



ST. PETER, QUAMICHAN

ANGLICAN CHURCH

St. Peter's Beacon Newsletter October 18, 2020

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A PRAYER for Times of Anxiety or Depression

Written by Erin Roush

I pause (*breathe in and out*) and thank you for this day.
For the challenges, the emotions, the struggle.
For in all this, I grow closer to you.
I pause (*breathe in and out*) and ask that in the darkness,
I see your light and in my fear, I feel your strength.
I pause (*breathe in and out*) and remember that today, as in
days before, I have survived. When I've wanted to run, I've
stayed. When I wanted to hide, I've faced the day.
I pause (*breathe in and out*) and ask for forgiveness for the
days I falter and the disease takes over. I ask for compassion
and love when I'm unable to give those to myself.
I pause (*breathe in and out*) and resolve to love myself more
tomorrow. And always feel your spirit surround me in safety.
I pause (*breathe in and out*) and rest. Amen.



NOTES from the Church Office



NAMETAGS As we're all wearing our masks in public these days, it can be tricky to recognise one another (or sometimes we just forget names!) If you would like a new (or updated) nametag, please add your name to the poster on the bulletin board in the Hall. In between services, your nametag can be left on the board. You can also email the office at admin@stpeterduncan.ca

Our **WEBSITE** is continually updated and you'll find lots of interesting news and information not only about our own church but diocesan wide. The video link for the 10 a.m. Sunday service can be found under NEWS or WORSHIP. Go to www.stpeterduncan.ca

The **PWRDF's World of Gifts Catalogue** creates opportunities for people around the world and in Canada. If you have family members who have no great needs and request no gift, then they may be delighted if you gave a PWRDF gift in their name. Choose from **29 gifts** supporting:

- clean water - the most important resource of all in development aid work is WATER. Your gift of \$60 will provide a water tank for a family to keep clean water close at hand.
- personal protective equipment (Cdn gov't will match funds 6:1 for PPEs to prevent spread of Covid-19)
- food security (a single goat provides enough milk for any family) - 1 Goat is \$80, 2 are \$125, 3 are \$170.
- Indigenous communities – your gift of \$50 supports Indigenous youth in business.

To view the **World of Gifts catalogue**, click this [link](#) or you can go to our website for more information.

In Our Community

The flowers are given by Chris Easley to the Glory of God in celebration of her granddaughter's 19th birthday on October 18th.

Birthday Blessings this week:

Oct 18 – Cristin Smith
Oct 20 – Matthew Gurzinski



COMING UP ON FRIDAY OCTOBER 23 - Retirement Event for Bishop Logan Join the diocese of islands and inlets for a special video event in celebration of Bishop Logan McMenemy's ministry. With +Logan as our special live guest, we'll take everyone on a journey that will include photos, music, special messages from all over the diocese, and live-streamed presentations. All you need to do is find a comfortable viewing location, and click the link at **7 pm on October 23**. The link to the event will be sent out in the next couple of days!

PRAYERS OF THE PEOPLE for the Week of October 18th

Members of our Congregation: John, Sandee, Dorothy, Audrey, Vital, Teresa, Bob, Frank, Doris, Peter, Jane, Pearl and Connie

Anglican Cycle:

- Anna, Bishop-elect, Diocese of BC
- Barry and Ansley, Diocesan Leadership Team
- Mark, National Anglican Indigenous Archbishop
- Lincoln, Bishop-elect, Territory of the People Anglican Church
- Daniel, Priest, St. Luke, Victoria
- Michael, Presiding Bishop of The Episcopal Church
- MJ, Chris, Jim and Norah, our Clergy, Kirsten, our Seminarian

Government Leaders: Justin, our Prime Minister, John our Premier, William, Chief of the Cowichan Tribes, and Al and Michelle our Mayors.

Parish Families: Kay, Mike, Carol

COMMUNITY News



The **PROVINCIAL ELECTION** is on Saturday October 24; however, there are many opportunities to **vote in advance** in a safe manner in the Valley. Cowichan Community Centre (James St) is open from 8 a.m. to 8 p.m. Oct 15-21. Other locations including Cobble Hill Farmers Institute Hall, Lake Cowichan Sports Arena and Shawnigan Lake Community Centre are open from 8 a.m. to 8 p.m. Oct 19-21. Bring your voting card **AND** ID to cast your vote!

Kirsten's MUSINGS

It's funny to me how on one weekend of the year everyone wishes "happy thanksgiving" to friends and family and makes grand statements about being blessed or having so much to be thankful for. But what if we chose to change this? What if we decided to **embrace a life of thanksgiving** instead of reserving it to one weekend a year? A life where we learn to recognize the abundance of tiny blessings each day, in every moment and live from a place of **radical gratitude**? I am humbled by the abundance that God provides. I am grateful for the challenges I face to teach me the lessons I need to learn in this journey as I continue towards my calling in life. And I am truly blessed by the people that God has placed in my path to help me get there and I continue to try to live a life of radical gratitude. May we all learn to live a life of Radical Gratitude and find blessings in the small things instead of waiting for the special occasions.



"Every leaf speaks bliss to me, fluttering from the autumn tree."

Emily Bronte