

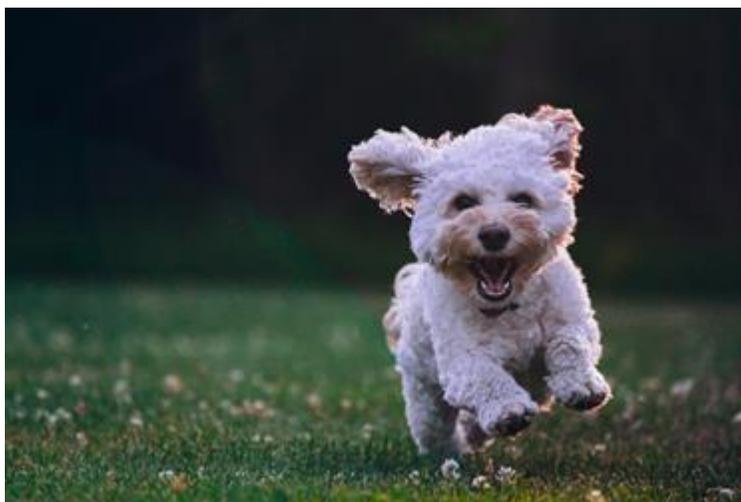
First Met Sunday School family newsletter – January 9, 2021

The Lord is my shepherd  
I have everything I need  
He lets me rest in fields of green grass  
and leads me to quiet pools of fresh water.  
He gives me new strength.  
He guides me in the right paths, as he has promised.

To our wonderful First Met children, youth, young adults, families,  
& community!



Is 2020 all done? Are they *sure*?



Yippee!!!! Let's have some fun in **2021!!**

## Happy New Year!

Hope your Christmas was delightful.

Heartfelt thanks to all who took part in lighting Advent candles and bringing us farm animal videos, and to Joan Mason and the tech crew for putting together the virtual Family Christmas Eve service ♡

Did you hear the **bells** on Christmas day?



Our family waited to celebrate Christmas, in hopes that more family could travel to join us later.

So on the 25th we had lots of fun ringing the church bells 25 times at noon.

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Here at First Met Sunday school we're off and running in a new year filled with **All Things Bright and Beautiful**, starting with Communion tomorrow!

Please gather together with us on livestreaming - bring bread or crackers or ? (remember when we used **cookies** in the chapel last year 😊?) and juice.

If you have a candle to light, and a cloth to put everything on, that makes it even more special.

Join with us as we remember and give thanks for our life-giving connection with God, through the promise Jesus made.



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Did you know that the Christmas story doesn't end when the baby is born? It's just the beginning!! To start the action, that special family gets visitors with gifts! Look in your bible, and you'll find this in Matthew 2:

Jesus was born in the town of Bethlehem in Judea, during the time when Herod was king. Soon afterward, some men who studied the stars came from the East to Jerusalem and asked, "Where is the baby born to be the king of the Jews? We saw his star when it came up in the east, and we have come to worship him." (Good News

Translation)



They travelled a loooooooong way, and were *very excited* to see the baby. They brought gold, frankincense and myrrh.

We have some frankincense and myrrh at church and when we get back together you can see it.

You probably got gifts at Christmas too. I don't think they look like any of those three gifts though!

Here's something that Reverend John Snow Jr with PMRC Indigenous Ministries shared with us:

*The Creator gave to us ceremonies and medicines such as tobacco, cedar, sage and sweetgrass.*

*And like the wise men, '...having been warned in a dream not to return to Herod', we also value the guidance we receive from Creator in the form of visions and dreams.*

*I was also glad to be able to share my experiences and gifts with my parish in Maskwacis. My partner was helping me with worship services, and for the following Epiphany (2018), we prepared for the congregation the gifts of the wise men along with our Indigenous gifts*

of the Spirit. We felt emotional that these can co-exist. It was a form of Reconciliation and was very well received.



**PHOTO: Epiphany – Gifts of the Wise Men and Gifts of the Spirit** (clockwise from right): Tobacco, Cedar, Sage, Sweetgrass, Gold, Frankincense and Myrrh. © Trish 2021.

*If Jesus had been born right here and now, what would be our gifts to honour Him? Perhaps we would give Him gifts of salt, tea, precious metals and jewels, or even chocolate, flowers, electronics or money. Perhaps something homemade? Something for enjoyment, as with the little drummer boy? Or would it be something of service?*

What would **you** give baby Jesus?

My friends are expecting a baby soon, and I think they might like diapers, baby blankets and tiny clothes instead of the gifts the magi brought.

We can give gifts of time and helping too - who do you know that could use some help, or company?

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A big thank you to those who participated in the **Advent Treasure Hunt!** *So many* of you sent in your amazing photos!

We hope you noticed lots of signs of Christmas in your home. Here's one of the many things Nolan found, and we'll be sharing more with you soon:



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And for something fun to do - our special thanks go to Reverend Shelagh for sharing these awesome resources with us - enjoy!!

<https://youtu.be/evfOzPrzIu0>



"I Am  
With  
You" I  
At  
Home  
With  
Olaf

Wherever  
you may  
be, here's  
a special  
message  
from  
Olaf's  
home to  
yours. "I  
Am With  
You"  
Music and  
Lyrics  
Written at  
Home by  
Kristen  
Anderson-  
Lopez and  
Rober...  
youtu.be

<https://www.youtube.com/watch?v=avK1-z4ZJJE>



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## Coming up:

Have a Heart Day - February 14th - more than just Valentine's Day! ♡

Pink Shirt Day - February 21 - watch for colouring posters and more!

**And for 2021.....a new and exciting season focusing on All Things Bright and Beautiful, and the New Creed. We're 'virtually' there! (plus we'll figure out cool ways to stay connected, while keeping safe - be sure to check in for news on new year adventures). Where we go, God goes. God always cares for us.**

~Micia Kanstrup

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