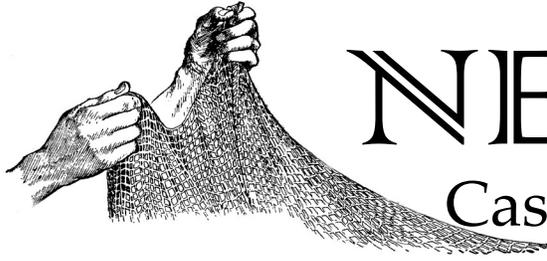

West River United Church



NETwork...

Casting a vision. Pulling together.

www.westriverunited.com — 902-566-4052 — office@westriverunited.com



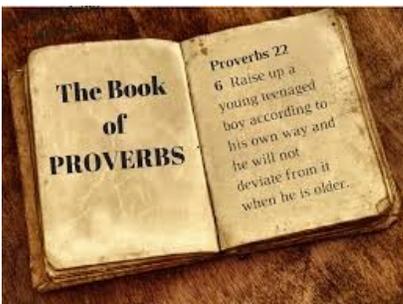
SAVE THE DATE
.....
FAMILY CHURCH

On Saturday, Feb. 6th at 3 pm, we will be offering a Family Church style worship in our church hall. Each family will be seated at their own table in the hall to ensure physical distancing between households, and any materials needed will be provided at each table. Non-medical masks will be required, and regular church protocols for COVID-19 will be followed. It will include (all ages friendly) music, scripture, message/story, craft and prayer. Registration will be necessary in order to plan for spacing and materials by emailing Andrea at westriveryouthminister@gmail.com or texting/calling 902-628-9436. Please indicate how many people will be attending from your family, and number of adults/

children. We will update folks if there are still spaces available for drop-in families closer to the date.



There will be a Confirmation Program at West River United Church. We plan to learn together, grow together and explore together what it means to be a Member of the United Church of Canada. The program will be online and in person. The proposed dates are February 2nd — March 9th, 6:30 pm — 7:30 pm. If you are 13 years or older, please join us. Confirmation will be on Easter Sunday, April 4th at 10:00 am. For more information, please contact Rev. Barbara at barbarajcainns@gmail.com.



You are invited to join Rev. Martin Dawson during Lent to learn more about Proverbs. He will have a new podcast on Wednesdays, Feb. 17th, Mar. 3rd and Mar. 17th. These old Biblical proverbs just might be handy to learn discerning wisdom during our time of Covid-19, entitlement and fake news. You can listen on your smartphone, computer or tablet at your convenience. Contact the office at West River United if you are interested.

Sunday, January 24, 2021



The Ten Ways to be Positive in Negative Times was printed in the daily newsletter of The PEI Citizens' Alliance to which I belong. It really struck me as helpful and affirming in this time of pandemic. One thing I do myself every day right now is feed a flock of hungry birds. I have a homemade log feeder made from a piece of silver birch and drilled with holes. I make a special mix of peanut butter and corn meal and other stuff and I fill the holes with this. I hang it out high in our lilac bush at about the same time every day. The birds are usually watching for it and I have a song I use daily to call others. I get over twenty birds almost immediately.

They are so hungry. Lots of blue jays of course but also grackles and starlings. The small birds like chickadees and red-tufted woodpeckers come almost last. The very last visitor is usually a magnificent Northern Flicker. I will never tire of watching them all feeding. A powerful image of abundant life in the midst of both winter and the pandemic. It feeds my soul. ~ Jennifer Shields

1. Surround yourself with loving people who bring out the best in you.

The company you keep should inspire you, support you, and bring your best self to light. If the people you hang around don't make you feel loved and respected, it's time to reevaluate why you chose these people as friends. Focus on people who spread love and a zest for life, not those who perpetuate hate and fear.

2. Smile in celebration of all the good in your life.

You may not feel you have much to smile about but even your own heartbeat is reason enough to feel happy. Despite your current circumstances, you can turn your whole life around simply by showing thanks for your blessings. Smile because you're alive and you have the power to create greatness, and life will give you even more reasons to feel alive.

3. Have a positive accountability partner.

You can lovingly keep each other in check by keeping tabs on each other's energy, and kindly point out when the other one starts to draw in too much negativity. If you catch your partner watching too many negative programs on TV or listening to mindless music on the radio, call them out on it and suggest some alternatives, such as going outside or reading an uplifting book. This will help keep both of your energy levels up. Additionally, it will give you a support system for becoming your best, most positive self.

4. Limit negative media and entertainment

Most of the time, the news, radio, latest big-screen movies, and other modern media portray the world in a shallow, depressing, and hostile way. Too much exposure to these programs might awaken anger, anxiety, or depression in you, which will affect your energy levels. Instead of turning on the evening news, read positive articles like the ones you see on our website, or watch some motivational videos on YouTube. Pretty soon, you will most likely catch yourself craving the positive outlets and keeping the negative ones at bay.

5. Replace negative habits with more positive ones.

Just like limiting your contact with negative media, you can easily replace other negative habits in your life with more uplifting practices. Ditch junk food and incorporate more fresh, whole foods into your diet, or trade shopping for helping out at the local homeless shelter. Just do anything that makes you feel **good** instead of subjecting yourself to things that make you feel lousy. We were meant to feel vibrant and thrive in this lifetime, so seek out activities and habits that make you feel that way!

6. Practice “flipping your focus”.

Many times, we magnify the world’s problems while forgetting about all the positive aspects of life that are right in front of us. When you catch your mind drifting to the darker parts of this world, focus on things that make you feel light instead: families playing at the park, a stranger smiling at you, or the person who complimented you on your outfit. The world is only as dark as we make it out to be.

7. Laugh more often!

According to a recent study, children laugh 200 times a day while the average adult only laughs 4. If you haven’t laughed yet today, spend some quality time with your kids, watch funny videos on YouTube, or do something silly with friends. The world presents plenty of opportunities to laugh, we just have to take them!

8. Disconnect from the world and learn to enjoy some quiet time alone.

Go to a sacred space in the woods or on the coastline where you feel peaceful and closest to the stillness all around you. Turn off your phone for a while, and just meditate, go within, and embrace some solitude. Avoid over-thinking, center yourself, and get away from all of life’s responsibilities for a while.

9. Give more hugs.

If you have to, wear a free hugs t-shirt and offer people a warm embrace as they walk into the mall or local grocery store. This will help spread the love revolution and increase your positive energy as well; we may have a lot of violence in the world, but a hug can instantly remind us of our true loving nature.

10. Cleanse your mind, body and spirit.

Your body is your temple, and it’s vital that you keep it healthy and strong so that it can serve as your haven when life starts to throw you curveballs. If you do encounter negative energy, eating whole, raw, plant-based foods will nourish your body and help you keep calm within the storm. Also, smudging your home or body with sage or enjoying a “BLISS Bath” can cleanse your mind and spirit, and allow the positive energy to keep flowing through you.

“An entire sea of water can’t sink a ship unless it gets inside the ship. Similarly, the negativity of the world can’t put you down unless you allow it to get inside you.” – Goi Nasu

Church & Community Event's



Veteran's Drop In



All Military and RCMP Veterans are welcome

Coffee/Tea and snacks will be provided!

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 kingstonlegionpei@gmail.com
 (902) 675-2023
 @KingstonLegionPEI

Friday, January 29th
11:00 AM - 1:00 PM

In accordance with all CHPO
guidelines

PARK ROYAL UNITED CHURCH TAKE-OUT ROAST BEEF DINNER – Treat your sweetie on Saturday, February 13 at Park Royal United Church. Adults \$18 and Children under 12 - \$9.00. Tickets available by calling church office at 902-894-9656. *Menu includes tender roast beef, mashed potatoes (side of gravy), carrots, turnip, peas, roll, and a giant delicious cupcake for dessert.* We ask that you come in to the office to pick up and pay for your tickets and please have a cheque made out to Park Royal United Church or the correct change as we will not be handling change. ***All tickets must be picked up and paid for by Tuesday, February 9.*** Pickup times (at Headstart Door) for dinners, indicated on your ticket, will be 4:30 – 5:00 OR 5:00 – 5:30 pm on February 13.

Upcoming Worship Services – In Person and Online



Worship Service, Sunday, January 24th at 10 am

YouTube Link: <https://youtu.be/BAAvloFc4ec>

Worship Service, Sunday, January 31st at 10 am

Worship Service, Sunday, February 7th at 10 am

Happenings in our Local Church Community:

Youth Group – Friday, January 29th at 7:00pm – 8:30 pm

Annual Congregational Meeting, Sunday, February 21st

Church office hours for January 2021: Monday to Friday from 8:30 am to 1:00 pm.

Visiting at the QEH: Rev. Barbara is available for visits during this time. If you would like her to visit a loved one, please let the office know or contact Rev. Barbara at 902-569-4259.

West River United Church office COVID

When you come to the church please remember to sign in, (contact tracing details), wear your mask, and sanitize your hands.

In exceptional circumstances such as extreme weather conditions, power outage, or facility problems it may be necessary to cancel the service. In such cases, information about cancellation will be made available via our church website www.westriverunited.com and our Facebook page as well as the local radio stations.

In case of an after hours emergency situation
please call Rev. Barbara J. Cairns at (902) 569-4259
or email barbarajcairns@gmail.com
