

**BUC COFFEE & CHAT** 

Welcome friends. This edition will celebrate our first anniversary of BUC coffee & chat newsletters! We'll look back at the last year- and further- as we draw inspiration from our history for the way forward. Pour yourself a cup of coffee and let's chat.

**A Message from the Editor- Food for the Journey**

I find it hard to believe that one year ago we began meeting this way- coffee and newsletter in hand; each from the comfort of our own homes. The Covid-19 pandemic has impacted not only the way we gather but the health and well-being of the entire globe. I am grateful for our ability to endure this time by finding new ways to connect with the use of technology, and resurrecting old ways of connecting like letter (or newsletter) writing and telephone calls, or a wave from across the back fence.

Drawing wisdom from the past is not a new concept. In looking back, we can use old experiences and learnings to make informed choices which move us forward, and help us build resilience for the journey. Even in the parts of our history that are painful and remind us of mistakes made, we often find some of our most important life lessons.

In this issue, I have tried to capture a snapshot of the events of the past year. I have also been inspired by the writings and life experiences of Corrie Ten Boom, and others who have lived through difficult times, and have not only survived but thrived, as they learned to lean into God's love and steadfastness. I encourage you to listen to their wisdom and embrace it as a gift given.

Thank you for allowing me to share this time with each of you. I have been so blessed by this writing process, and the sense of connection with each of you, that it brings. I hope that you enjoy it too.

Wherever you have travelled from, whatever the future holds for us, I wish you the peace of knowing that you have God as a travelling companion for all your days. -Angela

Abraham wasn't perfect. He failed, made mistakes. But, he would go back, get right with God, and then just keep moving forward. He didn't quit when things got hard. He just kept on going. And everywhere he went, God was there. God was with him.

-Anne Graham Lotz

## THE LEGACY OF CORRIE TEN BOOM

This past month on April 15th marked the birthday of the amazing woman, Corrie ten Boom. At the age of 91, on that very same date in 1983, she also passed into Heaven's gates. According to Jewish custom, celebrating the same day for both birth and death is the unique sign of a very special individual. I think the rest of the world would agree. Corrie ten Boom was one of the godliest, soul-rich individuals I've ever read words from. Her deep wisdom came with the cost of journeying through great pain in this life, yet many of us have gleaned amazing nuggets of truth from her experiences. Evidence still that God uses all we walk through in this world for greater purposes and good, more than we could possibly ever imagine.

The ten Boom family were Dutch Christians who helped many Jews escape the Nazi Holocaust of WWII. When their home was raided after an informant tipped off the Nazis of their activities, the entire family was imprisoned. Corrie and her sister were sent to a notorious Nazi concentration camp. She was miraculously released from prison just days after her sister had died there. God brought incredible beauty and healing through her difficult experiences, and her words still have great relevance and impact in our world today. She authored a number of books and was most famously known for *The Hiding Place*, the incredible story of her life. The title refers to the secret

place where the family hid countless Jewish people needing help in their home and is based on this scripture, "*You are my hiding place and my shield; I hope in your word*" (Psalm 119:114).

Certain themes run through her greatest quotes over and over again – truths we need reminding of in all we face today – Forgive, Love, Trust God, Don't Worry, Pray.



"This is what the past is for! Every experience God gives us, every person he puts in our lives is the perfect preparation for the future that only he can see."

"Trying to do the Lord's work in your own strength is the most confusing, exhausting, and tedious of all work. But when you are filled with the Holy Spirit, then the ministry of Jesus just flows out of you."



Arrested by the Nazis along with the rest of her family for hiding Jews in their Haarlem home during the Holocaust, she was imprisoned and eventually sent to the Ravensbruck concentration camp along with her beloved sister, Betsie, who perished there just days before Corrie's own release on December 31, 1944. Inspired by Betsie's example of selfless love and forgiveness amid extreme cruelty and persecution, Corrie established a post-war home for other camp survivors trying to recover from the horrors they had escaped. She went on to travel widely as a missionary, preaching God's forgiveness and the need for reconciliation. Corrie's devout moral principles were tested when, by chance, she came face to face with one of her former tormentors in 1947. The following description of that experience is excerpted from her 1971 autobiography, *The Hiding Place*, written with the help of John and Elizabeth Sherrill.

### **I'm Still Learning to Forgive**

It was in a church in Munich that I saw him, a balding heavy-set man in a gray overcoat, a brown felt hat clutched between his hands. People were filing out of the basement room where I had just spoken. It was 1947 and I had come from Holland to defeated Germany with the message that God forgives. ...

And that's when I saw him, working his way forward against the others. One moment I saw the overcoat and the brown hat; the next, a blue uniform and a visored cap with its skull and crossbones. It came back with a rush: the huge room with its harsh overhead lights, the pathetic pile of dresses and shoes in the center of the floor, the shame of

walking naked past this man. I could see my sister's frail form ahead of me, ribs sharp beneath the parchment skin. Betsie, how thin you were!

Betsie and I had been arrested for concealing Jews in our home during the Nazi occupation of Holland; this man had been a guard at Ravensbruck concentration camp where we were sent. ...

"You mentioned Ravensbruck in your talk," he was saying. "I was a guard in there." No, he did not remember me.

"I had to do it — I knew that. The message that God forgives has a prior condition: that we forgive those who have injured us."

"But since that time," he went on, "I have become a Christian. I know that God has forgiven me for the cruel things I did there, but I would like to hear it from your lips as well. *Fraulein*, ..." his hand came out, ... "will you forgive me?"

And I stood there — I whose sins had every day to be forgiven — and could not. Betsie had died in that place — could he erase her slow terrible death simply for the asking?

It could not have been many seconds that he stood there, hand held out, but to me it seemed hours as I wrestled with the most difficult thing I had ever had to do.

For I had to do it — I knew that. The message that God forgives has a prior condition: that we forgive those who have injured us. "If you do not forgive men their trespasses," Jesus says, "neither will your Father in heaven forgive your trespasses." ...

## BUC COMMUNITY NEWS

And still I stood there with the coldness clutching my heart. But forgiveness is not an emotion — I knew that too. Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart. "Jesus, help me!" I prayed silently. "I can lift my hand, I can do that much. You supply the feeling."

And so woodenly, mechanically, I thrust my hand into the one stretched out to me. And as I did, an incredible thing took place. The current started in my shoulder, raced down my arm, sprang into our joined hands. And then this healing warmth seemed to flood my whole being, bringing tears to my eyes.

"I forgive you, brother!" I cried. "With all my heart!"

For a long moment we grasped each other's hands, the former guard and the former prisoner. I had never known God's love so intensely as I did then.

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Thank you to everyone for your continued prayers and financial donations.



Congratulations to Sam Burford, who is graduating from Grade 12. \*If you would like to send Sam well wishes, please email them to Angela at [balzacunitedchurch@gmail.com](mailto:balzacunitedchurch@gmail.com), or via the church mailing address.

If you have news you'd like to share in the next newsletter please email the details to Angela at [balzacunitedchurch@gmail.com](mailto:balzacunitedchurch@gmail.com) or call her (587-229-3878)

If you know a child, youth or young adult, ages 6-21, who would like to be part of our Sunday school or youth and young adult zoom sessions, please contact Angela at 587-229-3878 or Victoria at 403-918-4802



**June 5:** world environment day

**June 8:** world ocean day

**June 20:** Fathers Day

**\*June is National Indigenous History Month**

# God is with us

S D W M D P W M U B K H Z L C M Y M I T G C W V  
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believe	blessed	christ	church
cross	dignity	faith	father
forgiven	god	grace	hallelujah
happiness	healing	holy	jesus
joy	lord	love	magnificent
mercy	peace	praise	redeemed
shepherd	strength	trust	wisdom
worship	worthy		

## **CANADA** From first cases to first vaccines: A timeline of COVID-19 in Canada

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While it is difficult sometimes, to look back and think about where we've come from, all the events of this incredibly challenging year, the roller coaster of emotions, I hope this timeline (on the next few pages) serves as a testament to our resilience, and highlights the importance of our faith. God was with us long before this year, God continues to be with us throughout this pandemic- and God will remain long after this chapter is written in the history books.

Jan. 25: A Toronto man in his 50s who returned from the Chinese city of Wuhan — the initial epicentre of the outbreak — becomes the first presumptive case of the novel coronavirus in Canada. The man is placed in isolation in Toronto's Sunnybrook Hospital.

Jan. 26: The man's wife, who had travelled with him from Wuhan, also tests positive, becoming the country's second presumptive case. The woman is allowed to self-isolate at home.

Jan. 27: The National Microbiology Lab in Winnipeg confirms that the Toronto man being treated at Sunnybrook Hospital is the first confirmed case of COVID-19 in Canada.

Feb. 7: A plane carrying more than 200 Canadians from Wuhan arrives at CFB Trenton in eastern Ontario, where they start a 14-day quarantine.

Feb. 20: A woman who returned from Iran becomes B.C.'s sixth case of COVID-19 and the first person in Canada diagnosed with the illness who did not recently visit China or have close contact with someone who did.

March 5: B.C. announces eight new cases, including Canada's first-ever case possibly contracted within the community, rather than through travel or contact with other cases.

March 8: Canada records its first death from COVID-19.

March 11: The World Health Organization declares COVID-19 a pandemic. Canada has more than 100 cases. A Utah Jazz player tests positive two days after a game against the Toronto Raptors, causing the NBA to suspend its season.

March 12: Prime Minister Justin Trudeau self-isolates after his wife Sophie Gregoire Trudeau tests positive for COVID-19. The NHL and most other sports leagues suspend seasons. The Juno Awards are shelved. Minor hockey across the country is cancelled. Manitoba and Saskatchewan report their first cases.

March 13: The federal government announces Parliament will go on break.

March 14: The federal government urges Canadians currently abroad to return home as soon as possible

March 16: Canada announces it is closing its borders to non-Canadians, apart from Americans and a few other exceptions.

March 17: Ontario and Alberta declare states of emergency.

March 18: Canada and the United States announce they will close their shared border to non-essential traffic. B.C. and Saskatchewan declare states of emergency.

March 20: COVID-19 cases pass 1,000 across the country. Manitoba declares state of emergency.

March 22: Canada says it won't compete in the Tokyo Olympics or Paralympics.

March 23: Ottawa announces repatriation flights for Canadians stranded in foreign countries.

March 24: Olympics officially postponed until 2021.

March 25: Emergency aid bill passes. Canada makes it mandatory for all travelers arriving in the country to quarantine for 14 days.

March 30: Trudeau says a new wage subsidy program will cover all businesses whose revenue has dropped by at least 30 per cent because of COVID-19.

April 2: COVID-19 death toll passes 100 in Canada.

April 4: U.S. company 3M told by the White House to stop exporting N95 respirators to Canada.

April 6: 3M makes a deal with the White House to provide N95 masks to Canada. Dr. Theresa Tam, Canada's chief public health officer, says wearing masks is a way for people who might have COVID-19 without realizing it to keep from spreading the illness.

April 9: Government announces more than one million people lost their jobs in March.

April 13: Federal government announces nearly 5.4 million Canadians are receiving emergency aid.

April 15: Canada passes 1,000 virus-related deaths.

April 22: Ontario and Quebec, the hardest-hit provinces, call on the military to help out in long-term care homes.

April 23: Canadian death toll passes 2,000 as country announces it will pour \$1.1 billion into vaccine testing.

April 28: Canada hits 50,000 cases.

May 4: Restrictions begin to lift in several provinces including Quebec and Manitoba.

May 8: The unemployment rate rockets up to 13 per cent, the second-highest figure on record in Canada.

May 12: Death toll passes 5,000.

May 13: The country's top doctor says Canadians in communities where COVID-19 is still spreading should wear non-medical masks when they can't stay physically distant from others.

May 14: Many stores, child-care centres and hair salons open in Alberta.

May 26: A new report from the military helping battle COVID-19 in five long-term care facilities in Ontario reveals extreme neglect and exposes the extent of the horrific conditions facing residents.

June 18: Canada officially records more than 100,000 cases of COVID-19 over the length of the pandemic.

June 26: The Canadian Red Cross sends 900 people to work in Quebec's long-term care homes until mid-September, replacing Canadian Armed Forces members.

July 16: Trudeau says the federal, provincial and territorial governments reached a deal on billions of dollars in transfers to continue reopening economies amid the COVID-19 pandemic. Trudeau says the federal government will contribute \$19 billion to the effort.

July 18: The Blue Jays are denied approval to play in Toronto due to the COVID-19 pandemic. Quebec becomes the first province in Canada to require mask-wearing in all indoor public places.

July 28: Remdesivir becomes the first drug to be approved by Health Canada for treatment of patients with severe COVID-19 symptoms.

Aug. 3: Quebec increases the limits on indoor and outdoor public gatherings from 50 people to 250 people. The province's health minister says despite the relaxed rules, COVID-19 continues to circulate in Quebec, especially among young people.

Sept. 30: Parliamentarians unanimously pass Bill C-4 to usher in a new batch of COVID-19 benefits. For Canadians left jobless or underemployed because of the pandemic, the legislation supplants the CERB support program with a more flexible and generous employment insurance regime.

Oct. 19: Canada's COVID-19 case count surpasses the 200,000 mark. The development comes just over four months after Canada reached the 100,000-case threshold.

Nov. 16: Canada's COVID-19 case count tops 300,000 less than a month after it crossed the 200,000 threshold.

Nov. 26: Federal health officials say Canada has purchase agreements with seven COVID-19 vaccine producers..

Nov. 27: Trudeau says most Canadians should receive the COVID-19 vaccine by September 2021.

Dec. 2: Johnson & Johnson begins the process of applying for emergency approval of its COVID-19 vaccine from Health Canada and the European Medicines Agency, while Pfizer-BioNTech's COVID-19 vaccine is given permission for emergency use in the U.K.

Dec. 4: Canada records more than 400,000 cases of COVID-19, just 18 days after it hits the 300,000 mark.

Dec. 20: Canada surpasses 500,000 total cases of COVID-19 as Nunavut reports its first two deaths. The federal government restricts travel from the U.K. for 72 hours in an effort to keep a contagious new strain out of Canada.

Dec. 23: Health Canada says the COVID-19 vaccine from U.S. biotech firm Moderna is safe for use in Canada.

Dec. 30: The federal government announces plans to require air travellers to test negative for COVID-19 before landing in Canada.

## January 2021

Jan. 3, 2021: Canada surpasses 600,000 total cases of COVID-19.

Jan. 7, 2021: the Government of Alberta announced in-person learning for K-12 students would begin following the winter break on January 11.<sup>[92]</sup> The government also extended public health measures implemented on December 8, 2020 for an additional two weeks.<sup>[92]</sup> The next day, the province confirmed that the 501.V2, a VoC originating from South Africa, had been detected in Alberta. It was the first 501.V2 case detected in Canada.<sup>[93]</sup>

Jan. 16: Canada surpasses 700,000 cases of COVID-19.

On January 25, the province announced that it had detected a B.1.1.7 case that had no links to travel. Active case numbers continued to decline throughout the month.<sup>[6]</sup> Vaccinations continued for Phase 1 recipients, primarily to prioritized health workers, and senior residents 75+ in continuing care facilities.<sup>[95]</sup>

## February 2021

On February 8, the province moved to Step 1 of "The Path Forward", allowing restaurants to reopen at a reduced capacity, one-on-one fitness instruction, and children's sport and performance activities to be allowed under certain circumstances.<sup>[96][97]</sup>

On February 19, Premier Kenney announced the next steps in the vaccination plan. Starting on February 19, the group defined as Phase 1B would be eligible to be vaccinated. This group included all seniors 75+ living in seniors lodges and other congregated care facilities.<sup>[98]</sup>

On February 24, Vaccinations were extended to Phase 1B (part 2), which included all seniors 75+, even if they lived independently. This also included First Nations, Metis and Inuit seniors 65+ living in a First Nations or Metis community or settlement.<sup>[98][95]</sup>

Total active cases continued to decline during the month of February.<sup>[6]</sup>

## March 2021

On March 8, total active cases for the second wave reached their lowest level since the wave peaked, at 4579 active cases, which was still 40% higher than the peak of the first wave in April 2020.<sup>[6]</sup> The province moved in full to Step 2 of "The Path Forward", allowing collegiate sport and adult performance activities under certain circumstances, an increase in capacity for retail, low-intensity group fitness appointments, and allowing libraries and event halls to reopen with restrictions.<sup>[99]</sup>

On March 9, active case numbers started to rise again. Over the next days and weeks, active cases were again rising, at an increasing rate throughout the month.<sup>[6]</sup>

On March 15, the vaccination program progressed to Phase 2A, which expanded its offer of vaccines to all Albertan seniors aged 65–74, First Nations, Metis and Inuit aged 50+, and staff and residents of senior living facilities who didn't qualify in Phase 1.

By this point, Alberta Health Services partnered with certain pharmacies around the province to increase capacity for vaccination.

The government also changed the vaccination schedule, delaying the second dose to a period as long as 4 months, in order to distribute more first doses without having to hold as many in reserve in anticipation of a second dose in a few weeks.<sup>[95]</sup>

## April 2021

On April 3, 2021, the province reported a "significant" outbreak involving Lineage P.1, a VoC originating from Brazil. Beyond the index case being a recent traveller, no further details were revealed.<sup>[100]</sup>

Additional information was released on April 6, with Hinshaw stating that the index case was an employee of a large company operating in Western Canada who had returned from out-of-province travel, that it was "confined to three work sites in Central and North zone, where employees have travelled between sites," and that 26 cases had been tied to this outbreak so far, with three Lineage P.1 cases having been detected among them so far. A workplace outbreak with five cases, including one detected as Lineage P.1, was also reported in Calgary. Although the company was not specifically named in Hinshaw's statement, PTW Energy Services subsequently issued a statement confirming it was the company involved in the larger outbreak, with the sites having been located in Drayton Valley, Edson and Hinton.<sup>[101]</sup>

Due to the increasing caseload and hospitalizations, Premier Kenney announced an immediate rollback to "Step 1" restrictions effective at midnight, and that indoor dining at bars and restaurants would also be restricted beginning April 9. An exception was provided for outdoor dining.<sup>[102]</sup>

On April 7, AHS officials physically restricted access to GraceLife Church in Parkland County for repeated violations of public health orders.<sup>[103][104]</sup>

On April 29, the province reported over 2,000 new cases for the first time to-date, and reached a record total of 21,385 active cases. Premier Kenney announced a series of "targeted health measures" through at least May 13 for areas with high infection rates per-capita (including most of Alberta's metropolitan areas), including transitioning schools to online classes, ordering the closure of indoor gyms, and ordering the suspension of indoor sports activity. Kenney also warned that there would be an option to impose curfews at the request of local officials or if active cases exceed 1,000 per-100,000, and urged all residents of Alberta to stay home and not travel outside of their communities.<sup>[105][106][107]</sup>

## May 2021

On May 1, Alberta exceeded its highest increase of daily cases for the third consecutive day.<sup>[108][109]</sup> The next day, CTV News reported per an aggregate of Canadian numbers with those of the United States, that Alberta had the second-highest seven-day average of new cases per-1,000,000 among all Canadian provinces, territories, and U.S. states, behind only Michigan. University of Calgary infectious disease researcher Craig Jenne argued that there was "no real evidence that any of the restrictions so far are bringing these numbers under control".<sup>[108]</sup> Premier Kenney condemned an anti-lockdown "rodeo rally" that was held near Bowden, Alberta on May 1, describing it as a "flagrant violation" of public health orders, and arguing that it contradicted the spirit of rodeos as a celebration of Alberta heritage, "a key part of which is our community spirit and looking out for others, especially the vulnerable."<sup>[108][109]</sup>

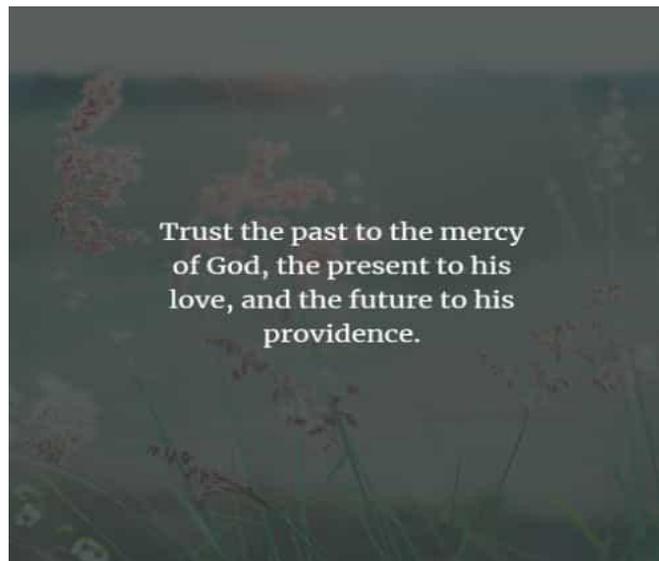
On May 3, Premier Kenney stated that Alberta was planning to announce "stronger" public health orders on May 4, arguing that the province needed to take the pandemic seriously, "put the health care system first", and that "we are facing a very serious wave and we will take whatever measures are necessary to address it."<sup>[110]</sup> During an address that evening, Kenney announced new province-wide restrictions, including a stricter limit on public gatherings and retail capacity effective immediately, closing all schools to in-person classes on May 7, and ordering the closure of personal care services and outdoor dining at restaurants beginning May 10. Furthermore, any non-critical business that is the subject of an outbreak will be required to close for 10 days.<sup>[111]</sup>

On May 18, Premier Kenney announced over 50% of Alberta residents 12 and over had received at least one vaccine dose. However, the province was still dealing with large numbers of cases, with a test positivity of 11.4%.<sup>[112]</sup>

## What's happening now (as of May 28, 2021)

- Alberta reported Friday 512 new cases of COVID-19 on 7,703 tests and seven additional deaths.
- Over 60 per cent of eligible Albertans have received a first dose of COVID-19 vaccine, which means Stage 2 of the province's reopening could begin as early as June 10 if hospitalizations drop below 500.
- The Airdrie Walmart has temporarily shuttered due to a COVID-19 outbreak.
- Northeast Calgary will host a drive-through vaccination clinic.
- The Calgary Stampede will go ahead, but it will be without chuckwagon races, the Stampede announced Thursday.
- Premier Jason Kenney unveiled a three-stage reopening strategy that could see all public health measures removed by the end of June.

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## Words of wisdom & encouragement from the Moderator

“We are with each other even when we aren’t able to be together. We are not alone.”

Published On: March 13, 2020

Grace and peace to you, in the love of the Creator, the peace of Christ, and the communion of the Holy Spirit. I am writing to you on the evening following the announcement by the World Health Organization that the novel coronavirus COVID-19 has reached a pandemic state. Here in Canada, while the number of presumptive and confirmed cases remains low, Canadians are being asked to prepare for an increase in the number of people affected by the virus.

As measures are put in place to help people remain as healthy as possible, it is my hope that our communities of faith will continue to help people to love God with all they are, to love their neighbour, and to love themselves by helping each other, and the wider community, to the best of our abilities.

I recognize that there is a great deal that is being learned about COVID-19. I have also noticed, both on social media and on traditional media, a great deal of misinformation and “hyping” of fears. While that is understandable in the face of the unknown, it isn’t particularly helpful. A level of caution is important. It can help us to be careful and caring about our actions. When fear overwhelms us, we can act in ways that do harm not only to ourselves but also to those around us. Scripture talks a lot about fear—often in the form of “Don’t be afraid!” I know that can be hard to do, but I think there is an important call to us as people of God and followers of Jesus. In those moments when fear gets huge, we have the opportunity to love even more and, in that love, to help one another.

As we build in “social distance,” where people aren’t able to spend time in each other’s presence in the ways we’re used to, it becomes even more important to reach out in creative ways—by telephone and video-chat, for example. For those who are staying home from church because of health concerns, or as we face the possibility that communities of faith may need to suspend regular gathering for worship at some point, there is the possibility of joining a worshipping community through livestream on the computer, or downloading audio or text versions (if that’s possible in your area) until we are able to return to our more traditional practices. And if you are offering services online, let people in the wider community know via social media. At times like this, people turn to the church for comfort, and we can still offer strong and reassuring pastoral care online and through telephone and text.

God is with us in this, and we are with each other—even when we aren’t able to be together. We are not alone.

Christ’s peace is with you.

The Right Rev. Richard Bott  
Moderator, The United Church of Canada

This blessing by Joyce Rupp, originally written as a new year blessing, feels very fitting for this time when we need to feel our deep roots of faith holding us firmly while the winds blow.

I hope for you in this (new) year

... that the single, most significant dimension of life is your relationship with the Source of Goodness who never ceases to sing love songs to your soul

... that you find meaning, purpose, and vitality in what you do daily

... that you treasure your loved ones and let them know how dear they are to you

... that you make choices and decisions that reflect your truest self

... that you look in the mirror at least once a day and smile in happy amazement

... that you remember relationships are what count above all else – more than work or money, or all the material things we spend so much time tending

... that you live in an uncluttered manner, enjoying the freedom to be content

... that you keep your sense of humor when things don't go the way you want

... that you find adventure in each new day and marvel at the wonders of creation

which constantly present themselves to you

... that you never give up on yourself when others turn away or do not understand

... that you are attentive to the health of your body, mind and spirit

... that you take risks and accept the growth-full challenges that come to you

... that you draw on your inner strength and resiliency when you are in need

... that you carry peace within yourself, allowing it to slip into the hearts of others

so our planet becomes a place where violence, division, and war are no more

by Joyce Rupp. Posted on Joyce Rupp's website.

**For doctors and nurses continuing to treat their patients,  
*Modim anachnu lach.***

**For mental and behavioral health professionals continuing to offer comfort and encouragement,  
*Modim anachnu lach.***

**For teachers and professors continuing to offer instruction,  
*Modim anachnu lach.***

**For first responders continuing to rush to our aid,  
*Modim anachnu lach.***

**For essential workers continuing to put food on our tables,  
*Modim anachnu lach.***

**For nursing home employees and care givers continuing to tend to the elderly and infirm,  
*Modim anachnu lach.***

**For the unemployed and underemployed continuing to help their families and communities,  
*Modim anachnu lach.***

**For family and friends continuing to inquire about us,  
*Modim anachnu lach.***

**For continuing to see and hear one another remotely until we can gather in person,  
*Modim anachnu lach.***

***Baruch ata, Adonai, hatov shimcha ul'cha na-eh l'hodot.***

**Blessed are You, Adonai, Your name inspires goodness and Your caring deserves our thanks.**

## Orange Creamsicle Smoothie

Looking for the orange smoothie of your dreams? Try our magical vitamin C-packed Orange Creamsicle Smoothie. You only need 3 ingredients + a few nummy add-ins!

### Ingredients

- 1 cup frozen banana slices
- 1 teaspoon vanilla extract
- 1 cup 100% orange juice
- **optional:** 1/2 cup ice, 1 scoop vanilla protein powder, coconut whipped cream, orange zest

### Instructions

1. Place frozen bananas, vanilla extract, and orange juice into a high-speed blender and blend until smooth.
2. Option at this point to add a handful of ice (depending on thickness preference) and/or other add-ins such as vanilla protein powder and fresh orange zest.
3. Blend one more time and then serve immediately.

### Nutrition Facts

## Recipes for Calm

Try these delicious, nutritious recipes from [fitfoodiefinds.com](http://fitfoodiefinds.com) to battle stress from the inside out!

## Blueberry Muffin Overnight Oats

*Incredibly creamy blueberry overnight oats that are packed with 14g of protein/serving. Eat them cold or warm, whatever your heart desires!*

### INGREDIENTS

#### Dry

- 1 cup rolled oats
- 1/2 cup fresh blueberries, mashed with a fork
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- 1 teaspoon lemon zest (+more for topping!)
- pinch of salt

#### Wet

- 1/2 cup nonfat vanilla Greek yogurt
- 3/4 cup unsweetened almond milk

### INSTRUCTIONS

1. First, mash 1/2 cup blueberries in a large bowl. Then add the rest of the wet ingredients and mix until smooth.
2. Add in dry ingredients and mix again.
3. Transfer to a container and cover. Refrigerate for at least 2 hours or, for best results, overnight. Serve cold.
4. Option to add a splash of almond milk before serving or eat thick and creamy. Top with granola, lemon zest, and fresh blueberries.

\*May be stored in the fridge for up to 3 days.

## Healthy Salmon Avocado Boats

### Ingredients

- 2 avocados, halved
- 2 cans pink salmon
- 2 tablespoon green onion, minced
- 2 tablespoon fresh dill, minced
- 2 tablespoon parsley, minced
- 1 tablespoon minced garlic
- 2 tablespoon lemon juice
- 2 tablespoon olive oil
- 1 teaspoon apple cider vinegar
- 1/8 teaspoon salt (or to taste)
- pinch of cayenne pepper
- optional: sriracha, to taste

### Instructions

1. First, slice open 2 avocados and remove the pits. Set aside.
2. Then, mix together the rest of the ingredients in a medium-size bowl.
3. Fill each avocado half with 1/4 of the salmon salad. Top with sriracha and a squeeze of lemon.

### Tips & Notes

If you are only eating 1 serving at a time, make sure you keep the pit of the avocado inside the second half of the avocado. Place in a plastic bag and into the fridge for later! Author: [Lee Hersh](#)

## TRY THIS! Button Prayers



**You will need:** A collection of buttons of different shapes, sizes and colours.

Choose one button and hold it in your hand. Feel the hardness of the button and think about people who are going through hard times. Ask God to help them.

Buttons are used to fasten clothes together. Ask God to bring together people who have fallen out and moved apart from each other. Pray that He will bring peace.

Look at your button and see how many holes it has. Think of that number of things you would like to say thank you to God for and say Thank you prayers.

Look at the colour of the button and say thank you to God for something that is that colour

Find a second button of the same colour button as your first button. Say thank you to God for families. Ask God to bless them and help them to live together and to love each other.

Find a different button from your first button- it could be different in shape, size or colour. Thank God for making everyone different and giving us all different gifts.

-AMEN.