

PARKWOOD PULSE

PARKWOOD PRESBYTERIAN CHURCH MONTHLY NEWSLETTER

Stay tuned to your Parkwood Pulse and email newsletters for updates on in-person events.

Your Parkwood Pulse is in print and also online. Submissions can be sent in to parkwoodpulse@yahoo.ca

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

1 John 1:9

Join us for worship on Sundays at 10AM, or connect with us online through our livestream!

JUNE 2024

Overwhelmed?

Information overload is a present and growing reality for many people today — but it is not just information which is so abundant and easily buries us under its volume and weight. The sad and heavy burdens that news and information bring can and often do lead to mental, emotional, and even spiritual distress. We become aware of events and circumstances affecting others, and the suffering of others affects us, even when we are physically removed from the situations of which we are informed in this “information age”.



What to do? How to cope? How can hearts that are touched by the news and images of people suffering from flood, fire, earthquake, tornado, violence, or war not fail to lead us to distress, depression, and despair?

Some suggestions:

First, let us go to the Bible — the word of God — for both comfort and wisdom. Here especially the book of Psalms can be very helpful, as we discover that ordinary mortals like ourselves have in former days and ages experienced the same crises, faced similar uncertainties, and felt the same pressures.

Part of the Scottish Psalter’s metrical paraphrase of Psalm 61 comes easily to mind:

What time my heart is overwhelmed and in perplexity
Do Thou me lead unto the Rock that higher is than I.

Our modern English translation puts verses 1 and 2 like this: “Hear my cry, O God; listen to my prayer. From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I.” (NIV)

We turn to God, in both song and in prayer, to give voice to the deepest longings and yearnings of our hearts. We can “pour out” our sadness, our grief, and our confusion to an all-knowing God who graciously and patiently listens. Let God’s word lead us to pray.

Second, we can lay at Jesus’ feet burdens that, besides being too heavy for us to bear, were never intended to be ours to carry in the first place. Jesus said, “Come to me, all you who are weary and burdened, and I will give you rest. (Matthew 11:28)

We have a tendency with respect to both guilt and work to take on too much. The psalmist David says, “My guilt has overwhelmed me like a burden too heavy to bear.” (Psalm 38:4) God’s servant Moses had to be told plainly by his father-in-law Jethro, “The work is too heavy for you; you cannot handle it alone.” (Exodus 18:18)

The key to solving the first problem — guilt — is to admit and confess our sin. “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9) Our sins are not only the ones we have personally committed. We are party to many corporate and communal

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sins both past and present, and part of our despair often stems from either a conscious or even unconscious awareness that we are part of the problem. Owning such, and confessing such, enables us to experience God's forgiveness and to be free of such burdens.

The key to solving the second — overwork — is to recognize that others share the burden and the work. The whole of the well-being of society does not rest upon me! The witness of the Christian community to Jesus and His gospel is not mine alone. All the work is not assigned to me! Paul reminds us that although there is one Spirit, there are a variety of gifts distributed to all the members of church as the body of Christ, and that the whole body “grows and builds itself up in love, as each part does its work”. (Ephesians 4:16)

Third, we do well to remember that coupled with Jesus' invitation to lay down our burdens and leave them with Him is His affirmation and promise that the work He rightly assigns us to do is not designed to overwhelm us but to satisfy us. “Take my yoke upon you and learn from me, for ... you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:29-30) The tasks assigned us and the burdens given us to carry are appointed graciously by God, to be accomplished in the strength He provides. Even Paul, having asked that a particular problem — quite possibly a vexing medical condition — be instantly solved and removed, was assured by God that “My grace is sufficient for you.” (2 Corinthians 12:9)

Lastly, we are invited to face all the circumstances of our lives in a broken and fallen world with a spirit of gratitude. “Give thanks in all circumstances” is the wise counsel given us in 1 Thessalonians 5:18, “for this is God's will for you in Christ Jesus”. Thankfulness lifts the heart. A conscious awareness of what we positively have helps us to hold a healthier perspective on what is lacking, as we long for the future day when sin is no more and all is made perfect.

Your pastor, beginning the day thankful for new mercies, and resting each evening in God's faithfulness,
James T. Hurd

Mid-Week Summer Fellowship

Wednesday evenings in July and August, we invite those who are available and able to gather in the Fellowship Hall at 6:30PM for cold drinks and conversation, followed at 7:00PM by study together in Peter's first letter. We will be viewing a video series by Dr. Sinclair Ferguson entitled, “**Sojourners and Exiles**”. Christians in North America in the 21st century are pilgrims and exiles in a social climate and culture very similar in many ways to that faced by Christian pilgrims in the first years following Jesus' life and death and resurrection. Peter addresses such pilgrims - sojourners and exiles - in his letter.

Sinclair Ferguson is one of the most articulate expositors of God's word alive today, and brings a lifetime of experience as a Christian pastor and teacher to bear on helping us to understand and apply Peter's insights for our present time and situation. All are welcome to join us for fellowship and learning together on Wednesday evenings this summer.



Strawberry Social



**COMING UP IN LATE
JUNE!**

**DATE TO BE
ANNOUNCED**

First Aid Courses 2024 Report

In the month of April, National Capital First Aid instructors Robin Smith and Nova Robinson taught Red Cross Standard First Aid and CPR-C to 33 people at Parkwood. All are now certified to assist if there is an emergency and they have been trained to operate an AED. Participants were grouped into two classes; each class ran on two Saturdays. All participants were 12 years of age or older - about half were under the age of 18. Each individual who attended had paid a \$136 fee. The Youth Leadership Fund sponsored some young people. The course covered how to respond to a first aid emergency including heart issues, choking, anaphylaxis, allergy, asthma, wounds, burns, spinal and head injuries, bone injuries, diabetes, seizures, childbirth, heat and cold illnesses, mental health issues, and poisonings. There was an emphasis on practical use of the information. There were many scenarios to practice what to do in an emergency: someone had an opioid overdose and crashed a bus full of people; someone lost an eye; someone gave birth; a diabetic needed sugar; a leg was amputated - you get the idea!

For real emergencies, Parkwood has first aid kits located in the coat room upstairs and in the fellowship hall downstairs. An AED and a naloxone kit are located near the office.



- submitted by Karen Hurd

From the Editor: **July Digital Pulse**

The next edition of the Parkwood Pulse will be
for the month of July. Send in
your submissions by Friday, June 28th to

parkwoodpulse@yahoo.ca

Financial Data

Donations as of April 30, 2024

This note is a look at how donations as of April 30, 2024 compare with donations for the same period in 2023. While there is a small increase in donations for current operations, donations for the total of all other categories are down from last year.



At the Annual Meeting in February, it was noted that there is a need for a significant increase in donations for Local Purposes in order to balance the budget.

It should be noted that information on donations for capital projects are not included in the table. In April of 2023, there was a large one-time donation for capital projects.

Comparison of Donations for First Four Months, 2023 and 2024			
	2023	2024	Difference
Current Operations (Budget)	\$52,119	\$52,867	748
Loan Repayment	4,981	2,725	(2,256)
Missions, Appeals, Programs			
--Presbyterians Sharing, PWS&D	5,175	3,095	(2,080)
--Other Outreach/Appeals	900	2,540	1,640
--Parkwood Programs	4,740	3,679	(1,061)
Sub-total	10,815	9,314	(1,501)
Total Donations for Current Purposes	67,914	64,905	(3,009)

Note (1): Totals may be affected by rounding.

Topics for Lunch and Learn

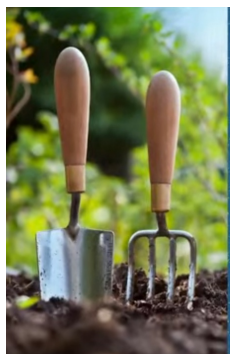


We are seeking interesting and informative topics for our fall and winter Lunch and Learn Mondays. You may hear or see something over the summer that you would like to know more about - there is a lot of information new and old in our communities. Perhaps you or a person you know has information about an interesting topic and would be willing to share it with us? Travelers and busy people often have great stories to tell if we just ask them to share their stories! If there is a health topic that you would like to

know more about, let us know. We may not be able to use all of your ideas or find all of the information, but we will try. Hope to hear from you. Give your ideas to members of the Pastoral Care Team or drop them off at the church office.

- submitted by Dora Brown,
Pastoral Care Team

Announcements



Gardening/Yard Work: Volunteers Needed!

Saturday, June 8
9:30 - 11:30 A.M.

Please contact Martha Fair
if you're able to help out.

CANHAVE Annual General Meeting



Wednesday, June 12
7:00 p.m.
Parkwood Church



1960s Music Night



Saturday, June 22
7:00 p.m.
Parkwood Church



Please contact Dale Tuck for more information.

RightNow Media

Gain access to a variety of
Christian video resources!



Please contact Alta MacFie
for more information.



Workshop Series on Current Issues Facing the Canadian Church



Register here: www.evangelicalfellowship.ca/RegOttEvent24

Date: Saturday, June 8, 2024

Time: 9:00 a.m.–noon, followed by a light lunch

Location: Kanata Baptist Church, 465 Hazeldean Rd, Ottawa

Registration: Please register for the workshop of your choice

Cost: Free!



Be prepared to choose one of these workshops

1. MAiD in Canada: A matter of life and death

Presenter: Dr. David Guretzki, EFC President and Resident Theologian

How did we get here and what changes are happening with Medical Assistance in Dying (MAiD)? Why should you be concerned? How should Scripture shape our thoughts and actions around this issue? Why does it matter?

2. Parenting and Grandparenting Faith: The difference you can make

Presenters: Rick Hiemstra and Lindsay Callaway, EFC Research Team

Are you eager to see your children or grandchildren embrace their faith for life? How important is your role? What are effective ways to foster faith in your family? We've done the research. May our findings encourage, equip and empower you!

Parkwood Church Activities June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 10:00am Worship & Communion & Church School 1:00pm Sunday Bible Study (Zoom)	3	4 1:00pm Pastoral Care Team (Zoom) 7:00pm Mission Team (Zoom)	5 7:30pm Barrhaven Bible Study (Zoom)	6 7:30pm Music Rehearsal	7 7:00pm Youth Group	1 2:00pm Parkwood Craft Group
9 10:00am Worship & Mission Appeal & Church School 1:00pm Sunday Bible Study (Zoom)	10	11 7:00pm Facility Management Team (Zoom)	12 7:00pm CANHAVE Annual General Meeting 7:30pm Barrhaven Bible Study (Zoom)	13 7:30pm Music Rehearsal	14	15 10:00am Renewal Fellowship Prayer Meeting (Zoom) 2:00pm Parkwood Craft Group
16 10:00am Worship & Church School 1:00pm Sunday Bible Study (Zoom)	17 7:30pm Session	18 7:00pm Presbytery @ St. Timothy's	19 7:00pm Policy & Planning Team Meeting 7:30pm Barrhaven Bible Study (Zoom)	20 7:30pm Music Rehearsal	21	22 2:00pm Parkwood Craft Group 7:00pm 1960s Music Night
23 10:00am Worship & Church School 1:00pm Sunday Bible Study (Zoom)	24	25 July Calendar Deadline	26 7:00pm Youth Group	27 7:30pm Music Rehearsal	28 July Digital Pulse Deadline	29 2:00pm Parkwood Craft Group
30 10:00am Worship 10:00am Summer Church School 1:00pm Sunday Bible Study (Zoom)						