



The Morningstar

MONTHLY NEWSLETTER OF

EPIPHANY EVANGELICAL LUTHERAN CHURCH

20 Old Kingston Road, Scarborough, Ontario M1E 3J5

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Pastor Rasma Caune • 647-382-5093 • epiphluth@bellnet.ca

NO. 608 • JUNE 2019

Submissions due 15th of the month

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Have you ever imagined boredom as a source of creativity, inspiration, and imagination? We are so focused on being entertained and busy in life that we have a problem slowing down, thinking that each moment needs to be filled with activity. We sign up our children for sports, music, song, and dance lessons. We never seem to get enough surfing the internet for information, bargains, news, or games. You know what I mean. You have all seen the person crossing the street texting, not aware that a car is just a few feet away from him; or was it you in the grocery line being oblivious to the people around you? Are we being productive in doing all of this? Is it bringing about growth and creativity, or adding something exciting to your life?

When I saw a chapter in *The Bees of Rainbow Falls* entitled “Wonderfully Bored,” I was intrigued and confused until I began looking more closely. A study was done in which boredom was an avenue for daydreaming, allowing the mind to come up with great and new ideas. It’s as if you, as a child, were lying in the grass looking up at the sky and trying to see different shapes in the clouds as they moved across it. It is a moment of doing nothing and yet engaging with the world around you. Have you ever just sat

in an outdoor café to observe the people as they passed by, or do you just try to browse the internet to get some more uninspired work done?

Dr. Teresa Belton, in another study, concluded that “moments of intentional input-free boredom may be just the thing we need to inspire healthy creativity and engagement.” So, is boredom not fruitful? When was the last time you just sat on a park bench and noticed the squirrels chasing each other up and down the trees, or listened to hear the songs of birds announcing the spring, or noticed the first buds sprouting and wondered what the blossom might look like? It calls for calm, restfulness, and patience—things society seems to frown upon, as if you are not busying yourself with worthwhile activity!

The author, Preston Pouteaux, quotes Galatians in which “the Holy Spirit produces the fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” (Gal.5:22-23) None of this sounds very interesting, however, these fruits teach us how to engage with others, with our neighbours, and the community in which we work and play and live. We seem to want to rid ourselves of boredom, not realising that in order to become whole we need it in our lives to become more aware of our surroundings, of how we use our time. We may often be overwhelmed at everything that we have left undone rather than thinking about taking a moment to sit and reflect, to pray, and become more conscious of how God is working in us and around us.

God is all around us in the most mundane places of our lives. It might be in the shower where new ideas can spring up; or just sitting still, staring out

at space when our glance is broken by our elderly neighbours across the street who are struggling to get their groceries up the stairs while holding on to their canes or walkers; or noticing that a child has fallen and hurt their knee and is crying, but no one comes to its rescue; or that person walking their dog who gets down to give it a treat and pat its head out of love. Though these moments of boredom seem fruitless, one becomes aware of the needs around us, and who is our neighbour. If we are lucky, these moments help us become more aware of God’s presence because they show us his love and grace at our most vulnerable times—in our sadness and our joy, in our pain and relief, in our confusion and our clarity, in our dullness of mind and that moment of inspiration.

God is present, always creating, giving us opportunities to be bored and attentive to that which is around us. Boredom is a gift, which allows us to imagine exciting new ways of viewing the world and experiencing the love, the joy, the peace of our Lord and offering us opportunities to do acts of kindness, gentleness and goodness.

So, don’t be afraid of being wonderfully bored!



Come walk with me

Come walk with me and explore our neighbourhood on June 6th. Meet me at 10 a.m. at the church and pray for good weather. You never know what we might discover or imagine, what we might see, and hear, or who we might meet.

Come and be wonderfully bored! Is God walking with us helping us to experience Creation in a new way?

Pastor Rasma

FOOD OF THE MONTH FOR JUNE

Meat alternatives (peanut butter, soy, assorted nuts)

KUDOS

Thanks to all those who turned out to help do the spring cleaning of our church property, both inside and out. It was a great turn out and a time for fellowship over lunch.

Thanks also to the leaders of The Spiritual Society who invited us to a vigil of peace following the massacres in Sri Lanka on Easter Sunday. We are all people of peace: after all, we greeted one another with "A-'salamu'-Alaikum," meaning "Peace be upon you." Afterwards, we shared in their Iftar meal which ended their fasting of Ramadan, and enjoyed their hospitality and welcome.

Pastor Rasma

FUNDRAISING
YARD SALE

SATURDAY JUNE 15 • 9AM-2PM



Yes, it is that time of the year again when we sort through our closets, cupboards and garages to get rid of things and make space. Our big Yard Sale is on Saturday June 15 from 9 a.m. to 2 p.m.

Please bring your gently used items to the Church Quiet Room one week before the sale. We also accept clothes and books, and if you have plants you'd like to donate.

We would appreciate our trusted helpers to come at 8 a.m. on Saturday morning to set up.

Volunteers are needed on the day of the sale, and for sorting and pricing the evening before, on Friday the 14th at 6 p.m. or later.

All help is much appreciated!


Let's give our time and energy cheerfully for a good cause.

Dorothea Cameron



You're invited
to Epiphany's
Strawberry Social

SATURDAY JUNE 15, 2019
(on Father's Day weekend)
12 NOON – 2 PM



Enjoy a heavenly helping of Strawberry Shortcake with Vanilla Ice Cream and Coffee, Tea or Juice.
 \$6 per person.



FaithLife Financial will provide a matching grant for this event.

COUNCIL/COMMITTEE REPS FOR 2019-2020	
CHAIRPERSONS	(C) COUNCIL MEMBER
Council Chair	Ron Heino (C)
Council Vice	Sigrid Engler (C)
Education Committee	Pastor Caune
Finance Committee	Geoff Crewe (C)
Property Committee	Jim Dennis (C)
Refugee Committee	Denise Dennis (C)
Seniors Group	Ute Wentzel
Stewardship Committee	Geoff Crewe
Worship & Music	Margaret Crewe
Outreach/Visioning Chair	open
COMMITTEE REPS/LIAISON	
Advertising Coordinator	Nalini Badley
AMMS Liaison	Pastor Caune, Fred Kilian
AMMS Lease Liaison	Gordon Vollmer (C)
Bethel Ministries Liaison	Sigrid Engler
Council Secretary	Pat Bramley (C)
ELW Liaison	Sigrid Engler
Envelope Secretary	Sigrid Engler
Mutual Ministry Liaison	Denise Dennis
Outreach/Visioning Liaison	Gordon Vollmer
Spiritual Society Liaison	Fred Kilian
Treasurer	Nalini Badley
Worship & Music Liaison	Margaret Fler (C)

It's Strawberry Social time again at Epiphany!

Please come out on Saturday June 15th from 12 to 2 p.m. and support this event.

As always, to make this a success, we will require volunteers:

- * to bake the cake mixes, provided in the Narthex.
- * to bring in cleaned and cut, **un-sweetened** strawberries.
- * set up tables, chairs and pop-up canopies outside at 10 a.m.
- * kitchen help to prepare tea and coffee.
- * two people to prepare the servings.

Please take along flyers to offer to friends and neighbours, to make this event as well attended as in other years.

As we are blending the Strawberry Social with the Yard Sale, this should be a busy day!

Please also make a note on your calendar to attend the next ELW meeting on June 19th at 10:30 a.m. when we'll be preparing for the Summerfest in July.

Thanks to you all!

Sigrid Engler



We met on May 7th, with 16 people attending. The theme of our devotion was based on "TO RECEIVE LOVE, YOU HAVE TO GIVE LOVE."

Our picnic was finalized and will take place on June 4th at 12 noon. This year we extended an invitation to the German seniors of St. George's Lutheran Church in Toronto.

There is a sign-up sheet posted on the bulletin board in the narthex. Please write down your name if you are planning to attend.

We ended the afternoon with lively springtime songs, cakes and coffee.

Ute Wentzel

TREASURER'S REPORT

APRIL 2019	RECEIVED	SPENT	SURPLUS(DEFICIT)
CURRENT	\$16,330.21	\$12,118.26	
BENEVOLENCE	1,385.00	1,385.00	
AMMS PARSONAGE RENT	2,575.00		
AMMS FELLOWSHIP HALL RENT	1,200.00		
BETHEL RENT	300.00		
INITIAL OFFERING ENVELOPE	20.00		
SANCTUARY RENTAL FOR FUNERAL	150.00		
REFUGEE SPONSORSHIP	380.00		
CURRENT MONTH TOTALS	\$22,340.21	\$13,503.26	\$8,836.95
YEAR TO DATE TOTALS	\$63,629.18	\$53,258.28	\$10,370.90
ADD BACK PARSONAGE REIMBURSED EXPENSES			\$8,393.16
LESS CHANGE IN INVESTMENT INCOME			(\$10,477.49)
REVISED YEAR TO DATE TOTAL EXCL. PARS. EXP.			\$8,286.57

Yours in Christ, Nalini Badley, Treasurer


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**Would you like to share some special news,
an event ... or your thoughts?**

Share it in the MORNINGSTAR!

*If you wish to provide flowers for the altar,
please let the Altar Guild member
for that Sunday know.*

ALTAR GUILD

1st Sunday of the Month

Ute Wentzel • 416-439-7996

2nd Sunday of the Month

Josie Tedes • 416-283-0895

3rd Sunday of the Month

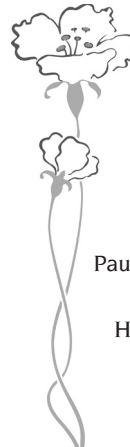
Paulette Correia • polly222001@yahoo.ca

4th Sunday of the Month

Hildegard Kinder • 416-283-1836

5th Sunday of the Month

Erika Haebe • 416-266-8660



June 2019

PLEASE NOTE: **Sundays at 1:30 PM** — Bethel Holiness Pentecostal Apostolic Ministries will hold their worship services in Epiphany's Sanctuary.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 7 Easter WHITE 10 AM Joint Lay Led Service	3	4 12 NOON –German Seniors Picnic	5 11 AM -2 PM Church Office	6 9:30 -11 AM –AMMS Recital Practice 10 AM –Walk neighbourhood with Pastor Rasma	7 10-11:30 AM –Bible Class	8
9 Day of Pentecost RED 9 AM German Communion Service 10:30 AM English Communion Service Bring Yard Sale Items starting today until Friday the 14th	10	11	12 11 AM -2 PM Church Office	13	14 6 PM –Begin pricing of Yard Sale Items	15 9 AM -2 PM –Epiphany Yard Sale 12 -2 PM –Strawberry Social
16 The Holy Trinity WHITE 10 AM Joint Communion Service FATHER'S DAY	17 7 PM –Visioning Committee	18 9:30 -11 AM –AMMS Recital Practice	19 10:30 AM –ELW Meeting 11 AM -2 PM Church Office	20 7:15 PM –Council Meeting	21 10-11:30 AM –Bible Class	22
23 Pentecost 2 GREEN 9 AM German Communion Service 10:30 AM English Communion Service	24	25	26	27	28 Collate Morningstar	29
<p>Pastor Rasma will be attending the Delkina Conference and be on vacation from June 24th until July 7th. In the event of pastoral need during her absence, please contact Pastor Peter Lisinski at 905-889-0873 or pastor@thornhill-lutheran.org; or Pastor Sue Nevile at 905-728-3283 (church) or 905-441-3283 (cell)</p>						
30 Pentecost 3 GREEN 10 AM Joint Lay Led Service	 <p>Happy moments, praise God. • Difficult moments, seek God. • Quiet moments, worship God. Painful moments, trust God. • Every moment, thank God.</p>					
July 7 Pentecost 4 GREEN 10 AM Joint Communion Service led by Pastor Lowell Nussey						