridges to Hope



For the sake of clarity and consistency, Bridges To Hope recently updated the contents of its food hampers to Small, Medium and Large sizes. This was done to eliminate confusion, especially when hampers are needed for larger families.

For your information, below are the contents for a **SMALL** hamper, which is meant to provide 2-3 days food for 1-2 people. The Medium and Large hampers contain basically the same items, but in larger quantities. School kits and other extra items are added as required and when available. Personal care items - shampoo, toothpaste, deodorant, etc. are very much in demand as well.

Using this as a guide, next time you're grocery shopping, why not add one or two non-perishable items to place on the food trolley at St. David's. If you're not back to Church on a regular basis yet, food can always be dropped off at the Church Office. As always too, cash or gift cards are helpful and greatly appreciated.

Regular Food Hamper (1-2 people; 2-3 days food)

Milk - canned evaporated - 1	Beans, canned - 1
Soup - Frozen homemade - 1 per person OR Canned - 2 small or 1 large	Dry Pasta/Rice - 1 package
Meat - Fresh/frozen - 1 OR Canned - 1	Canned pasta – Beefaroni/ Ravioli, etc. - 1
Crackers - 1 sleeve saltines OR 1 box other	Pasta Sauce - 1
Cookies/Snacks- 1 box cookies OR granola bars	Cereal - 1 regular package
Fresh vegetables -1 package	Vegetables - canned - 2
Juice - 1 Litre (or equivalent)	Kraft Dinner - 1
Eggs - 1/3 carton (4 eggs)	Fruit - fresh - 2 per person OR canned - 1
Margarine - 1 (1/2 cup block)	Bread - 1
Tea/Coffee-1 portion (10-12 teabags, 1 cup coffee)	Sugar - 1 portion (1 cup)

** Extra items, such as Noodles, Hamburger Helper, Scalloped Potatoes, Rice, etc. are included as available.

Birthdays and Anniversaries and Graduations

If you know of someone who is going to have a birthday or an anniversary in the coming days or weeks, please call or email the church.

News from the Pews

How I Met One of the Loves of my Life! By Monica McNeill

Seems I have taken to story writing. I never thought in my whole life that I would enjoy writing but since I have written a few stories for your bulletin, I find it most rewarding. So here goes another one!

As many of you are aware, I was a single parent for many years. I worked two jobs and my life was quite busy! At times I would think it would be nice to meet someone for company but I had reached a point in my life that one way or another things were going great. I had a nice apartment, a healthy child and my truck! Oh and I must not forget – Princess. As you recall in another story, she was the dog who had eight puppies on the way to Ontario!

Now let me introduce you to the “neighbour” in my apartment building. His name was Duke. Duke was a terrier mix dog who lived across the hall from me. I became friends with his owners and Duke as well. Every time I came home and Duke was outside, he would get so excited to see me. Naturally, we became fast friends. He would even come over for a few visits.

So let’s digress a little bit now. It was the Fall, 2010 and while getting ready for Christmas, I was saying to myself a little prayer that it would be nice to have a male friend to spend Christmas with. It was just a brief thought until.....

Let’s get back now to my “neighbour”, Duke. His owners were looking for a home for Duke as they couldn’t keep him anymore. The gentlemen looked at me one day and asked if I would take Duke as I already knew and liked the dog. I was

hesitant as there was a “one pet policy” in my building and I didn’t want to get evicted. One evening though Duke came over for a visit and when he came through the door he jumped up in my arms, put his head on my shoulder, and wrapped his two front paws around my neck. Suddenly I realized, here is the male friend I was asking for! He just had four legs and fur! From that moment on we became good friends and he and Princess seemed to get along. I think God has a sense of humour sometimes - so better watch what you ask for!

Duke is now 15 years old and is still with us. I have had him for over 10 years and he now lives with my Dad and son next door. He likes it there - as he gets older he likes the quiet. He used to jump up in my arms so many times and when I would ask him “Do you love your mamma Duke”, he would put his head on my shoulder. Now, though, I have to sit on the floor with him and reassure him I still love him. He can’t jump like he did. A scripture came to mind the other day as I sat on the floor with him. The one in **Ecclesiastes 3:1-4 To every thing there is a season, and a time to every purpose under the heaven: A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted; A time to kill, and a time to heal; a time to break down, and a time to build up; A time to weep, and a time to laugh; a time to mourn, and a time to dance;**

For a moment I felt a little sad. He is getting older and can’t jump anymore but I have that great memory of the time he put his paws around my neck for the first time and he was mine!



Duke



Princess

Gardening with Gerhard Bassler

Even though there's a lovely blanket of snow on the ground now, the gardeners in our congregation are already looking forward to spring planting. This week, I asked Gerhard about the difference between Heirloom seeds, Hybrid seeds and Organic seeds. And what kind of seeds does he generally use? Here's his answer...

You are wondering about the difference between heirloom, hybrid, and organic seeds and which ones are preferable. Most seed catalogues from established seed producers use these designations, often without explaining their meaning. The designations actually refer to the plants that produce the seeds and not to the quality of the seeds themselves.

Heirloom seeds, as the word heirloom suggests, are seeds from plants that have been passed down from the time of your grandparents, or even earlier times, without having been modified.

Hybrid seeds, by contrast, are from varieties that have been crossed with other varieties. The seeds from these plants will not produce the same hybrid seeds, but inferior ones.

Both heirloom and hybrid seeds may also be **organic seeds**, depending on whether the mother plants were grown organically, that is, whether they were not sprayed with pesticides and the soil in which they grew was free of toxic chemicals. There is no advantage in using organic seeds other than one's concern for the environment and the desire to support organic farmers. Organic seeds do not yield tastier, larger, or healthier crops than non-organic seeds.

*Organic seeds may sometimes be **treated**, that is, dusted with an approved anti-fungal and insect-repellent chemical. This is important for many Newfoundland gardens where cool weather and soil that is cold and damp can affect germination and natural disease and pest controls. For growing corn, beans, and peas I have been buying mostly treated seeds.*

In my garden I have been using both heirloom and hybrid seeds over the years. Every year seed growers use up half their seed catalogues advertising new hybrid varieties. Hybrid varieties are being constantly developed in the search for faster growing, larger, and more disease and pest-resistant plants. It is tempting to try them out. Hybrid seeds are often quite a bit more expensive. Supermarket produce that is not labelled organic come from hybrid varieties.

For a long time I used to prefer hybrid Brussels Sprouts because they have more sprouts than the heirloom varieties, hybrid chard because the leaves are larger, and hybrid carrots because they are easier to grow, more resistant to pests, and tend to store better in the root cellar. Their main drawback, I discovered, is not only the price, but also the flavour. Actually, it were my children and grandchildren who kept insisting that nothing can beat the flavour of heirloom carrots of the Touchon, Nantes, and Danvers varieties. These are sweeter than any carrots you can buy, my grandchildren insisted. They are also more nutritious, I have found out. But they are more challenging to grow.

Hope you find it useful.

St. Matthew's Church – Update on Restoration from Lynne Allan

As many of you know, St. Matthew's Presbyterian Church in Grand Falls-Windsor suffered major damage on the night of Oct. 18, 2019 when fire, smoke and water destroyed the sanctuary and some contents. The rest of the building and contents were badly damaged. It was a night we'll never forget. No one thinks they'll ever hear the words "The church is on fire."

It seems the building, which had marked its 109th anniversary a month before, wasn't ready to be written off. The structure stood strong and when it was deemed sound, the decision was made to restore and repair. Days later Norm James, owner of a local construction company, offered to oversee the restoration and loan us one of his employees free of charge to augment our small group of volunteers. When Norm passed away unexpectedly in early 2020, the employee had to find work elsewhere. The volunteers were on their own.

The number of volunteers has fluctuated but has never been more than seven and that was in the early days. For more than a year, apart from necessary paid tradespeople, it's been three men putting in eight hours most weekdays. They have been responsible for bringing the building to where it is today and St. Matthew's couldn't have asked for a better group. One volunteer – Bob Thompson – is a congregation member and chair of the Board of Managers. Bud Hynes is the husband of Debbie, our Clerk of Session. Al Paddock was a friend of Norm and wanted to help. We will never be able to adequately thank Bob, Bud and Al. I have joked that we'll have to make Bud and Al honorary members of St. Matthew's.

The restoration may have been finished in a shorter time period if we had hired a company to do the work, but it's doubtful the eye to detail and the careful consideration given each stage would have been matched. Recently I e-mailed an update and some pictures to the congregation and received many positive comments in return, including this from one of the most senior members after she and her husband had seen the progress: "We dropped in to the church last week. It took our breath away and brought tears to my eyes. It's all amazing. The kitchen is gorgeous as are the colours throughout the building. We can't say enough about our volunteers. We could never be this far along without them. We are looking forward to worshipping again in our beautiful little church."

The dedication of the volunteers and the continued support of the congregation, as well as others both near and far, have brought us to where we are today – seeing light at the end of the tunnel. The exterior was finished late last year, the white wood siding and green shingles, windows, doors and trim staying true to the colour scheme the church has had for years. Great care was taken in getting windows (multi-paned Gothic arched windows) that look as much like the old ones as possible.

In the sanctuary new light fixtures are in place, the painting is completed and flooring installation has begun. Three light fixtures that survived the fire have been restored and put back in place. St. Matthew's has had chairs instead of pews for many years and the new chairs arrived just after Christmas. A local craftsman has been given the task of restoring the wood furnishings, including the pulpit, minister's chair, baptismal font and Communion table and chairs, all damaged by smoke and water. A stage piano with organ features has been ordered to replace the organ. The small minister's room and choir room were combined to make for a larger room for our interim moderator and others who conduct our services. Downstairs work continues to complete the hall, kitchen, washroom and storage room.

There will still be a list of things to do when the volunteers pack up their tools for the last time, none of which would prevent us from resuming services. The one thing that may keep our doors closed for the foreseeable future is COVID-19. Congregation members will have to decide if they are comfortable with the idea of gathering as a group, following public health regulations. Time will tell. Stay tuned. Thank you for your interest in St. Matthew's Presbyterian Church.

Lynne Allan is an elder and treasurer of St. Matthew's Presbyterian Church, Grand Falls-Windsor, NL



The restored exterior of St. Matthew's looks much the same only better.



The sanctuary before the fire.



The sanctuary after the initial clean-up.



The sanctuary as of Jan. 24, 2021.



Three light fixtures like this one survived the fire. They've been rewired, cleaned up and are back in place.



Great care was taken to have the replacement windows look as much like the old ones as possible.

An Archival Moment

Thanks to Pam Bruce, we have another great picture of a Sunday School Picnic – this time it's from July 17, 1935. It was the Congregational Church Sunday School Picnic and it took place in Mount Pearl on Calver's field.



Congregational Church School Picnic July 17, 1935

Back Row (l to r): Miss Lou Calver, Mrs. Morris (Valda Morrissey's grandmother), Mrs. Hutchings, Gladys Calver, Barbara Rose Sr., Mrs. J.C ?, Rose Carmichael, Ada Barnes, Hildegrade Whitmore (cousin of Ethyl Thomas, daughter of Rev. Whitmore and Sarah Thomas)

Front Row (l to r): Ethyl Thomas, Lal Stowe, Jean Thomas, Edna (Chancey) Wiseman, Betty Hutchings, Miss Phillips, Mills Tours, Mrs. John Stowe.

Church Trivia Questions

Way back when:

Last week the question was: What is the inscription on the Communion Cup that is still used (for ceremonial purposes only) during our Communion services?

The answer is: The Communion Cup's inscription is "The Gift of the Dissenting Church, Plymouth, to the Dissenting Church, in St. John's Newfoundland, 1784".

This week the question is: What was the relationship between these two Dissenting Churches?

Recent History:

Last week the question was: Who was a faithful member of this congregation for several years and is now heading up the Dendor Project in South Sudan?

The answer is: John Chol, he lived in St. John's and was a member of the Board of Managers for several years before moving to Ottawa.

This week the question is: What important church activity happens annually in March?

Do you have any ideas for some church trivia? Email or call the church!

Offerings While COVID-19 keeps us from church each Sunday, please consider other ways to keep up your weekly donations. For those of you who are not on PAD, please consider signing up. Simply email the church and we will put you in touch with Ian Bruneau, our Envelope Secretary. He will answer any questions you may have. Alternately, you can donate via e-transfer to stdavidsnfld@gmail.com. Using your bank's comment section, you can specify information like your envelope number and how you would like your money distributed; to Current, Presbyterian Sharing, or any of our outreach programs. You may also donate through Canada Helps. You may also mail your donation, drop it off at the church, or call the church and someone would be pleased to pick it up for you.

How can we help you at this time? Do you need any help getting groceries, having something picked up, or having something dropped off (like this bulletin or the minister's weekly sermons)? Would you just like to have a chat with the minister or your elder? Please call the church at 722-2382 or email us at stdavids@nfld.com and we'll see what we can do to help.

Ideas to keep in touch Do you have any ideas how we can keep in touch with one another or what you'd like to see us do over the next period of time while we're all under orders to stay safely distant from one another? Call and let us know! Please keep in touch!

Web Site We'd like you to visit our web site, which is the place to find past services and any number of interesting things. The Sunday services are found on the web site and the text of the sermon is also available in the comment section. Our web site is **stdavids.nf.ca**

Once there, choose ministries and look for the service you'd like to see or hear. There are over 600 services on-line too listen to or see.

How to reach us:

Minister: Rev. David Sturtevant

Cell phone: 699-3661

Church Office: (709) 722-2382

Church email: stdavids@nfld.com

Facebook page: <http://www.facebook.com/stdavidsstjohns>

Groups:

Women's Auxiliary – Lillian Crawford

Good Companions (Seniors) – Kay Scott

Bible Study Group – Sheena Findlay

Atlantic Mission Society – Kathy McKay

Session – Lillian Crawford

Board of Managers – Ken Templeton (Session rep)

Prayer Shawl (Knitters) – Bouwina Fogwill

Willing Hands (Quilter Group) – Patsy Carmichael

Food For Thought (University and Early Career) – The Rollmanns

Session: the elders are:

Lillian Crawford	Jim Steele	Ken Templeton
Sue Templeton	Janet Calver	Kathy McKay
Penny Gillies	Steve Bruneau	Ian Bruneau
Aubrey Bonnell	Eleanor Bonnell	Jenny Griffioen
Jennifer Waterman	Ed Vanderkloet	Tanya Shalaby

Board of Managers: the members of the Board are:

Ken Templeton Ed Vanderkloet Steve Bruneau
Andem Effeiong

Treasurer: Anne Calver

Envelope Secretary: Ian Bruneau