



Nov. 20, 2024

How to Learn to Enjoy Change

Pablo Diaz

Here's how you can make a big life change a positive experience.

Stepping into a new phase of life requires a lot of trust in God. Everything is new, and change is constant. My wife, Elba, and I are in the middle of our transition from New York to Florida, leaving long-time jobs and relationships and starting over. As with all change, there are gains and losses, but prayer is helping us get through all of it.

We miss family, friends and co-workers although with technology we can remain connected. But we can't touch or enjoy a meal with them. It helps to remember that you never have to be alone. Wherever you go, there are people. It's just that everyone you meet is new! That can be a wonderful opportunity if you trust you'll make new friends.

A few days after arriving in Florida, I had to go to Atlanta for a business trip. On my return home from the airport, I took an Uber. The driver, John, and I got into a conversation. It turns out that John lives in our apartment complex. He noted that he has picked up thousands of people over the years but rarely someone who lives in his complex.

I shared about my moving to Florida after a call to be the interim pastor of the Presbyterian congregation at Dunedin. John offered valuable information about my new home—hospitals, doctors, dentist, restaurants, beaches, traffic patterns and more. We connected in the most unexpected way. God knew what I needed. Change is not for the faint of heart. It takes courage to navigate uncharted waters. Letting go of what we know and opening ourselves to what might be is challenging even when we *seek* change.

Trust in God during this process includes letting go of what we think we know and allowing a space for curiosity and openness. This spirit allows us to step into a new community, church or workplace with faith and a positive attitude that we will meet and develop new friendships and enjoy all that change has to offer.

Given that several of our parishioners have had to down-size and move closer to children or move into a new retirement residence, the above article will hopefully send them some inspiration to adapt to a new paradigm of living arrangements. We send loving thoughts to Marg McK., Lenore C., Ena W., Sandy T., Maureen S., Peter and Joan K., Jean F., to name a few, who have moved or who are about to move into new living environments. Move into this new stage of your lives with grace and with the knowledge that your friends at Graceview will not forget you anytime soon.

Isaiah 46:4: "Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you"

NEWS AND ANNOUNCEMENTS

Here is a poster advertising a fundraising event for the upcoming Guatemalan Mission trip which will be held at St. Giles Kingsway on November 30th. All are welcome to attend.



A Taste of Spain Dinner

Our dinner on Friday, Nov 15th was a great success. Almost 85 people enjoyed a delicious Spanish meal prepared by Chef Keith Hoare and his students. The students, assisted by Chef Keith and his wife, did a wonderful job of serving the food, clearing the dishes and cleaning up the kitchen. Chef Keith talked about the menu items before we ate and then gave a short talk about the students' March break trip to Spain, the culinary program at Thistletown Collegiate and some of the charitable work that he and his students have done for various food banks and shelters. Our new musical director, Boris Treivus, entertained us by playing a few pieces during the evening. Ticket sales totalled \$2520 and to date we have raised \$865 in charitable donations for the TCI Euro Trip. All proceeds from the dinner will go towards the students' trip.



A Wonderful Update about Jerina

Jerina is currently doing an internship/ placement at Nyeri Town Health center. She is due to graduate next year in November 2025. The Mission Team is proud of Jerina's outstanding performance in her trimester 1 2024 exams. She attained an A average (with distinction) in almost all the subjects. Her excellent performance can be attributed to the relief of having her school fees paid in full, therefore taking that stressor off her radar. Consequently, she was able to focus on her studies and to take the exams as scheduled. Previously before Graceview Church through the Mission team started supporting her, she struggled to pay her school fees and was therefore not allowed to sit for the exams. What a relief to her now! Graceview has impacted Jerina's life in a very special way. Glory to God for working through Graceview to bless Jerina.

Prayer Roster

We are looking for additional congregants to help with the Prayer of Thanksgiving and Intercession. If you feel that you would like to volunteer to read this prayer occasionally on a Sunday morning, please speak to Bob Twynam. This is not a difficult task, as this prayer can be found on the Presbyterian Church in Canada's website. All you have to do is print it off and you are set. **OR** if you feel that you would like to make up your own prayer, you are most welcome to do so.

Elaine's Craft Club Christmas Luncheon

Elaine's Craft Club invites everyone to join them for a Christmas Lunch at The Prince Restaurant at 5555 Eglinton Ave. W. In Centennial Park Plaza on Tuesday December 10th at 12:00.

The Prince is a Japanese restaurant where they serve teppanyaki lunch which is where you sit at tables for eight and the chef prepares your meal right in front of you.

A sign-up list will be posted on the front bulletin board. Car-pooling/rides can be available just speak to Maureen Screen or Norma Hendershot.

It's a special experience which we hope everyone will come out and enjoy with us.

NEW



A Fall Devotional Update

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

Coffee/Tea Sign - Up



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.

Nov. 24 – Margaret & Robyn

Dec. 1 - ????

Dec. 8 – Harry & Pat

Dec. 15 – Rachael & ????

Dec. 22 - ????

Dec. 29 - ????

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.

- * **Beth Smith's** son-in-law, **Robert Soth**
- * **Alice Wachira** is requesting prayers for her cousin, Zachariah Mwangi, who has now been released from hospital.
- * **Shirley P.** is recovering after her surgery last week.
- * **Helen C.** is recovering at home after injuring her leg.
- * **Evelyn Ramlakhan's** daughter-in-law's mother, **Josephine Wong**, is in palliative care as she has terminal brain cancer.

- * Please keep in your prayers the following: Shelia Thomas' grandson, Carter, Ed L., Bob N., Lenore C., Charlotte Prentice, Joan and Peter K., Margaret M's brother, Simon, the Jarvis family, Olive S., Roman P., Jean Fox's nephew, Ryan, Anna C. and family and Gordon F. 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.

Sing! Etobicoke, Encore, 2024 Fall Schedule

Date	Start Time	Location	Workshop Theme	Registration Link
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

UPCOMING EVENTS

- * Tuesdays @ 11:00 AM – Walking Group – All are welcome
- * Thursdays @ 2:00 PM – Worship service at Centennial Park Place
- * Sunday, Nov. 24 @ 10:30 AM – New members will be received as congregants of Graceview
- * Monday, Nov. 25 @ 9:30 AM – Sing! Etobicoke @ Fellowship
- * Friday, Nov. 29 – Deck the Halls @ 6:30 PM
- * Sunday, Dec. 1 @ 10:30 – Holy Communion
- * Monday, Dec. 2 @ 12:30 – Advent lunches begin. (There will be a sign up for this)
- * Monday, Dec. 9 @ 6:30 PM – Mission Team meeting

* Friday, Dec. 13 @ 7:00 PM – Toronto Baroque Players Concert

*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."

	<u>Prayer Roster</u>	<u>Lay Readers</u>	<u>Welcome and Announcements</u>
Nov. 24	Kathy Twynam	Susan Chopp	Bob Twynam
Dec. 1	Eric Lee	Bob Twynam	Nancy McPherson
Dec. 8	Chris Parr	Jean Fox	Susan Chopp
Dec. 15	Margaret Munene	Maureen Screen	Lynne Bishop
Dec. 22	Eric Lee	Margaret Munene	Bob Twynam
Dec. 29	Bob Twynam	Georgena Engineer	Kathy Twynam

WEEKLY GIGGLE

Here is an oldie, but a goodie. Thank to Kathy T. for sending this in.

When Forest Gump died, he stood in front of St. Peter at the Pearly Gates.

St. Peter said, "Welcome, Forest. We've heard a lot about you."

He continued, "Unfortunately, it's getting pretty crowded up here and we find that we now have to give people an entrance examination before we let them in."

"Okay," said Forest. "I hope it's not too hard. I've already been through a test. My momma used to say, 'Life is like a final exam. It's hard.'"

"Yes, Forest, I know. But this test is only three questions. Here they are."

1) Which two days of the week begin with the letter 'T'?"

2) How many seconds are in a year?

3) What is God's first name?

"Well, sir," said Forest, "The first one is easy. Which two days of the week begin with the letter 'T'? Today and Tomorrow."

St. Peter looked surprised and said, "Well, that wasn't the answer I was looking for, but you have a point. I give you credit for that answer."

"The next question," said Forest, "How many seconds are in a year? Twelve."

"Twelve?" said St. Peter, surprised and confused.

"Yes, sir. January 2nd, February 2nd, March 2nd ..."

St. Peter interrupted him. "I see what you mean. I'll have to give you credit for that one, too."

"And the last question," said Forest, "What is God's first name? It's Andy."

"Andy?" said St. Peter, in shock. "How did you come up with 'Andy'?"

"I learned it in church. We used to sing about it." Forest broke into song, "Andy walks with me, Andy talks with me, Andy tells me I am His own."

St. Peter opened the gate to heaven and said, "Run, Forest, Run!"

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>

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Remembering Tree Service M&W Meeting	4 Sing Etobicoke @Fellowship	5 Walking Group 10:00 *Bible Study 11	6	7 Service @ CPP 2:00 PM Choir practice 6:30 PM	8	9
10 Remembrance Day Service	11 Sing Etobicoke @NPCC	12 Walking Group 10:00 *Bible Study 11 *Craft Club 11	13	14 Service @ CPP 2:00 PM Choir practice 6:30 PM	15 Taste of Spain 6:00 PM	16
17 Jan Hieminga	18 Sing Etobicoke @Graceview	19 Walking Group 11:00 *Session 6:30 PM	20	21 Service @ CPP 2:00 PM Choir practice 6:30 PM	22	23
24 Reception of new members to Graceview	25 Sing Etobicoke @Fellowship	26 Walking Group 11:00	27	28 Service @ CPP 2:00 PM Choir practice 6:30 PM	29 Deck the Halls 6:30 PM	30

*CPP = Centennial Park Place