

NORTHERN LIGHT

The Official Newsletter of

The Cariboo Presbyterian Church

1450 – 11th Ave., Williams Lake, BC. V2G 3X2

Visit our website: <http://www.cariboopresbyterianchurch.bc.ca>

Editor: Jon Wyminga

Fall Edition, 2020

REPORTS FROM THE MISSION

Mailing Address Change!!!!!!

Please make note of the change in our main mailing address. We have moved our southern mailing address from Lac la Hache to Williams Lake. Mark Carter is our Clerk of Session and Alicia Carter is our Mission Administrator. They can both be reached at this address:

**1450 -11th Avenue,
Williams Lake, BC. V2G 3X2.**

Thanks for making note of this change.

Pandemic Pastoring: Jon Wyminga

“I bet they never taught you about doing that at Knox College!”

That’s the wise crack a lot of former seminary classmates use when someone ends up in some outlandish ministry situation our professors could never have anticipated.

Obviously those professors hoped to pass on skills to deal with unforeseen situations without necessarily addressing every single one of them. For me, being a pastor in a pandemic has wound up at, or at least near the top of the list of those wacky situations! How could our professors have anticipated that one? How could any of us have?



The great challenge of being a pastor in a pandemic really struck home when I thought about the meaning of that word *pastor*. It comes from the Latin and it literally means “shepherd.” The natural instinct of any shepherd is to gather his or her sheep into one place where they can all be provided for and protected. I’m sure ranchers have the same instinct with their cattle herds. But what if a dangerous disease is threatening the entire flock . . . or herd? In that case gathering them all together may be the worst thing to do! Suddenly the shepherd’s natural approach to protecting the flock could be the very thing that endangers it. Suddenly shepherds have to do the opposite of what they would normally do – things that would usually make no sense at all – things that are counter intuitive – things like separating the flock instead of gathering it. Ranchers in Alberta faced that exact challenge a number of years ago when “mad cow disease” (BSE) was infecting many herds.

But now, lets go one step further with this analogy. What if the shepherd had a flock of sheep that was capable of forming their own opinions about the disease that was threatening them? What if some sheep resented the protective measures that restricted their freedoms while others were angry and thought the measures weren’t nearly enough? What if some thought it was all a government hoax while others were paralyzed with fear and anxiety? What if some thought we only really need to claim our full protection under the great shepherd while others objected to putting that shepherd to the test?

Suddenly we begin to get a more complete picture of what pastoring in a pandemic is like. As we

face these challenges I can assure you that Mark and Shannon and I are meeting weekly on the phone to talk and pray about the ongoing situation as it affects our house churches. The elders of this mission have also been meeting more regularly to pray and discern God's leading. Initially we agreed that we should not be gathering as house churches for a time. That meant we had to work on other ways of supporting God's people like making worship videos available online. More recently we have re-established gatherings for worship with certainly protective measures in place. Almost all of these decisions are completely unlike any we have ever had to make. Many of them have worked against our natural instincts to freely gather God's people for worship and fellowship so we can continue to grow in Christ. But all of these difficult decisions have been rooted in the desire to be faithful pastors to God's people.

We also recognize that each of you have your own opinions of how the Lord is leading us and what we ought to do. Please know that all of our decisions are open to change as the situation unfolds. All of your opinions would be valuable input as we seek the Lord's leading together so please let us know if you have any thoughts about any of this. Through it all may our hearts and minds be focused on the one who is known in the Scriptures as "the good shepherd" and "the Lamb of God".

"for the Lamb at the centre of the throne will be their shepherd, and he will guide them to springs of the water of life, and God will wipe away every tear from their eyes." (Revelation 7:17)

Our Current Gathering Guidelines: Jon Wyminga

The situation in BC with COVID-19 is constantly changing and active cases have recently seen a significant increase. Even cases in our health regions in the Cariboo (Interior and Northern Health) are rising considerably despite having been quite low in the past. For this reason our elders have met to prayerfully consider some safety guidelines for our house churches and other gatherings. They are subject to change as the situation changes. Currently our guidelines allow for gatherings in small groups where 2 meters (6 feet) of physical distancing can be maintained. We encourage regular handwashing and we regretfully ask anyone with cold or flu like symptoms to stay home until they recover. Larger gatherings to a maximum of 49 people will require the use of outdoor or public building where the 2 meters of distance can be maintained between people. Be

aware that singing can have a greater impact on spreading infection so increased distances are advised. If food is shared please ensure good sanitation in preparation and that snacks are individually packaged to avoid unnecessary contact with it. Mark, Shannon and I will not be travelling as freely between house churches but our online worship times can be used for worship gatherings.

If you do not receive the weekly email link to our online worship videos and would like to please email us at cariboopc@xplornet.ca. This invitation is also open to those of you who are not in the Cariboo. In fact we already have some others who tune in from other parts of the province and country. If you would like a more complete description of our guidelines or have any suggestions as we continue to develop them please contact us at the same email address. For more information about the COVID-19 situation in BC go to the BC Centre for Disease Control website at <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/data>. This whole situation is an ongoing challenge for all of us. May we hold one another up and seek the Lord's leading together as navigate our way through it.



Meeting as House Churches During the Pandemic: Mark Carter

Paul the apostle concluded a few of his letters with instruction to believers to "greet one another with a holy kiss" (Romans 16:16). At a time when we are all instructed to remain at least six feet apart, his encouragement for loving fellowship causes me to smile and wonder how he would react to our environment today. The question as to how we maintain Christian fellowship during the COVID-19 crisis is an important one. It is the question we have all been seeking an answer to in the Cariboo House Church Mission and we have tried to answer it in

various ways. We produce videos for worship and have altered our meeting places to allow for appropriate spacing when we do meet in person. We use video calls for meetings and people from within some of the house churches have stepped into leadership roles to reduce the travel of the pastors. What I have seen as a result, is a committed community of believers continuing to worship together, to pray for one another, and to look out for needs in their communities that they can serve.

This makes me ask, "What did I expect?" Did I expect that the church would stop meeting; that believers in this church would not care about their church family; or that worship, service, and fellowship do not matter to people? If we truly believe that believers in Christ are one in spirit even as Jesus and the Father are one, then the commitment of this church should come as no surprise. I think of Paul's words about the resilience of the Spirit in II Corinthians 4:8: "*We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed.*" Is this Paul's own strength or his ability to resist opposition? No. It is his steadfast belief in the resilience of the Spirit at work in the church. It will not be put down. It will not fail. It will not succumb to disease and any attempt to thwart it. I believe that we should not expect anything else to happen in the church when problems come its way.

Kid Space Group: Pat Lytton

Editor's Note: Kid Space was connected with our mission for several years before it joined with another organization a few years back. Recently they have decided to reconnect with us. We are excited about this and look forward to working with them again.

God's blessings to you. We the coordinators of Kid Space Group are thankful that the Cariboo Presbyterian Church has agreed to let us be included as a part of the activities you support. Your support has been greatly appreciated in the past. Kid Space Group, for those who don't know, is a non-denominational children's Bible Study group that meets two Fridays a month from October to May at 3:00 to 5:30 pm at the Interlakes Hall. We do Bible lessons, games, crafts,



music and provide supper for children from one to thirteen years of age. The school bus drops them off and parents pick them up. Of course parents are welcome to come and stay as well. We run a Little Kid Space program for the younger ones and a different one for the school age children. In the summer we do a Vacation Bible Study for four days in July. We often get children who are actually up here on vacation, which is nice.

Everything this year has been different due to COVID-19. We had to stop the program in March and could not do our summer V.B.S. The coordinators are meeting this month to try and see if there is any way we can run a fall program. Since many of our volunteers who lead crafts and the meals are older we do not want to put them at risk. Social distancing with children is always a problem as they like to visit and interact with each other. Games and music are also difficult as singing is not being recommended or playing contact games like tag, etc. Another consideration is that children are going to be in pods at school where they only mix with one set of other children. If they come to the Hall we would then be mixing groups and increasing the circle of contact. It is going to take some thinking outside the box to run any kind of program. Masks would be mandatory and socially distance spots for sitting would also be in place. Crafts and the Bible Study could be alternated so children could be the necessary distance from each other. Games could be outside as long as the weather is nice. The program could be shortened with no meals offered. There are options to be considered but we will have to see if any are feasible. A lot will depend on what happens in the schools and how parents feel. Please pray for us. It is in God's hands as we know. He has given us this time to slow down, take a good look at family, interactions and how we are treating His creation. The virus has affected us mentally, emotionally and physically in our daily lives. I pray that it will make people realize how much we need God, our Saviour Jesus Christ and the Holy Spirit to see us through this. We need His love, strength, peace and hope during this time and all our life.

Psalm 54:4 says, "*Surely God is my help; the Lord is the one who sustains me.*" May we all rejoice in God's love.

Another Note: As many of you know we in the Cariboo mission also oversee a weekly children's program further north in Nazko. We will face many of the same challenges as we consider restarting that program. Your prayers are very much appreciated.

From Our New Mission Administrator:

Alicia Carter

For those of you that do not know me my name is Alicia and I am Mark Carters' wife. I am excited to share that I have taken on the role of "Mission Administrator" for the Cariboo House Church Mission where I am managing the bookkeeping, filing reports, and taking care of other administrative tasks.

Starting a new position during a global pandemic presents its challenges and



I started training with our current bookkeeper two months later than anticipated but I am happy to say I am now up and running with her help and support. I am sure COVID-19 has also presented challenges for all of you and it has certainly had a unique impact on our budget this year. Our giving to date has been lower than recent years but our expenses were also lower when our services moved online during the shut-down this spring. However, our house churches are now meeting together again with physical distancing protocols in place and our expenses will return to normal. We are extremely grateful to all of you who support us. The Cariboo House Church Mission has been richly blessed through your ongoing love, support and prayers and this work would not be possible without your generosity.

Note: We have been seeking God's leading for a Mission Administrator for many years and are thrilled that Alicia has been willing to take up this call. We have been blessed to work with her and look forward to how this new relationship will develop in the future.

STORIES FROM THE PEOPLE

50th Anniversary Capris : Ginny-Lou Alexander

I bought a new pair of capris in March. They were pretty pricey - over \$60.00. They are very dark blue jeans with an overly big, short, heavy duty zipper on the outside of the bottom of each leg. In actual fact it was \$10.00 for the jeans part and \$50.00 for the zippers – that's right, \$50.00 for the zippers! These zippers go from nowhere to nowhere and do nothing except look ornamental. The legs on the capris are quite wide and my

knees would have to swell up a lot more than they have for me to need to undo those zippers!

Now zippers were a good invention, and whoever thought of the idea needs to be commended. But if they don't open or close something, go from bottom to top or around



something, then they are simply ornamental.

At this point I want to back-pedal a bit. (By the way, over 50 years ago, what we now call capris, I used to call pedal pushers.) I rededicated my life to the Lord in February 1971, a few months after Jack and I were married, and I am very thankful to be able to say that God has been working on me ever since. Without Him I doubt that we would be celebrating 50 years of marriage, still whole and in one piece! It has been an interesting ride!

Early on in my Christian walk, I read a verse in II Kings 4:8 (KJV) "And it fell on a day, that Elisha passed to Shunem, where was a great woman; and she constrained him to eat bread." I prayed and asked God to make me like that woman. I don't believe that "great" necessarily meant large, but He has allowed that to some extent too! However I do believe He has given us the ability, over the years, to "stay by the stuff" (like some of King David's men) and to help people around us in practical ways.

It has been a huge blessing, indeed many huge blessings, to be instruments used by God to bless others. I would not have been content to be merely ornamental like the zippers on my capris!

My daily prayer is from the old hymn "Make

Me a Blessing”:

*Out in the highways and by-ways of life,
Many are weary and sad;
Carry the sunshine where darkness is rife,
Making the sorrowing glad.*

*Tell the sweet story of Christ and His love,
Tell of His power to forgive;
Others will trust Him if only you prove
True every moment you live.
Give as 'twas given to you in your need,
Love as the Master loved you;
Be to the helpless a helper indeed,
Unto your mission be true.*

*Make me a blessing, make me a blessing,
Out of my life may Jesus shine;
Make me a blessing, O Saviour, I pray,
Make me a blessing to someone today.*

The Road of Life: Author Unknown
submitted by Judy Sutton

At first, I saw God as my observer, my judge, keeping track of the things I did wrong, so as to know whether I merited heaven or hell when I died. He was out there sort of like a president. I recognized his picture when I saw it, but I really didn't know him.

But later on, when I met Christ, it seemed as though life was rather like a bike ride. But it was a tandem bike, and I noticed that Christ was in the back, helping me pedal.

I didn't know just when it was that He suggested that we change places, but life has not been the same since. When I had control, I knew the way, it was rather boring, but predictable. . . . It was the shortest distance between two points.

But when He took the lead, He knew delightful long cuts, up mountains, and through rocky places, at breakneck speeds. It was all I could do to

hang on! Even though it looked like madness, He said “Pedal.”

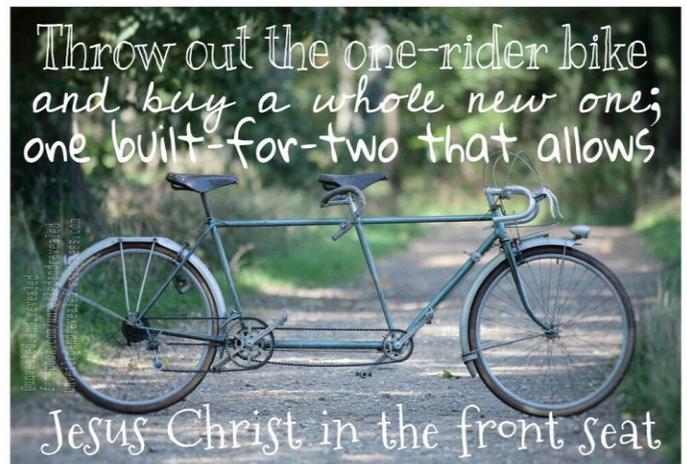
I worried and was anxious, and asked, “Where are you taking me?” He laughed and didn't answer, and I started to learn to trust.

I forgot my boring life and entered into the adventure. And when I'd say “I'm scared,” He'd lean back and touch my hand. He took me to people with gifts that I needed, gifts of healing, acceptance, and joy. They gave me gifts to take on my journey, my Lord's and mine.

And we were off again! He said, “Give the gifts away, they're extra baggage, too much weight.” So I did, and I found out that, in giving I received, and still our burden was light.

I did not trust Him at first, in control of my life. I thought he'd wreck it, but he knew bike secrets. Knew how to jump to clear high rocks, knew how to fly to shorten scary passages. And I am learning to shut up and pedal, in the strangest places, and I'm beginning to enjoy the view and the cool breeze in my face, with my delightful constant companion, Jesus Christ.

And when I'm sure I just can't do anymore, He just smiles and says . . . “Pedal.”



RECIPES AND OTHER FUN STUFF

Vegetable Pancakes: submitted by Ginny Alexander

- 4 large potatoes, or 2 c. grated zucchini
- 1 yellow onion
- Optional: ½ c. kernel corn
- 1 egg, beaten
- 1 tsp. salt
- 2 tbsp. flour of choice
- Ground black pepper to taste
- 2 c. grapeseed, avocado or coconut oil for frying

Finely grate potatoes or zucchini with onion into a large bowl. Drain off any excess liquid. Add corn, if using. Mix in egg, salt, and black pepper. Add enough flour to make the mixture thick, about 2-4 tbsp all together. Preheat oven to 200 F.

Heat ¼ inch of oil in the bottom of a heavy skillet over medium-high heat. Drop 2 or 3 ¼ cup mounds into hot oil and flatten to make ½ inch thick pancakes. Fry, turning once, until golden brown. Transfer to paper towel lined plates to drain and keep warm in low oven until serving time. Repeat until all vegetable mixture is used.

Makes 6 servings.

Recipe for a Happy Life: submitted by Judy Sutton

- Take equal parts of:
 - Kindness, unselfishness, thoughtfulness
- Mix with love, and scatter with helpful words
- Add a smile or two
- Throw in a spice of cheerfulness
- Stir with a hearty laugh
- Share with everyone

And bless them and yourself by always remembering: “Love the Lord your God with all your heart, and all your soul, and with all your mind,” and, “Love your neighbour as yourself.” (Matthew 22:37, 39)

Zucchini Relish: submitted by Ginny Alexander

- Grind: -10 c. zucchini
- 4 c. onions
- 1 red pepper
- Add -2 tbsp coarse salt

Mix well and let stand overnight. Next morning drain and wash off salt. Put zucchini mixture in large pan and add:

- 4 ½ c. sugar
- 2 ¼ c. vinegar
- 1 tsp. pepper
- 1 tsp. celery
- 1 tsp salt
- 1 tsp turmeric
- 1 tsp cinnamon

Bring to a boil, stirring.

Seal in sterilized jars. Process in boiling water bath 15 minutes.

Happy cooking!



Good for a Laugh . . . or at Least a Groan!

A frog approaches Patricia Whack, a bank teller: “I’d like to get a loan for 30,000 pounds to buy a boat and go on holiday.” Patricia looks at the frog in disbelief and asks his name: “Kermit Jagger, Mick Jagger’s my father. He knows the bank manager.” Paddy asks if he has any collateral. The frog says, “Sure. I have this,” and produces a tiny pink porcelain elephant.

Patty goes to the manager and says, “There’s a frog called Kermit Jagger out there who claims to know you and wants to borrow 30 grand. And he wants to use this as collateral.” She holds up the tiny pink elephant. “I mean, what the heck is this?” The bank manager replies, “It’s a knick knack, Patty Whack. Give the frog a loan, his old man’s a Rolling Stone.”

(Taken from an article by Ken Rolheiser called *Matthew, Mark, Luke and John - hold your horses* and published in the *Carlyle Observer*, June 8, 2012.)