

Main Spring

Message from Pastor Jane

Recently my doctor's office contacted me to say I needed to reschedule an appointment. It had been on my calendar for several months, and I felt mildly exasperated. Still, it wasn't that huge a deal as these things go, and I was feeling fine. I had also changed providers in the last year, my doctor having retired. I very much like my new doctor, but her weekly schedule had changed. I am sure the person I spoke to had many such calendar changes to make that day, among other things. Everyone is more anxious besides. Yet somehow she found the perfect day and time for the new appointment. She also went ahead and scheduled next year's. During the course of our conversation, I found myself relaxing. She was efficient, yet had a sense of humor. I wasn't expecting that somehow. At one point I found myself laughing out loud. My cheeks felt funny. It's not that I have nothing to smile about! Still, laughing in the course of normal conversation hadn't happened in a while. I felt better. For several hours after that phone call I found myself smiling for no reason. I realized I had experienced grace. It was not the big, life-changing sort of grace that I have sometimes received from God. This was simply a day that had gone a little better than I expected. I felt a bit more human, a bit more cared for. I hope that receptionist's day went better than she expected as well.

Small graces can lighten our load. The office of Morning Prayer concludes with the General Thanksgiving. It is a wonderful summing up of all the reasons we have to be grateful to God. It contains this sentence: "We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the *means of grace*, and for the hope of glory." [Italics mine] God gives us the means of grace. Having received it, we can pass it on, we can be open to it flowing through us. May it be so for you today.



FINANCIAL UPDATE

January—June 2020

Giving = \$6,474.99

Expenses = \$5,771.40

January—June 2019

Giving = \$5,741.66

Expenses = \$5,517.15

As you can see, giving is up a little from last year and expenses are up slightly as well. All in all the church is doing OK financially.

Thank you for your very generous and continued support.

UTO

United Thank Offering is a long-standing tradition in the Episcopal Church. By placing “thankful” coins in the Blue Box (or bills in the Blue Envelope), together we give hope to people all over the world. Every coin from every Blue Box is given away in grants. There may be a few minutes each day when each of us can find a moment to reflect how lucky we are, say a prayer of thanks and drop a coin into the Blue box. Keep the Blue Box where it can be seen as a reminder.

Some of mine include -Thankful that I can still work. I could never imagine being able to work remotely, but here it is 4 months later and I am - although still finding struggles along the way – but working through them, with God’s help.

Thankful for where we live. Thankful for my health and my husband’s health. And Thankful for a wonderfully fruitful garden of cukes and tomatoes this year.

For any questions, or if you need a Blue Box/envelope, please contact Cathy Strandberg.

Thank you.

Sandi on behalf of Cathy

Senior Warden

Not having church makes being the senior warden kind of easy. There have not been any issues so far. Life for me has been boring, cleaning school buses or working in the yard, is not very exciting. I will be glad when we can open the church again so I can see and talk to everyone. I miss all of you. Praying that we all stay safe and healthy.

Blessings

Cheryl Vosburg.

Tag Sale / BBQ Update

Unfortunately, we are still unable to lay out a plan to hold either the Annual BBQ or our semi-annual Tag Sale. Again, Thank you to all for your past support/help.

As these are both fund raisers and social events, we look forward to them each year.

Sandi

Sunday school!

Hi kids! Do you miss church and Sunday school? Have you thought about what it will be like when we can all go back to church? Well don't worry I have lots of cool stuff to do when we open back up. There will be fun lessons, cool crafts, and lots of fun. You are all in my prayers. Looking forward to seeing all of you again. Thanks for letting me be your Sunday school teacher! So here's to a great year as soon as we can get started!

Cheryl

Forward Day by Day

I have started distributing the large and small Forward Day By Day that covers August, September and October, I still have plenty. (Note: I had a "typo" in our last Main Spring indicating November, rather than October ☹). If you would like one and haven't received one yet, please email/call me and I will get one to you. Thank you.

Sandi

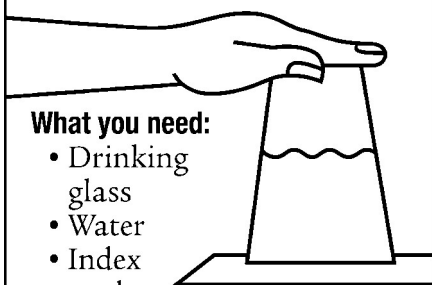
508 867 3272

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UNSEEN BUT *active*

This experiment illustrates that although God is invisible, we can see his work all around us.



What you need:

- Drinking glass
- Water
- Index card

What you do:

1. Practicing over a sink, fill the glass halfway with water. Then press the index card snugly atop the glass with one hand.
2. With the other hand, hold the base of the glass and carefully flip it over.
3. Remove your hand from the card. It should stay on the glass, without spilling the water! The invisible air in the glass creates a suction with the card, preventing the water from spilling out. Research air pressure to learn more.
4. After perfecting the trick, amaze others with it. Then talk about how God, like the air in the glass, is unseen but active.



WATER WORKS!

The gospels record Jesus' miracles, many of which involve water.

Directions: Using the illustrated equations, fill in the blanks to describe each miracle. Use the Bible references for help.



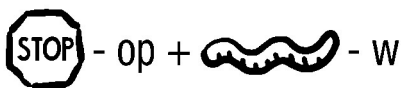
Water changes to

JOHN 2:1-11



Heals a man born

JOHN 9



Calms a

MATTHEW 8:23-27



Catch of

LUKE 5:1-11



Walks on

MATTHEW 14:22-33

Answer: wine, blind, storm, fish, water

Every morning I make my coffee the same way: hazelnut coffee with creamer and one Splenda. It's perfect to me.

The other day my daughter offered me a handful of her dry cereal. The cinnamon chex were sweet, spiced and lovely. And then something unexpected happened... my next sip of coffee was bitter and unpleasant. Compared to the super sweet cereal my coffee didn't stand a chance. After a few minutes the sweet cereal taste was gone, but I started thinking: how many times had this happened to me in life? We're happy with our car but the brand new rental on vacation makes ours seem outdated. The house meets your needs but attending a friend's housewarming party suddenly makes your house old and outdated and maybe too small?

There's plenty of scripture telling us to be content with what we have and avoid comparison. But in that moment the bitter taste can be difficult to move past. Stay strong and don't be fooled by the super sweetness. It's just a trick of comparison.

Cheryl Ingram

THANK YOU to Rev Jane as she continues each week to bring the Sunday service into our homes with "Zoom". We are able to keep in touch, pray together and even have "coffee hour" afterwards. If you know of anyone who may like to join but needs help getting on Zoom, please let us know.



Recipe from Behind the Red Door—1978 edition

SOURED CREAM COFFEE CAKE

SALLY SMITH

Cream: 1 stick margarine ($\frac{1}{2}$ cup)
1 C. sugar

Add: 2 eggs and beat until smooth

Add: 1 cup soured cream

Sift together and add:

2 C. flour

1 t. soda

1 t. baking powder

$\frac{1}{2}$ t. salt

Add: 1 t. vanilla

Mix: $\frac{1}{3}$ C. light brown sugar

1 t. cinnamon

$\frac{1}{2}$ C. nuts (optional)

Pour half the batter into a tube pan. Sprinkle half the sugar, cinnamon mixture over the batter. Pour rest of batter on top. Sprinkle rest of sugar and cinnamon mixture on top. Bake in 350° oven for about 45 min.

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