

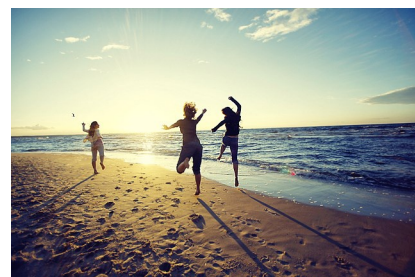
Summers have been known to be eligible for a speeding ticket. No other season seems to fly by so fast. Arguably summer may be the best season for a time of refreshing. The Bible refers to the need of rest and rejuvenation. How can that be achieved? References make it clear that often God provides refreshing of our spirits through family and friends.



“God sets the lonely in families” Psalm 68:6. Thankfully, Covid restrictions are gradually lifting. Hopefully extended families will be able to reconnect this summer and spirits be freshened through these happy reunions.

The apostle Paul had many trials but God provided times of refreshing for him. It is interesting that it was the meeting together of friends that often was God’s provision. “(Pray) that I may come to you with joy and together with you be refreshed” Romans 15:32 Julius gave Paul liberty to “go to his friends to refresh himself”. Act 27: 3 The visit of friends when Paul was in Ephesus resulted in not only his spirit being refreshed, but also the spirits of others. “For they refreshed my spirit and yours also.” I Corinthians 16:18.

God elevates the importance of family and friends because God’s priority is right relationships, which begins with our relationship with Him. Act 3:19 says “Repent then, and turn to God, so that your sins may be wiped out, that **times of refreshing** may come from the Lord.



You may remember the late Andy Rooney, who used to be on CBS’s 60 Minutes. Below are some of his wise sayings.

I’ve learned....

- ◆ That being kind is more important than being right.
- ◆ When you harbor bitterness, happiness will dock elsewhere.
- ◆ That having a child fall asleep in your arms is one of the most peaceful feelings in the world.
- ◆ That just one person saying to me ‘You’ve made my day!’ makes my day.
- ◆ That I can always pray for someone when I don’t have the strength to help him in any other way.
- ◆ That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.
- ◆ That love, not time, heals all wounds.
- ◆ That I wish I could have told my Mom that I love her one more time before she passed away.
- ◆ That everyone you meet deserves to be greeted with a smile.

An anxious heart weighs a man down, but a kind word cheers him up. Proverbs 12:25



What's been happening?

On March 30th, the Legacy Ministry reached out to many seniors in our church family and in the Lucan community. Flowers were purchased from Costco and a team assembled and wrapped 57 bouquets, attached cards with an Easter greeting and delivered them to people's doors. Over 30 of the bouquets were delivered to the Lionsview Apartments in Lucan. We hope the flowers brought a little cheer to the recipients. Many enjoyable porch visits occurred that day. Covid protocols were carefully followed.

From left: Pat Harlton, Frank Dishman, Karen Burnett, Mike Burnett, Joan Dishman, Lynda Hodgins.



Answers to last contest.

1. Malta
2. Nazareth
3. Gopher wood
4. Damascus
5. Ezekiel
6. Turning water in blood
7. Ephesians 6

Congratulations to **Marie Holland** whose name was drawn to win a gift card after responding with all correct answers to the Bible trivia contest in the spring issue. Honorable mention goes to Bill Bannerman and Ruth Constable who also submitted all correct answers. Thanks for your participation. Check out the contest below.



Marie Holland had been one of our faithful CBC volunteers for many years; primarily serving in the area of Children's ministry but she is willing to help whenever and wherever she is needed. Currently she has been keeping the landscaped beds at the church weeded and looking good. Marie and her husband Ken live on Saintsbury Line. Marie, we thank God for you!

Name that Hymn. Below are the second lines of some well known hymns.

1. When thro' the woods and forest glades I wonder and hear the birds sing sweetly in the trees,
2. Not a shadow can rise, not a cloud in the skies but His smile quickly drives it away,
3. Have we trials and temptations, is there trouble anywhere?
4. I heard about His healing, of his cleansing power revealing, how he made the lame to walk again,
5. Forbid it Lord, that I should boast, save in the death of Christ my God.
6. Fair are the meadows; fairer still the woodlands, robed in the blooming garb of spring.

Send your answers to joandishman@gmail.com for a chance to win a prize.

The Joy of Hymns

I like many kinds of music but I have a special affection for hymns. One might ask what are the characteristics that makes a hymn different than other worship music? Generally hymns were written for congregational singing and have fixed metrical patterns (syllables and accents per line). Hymns usually have more words than contemporary worship music. Hymns average 200 words whereas worship songs have about 40 words. Not all hymns are old. Many hymns have been written recently by hymnodists such as Keith and Kristyn Getty, Stuart Townsend and others. Examples of a modern hymn are *In Christ Alone*, *How deep the Father's Love for us*, and *O Church Arise*.

Metrical patterns are simply the number of syllables and accents per line. Most hymns have either Common Meter (86.86) Long Meter (88.88) or Short Meter (66.86). Some hymns have refrains that are sung between verses. Even writers of secular music, including Bob Dylan and Leonard Cohen often use a hymn format as well as writers of advertising music. Try singing "Amazing Grace" to the Coca-Cola jingle "I'd like to teach the world to sing". It works. The style of hymns facilitates congregational singing despite unfamiliarity of a particular song. After singing the first verse it is easy to sing the rest of the verses. Also the style seems to assist in remembering the hymn after singing or hearing.

One reason I like hymns is that the words are often so descriptive of the character and works of God. Consider the hymn "Immortal, Invisible, God only Wise." It is a great teaching on the attributes of God. Likewise the carol "Hark! The Herald Angels Sing" relates God's plan of salvation for all people through Jesus Christ.

I also love the richness of the poetry of many hymns. Could there be any more profound, beautiful poetry than the 3rd verse of "The Love of God" by Frederick M. Lehman?

"Could we with ink the ocean fill and were the skies of parchment made,
Were every stalk on earth a quill, and every man a scribe by trade,
To write the love of God above would drain the ocean dry,
Nor would the scroll contain the whole, tho' stretched from sky to sky."

I am grateful that I grew up in a church where we sang in Sunday school every week. The songs taught me the books of the Bible, just as most children learn the alphabet by song. Bible stories were reinforced by songs such as "Joshua fit the battle of Jericho" and "Zacchaeus was a wee little man". I also learned simple songs of commitment such as "I have decided to follow Jesus" and "Dare to be a Daniel". Without conscious effort such songs are committed to memory and were often brought to mind exactly when I needed them. Likewise, Christian adult music, particularly hymns can teach, convict, comfort and encourage. They also give opportunity to express praise and commitment. Hymns often evoke strong emotions. I can still tear up at the strains of "Just as I am", as I remember witnessing streams of people coming down the aisles of auditoriums at Billy Graham crusades.

I am still discovering "new to me" hymns. One is my favourite hymn is one I heard in a church in Florida a few years ago. Although at no other time have I had opportunity to sing it communally, I have it on my iPod and am trying to memorize it. This Hymn, "Jesus, I my cross I've taken" is to me an adult version of the song "I have decided to follow Jesus" that I learned in Sunday School. If you are interested, to hear it sung at Shepherd's Conference 2017 click [here](#)

I have a few suggestions for you. Perhaps this summer consider using a hymn book as a devotional. Maybe choose a hymn or two to commit to memory. My mother was memorizing hymns well into her 80s. Perhaps you might try to write your own modern hymn. Choose a meter pattern listed above or simply find the music from the hymn book and write words that fit. Perhaps think about what hymns you might want sung at your funeral. (Just in case you sometime have a funeral). I loved that my parents had written their choices down. It is kind of the last opportunity to share your heart with those left behind.

This is just a few of my thoughts on hymns. As I said, I enjoy many different styles of music but I do have a particular affection for hymns. What about you? We'd love to hear what are your favourite hymns.

Joan Dishman

Some material for this article I found online at mysonginthenight.com, Bobby and Kristen Gilles.

Please consider coming out to the Campfire and Sing-along. Details on next page. We will sing many of the older choruses you might have sung around a campfire such as *Do Lord, Will the circle be unbroken*, *I've got peace like a river*, *His name is wonderful*, *He's got the whole world in His hands*, *Precious Lord, take my hand*, *I have decided to follow Jesus*, etc. We hope to see you there.

For flowers that bloom about our feet,
For tender grass, so fresh and sweet
For song of bird and hum of bee;
For all things fair we hear or see
Father in Heaven, we thank Thee
RALPH WALDO EMERSON

"Why do people keep asking to see God's identity papers when the darkness opening into morning is more than enough?"
-excerpt from the poem I WAKE CLOSE TO MORNING
by Mary Oliver

**The heavens declare the glory of God the skies
proclaim the work of his hands. Psalm 19:1**

Put your hope in God , who richly provides us
with everything for our enjoyment. I Tim 6:17

Upcoming Events



Campfire and Sing-along

Friday July 23rd, 2021

7:00 pm at CBC

Cost: \$2.00

Bring a lawn chair if you can.

Invite a friend.

Dress for the weather.

Camp songs, hymns, choruses
and maybe a skit or two.

Refreshments will be served.

Singing to God with gratitude in your hearts



Colossians 3:16

Grandparenting Conference: Fall 2021. Details coming soon.

The **Legacy Ministry** (formerly Mid-Life and Beyond) exists to encourage and equip people in the demographic of approximately 50 plus. We recognize that there are unique interests, challenges and opportunities during this stage of life. We strive to provide activities and events for worship, teaching, service, fellowship and outreach.

The scripture we have adopted is Psalm 92: 12-15. "The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green, proclaiming, "The Lord is upright; He is my Rock and there is no wickedness in Him.

Ministry Leader: Darrell Shaule. Darrell@communitybible.ca

Other committee members: Mike and Karen Burnett, Frank and Joan Dishman