

CENTENNIAL HOTSPOT

Centennial Presbyterian Church
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IN THIS ISSUE

- Minister's Musings
- Prayer Calendar
- Pews News
- Notes from the Loft
- Upcoming Events
- Worship Committee
- On the Lighter Side
- FISH Network
- Session
- From the Office
- Virtual Coffee Hour
- Pastoral Care Team

Minister's Musings

Prescription for positive thinking

1 Did you know that the average person has 10,000 separate
1 thoughts each day? That works out to be 3.5 million thoughts a year.
1 If you live to be 80, you will have over 280 million different thoughts.
1 Already most of you have had over 2,000 separate thoughts since you
2 got out of bed this morning. You'll probably have another 8,000 be-
2 fore you hit the sack tonight. Then you'll start all over again tomor-
2 row. Much of the whole thought process remains a mystery to scien-
2 tists and psychologists. But one thing is not a mystery about the mind.
2 How you think is going to affect your Christian life.

2 Proverbs 23:7: "As a man thinks in his heart, so is he." What we
2 think about can influence our emotions, self-image, attitudes, behav-
2 iors, happiness, our health and will ultimately determine our charac-
2 ter and life. Do you agree or disagree? Remember the old poem?
3 "Sow a thought, reap an action...Sow an action, reap a habit... Sow a
3 habit, reap a character...Sow a character, reap a destiny."

3 At the end of his letter to the Philippians, Paul gives a prescription
3 for positive thinking that if followed has the power to transform your
3 life. Finally, brothers, whatever is true, whatever is noble, whatever is
3 right, whatever is pure, whatever is lovely, whatever is admirable—if
3 anything is excellent or praiseworthy—think about such things

(Philippians 4:8a). And since Paul has not given us an exhaustive list of good things, he extends the list by saying "if anything is excellent or praiseworthy—think about such things" (4:8b). Paul gives us the freedom to expand our thoughts to the many wonderful things the Lord has given us to think about. This verse is very relevant and practical to daily life.

Listen to what Bible teacher Chuck Swindoll writes, "I frequently quote Philippians 4:8 to myself. I say things like, 'Okay Chuck, it's time to let your mind dwell on better things.' And then I go over the list and deliberately replace worry with someone far more honorable or pure or lovely, something worthy of praise. It never fails; the pressure I was feeling begins to fade and the peace I was missing begins to emerge (Laugh Again, 204).



PRAYER CALENDAR

If you have any prayer concerns that arise, please contact the office and we can include these in our prayer chain. If you would like to be part of our prayer chain, please contact the office and have your name added to the list. Updates will be given via text or email as is suitable for you.

PEWS NEWS

Please keep those members of our church family who are ill or in need in your prayers. Keep John and Jennifer Legge, and Uvsha Gheraldi in your prayers.

Birthdays to celebrate in September!

Lauren Zacharias, September 13; Tena Anderson, September 14; Colleen Broadwell & Becky Tigley, September 26; Debbie McRae, September 28; Wilson Anung, September 29

As newsletters are being emailed at this time, for those who do not have email addresses or have not provided one a physical copy of the newsletter will be mailed.

August Newsletter submission deadline is September 29.

NOTES FROM THE LOFT

It is a bit unusual to be heading into September and not stuffing music folders full of the music for the fall season.

We have pre-recorded some hymns and anthems for you to sing along with and listen to in the service presentation. They were chosen with the same care and attention as if the choir were singing, making sure they flow with the message delivered by Rev. Kim.

We are hoping that our services will return to normal soon and we can resume our music worship together.



Carla Zacharias, Music Team Leader

UPCOMING EVENTS

September 6, 13, 20, 27 Virtual Coffee Hour

Meetings:

Board Meeting, September 9

FISH Network September 23, 7:00 pm

Worship Committee September 29, 4:00 pm

Session September 29, 7:00 pm

WORSHIP COMMITTEE NEWS

We will be continuing with virtual worship at least until October 1. Session has circulated a questionnaire about your feelings on re-starting physical worship. We value your input on all matters pertaining to worship either through the questionnaire or directly to us at office@centennialchurch.ca or broad2well@shaw.ca

When we begin with physical worship it is our plan to video record services and post them to our YouTube account so that those who cannot or choose not to attend can still see and hear the entire service.

Please continue to let us know your upcoming family celebrations so that we can acknowledge them in the announcements.

We continue with virtual coffee time at 11:00 am each Sunday. If you have difficulty with joining, please call Jim at (403) 285-2976 for help.

As we look toward physical worship, we again remind you that there are several volunteer opportunities relating to weekly worship. Without the support of these folks, worship would be a diminished experience. Please consider the following as we anticipate joining together once again:

- Readers
- PowerPoint preparers
- PowerPoint operators
- Audio operators

Jim Broadwell
Chairman, Worship Committee

ON THE LIGHTER SIDE

The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible.

A father was reading Bible stories to his young son. He read, "The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned into a pillar of salt." His son asked, "What happened to the flea?"



The FISH Network

"Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work."

FISH Network mission, Ephesians 4:15-16

Discussion at our last meeting was focused on our first initiative (Friendship) of the team by starting phone calls reaching out to the congregation. The purpose of the calls is simply to build community and relationships. As these relationships are built, we hope to be able bridge issues of communication and to utilize the Pastoral Care team to its fullest benefit, as well as other teams and services.

A suggestion was made that we find a way to help members of the congregation with job connections, tips for resume building and interviewing, where to look for employment postings, how to link up with someone in their chosen field, providing a space where a congregant's company could post a job listing, etc. It could be an element included on the web page as well as a segment in the newsletter.

FROM THE SESSION:

At our August meeting we discussed the timing for restarting live worship services. It was agreed that Centennial would not be able to consider restarting services until October at the earliest. One of the main concerns is the possible effect on infection rates with the children going back to school. We should have a better idea of timing for re-opening by late September.

The information from the 20 questionnaires that have been returned was reviewed. The main concern was insuring safety of those attending before we can re-open. There was support for having multiple services and no consensus on restrictions for attendance. A committee, led by our Leading with Care team, is working on a plan for changes and procedures that need to be in place prior starting live worship services. The Worship committee is planning to purchase a camcorder and record the services once we are back at the Church so anyone not comfortable attending will be able to view the service.

A review of the Covenant between the Anyuak Ministry and Centennial is ongoing. This will allow greater communication and understanding as we go forward.

Our refugee family is doing well and have been self-sufficient for some time. They have moved to a new home in Rundle and Ojullu has his driver's license and is able to drive to work. The Anyuak community is taking a larger role in the refugee sponsorship program and has raised enough money to cover the expected costs of the second refugee family; however there is no timeline on when they will arrive due to the pandemic.

The Session agreed to the request to submit an application for a third family subject to approval from the congregation. The application has to be in to PWS&D by the end of September but can be withdrawn if not approved at our next congregational meeting. It is expected that it will be at least 2-3 years before they would arrive.

The Board of Managers is looking into a building concern with the east wall of the sanctuary bowing outwards at the top. This will likely lead to some construction work to find the source of the problem.

Doug Bonar
Clerk of Session

FROM THE OFFICE

Just a quick reminder, please remember to write **"Envelope Secretary"** on your envelope when mailing in your offerings. Offering envelopes are counted the last Monday of each month.

If your team is planning to hold a zoom meeting, that can still go in a calendar for the newsletter and weekly service announcements. **Please forward your zoom meeting information for the announcements.** You can send them directly to Jim Broadwell at broad2well2shaw.ca or to the office at office@centennialchurch.ca if you have **upcoming birthdays and anniversaries** you would like us to celebrate as we do every Sunday, please send the dates to office@centennialchurch.ca or call Carla Zacharias and we will get them in for celebrating.

The Today books for September/October are in. If you would like to pick yours up, Carla will be in the office Monday morning from 9:30-10:15 and Thursday morning from 9:45-11:45.

VIRTUAL COFFEE HOUR!

Our Virtual Coffee hour continues! It is an easy way to connect with others from the congregation. You can stay for five minutes, half an hour, an hour! Come say hi!

The information you need is:

11:00 am on Sept. 6, 13, 20, & 27 (if the service goes long, or your coffee isn't quite ready, just jump on the call when you can!) <https://us02web.zoom.us/j/83259579765?pwd=Ri9JTUorNFRKeWNUUlpUK2xUQWREQT09>

Meeting ID: 832 5957 9765 Passcode: 369315 One tap mobile +1 647 374 4685 .. 83259579765#

If you have any difficulties, please contact Jim Broadwell and he can talk you through it.

PASTORAL CARE TEAM

If you, or someone you know needs assistance in any way, please email the church office or the Pastoral Care Team, call the church (403-285-7144) or Carla Zacharias at home (403-285-9516) to request support.

If you need someone to pray with, our prayer team can help and give you a call. If you are sick and would like prayers of the congregation, let us know! We will only share the information you want shared. When we know there is need, we can step up and give help.

Challenge for August: pick one or two people from the directory you normally don't visit with and give them a call to say hi!

Carla Zacharias, Pastoral Care Team Leader centpastoralcareteam@gmail.com