

### **Prayer for Our Community**

- Pray also for the Health Care Providers.
- Pray for Doug Klassen (MCCanada's Executive Minister) and for church leaders at all levels of our conference.
- Pray for Michael Pahl, our MCManitoba's Executive Minister.

### **Prayers for the World**

- **Veiths prepare to come back to Canada**  
Witness workers George and Tobia Veith have made their way around COVID-19 lockdowns in various parts of China and are now in Macau spending time with the Macau Mennonite Church. They are working on getting back to Canada. Pray for safety, good health and travelling mercies as they navigate daily changing regulations and flight availability.
- **De Jongs prepare for service in Ethiopia**  
As Werner and Joanne De Jong prepare for service with Mennonite Church Canada Witness in Ethiopia with Meserete Kristos Seminary, they must juggle moving, ending jobs, visa paperwork and travel plans. Pray that God's peace and joy will guide them. Pray for the seminary as it prepares for the new school year in September.

*If you would like to add or remove any prayer requests,  
please contact the church office.*

**The Quilts** bring me joy when I plan, create, meditate while I stitch. The Sunflower quilt is named "*A little bit embarrassed, a lot delighted*" because I showed how to make the block at one of our guild meetings for one of the block draws. As each person completed their block and returned it to me for the draw, I would say something like "That will look so nice in my quilt"! So I was both embarrassed and delighted when my name was legitimately drawn.

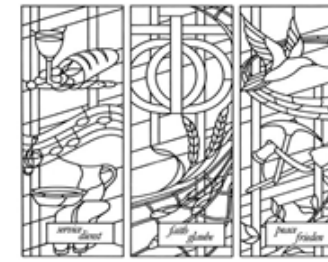
"*My Not So Secret Garden*" was the project for a class I took over several months. I love learning new ways to do the various techniques involved in the making of a quilt. There were 8 of us in the class, and 8 very different results.

### **From the Pastor:**

This summer AMC's worship will be centered on the theme *Nurturing Joy*. How do we nurture joy in our lives not only during a pandemic but in all seasons of life? Restrictions to keep our community safe have taken away many of the things that make life rich and meaningful. Many people say they have become unmotivated to engage with daily routines and schedules. Others have suggested that we are experiencing "Groundhog days." This is in reference the 1993 movie where Bill Murray is a reporter doing a story on local Groundhog lore. In a twist of fate, he wakes up every morning at 6:00 AM only to repeat the same day over and over. Some say there is a disconnection with life in general creating a haze of time where one day runs into the next with no sense moving forward. If you have asked what day of the week it is more than once a week this could be you. It is like a mild depression that exhausts one's motivation for basic daily plans. The stereotypical portrait of this is sitting on the couch wearing pajamas in a messy house eating junk food while endlessly binge watching TV.

Psychologists have used the term languishing to describe this condition. Even with the hope offered by the vaccines, the lingering effects of languishing for so long will be with us for months, even years. Paul's letter to the Philippians is often called his epistle of joy. Shackled in prison, possibly facing execution for his belief that Jesus is Lord and Caesar is not, the apostle Paul experiences a remarkable joy despite his dire circumstances. How can this be? But what is joy that it might be found while imprisoned?

How is it that Paul could nurture such Joy with his freedoms severely curtailed? Perhaps joy can only be nurtured when we realize the finitude of our existence in the vast unknowability of the cosmos. Paul's letter to the church at Philippi informs us how we might nurture joy in this extended time of languishing.



# Altona Mennonite Church

Sunday School – Adults & Children: 10:00 am  
Sunday Worship Service: 11:00 am

VOLUME LX No.32

August 8, 2021

## ***Nurturing Joy – Joy Rides On***

### **PRELUDE**

**CALL TO WORSHIP** (based on Psalms 95:1-7, 98:1-4)

Leader: O sing to the LORD a new song,  
For he has done marvelous things.

**People: O come, let us sing to the LORD;  
Let us make a joyful noise to the rock of our  
salvation!**

Leader: Let us come into his presence with thanksgiving;  
Let us make a joyful noise to him with songs of praise!

**People: For the LORD is a great God,  
And a great King above all gods.**

Leader: He has remembered his steadfast love and  
faithfulness

To the house of Israel.

**People: In his hand are the depths of the earth;  
The heights of the mountains are his also.  
The sea is his, for he made it,  
And the dry land, which his hands have formed.**

Leader: Make a joyful noise to the LORD, all the earth;  
Break forth into joyous song and sing praises.

**People: O come, let us worship and bow down,  
Let us kneel before the LORD, our Maker!**

**All: For he is our God,  
And we are the people of his pasture,  
And the sheep of his hand.**

#### **AMC Contact information:**

Pastor: Dan Kehler [amcpastordan@gmail.com](mailto:amcpastordan@gmail.com) 204-324-6773

Office Hours: Wednesday & Thursday 9:30 am to Noon

Secretary: Lori Hiebert: C: 204-324-5952

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Custodians: Dale Klassen 204-324-7458 Sandra Klassen 204-324-1475

*Altona Mennonite Church is on Treaty One Territory.*

## PRAYER OF INVOCATION AND THANKSGIVING

### SINGING TOGETHER

VT #101 Sing Praise to God Who Reigns above  
VT #113 O Sing to the Lord

### SCRIPTURE READING

Phil. 4: 4-23

### SINGING TOGETHER

VT #118 In the Lord I'll Be Ever thankful

**SERMON** Learned Contentment Pastor Dan Kehler

### PRAYING TOGETHER

### SINGING TOGETHER

VT #701 You Are All We Have

### BENEDICTION

VT #701 You Are All We Have

Worship Leader: Dave Regehr

Musicians: Dave & Hildie Regehr and others.

Sound: Dale Klassen

#### **Worship & Meeting Events at AMC**

**August 15 10:30 am Outdoor service on the Krahn yard in Neubergthal. Bring a lawn chair.**

August 22 Small groups meet again this week

**August 29 In person Sunday worship resumes 11:00 am**

*Theme:* With Praise and Thanksgiving We Gather

*Scripture:* Psalm 147:1-11, 20c; Micah 4:1-2 *Speaker(s):*

Pastor Dan Kehler *Worship Leader:* Lori Hiebert *Musicians:*

Loren & Lori Hiebert *Recording:* Nathan Loewen

**Birthdays:** Aug. 12 – Abe Thiessen

**Anniversaries:** August 9 – Steve & Anna Penner, Ted & Darlene Klassen

## **AMC ANNOUNCEMENTS**

- **From the treasurer:** Thank you to all who have continued to give generously to the ongoing work of the church through AMC. As a member congregation of Mennonite Church Canada we are partners with the Colombia Mennonite Church. They are 20 Mennonite Churches in Colombia that share a common vision for Anabaptist witnesses of justice, peace, love and nonviolence. Part of our Sunday donations are passed on to MC Can. where they support the Colombian Mennonite Church through grants for ministries, especially in the areas of leadership development, church planting and missions.

Of course, we also have AMC bills to pay and salaries to honour, even while we have been apart. Fortunately, AMC has received generous Bridge grants, totalling \$20,000. To put this into perspective, our other Revenues are lower than usual, and even in normal times we are often up to, or exceeding our maximum line of credit by this time of the year. This year we are just nearing our line of credit for the first time. Now our steps and ramp project is nearing completion.

You may contribute online if you bank at Access (using your 7-digit phone number as your account number) make an e-transfer to [amchurchdonations@gmail.com](mailto:amchurchdonations@gmail.com), or send or bring a cheque to AMC (Box 1237, Altona, R0G 0B0) Check the latest minutes and financial statements for more information

## **WIDER COMMUNITY & MISC. ANNOUNCEMENTS**

- **MCC'S virtual challenge is back!** Join us for GO! 100 all summer long. Challenge yourself or a team to complete 100 of anything while raising funds for peacebuilding projects around the world. Click [here](#) to get started or visit [mccmb.ca/go-100](http://mccmb.ca/go-100).

- Eden Foundation invites you to come play golf at Gretna's Oakview Golf Course on Saturday, **August 14. (note new date)** Tee off time 9 am. **Eden Foundation's Charity Golf Tournament.** A new twist on an old game. Play 36 holes, 54 holes or 72 holes all for the same low price. Free! Here's the twist, we want you to raise some money for mental health care. Due to present Covid health regulations, the maximum number of people we can accept is 36 participants. For more information go to <http://edenhealthcare.ca>

- **Camps with Meaning is opening more spots at the day camps!** Many new spots available for grades 1-5, a few for grades 6-9, and lots of room at Youth Week. Our Pop-Up Camps also have room – there is probably one near you! So

grateful that we get to spend part of our summer with you! Visit [www.campswithmeaning.org](http://www.campswithmeaning.org)

- **Camps with Meaning** invites applications for three permanent positions at Camp Assiniboia. Head of Maintenance, Food Services Coordinator, Custodian/General Assistant. Go to [www.campswithmeaning.org](http://www.campswithmeaning.org) for the job descriptions.

- Sign up for the 18th Annual MCC Manitoba Golf Tournament today! Join us for a day of golfing, prizes and dinner on **September 9th** in support of families impacted by the Beirut explosion. Register [here](#) or at [mccmb.ca/golf](http://mccmb.ca/golf).

- **Eden Foundation's Head for the Hills 2021** is going to happen this year. They are hoping restrictions will be lifted by **September 11**, the day of the event. For more information and to register, visit [www.edenhealthcare.ca](http://www.edenhealthcare.ca)

## **PRAYER AND PRAISE**

- Marlene Wiebe will be going to Saskatchewan to take care of final arrangements for the interment of her father and then to Alberta to visit her mother who has Alzheimer's. This trip takes place in August. She asks for prayers for her, Emily and Steven as they travel.

- Pray for Ken & Marianne Braun and Mike Tarnick who are at Eastview.

- Ken Hamm has returned home. He is doing very well.

- Pray for all those for whom mental health makes daily life a struggle. The current situation increases anxiety for many.

- Pray for those who experience physical pain, and for friends and family who help with their care.

- Many of our church family have other people they are concerned about. Pray for healing, strength and calm for all.