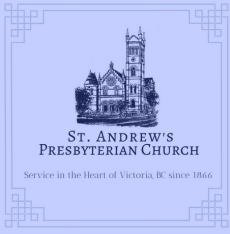
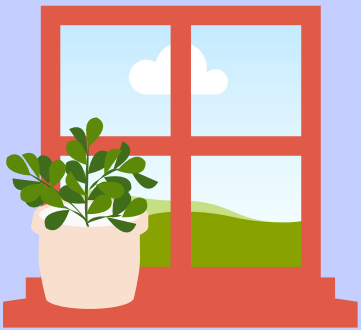




May 6, 2020



This Week at St. Andrew's



standrewsvictoria.ca | 250-384-5734

What to Do?

Many of us have been spending a lot of time at home over the past few weeks. Here are some fun ideas to help keep busy and connected with each other while staying safe:

- Write a poem about something you see out your window and share it with someone.
- Do a puzzle and when it is complete, send a picture of it to a friend.
- Write a letter or an email to a friend or family member. Tell them about how you are spending your days.
- Create a funny outfit from the clothes in your closet and send a picture of your new outfit to a friend to give them a laugh (grandchildren of all ages might especially enjoy these pictures!).
- Write about a favourite memory and send it to people you love. They may learn something about you and it will be treasured by them!




Let us know if you try any of these things!



Read From Your Bible This Week

Acts 7:55-60
 Psalm 31:1-5, 15-16
 1 Peter 2:2-10
 John 14:1-14



Be Still My Soul

The Hymn Be Still My Soul was written way back in 1752 by Catharina von Schlegel (b. 1697), while living in an estate for unmarried, Protestant women in Anhalt (now part of Germany). It was translated to English by another woman in the 19th century. Edinburgh's Jane Laurie Borthwick translated German hymns under the Pseudonym "H.L.L." which stood for "Hymns from Luther's Land". Jane, along with her sister, Sarah published over 120 English translations of German hymns.

[Click here to hear Christine play and sing Be Still My Soul](#)

We Need Your Voice!

We need people willing to record themselves reading prayers or scriptures for our Sunday service. You just need a smartphone, tablet or computer with a microphone and the ability to send us your recording. Email the office to sign up!

A new day: This Week At St. Andrew's will now be coming out on Wednesdays most weeks during our physical church closure.

Pastor's Parable

The Scripture for the 5th Sunday of Lent is familiar – at least if you have ever been to a funeral in which John 14 has been read. It begins with the words of Jesus, “Let not your hearts be troubled...”. I have always hesitated to repeat those words to a grieving family in a funeral setting and hesitate to repeat them now. Certainly, in those times, hearts are troubled. But the lectionary is the lectionary and affords us the opportunity of regularly hearing from scripture that we might otherwise ignore.

“Let not your hearts be troubled” seems a rather tall order in these days when March 20 looks remarkably like May 5. Linda went to the grocery today and stood in the line of persons 2 meters apart outside the store to await the “all clear” into the store. Some wore masks but many more did not. “Let not your hearts be...” Linda tells me she began at the shelves usually containing the cleaning supplies, and still no bleach, Lysol wipes or most disinfectants (thanks to our neighbours from the south!). Seriously, how can an entire Island be out of Lysol wipes?

When Jesus spoke these words originally, he spoke them to friends, namely his disciples who were soon to face the agony of His leaving them. He understood they would be upset, grieved, afraid and lost in the midst of dilemmas. “Let not your hearts be troubled. You believe in God. Believe also in me.” In other words, you are not alone. When the lectionary committee devised the Revised Common Lectionary for the 5th Sunday of Easter, Year A they had no idea that the 2020 version of the 5th Sunday of Easter, on May 10, (Mother’s Day) would fall into the middle of a worldwide pandemic. Jesus words, “Let not your hearts be troubled” has even greater relevance for Jesus’ friends today who are upset, grieved, afraid and lost in the middle of our dilemma.

On Sunday we gather around this scripture again, not because we are at a funeral but because Jesus calls us to listen for the words of care and comfort that we need to hear over and over. I need to be reminded that my own mother in an Alabama care facility who is a month shy of her 96th birthday and doesn’t know me from Adam, is not troubled in her heart so that I can find courage in my own heart. So, can each of us. On Sunday, may our hearts not be troubled because in life and in death and in the middle of a pandemic, God is here. Thanks be to God.



[Click here for a video message from Rev. Mitch](#)

Another Way to Participate in the Sunday Service: We'd love to share your photos as part of our Sunday worship service videos. Can you send us a lovely landscape? A picture of your garden? A photo you have of the church? Please email suitable photos to the office.

Please make sure that there aren't any people in the photo (for privacy reasons).

