



Sept. 4, 2024

The Fall season is symbolic of change. From the leaves evolving to beautiful warm hues to chunky knit sweaters making their way into our daily attire, Fall brings change—but with a sense of comfort and ease. To admire the changes orchestrated by Mother Nature is to be humbled by nature's power and its influence over our environment, routines, and even our moods.

Studies show that some people experience a dip in mood during the autumn months due to [seasonal affective disorder](#) and may experience increased stress or anxiety. Coined '[autumn anxiety](#),' the feeling may occur annually.

Here are three things we can learn from the fall season meaning to maintain or boost our health, wellness, and outlook on life.

What does each season symbolize?

In ancient civilizations, life changed with the seasons.

In the winter, farmers would rest and resharpen their tools. In the spring, they would prepare the land and plant the seeds. In the summer, farmers would nourish and protect their crops. In the Fall, they would harvest the land. And so [the cycle](#) would repeat – year after year.

We can learn a lot from how nature sustains itself to borrow concepts of spring symbolizing hope and new opportunities (planting seeds). Likewise, summer symbolizes growth (nourish and protect).

The Symbolism of Fall

Fall represents a change in direction. Less planting, more harvest. Less daylight, more darkness. Our way of being must change to adapt to our physiological needs.

As acclaimed American psychologist Abraham Maslow explained in his self-titled principle, [Maslow's hierarchy of needs](#), our physiological needs are the biological component for our survival as humans.

Warmth and shelter become all the more important by necessity and for leisure in the Fall.

Fewer long walks on the beach, more cozy time indoors with [a candle](#) lit.

What can we learn from the symbolism of Fall?

If the change in season feels a little overwhelming, or if you simply need the inspiration to embrace change, here's 3 things we can learn from the symbolism of Fall—consider these the ABCs of Fall season mindfulness:

A. Abundance

The harvest is ripe and ready to be enjoyed. In other words, now is the time to enjoy the fruits of your proverbial labor. An abundance of joy, happiness, or time with self can be yours by refocusing your thoughts and priorities.

B. Balance

Change can be exciting or jarring. Both are extreme emotions. Balance any feelings of overwhelm, good or bad, by practicing acceptance. Let go of the things you can't control and be gentle with yourself during a season of change.

C. Consciousness

Autumn can make us hyper-aware of the cycle of life. The leaves will fall, and new ones will return in a few months, but now is the time to admire its natural descent. The highs cannot exist without the lows. This consciousness may make us more inclined to make the most of our time. So welcome slow speeds, practice gratitude. Choose to live in the present.

Fall Season Mindfulness

With all the change we've covered, a moment to relax is well deserved and quite necessary.

Adopt the ABCs of fall season mindfulness—a mindset of abundance, balance, and consciousness—to reap the benefits of autumn full of comfort and ease.

By: Spoken Flames



NEWS AND ANNOUNCEMENTS

Neema Village

My neighbour, Valerie was born in Tanzania, on the East Coast of Africa. Her family emigrated to Canada in 1971 and now, after almost 54 years she will be returning "home" albeit for only 2 weeks. In February, she and her husband John will be going back to the country of her birth on a mission to volunteer at a wonderful community called Neema Village.

Neema Village is a Not-For-Profit NGO that was founded in 2012 with a mission to:

- rescue abandoned, orphaned and at-risk babies and children
- work to reunite abandoned children with their extended families
- promote in-country adoptions of orphaned children

In addition to working with orphaned and displaced children, Neema also works with women providing basic education, teaching usable skills to help women find work and create business opportunities, teaching parenting skills and most importantly, providing spiritual guidance, all of which promotes a sense of self-worth and gives hope to the women who come to Neema Village.

Part of Valerie and John's commitment to Neema to not only raise awareness of this organization, but also to raise funds as Neema exists only on donations. If you feel the urge to donate, you can send your donation via e-transfer to valeriedevine@outlook.com or you can give me your donation and I will pass it on to her.

For further information on Neema Village, visit their website at neemavillage.org

A Fall Devotional Update:

A new edition of **Our Daily Bread** (September/October/November), as well as the current edition of **These Days** (July/August/September) are available on the table in the church vestibule and in the devotional box on the church porch.

St. James Food Basket

St. James Food Basket needs egg cartons only. They currently have a good stockpile of reusable bags and have **run out of storage space.** Thank you for your help.

Coffee/Tea Sign - Up is Here Again



The sign-up sheet for coffee/tea service after worship is on the bulletin board opposite the kitchen downstairs. Please sign yourselves up or sign up your committee so that our Fellowship time after church can continue.

Sept. 8 – Susan and Kathy

Sept. 15 – Carol and Loreen

Sept. 22 – Pat and Harry

Sept. 29 - ??????

Fall Bible Study

Our fall Bible Study will begin on Tuesday, Sept. 24 at 11:00 AM and will run for 8 weeks. Our topic will be the series The Chosen - Season 4 which will take us up to the ride into Jerusalem on Palm Sunday. This season is awesome, as I have already seen all 8 episodes and each one is better than the last.

PRAYER REQUESTS AND PASTORAL CARE

* Pray for the people of war-torn countries who are living in fear and uncertainty. Pray for those close to home who need your special love and guidance during trying times.

* **Anna Cherniak** writes, "My mother (**Irene**) is home now and is slowly gaining her strength back. Thank you for all the prayers. Please continue to pray for her during this time of adjustment."

* **Nancy Green** who is now home and recuperating.

* Please keep in your prayers the following: Charlotte Prentice, Joan and Peter Kohar, Lenore Carty and her daughter, Margaret McKennell and her daughter Carrie, Shannon J., Wayne J. and family, Olive S., Gordon Forgrave , Marg Fleming’s family and Margaret M’s brother, Simon. Please keep these folks, and indeed everyone in our church family and people around the world, in your prayers.

Note from your editor: Could you please advise us from time to time on the status of your loved ones so that updates can be recorded and shared to prove that the power of prayer does work miracles.



Live a Big Life

“Everything is possible for one who believes.” – Mark 9:23

Norman Vincent Peale said that your life and achievements are directly proportional to what you believe. Believe little, and you will have a little life. If your belief is weak, you will get a weak life. If your faith is fear-based, you will live a life of fear. But when you believe big, you get a great life!

Heavenly Father, help me determine my dreams, and keep me determined to pursue them.



Sing! Etobicoke, Encore, 2024 Fall Schedule

Date	Start Time	Location	Workshop Theme	Registration Link
07-Oct-24	9:30 AM	NPCC	Songs of Fall/Songs of Thanks	F24SE1
21-Oct-24	9:30 AM	GV	Road Trip	F24SE2
28-Oct-24	9:30 AM	NPCC	Hallowe'en, Ghosts & Spirits	F24SE3
04-Nov-24	9:30 AM	Fellowship	Lean on Me	F24SE4
11-Nov-24	9:30 AM	NPCC	Remembrance	F24SE5
18-Nov-24	9:30 AM	GV	In the Twilight	F24SE6
25-Nov-24	9:30 AM	Fellowship	Guest Day (Chihiro?)	F24SE7
02-Dec-24	9:30 AM	GV	Looking Forward	F24SE8
09-Dec-24	9:30 AM	NPCC	Holiday Guest Day (Men Aloud)	F24SE9
16-Dec-24	9:30 AM	GV	Holiday	F24SE10

Note: we will not be meeting on Thanksgiving, Oct. 14, 2024

Sing! Etobicoke, Encore, 2025 Winter Schedule

Date	Start Time	Location	Workshop Theme	Registration Link
06-Jan-25	9:30 AM	NPCC	Winter Words	W25SE1
13-Jan-25	9:30 AM	GV	Light the Way	W25SE2
20-Jan-25	9:30 AM	Fellowship	Songs of the North	W25SE3
27-Jan-25	9:30 AM	GV	Time after Time	W25SE4
03-Feb-25	9:30 AM	Fellowship	Guest Day III	W25SE5
10-Feb-25	9:30 AM	GV	Love Songs (Guest Day III)	W25SE6
24-Feb-25	9:30 AM	NPCC	Troubled Water	W25SE7
03-Mar-25	9:30 AM	GV	Over the Rainbow	W25SE8
10-Mar-25	9:30 AM	NPCC	Unforgettable	W25SE9
17-Mar-25	9:30 AM	NPCC	Spring Sing (Guest Day IV)	W25SE10

Note: we will not be meeting on Family Day, Feb. 17, 2024



UPCOMING EVENTS

- * Tuesdays @ 11:00 AM – Walking Group – All are welcome
- * Thursdays @ 2:00 PM – Worship service at Centennial Park Place
- * Tuesday, Sept. 17 @ 6:30 PM - Session
- * Tuesday, Sept. 24 @ 11:00 AM Bible Study begins. The Chosen- Season 4
- * Sunday, Nov. 3 @ 10:30 AM - Remembering Tree Service
- * Sunday, Nov. 10 @ 10:30 – Remembrance Day Service
- * Friday, Nov. 29 – Deck the Halls
- * Monday, Dec. 2 @ 12:30 – Advent lunches begin. (There will be a sign up for this)

*Our services are now live streamed. Go to the church's website (www.graceview.ca) to click the link for the most recent worship services on YouTube.

* We also have our own Facebook page. (Graceview Presbyterian Church). This site shows the world all that we are and what we have to offer as a church. Check it out and be sure to “follow.”

Prayer Roster

Sept. 8 Margaret Munene
Sept. 15 Bob Twynam
Sept. 22 Eric Lee
Sept. 29 Ethel Waite
Oct. 6 Eric Lee
Oct. 13 Maureen Screen
Oct. 20 Errol Baldeo
Oct. 27 Eric Lee
Nov. 3 Susan Chopp
Nov. 10 Nancy McPherson
Nov. 17 Eric Lee
Nov. 24 Kathy Twynam
Dec. 1 Eric Lee
Dec. 8 Chris Parr
Dec. 15 Margaret Munene
Dec. 22 Eric Lee
Dec. 29 Bob Twynam

Lay Readers

Georgena Engineer
Margaret Munene
Errol Baldeo
Kathy Twynam
Nancy McPherson
Al Bishop
Lynne Bishop
Anna Cherniak
Nancy Green
Harry Learoyd
Chris Parr
Susan Chopp
Bob Twynam
Jean Fox
Maureen Screen
Margaret Munene
Georgena Engineer

Welcome and Announcements

Bob Twynam
Kathy Twynam
Nancy McPherson
Susan Chopp
Lynne Bishop
Kathy Twynam
Bob Twynam
Nancy McPherson
Lynne Bishop
Susan Chopp
Kathy Twynam
Bob Twynam
Nancy McPherson
Susan Chopp
Lynne Bishop
Bob Twynam
Kathy Twynam



WEEKLY GIGGLE

Jesus is Watching You!

A burglar broke into a home one night. He shined his flashlight around, looking for valuables, and when he picked up a CD player to place in his sack, a strange, disembodied voice echoed from the dark saying, "Jesus is watching you."

He nearly jumped out of his skin, clicked his flashlight out and froze. When he heard nothing more after a bit, he shook his head, promised himself a vacation after the next big score, then clicked the light on and began searching for more valuables.

Just as he pulled the stereo out so he could disconnect the wires, clear as a bell he heard, "Jesus is watching you."

Freaked out, he shone his light around frantically, looking for the source of the voice. Finally in the corner of the room, his flashlight beam came to rest on a parrot.

"Did you say that?" he hissed at the parrot.

"Yep," the parrot confessed, then squawked, "I'm just trying to warn you."

The burglar relaxed. "Warn me, huh? Who in the world are you?"

"Moses," replied the bird.

"Moses?" the burglar laughed. "What kind of people would name a bird Moses?"

"The kind of people what would name a Rottweiler, Jesus."



Do you have any news or prayer requests that you would like to share? Drop me a line and I will be happy to include it in the Weekly Email. Have a blessed week, everyone.

Susan choppertini@hotmail.com

Contact information for Pastor Eric Lee: 778-791-1741; leefyeric@gmail.com

NB: If the phone number for Pastor Eric does not connect you immediately (technical issues?) call the church (416-621-0888) and press #1 for Pastor Eric.

Email for Iris: ericirishk@gmail.com

* Message from **Pastor Eric**: “FYI the Graceview website page below has been revamped, so as to keep people updated of our activities and events. Visit us and enjoy all that is good about Graceview”.

<https://graceview.ca/calendar-events>

SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Walking Group 11:00	4	5 Service @ CPP 2:00 PM	6	7
8	9	10 Walking Group 11:00	11	12 Service @ CPP 2:00 PM	13	14
15	16	17 *Walking Group 11:00 *Session 6:30	18	19 Service @ CPP 2:00 PM	20	21
22	23	24 *Walking Group 10:00 *Bible Study 11:00	25	26 Service @ CPP 2:00 PM	27	28
29	30	1 Walking Group 10:00	2	3 Service @ CPP 2:00 PM	4	5

*CPP = Centennial Park Place

