



# The Connection



Monthly Newsletter of  
South Point Community Church  
March 2021– Volume 44

## A Word from Pastor Dave

*2 Remember how the Lord your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. 3 He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord... 6 Observe the commands of the Lord your God, walking in obedience to him and revering him. 7 For the Lord your God is bringing you into a good land—a land with brooks, streams, and deep springs ... 10 When you have eaten and are satisfied, praise the Lord your God for the good land he has given you.*  
(Deuteronomy 8, NIV)

Taco Bell used to have a commercial with the line, “Change is good!” At the time they were advertising that with a \$5 bill you could buy a small meal and still have change left over. That kind of change that jingles in your pocket is pretty easy to identify as good. However, our brains are curious, incredible machines. Our brains try to help us cope with change by keeping track of everything and anticipating the overall impact in our day-to-day affairs. The curious part of this is how our brains tend to flag the *negative* aspects. So much so for example, that I end up warning newly married couples about potentially struggling with the changes of being married *if*, they do not purposely think about; and maybe even write down; what the *positives* are: a life partner vs loss of my freedom, someone who supports me and will share the burdens of life with me vs someone who spends most of my paycheque, etc.

*Continued on next page*

### Note March Dates

- 1 Women's Bible Study 7 pm
- 3 Prayer Meeting 10:30 am
- 10 Prayer Meeting 10:30 am
- 11 Pastoral Team Meeting 7 pm
- 14 In House Church & Communion at 9, 11 & 1
- 17 Prayer Meeting 10:30 am
- 22 Women's Bible Study 7 pm
- 24 Prayer Meeting 10:30 am
- 25 Pastoral Team Meeting 7 pm
- 28 In House Church at 9, 11 & 1
- 29 Women's Bible Study 7 pm

Is it true that even star struck lovers can bemoan the changes that they have dreamed of and eagerly volunteered for? Yup, but the simple awareness of the track our brains tend to follow in order to “protect” us from change. Along with us seriously paying attention to the rest of the work which we need to be conscious of, can easily make a significant difference in how well we cope. Just one problem though. In my experience I have found that even hard-working people are very lazy when it comes to doing this kind of mental and emotional work. I know that because *I didn't do any of it* for the first 30 years of my own life.

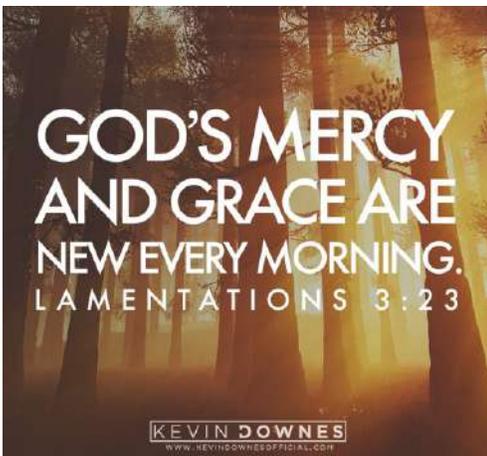
So, what helps me now? Let me mention three things. First, I used to think it was selfish of me to pay so much attention to myself. Gradually I discovered it is primarily the people around me that suffer from me being ignorant of, and/or from me trying to suppress my own real, God given feelings. (Note: Just because God gave us the important capacity to have feelings and because He doesn't want us to ignore them, doesn't

mean He wants us to follow them blindly. This takes discernment.) Second, I have discovered that the “contentment” found in doing this daily work is entirely worth it. The Bible accurately declares, “But godliness with contentment is great gain.” (1 Timothy 6:6, NIV). And finally, I created for myself a small way to make this particular work a bit of a game. See, instead of purely focusing on myself in this process I have tried to take on the role of detective, in puzzling out what God is doing. Honestly this has become an endless source of fascination and amazement. God is always working in our lives and especially through change! When we begin to appreciate verses like Romans 8:28, “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” (NIV), we can then as Christ followers also trust God really is working behind the scenes in everything. We can actively look for clues that show us where He is working and what His persistently positive purpose is.

Here are a couple of prayers to say when we are dealing with change and to remember the grace and love God has for each one of us.



GOD,  
grant me the  
*Serenity*  
to accept the things  
*Courage*  
I cannot CHANGE;  
to CHANGE  
the things I can;  
and  
*Wisdom*  
to know the DIFFERENCE.



THE OTHER SERENITY PRAYER

GOD,  
GRANT ME THE SERENITY  
TO STOP BEATING  
MYSELF UP FOR NOT DOING  
THINGS PERFECTLY,  
THE COURAGE TO FORGIVE MYSELF  
BECAUSE I'M WORKING  
ON DOING BETTER,  
AND THE WISDOM TO KNOW THAT YOU  
ALREADY LOVE ME JUST THE WAY I AM.  
-UNKNOWN

# Barnabas Notes



## DEALING WITH CHANGE

I know some people have a difficult time with CHANGE, and we are certainly living in a time of uncertainty and change. If you stop to think about it, we have always lived like this. But we continue to say, “I like the way things are, I like the way I am, don’t mess with anything that’s going on in my life.” But regardless of who we are, or what we are like, CHANGE continues to happen all around us and to us. CHANGE happens every day and we cannot control it. “So, deal with it” we are told. What can we do? CHANGE becomes making daily decisions of how we want or need to live our lives.

What does the Bible say about change and how can it inspire us in times of change? There always seems to be a guarantee in life that change will happen. Change is something we tend to fear and become anxious about because we do not feel in control of life. The GOOD NEWS is that God has a plan for our lives to have HOPE, a FUTURE, and for us to PROSPER. “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11.

We are promised that all things will work together for those who love Him and keep His commandments! God is walking this life journey with us; His presence is always with us, guiding us. “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” Joshua 1:9

The Bible tells us that God never changes. “For I the Lord do not change, therefore you, O children of Jacob, are not consumed”. Malachi 3:6. There is no change in our God, the Maker of heaven and earth, the same God who led the children out of Egypt and met with Moses on Mount Sinai.

Changes are difficult and learning to cope with change is a large part of our maturing process, the older we get the more changes there are. Changes in every area of our lives are inevitable, there will always be changes, and we cannot avoid the fact that our lives will encounter change from time to time, some good, others not so good. But we need to remember that God has a plan, and with that there will most likely be change coming in our lives, especially when we put our trust in Jesus. And when Jesus has our lives in His hands the changes are awesome, exciting, and unending.

Let me encourage all of us to let the walls fall down around us and trust in our Living God to transform our lives into what He wants them to be. Dwell in the safety of His leading, bask in His endless love.

Barnabas



2<sup>nd</sup> Jocelyn

5<sup>th</sup> Samara

6<sup>th</sup> Kelly

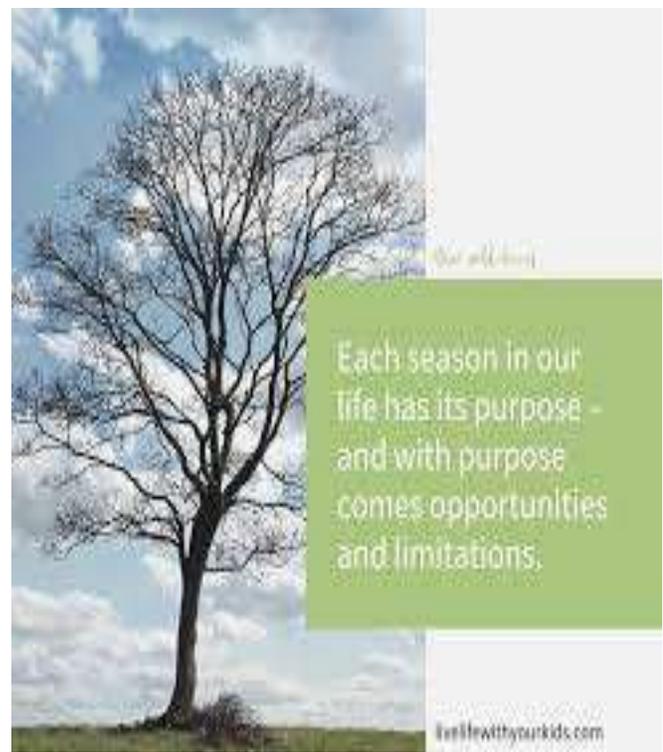
6<sup>th</sup> Steve

16<sup>th</sup> Jenn

19<sup>th</sup> Nevaeh

20<sup>th</sup> Benjamin

25<sup>th</sup> Elody



## Apple Butter

A favourite of Paul's Mom

### Ingredients

- 5.5 lbs or approx. 13 Golden Delicious Apples\* Cored and chopped into small pieces, about 1/4"\*
- 1 cup brown sugar tightly packed (200g)
- 3/4 cup sugar (150g)
- 1 Tablespoon ground cinnamon
- 1/4 teaspoon salt
- 1/8 teaspoon ground cloves
- 1 1/2 teaspoon vanilla extract

### Instructions

- Slice apples into small pieces (about 1/4") and dispose of cores.
- Place apples in the basin of a large slow cooker
- In a medium-sized bowl stir together sugar, brown sugar, cinnamon, salt, and cloves until well-combined.
- Pour sugar mixture over apple pieces and stir until well combined.
- Cook covered in crockpot over low heat for 10 hours.
- Once 10 hours has elapsed, either use an immersion blender or a regular blender to puree apples until smooth and no chunks remain.
- Add vanilla extract.
- Turn crockpot on to low heat and cook another 2 hours uncovered, stirring occasionally.
- Store apple butter in the refrigerator in an airtight container, will keep about 2 weeks. Or freeze.

# Ministry Highlight

## Catalyst Team

A catalyst is an event or person causing a change.

This month our newsletter theme is "Dealing with Change" so I thought that the Catalyst Team would be a good ministry to highlight. The Catalyst team was started because of a need that arose when we needed to start doing our services differently. This group of people (Jenn, Shea, Trevor, Dave and Tracy) meet together to plan our services, different events.... It has been really important right from the beginning to make sure we are adding different creative elements to our videos that will reach different people.

We are looking for people to help with:

Creating backdrops for our videos

Drama's

Reading Bible Verses

Learning how to record or edit videos

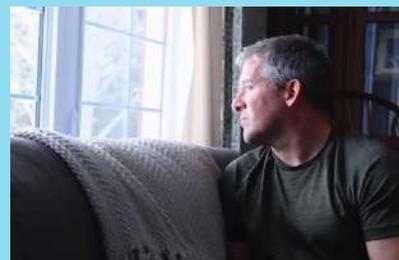
Children's Stories

Photography

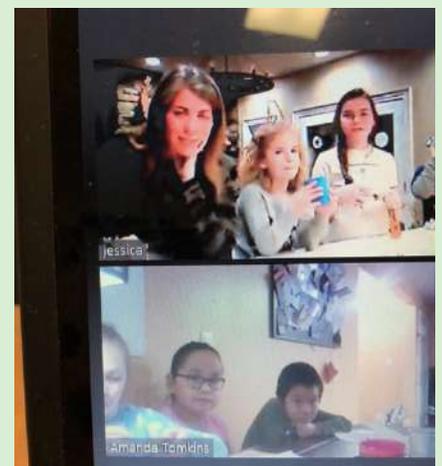
Special music

Do you have a talent that is not on this list that you could share with us?

Please let us know.



## February Game Night



**Question:** As we head into March we look forward to the change in seasons as Spring approaches. Some changes can be more difficult like those we have faced with Covid. Are there any Bible verses, songs, things that you do that helps you to cope with change?

Psalms 27 – The Lord is my light and my salvation whom shall, I fear?

My favourite song is listen to the voice, listen to your Heart...

~ Leon

Psalms 91 comforts & encourages me especially with facing Covid or any other concern at this time. Praise God!

~ Marilyn

John 14:27 says *I leave you peace, my peace I give you. I do not give it to you as the world does. So, don't let your hearts be troubled or afraid.*

This keeps me focused on who and where our peace comes from.

~ Diane

I was reminded this morning watching this week's video, seeing my daughter sharing her talent with the church. It just so happens that Amazing Grace is and always has been one of my favorite songs. After I got saved, the family would attend service, and if this song was part of the worship music, my girls would automatically go get a box of kleenex. They all knew that this song would and still makes their dad tear up. I find many times a day that a line or phrase will jump out at me from a song. I now have learned to thank God for what He is trying to convey to this stubborn old Irishman. And I find that as I listen, my goal of being more like Jesus is achieved.

~ Paul

## Psalm 91

<sup>1</sup> Whoever dwells in the shelter of the Most High  
will rest in the shadow of the Almighty.<sup>[a]</sup>

<sup>2</sup> I will say of the Lord, "He is my refuge and my  
fortress,  
my God, in whom I trust."

<sup>3</sup> Surely he will save you  
from the fowler's snare  
and from the deadly pestilence.

<sup>4</sup> He will cover you with his feathers,  
and under his wings you will find refuge;  
his faithfulness will be your shield and rampart.

<sup>5</sup> You will not fear the terror of night,  
nor the arrow that flies by day,

<sup>6</sup> nor the pestilence that stalks in the darkness,  
nor the plague that destroys at midday.

<sup>7</sup> A thousand may fall at your side,  
ten thousand at your right hand,  
but it will not come near you.

<sup>8</sup> You will only observe with your eyes  
and see the punishment of the wicked.

<sup>9</sup> If you say, "The Lord is my refuge,"  
and you make the Most High your dwelling,

<sup>10</sup> no harm will overtake you,  
no disaster will come near your tent.

<sup>11</sup> For he will command his angels concerning you  
to guard you in all your ways;

<sup>12</sup> they will lift you up in their hands,  
so that you will not strike your foot against a stone.

<sup>13</sup> You will tread on the lion and the cobra;  
you will trample the great lion and the serpent.

<sup>14</sup> "Because he<sup>[b]</sup> loves me," says the Lord, "I will rescue  
him;

I will protect him, for he acknowledges my name.

<sup>15</sup> He will call on me, and I will answer him;  
I will be with him in trouble,

I will deliver him and honor him.

<sup>16</sup> With long life I will satisfy him  
and show him my salvation.