

# *Knox & St-Paul's Presbyterian Churches*

The

**SUMMER 2020**

## **PRESS-BYTERIAN**

Newsletter



## **ISOLATION ISSUE**

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## ***From Your Pastor***



### ***Worship in Exile***

In the year 597 BC, under King Nebuchadnezzar, the Babylonian military attacked Jerusalem. Babylonian battle chariots, with troops wielding iron weapons, cutting edge technology for the time, overwhelmed Jerusalem and destroyed the temple where the Jews believed God lived. The people of Judah, except for the poorest people, were deported to Babylon and into slavery.

Thousands of Jews were forced from their homes. Everything familiar had to be left behind. All they had was what they carried on their backs and in their minds. And they survived. They worshipped their God in their homes without the benefit of the familiar walls of the great temple.

Perhaps we feel that we are in exile. Two thousand six hundred years after the Babylonian exile, as God's followers, we find ourselves exiled from our usual place of worship. Due to COVID 19, we worship at home, not in our favourite pew, seated by someone we love to chat with Sunday morning. It's all so strange and unsettling.

What remains the same as yesterday, today and tomorrow is that God is with us. I am grateful to the volunteers who make worship possible. The musicians, the singers, the technical people, and leadership all work faithfully to provide worship that is shared. There are more than two hundred and forty members of the FaceBook page, which allows access to our weekly worship. Please continue to pray for each other and our nation.

We worship separately, together, and until we can meet in fellowship, rest in the assurances of God.

Peace to you, Amen.

*Rev James*



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## Church News

### KNOX ON THE BOX

Just a reminder that Sunday morning worship is available on the internet. If you are on Face-Book then you will likely be aware of the Knox Face-Book page. The service starts, usually at 11 am. If you are not a Face Book user, then you can watch it via You-Tube. On the You-Tube browser just type in 'knox church vkh' and it should appear before your eyes. It just might happen that the isolation period restrictions will be relaxed a bit by the time you receive this newsletter whereupon you can join in worship LIVE! and IN PERSON—Come early to get a pew near the front!.

### GRADUATION

CONGRATULATIONS to our Elementary graduates:

Taylor Hatz, Sydney Mode, Alexa Maclaren and Aaron Primeau.

Each of our graduates will receive a NIV Teen Study Bible.

### Foster Child Support

The following is the annual report for Foster child Yugesh. Please note the organisation Christian Children's Fund changed the name to Children believe. Thank you to Lynda Heinsma for representing Knox Church..

Name : Yugesh Mapakshi Purushotham

Child ID : 01176698

Dear Sponsor Ms. Lynda Heinsma,

My heartfelt greetings and best wishes to you and your family. I am doing well here and I hope the same for you. I am so happy to write this letter to you. I always do prayers for you. I am Yugesh writing this letter to you. I go to school regularly. Our village was benefitted with Tree Plantation program. We also planted trees near to our home. We water them daily. We celebrated Diwali festival happily. Then I burnt crackers. I enjoy a lot during that festival. After returning from school I play some local games with my friends happily. Sai and Abhi are my friends. We stay together in school.

On behalf of my family I thank you very much for your sponsorship support and assistance.

With regards,

Yugesh.

### Child Progress Report



Yugesh Mapakshi Purushotham

### Messages from Tracy Young

As many of you know, Tracy Young has been sojourning in Scotland. She was to be away for a month or two but the corona virus is keeping her there due to travel restrictions. Whilst there, her brother was admitted to hospital due to brain tumours which activated the Prayer Chain. This resulted in correspondence with Knox members. I have included some of the correspondence here knowing many will be wanting an update on the situations. The following is from Tracy.

Barbara, your email is very much appreciated, as is all those messages I've received from across the pond, wishing me well, safety, happiness and good health. You are all a blessing to me and I miss you all very much. I am safe, healthy and despite being so far from home for much longer than first planned, God has a mysterious but delightful way of taking charge of what we plan and turning it on it's end in order to seek His will. I am so thankful that I listened and heard Him, especially in these last 18 months.....though I still have these spinal cord tumours and will require surgery, I am healthier than ever, and I am surrounded by love and support of all of you, from my family, and from Stephen. Though these are uncertain times for all of us given this pandemic, it has been a blessing for many of us, and there have been many positives which have arisen through it. May we all hold fast to our faith, and our love not just for our families and friends, but to all people, whatever race, creed or colour they may be.

Until we meet again,

Blessings from Scotland,

Hi David,

Thank you for your response. I actually have been writing a lot lately,. I knew when I came here that when Stephen was working, it would be a perfect time for me to do more writing of my book, but then when the pandemic took over everyone's lives, I began writing more about my thoughts on it. My bothers brain tumours and subsequent surgery was another thought provoking, prayerful time for me. He is recovering from his surgery better than was first expected. Though the doctors weren't able to remove all of the tumour, my dad was told they got quite a bit. He is currently back at another hospital in Toronto, undergoing chemotherapy and radiation. Ordinarily he would have had to be an outpatient taking treatment, because of this pandemic, he was transferred from St. Michael's hospital where they did the brain surgery, to Oshawa Lakeshore for a few weeks where he started Rehabilitation, and now while he's having the radiation and chemotherapy, he's at Sunnyside. He's being taken care of very well....everyone is extra vigilant these days and he isn't having to struggle to find transportation or navigate through the system as he would have had we not had this pandemic. Seems most ironic....most people aren't wanting to go near a hospital or have a loved one there, but for Scott, I am most thankful for this time he's received the kind of love and care he has had throughout this most difficult, scary time. He's able to move about much better with his walking and he's now able to talk, which was something we were warned might not happen ever again. I miss him as I do my children and Dad, but everyone is doing well and we are relieved that Scott is doing better. He and our family are also most appreciative of all those who were/are praying for him. Prayer is a powerful testament of Gods love and grace.

Blessings, Tracy



### Update on Samih

The following is an update on Samih who was sponsored by Opportunity Knox and resided in Vankleek Hill for a period of time before moving to Vancouver. We were sad to see Samih and fiancée Katherine move away, but pleased for them to be able to take advantage of increased opportunities in B.C.. They were featured in the previous issue of Press-byterian when they left for Vancouver. Karin Mode recently received the following e-mail from Katherine announcing good news during their early days of settling in the West.

**From:** Katherine Moloney <katherine.p.moloney@gmail.com>

**Sent:** Wednesday, June 3, 2020 10:21 PM

**To:** undisclosed-recipients:

**Subject:** Samih's new job

Hi guys,

Thank you so much to those of you who responded to my last email. I truly appreciate your prayers and support. I apologise for not responding to your individual emails. I'm still unwell and get tired, my heart is an ongoing concern.

On Monday Samih started work at More Than A Roof (<https://morethanaroot.org/>), a Christian social housing organisation. It's a three month full time position which takes him up to September at which time he can, if he wishes, sign on for an ongoing part time role while he studies. His boss has already indicated that the organisation would like to train him up for a more senior role in a permanent position.

Many of you have linked or commented on Samih's announcement post on Facebook. Please check it out and like it if you haven't (if you're not friends with him on Facebook then you should be - <https://www.facebook.com/samih.salta>).

So far he's enjoying the job; it's varied and his colleagues are personable. He came home this afternoon and recalled to me a conversation he'd had with a rather manipulative tenant with a mental illness. We both had a laugh at his on-the-job pastoral care training. He'll be well prepared when he steps into a role as Pastor in several year's time!

Blessings,

Katherine





## Minister Emeritus Rev. Robert Martin

*Rev Bob Martin recently celebrated his 80th birthday. Press-byterian wishes to join many others and congratulate him and offer many happy returns and pray God's continued blessing on him and his family.*

*The following is Bob's contribution to the conversation discussing the pandemic isolation and our responses to it:-*

The advent of the covid era came at a time of change for us. I had just divested myself of the treasurership of the food bank at the end of November and also my responsibilities as interim moderator for the vacancy at St John's, Cornwall with the induction of the new minister. We had just returned from a vacation in the Dominican Republic. Then there was covid pandemic, as it became. But that did not make too much difference initially. It only struck home when worship services were cancelled and I had the strange experience of breaking the habit of the last 50 years of checking the lectionary (a list of Scriptures prescribed for each Sunday of the Christian year), reading over the appropriate passages, checking to see where I was preaching only to discover that I had no invitations to go anywhere. Indeed the pages of the diary were strangely blank. So we resorted to more mundane things like checking on food supplies and other necessities. It turned out that the only concern was food for the dog. Oscar gets through great gobs of it every month so we laid in a fair supply for him. More time was then spent culling sermons from past times.

Health concerns were another matter. Kim had a seizure and it was diagnosed as a meningioma - a tumour on her brain. She had an operation to open her skull and remove it. She came here to recover. She was overwhelmed with the generosity, gifts of food, money and prayer from the Prayer Chain from Knox members and also her friends and neighbours. She is making a good recovery.

This has been a time of reflection on times past and attempting to come to terms with the reality of the present. It is also time to give thought to the future and the changes which are already part of our daily living. As Christians we should realize that new opportunities are opening up before us or waiting to be created as we seek new and innovative ways of spreading the Gospel and the simplicity of the Gospel message that God loved the world so much that He gave his only Son that who so ever believes in Him should not perish but have everlasting life.

## ***Submissions from St Paul's***

### ***From Faye Montgomery***

The Covid-19 lockdown is an unprecedented event in all our lives. At first I embraced the extra TIME I suddenly had at my disposal when my very active social life was brought to a sudden halt. In my innocence I thought that the ice storm of 1998 was much harder than the Covid crisis until the Covid crisis lasted for months.

I decided to thoroughly clean my house from top to bottom by doing a few hours every day leaving time for fun things like reading, Sudoku and jigsaw puzzles. I enjoyed my new life and started watching a lot of TV. As the house got cleaner and more streamlined the desire to continue in the basement and the garage waned, especially when the weather improved and there was work to do outside.

I miss my family, my friends and my hairdresser. I stay in touch by telephone but it is not the same as meeting and doing things together. I miss people who I usually see at church because fewer people are venturing out and of course there is no weekly church service at St. Paul's. I miss the freedom of being able to enjoy theatre and social activities when I desire. Shopping has changed greatly with social distancing, masks and store closures. Grocery shopping has become the big event in my life. Once a week I get all dressed up to go to the store. The experience is very quiet, not daring to chat with anyone and takes more time than it did in the past.

There have been some casualties in my life as well. Some good friends have passed away and I was unable to grieve with the family. One supposed friend has stopped speaking to me because she did not agree with a decision I made to go somewhere early in the crisis. (I know it is her loss, not mine.) The TV died of overwork and the microwave died of old age but they were quickly replaced.

Most older people do not like change and I am one of them. Nevertheless, I have adapted and I am doing well in my new life. I have found plenty of things to keep me busy and I am healthy. I am thankful that the lockdown seems to have protected the people in this community but I look forward to the days when we can socialize again.

## From Sandra Fraser

### *Productivity in self isolation*

*Even with the tea room closed I knew I had enough tasks to keep me busy.*

*Mom nearly had a heart attack when she walked downstairs to the family room one day at the beginning of April.*

*I decided to totally organize the Christmas bins for work and home and put them away plus itemize bins for all the tea paraphernalia I have bought or was given to me. No small task bin for trillium China*

*Bin for decorative cups and saucers*

*Bin for cream and sugars etc.*

*It was lovely to revisit pieces of my collection.*

*Then I decided to tackle my room. Move furniture around . Clean my closet. Organize my jewellery.*

*And finally my most least favourite job ... Paperwork. I'm still doing that and it's June.*

*The one thing I haven't done the entire isolation is bake.*

*I cooked, but no cookies or cakes or scones or muffins. Mom and Dad weren't too happy with that.*

*I am eager now to open even with the many restrictions. I miss the tea room's routine and all my friends and customers.*





## From Lynne and Tony Chanel

### *Life in Chute-a-Blondeau during a pandemic.*

Tony and I have been keeping quite busy as he was not working at Walmart until starting back last week. We have managed to do several projects in and around the house. I come up with the ideas, help if I can and he puts them into practice. Painting of the workshop floor



, we installed new ceiling tiles in the playroom downstairs, an easel with



flower box

in the back garden and rebuilding parts of an old wringer washer



a friend gave us and adding it to a barrel tub. I put in "new" fence posts



at the back. An idea I saw in a magazine some years ago. A couple of old garden tools might be added when the Flee Markets open.

On Sunday mornings we sit in the den and Tony puts our Church service up on the TV. We are enjoying that very much, but not the same as being in Church and chatting with people before or after the service. We sometimes have our Tim's coffee while watching instead of going to Tim Horton's afterwards. The service usually ends just before the Church bells chime in Chute-a-Blondeau.

Submitted by Christine Morris on behalf of Gail Sanderson

*I called Gail Sanderson and Margot was there too so they put me on speaker phone.*

*Both are keeping well and in good spirits. When I asked Gail how she was spending her time, she said "by doing absolutely nothing at all!!!" In fact they are doing weekly runs to the grocery store and pharmacy and on occasion a kind neighbour has picked up needed items for them. They spend time reading, watching TV and keeping in touch with family both in Canada and overseas by telephone.*

*As the weather warmed up they were keen to get outside and do some gardening. Gail had been speaking to a friend who told her that a man she knows is presently out of work (as are many others) and he has been filling his time by making and selling raised garden beds. Gail and Margot purchased a couple and he delivered them to the house.*

*The beds are 2 feet wide by 6 feet long. Gail commented that she thought he was delivering coffins! She and Margot have now planted them up and are enjoying watching the beans and tomatoes and other veggies starting to grow.*

*As they are not on Facebook they had not been watching the church service from Knox but instead were watching a televised church service from Kitchener. I talked Margot through how she could access the Knox service on YouTube and a few days later received a call from Gail to say that they had been 'binge watching' the Knox services and seemed to enjoy them, but they did miss the more traditional format of St Pauls' .*

From Audrey Black

*Christine spent a few minutes talking on the phone with Audrey asking how she was managing and spending her time during the pandemic isolation.*

*Audrey was very positive although she misses spending time with family and friends and of course Sunday worship at St Paul's. Audrey lives in a relatively quiet, isolated area, so she is used to her own company which she is comfortable with. But even for her, during this time her routine has changed and the pace has slowed down just like most of us. This has given her the opportunity to step back and review things in her life. She feels good about her current situation, she enjoys going for walks and more recently she has noticed things more deeply than under 'normal' circumstances. She appreciates how blue the skies are on sunny days and how clear the air is in the country.*

*Audrey was fascinated recently when a robin came to visit repeatedly by perching on her window sill. She thought she would like to feed it and checked with a friend regarding the best thing to do. She found out that she could feed it raisins. So she had regular visits from a Robin that appreciated the dried fruit*

*Audrey occasionally takes leisurely drives and especially to visit her husband's grave - I'm sure that would be a good time for exercising fond memories. Yes Audrey seems to be contented with her life. We pray that God continues to bless her.*

### Submitted by Lynn and David Heggie

What a lovely day we are having. Enjoy!

You wanted to know how David and I are coping with this period of self isolation and social distancing. It has made a bit of a change in our daily routine. We used to make a morning trip to MacDonald's or Tim's for coffee and visits with friends, then on the way home would do various errands. Telephone chats and coffee at home is the new norm. Once a week we take advantage of the seniors 7AM grocery shopping so don't have to be in contact with crowds. House and garage cleaning kept us busy in March and April although still have 'stuff' to sort out. With the warmer weather we are enjoying catching up on yard work and getting the vegetable garden going, although this would be normal chores for us old retirees anyway. We're thankful to be living in a country setting and able to enjoy the back yard filled with flowers, birds and other wildlife rather than in a crowded city at this time. All in all we are doing well.

### Submissions from Knox

#### **Pandemic Ponderings by Rosemary Knox**

Is it just me, or are others more acutely aware of their immediate surroundings?

The place we live, the people we encounter, nature in all it's beauty and of course family and friends we don't get to visit with.

As someone who lives alone, much remains unchanged for me, but life as it was is curtailed. I miss hugs from my family, I miss Church and my Church Family. I miss hopping in the car to shop wherever and whenever I wanted. Dare I say it - I even miss some meetings.

On the other hand, I have come to appreciate my daily morning walks with a wide-eyed awe. God's gifts surround us with sun-filled skies and light breezes, the full colour of Spring Blossoms, and the friendly folks who never fail to acknowledge another isolated soul. I have seen all this before but this year it is fuller and more vivid. I spoke to someone planting flowers at the "Welcome to Vankleek Hill" sign across from "Zudio", just to help beautify the town. I have a Bluebird (not a Blue Jay) at my feeder this year and the Humming Birds flitting about their watering feeder. There is a Robin nesting in the light fixture above the front door. None of this is earth shattering but these simple things have taken me to a different place I now really appreciate and take time to do so. I truly admire and convey that I am awe-struck by strangers.

I also imagine prison camps and refugee camps where, while people are packed together, they remain isolated. Nowhere to go, nothing to do, and without means to envision a future. We are fortunate to belong to the family of a living God in this community we call home.

## *From Barbara Thriepland*

*As we prepare to move into the fourth month of social distancing, I'm just as tired of it as everyone else. I am blessed to be spending this time with family as I know that if I were in my own apartment right now I would be lonely and the time would be long. Prayer group continues to meet via Facebook messenger. This is second-best to actually meeting but we are glad, so glad to have the time together to connect and to pray. Like all of you, I'm waiting for the time when churches are open and families are gathering, children are playing together. Bring it on, Lord!*

## *From Guy Laberge*

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*Joann and I have been doing well, going out only when necessary.*

*Joann has been catching up on some sewing projects,( masks , baby quilts ...) catching up on unfinished projects as well as other art projects.*

*As for me I have been playing music, guitar, bass and ukulele. Catching up on some book reading. It feels so different not being away for the summer, as you know I have been away the past 4 summers, and this summer I have decided not to go anywhere, COVID or not.*

*We are very blessed that all our children and Grandchildren are doing well health wise. We are expecting another Granddaughter in the next few weeks (Bobby and Whitney ). That will makes Grandchild number 6.*

*We pray that by the Grace of God all our friends and church family members are doing well and keeping safe.*

*Looking forward to the day we will be able to break bread, and sing praises to God all together again, in the meantime, God bless you all !*

*P.S. It bring to mind a beautiful song by Vera Lynn, a favorite of Roger and Murielle Belanger, " we'll meet again don't know where don't know when..."*



**Submitted by Deborah Turgeon**

**How Are You Doing?**

Doing? Isn't that the question?

I am spending my time knitting , listening to my audio books. And I am baking. I love to bake & since I live alone, I share my baking, with my landlord, and a lovely lady who lives on the second floor.

I have a secret garden, and can be found sitting on my lawn chair enjoying the sun and knitting. Knitting is my happy place. Two sticks and strings is a beautiful thing...

I also am enjoying the online Sunday services. Our church family is taking time out of their lives so that we can have Sunday services. And we can see the service whenever we want. But nothing beats going to church, and those great hugs!

We are all so very Blessed.

Please stay safe, wash your hands social distancing and we'll see each other soon.

**Lynda and Jerry Heinsma**

*Christine and I managed to get a short visit in with Lynda and Jerry. It was one of the few times we had a social contact other than a quick conversation through the window or doorway. It was very pleasant to spend time with them and brought home the reality that we had been missing the company of others over the pandemic.*

*The garden was well planted, lots of vegetables growing neatly in rows. Jerry has chopped and piled all his wood for next winter.*

*Lynda took advantage of the available time to sort old paperwork files in the attic and tidy things up.*

*For relaxation Lynda enjoys jigsaw puzzles, here is a photo of one she recently finished.*



*Lynda also passed on reports from 'Children Believe' which is the name now given for 'The Christian Children's Fund'. See later.*



**Submitted by Mary Fraser**

Surviving Social Distancing in the Fraser household Don and I went from a life full of things to do to - sitting in the living room looking at each other. We have never spent so much time alone together and am pleased to announce " we are both still living". We are now working on the lawn and flower beds. Don has started social distancing in a tractor helping farmers get the fields ready to plant. He is a happy man. I now know what day it is because "ground hog day has ended". The first weeks I got out to walk round and round the property but now I get to walk and work in the flower beds. I only allow 1 hour a week in the stores and Bank, it is working well. I call family and friends often and the Barton cousins get together on Zoom a couple of times per week. Cousins from Ghana, Vancouver, Sarnia, Toronto, Renfrew, Ottawa, Vankleek Hill and Alexandria all trying to make the most of the time we spend together. This event will continue after the Covid-19 restrictions are lifted. We are blessed to live in Canada, the President of Ghana has partially opened up the county because they had very few cases of Covid 19 and all could be traced. They opened up the country because the options were - citizens might die of Covid 19 or they would die of starvation. Schools remain closed. Since they have opened up the cases of Covid 19 have increased but since they have a very young population they are hoping for the best. The people in Ghana are always in my prayers. The Fraser's has welcomed a couple of new additions to the family - Steve, Katie and Russ Ardington were delighted at the safe arrival of Harrison. A month later we welcomed Rowan Neil son of Koryne and Devin MacDonald, Cape Breton. A family reunion is high on the list once the Government gives the okay for large gatherings. On-line services are a blessing - daily and Sundays. Can't wait to sit in "a pew with a view". Take care and stay safe.

## **COVID 19 - Isolation or Not—submitted by Verne Gilkes**

What have Paula and Verne been doing during the COVID 19 isolation time? Well it has been an exciting time for both of them as they became busy with raising babies of different sorts. They, however miss their Sunday Church sessions although Rev James and his Team made up for the absence of Church with online Services.

Now back to our COVID 19 break. As most of you know Paula has been house-sitting for Mrs. Patricia Hardisty here in Vankleek Hill. On December 1<sup>st</sup> 2019 Tara, one of the Bichon Frise dogs that Paula was looking after had 5 pups. So needless to say, the next several weeks were filled with Puppy Duties. As they heard of the Corona Virus running rampant in China everything seemed to be ok here then in March the doors started to slam shut for everyone travelling. As this happened Ms. Hardisty was forced to remain in Cape Breton where she had been staying, leaving Paula with the Pups and their delivery to new owners. Meanwhile, Verne was back home taking care of, what else? their Koi Fish, and the Koi that Verne boards for the winter. What? you haven't heard of room and board for koi?

In January, yes boring January, Verne is in the Sunroom and, low and behold, he sees two beautiful Swallow Tail Butterflies flying around in the windows. This was a surprise, but it was not a completely unexpected surprise. When Verne brought parsley in from outside there were several chrysalises on the pot. You see, caterpillars' eat parsley until it is time to form into a cocoon or chrysalis until the following year when they transform into a beautiful butterfly. Being inside the house made their spring arrival early and out they popped. Actually there was three that transformed into Butterflies, so for the next 3-4 weeks he was feeding these Butterflies oranges and Gatorade.

As Easter approached, members at Knox received a notice in the Connection from a Minister of Morningside-High Park Presbyterian Church suggesting that we as members of the Presbyterian Church make butterflies for Easter since butterflies Represent Rebirth. He suggested that we give them to our friends and neighbours and fellow Church members with the intent that when we return to Regular Church Services, we could bring the Butterflies to Church and place them in the church as a sign of a happy rebirth.

Paula liked this idea and sat down at her embroidery machine and turned out dozens of butterflies. Verne then delivered these butterflies to all of his Pastoral Care Members as well as neighbours. And one in particular, a Nurse who was assigned to the emergency room, was given extra butterflies for the emergency department as this was definitely a rebirth area for some people. As Rev. James presented his Church services on the web you may have noticed a Green Butterfly on the head of the Cross (certainly a sign of Rebirth for Presbyterians).

As April progressed into a late Spring Verne's Koi and Pond Care business became an Essential Service which allowed him to travel quite extensively preparing ponds and transferring koi from indoor ponds to outdoor ponds. On the week of March 7<sup>th</sup> he travelled to Durham Ontario to Visit his sister and to put the final touches on the new Koi Club, called The Saugeen Koi Club.

Mid May, hot temperatures brought more Butterfly transformations, 11 more of the beautiful creatures were launched into the warm south west wind. Hopefully they will all return to the many parsley plants now spread about the backyard waiting for their eggs. So; you see, The Isolation was no isolation for us here at 165 and 59 Home Avenue. God has been very kind to us with many of his rebirths taking place, pups and butterflies.

### Life on the Farm

Robin McRae said that life for her and Jim had not been affected much at home during the pandemic, so they had no stories of isolation to share. Karin Mode said much the same thing, it was business as usual for Leigh. The reason being, of course, is when the work you do is essential you have no choice but to keep doing it. This includes working with animals and crops and other chores on the farm.

Also, church work, although a labour of love, still needs to be done. Because we have no corporate worship service in the building it doesn't stop the bills from coming in and regular payments to the Minister, CRA and all the others that need to be paid. And, although the piano at Church has been very quiet lately (I assume), beautiful singing continues, accompanied by guitar for on-line services. Also sermons still need to be prepared and services planned and recorded.

We often hear words of gratitude on radio and TV for the essential service workers, and rightly so. But until I moved to the country I never fully realised the commitment of those working on the land, especially with animals, every day pandemic or not. All those preparing and presenting the Church service are worthy of appreciation. Also, spare a thought for those workers who cannot take a day off when they feel like it. In a large corporation a CEO could be missing for a month and for the company it would be mostly business as usual - imagine if you had a herd or flock and you didn't feed them, give them water or milk them for a day!

For light-hearted humour Robin provided the following list which I believe she obtained from Irene Howes here's a maple:-

Comments on isolation:

1. 1919: Stay away from negative people. 2020: Stay away from positive people.
2. The world has turned upside down. Old folks are sneaking out of the house, and their kids are yelling at them to stay indoors.
3. This virus has done what no woman has been able to do.... Cancel all sports, shut down all bars, and keep men at home!!
4. Do not call the police on suspicious people in your neighbourhood! Those are your neighbours without makeup and hair extensions!
5. Day 7 at home and the dog is looking at me, "See, This is why I chew furniture!"
6. ME: Alexa what's the weather this weekend? ALEXA: It doesn't matter — you're not going anywhere.

## From the Editor:-

Here we are again with a new issue of The Press-byterian. This is quite different from previous issues. The theme this time is, "How are you coping with the current COVID-19 restrictions and isolation?".

I would first like to heartily thank all those who provided input. I would also like to thank my "Roving Reporter" Christine for soliciting inputs—she enjoyed chatting with many of you and people seemed to appreciate the contact and every person she spoke with responded positively. This was a great help for me since, with my hearing I don't do well on the telephone.

Early on I thought the 'lock-down' would not affect Christine and I too much since we have been retired for more than ten years. I expected that the "lockdown" would be over in a few weeks—a month at most and now after thirteen weeks we really miss the company and physical contact of our loved ones—family and friends.

As I read through the submissions, there is a common thread — that is, for many, time is available for reflection and so many of us are realising that the simple things we often take for granted and overlook take on more significance and meaning in our lives. We appreciate what we once took for granted. As the old philosopher said, "There is beauty in simplicity!". What can we do? — Give Thanks!

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*When Dave decided that he would like to ask a few members of the congregation for some input into how they are coping with the isolation, I offered to do a phone around as people are often too shy to volunteer. I used the excuse of Dave's poor hearing on the phone, but I also had an ulterior motive - I would get to chat with lots of different people!*

*I started with some members of St Paul's before moving on to Knox. Everyone I spoke to was willing and happy to share and most sent their responses in by e-mail, but some preferred to just chat with me. Either way I really enjoyed my contact and I would like to thank everyone for the delightful conversations, it was such a joy and a real blessing for me.*

**Christine**