

Hi all, so just for your information the theme for this Sunday is taken from Ecclesiastes, there is a season for everything under the sun. In the ancient world, people understood the importance of the rhythms of the seasons and the rhythms of human life, time to plow and time to play, time to work and time to rest. The rhythms of busy and play, work and rest have become blurred as we have become out of touch with the natural ebbs and flows of time and energy in this beautifully-created world. Your reflection could highlight this theme in that you talk about whether or not there is a balance in the ebb and flow in your life, work and rest, a time for busyness and time for slowing the pace, etc. Does this make sense to you?

I am sending this to you Ray depending on the outcome of your request to your daughter(s). I will wait to hear from you. It would be good to know as soon as possible. Thanks for everything you and Heather are doing this March as leaders of the March sacred service team. You have been outstanding considering the change in the worship space. Please pass on a heartfelt thanks to your team and any additional helpers.

Wishing you all moments of serenity this day.

Blessings and Peace to you,

***Rev. Peggy McDonagh
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1. Take time to be holy, speak oft with your God,
abide in God always, and feed on the Word.
Make friends with God's people, help those who are weak
forgetting your rushing Calm's blessings to seek.
2. Take time to be holy, let Love be your guide
and move from your stresses, whatever betide
In joy and in sorrow, still, follow Calm's way,
And, looking to silence, find peace in each day.
3. Take time to be holy, be calm in your soul,
Each thought and each motive in God's control.
Thus, led by the Spirit to fountains of grace
You soon shall be walking, in calm's quiet pace.

A Time for Everything

3

There is a time for everything,
and a season for every activity under the heavens:

2

a time to be born and a time to die,
a time to plant and a time to uproot,

3

a time to kill and a time to heal,
a time to tear down and a time to build,

4

a time to weep and a time to laugh,
a time to mourn and a time to dance,

5

a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,

6

a time to search and a time to give up,
a time to keep and a time to throw away,

7

a time to tear and a time to mend,
a time to be silent and a time to speak,

8

a time to love and a time to hate,
a time for war and a time for peace.

9 What do workers gain from their toil? 10 I have seen the burden
God has laid on the human race. 11 He has made everything
beautiful in its time. He has also set eternity in the human heart;
yet^[a] no one can fathom what God has done from beginning to
end. 12 I know that there is nothing better for people than to be
happy and to do good while they live. 13 That each of them may
eat and drink, and find satisfaction in all their toil—this is the gift
of God.

So, here is what I am planning. As you are aware the theme for Lent this year is Reconnecting with an Unhurried God. I have been focusing on the theme of busyness and how it is affecting our lives both health wise and spiritually. I am inviting four people to share with the congregation in an honest way the reality of busyness in their lives and what they are doing to let go and make space, or to slow the pace, or fast from busyness. What do they do to rejuvenate, if anything?

Because there are four people I am asking that each speak for approximately 3 minutes maximum so that each has his or her turn to speak, and each would speak from wherever they are sitting in the circle using the handheld microphone.

This is my ask to the participants, and I have invited you to be one of the participants if you are willing.

Thanks for your consideration of this invitation.

TIME

Time is such an invaluable commodity. For some 45 years, time 10 months of the year was marked by a ringing bell. Retired now for 8 years, I still have dreams in which I am late, can't find my classroom and sometimes it's my purse that is lost. I meant to keep track of these dreams because they spoke to my need for the illusive quality of time.

Ecclesiastes speaks about the seasons of our lives and, again, at the Junior High Level, we marked the passing seasons by classroom decorating, dress up days, and seasonal celebrations.

We mark the seasons of the year at St. David's in much the same way. We are in the Lenten season now with its dark colours but we are heading toward Easter Sunday when our sanctuary will be dressed in the colours of spring. All too soon the colours of Christmas will bring new life to our setting.

A time for everything has been my mantra for nigh on seven decades. As a little girl on the farm there was planting and harvesting amid everyday chores. Here, my mom gave me my first lessons in **time management** - amid the busyness mom always had time to kneel by her bed at night after tucking us in to say her prayers and prepare herself for the oncoming day. I'd like to say

that working with mom were always fun yet mom tried her best, “Let’s race and get the table set before dad comes home.” or “Let’s see who can finish their row of weed pulling first.” Her attitude toward life was amazingly positive for having four children to care for and very little money to go around.

As a student in high school, with three little brothers with whom to share time and limited space, I was involved in everything there was to offer. I played the piano for church and for glee club, I played sports, taught piano lessons all day Saturday, maintained top marks and spent spare time with my steady boyfriend.

Yes, I was stressed, however I started a habit then that I have carried on over the years. I do what has to be done timely and to the best of my ability. I do not worry a great deal about what lies ahead.

Moving to Calgary in 1970 and beginning my connections at St. David’s in 1971, early book studies included *Original Blessing* by Matthew Fox and *Joy of Stress* by Peter Hanson. These books changed my life. I was probably in my early 30s with two little ones and a new husband (who sometimes introduces himself as Mr. Brenda Wallace at St. David’s) when I read *Joy of Stress* which really convinced me that stress was okay and even sometimes a blessing. I found that I could function

in my many roles as wife, mother, teacher and active member of St. David's.

Without question, St. David's and our wonderful leaders and members over the past fifty years have helped me become who I am today. I'm often surprised when people make comments about how busy I am but everything is done timely and what is out front is concern for some day in the future. In business, I believe it is called Just-in-time production.

I have to also admit that at the end of each day, I read - I'd like to say I meditate like my mom, but I find quiet during every day to read my newspaper, my emails, and, as most of you know, our children and grandchildren fill our empty spaces with lots of challenges and blessed opportunities and every summer there is time to go sailing!!

Yes, there is a time for everything,
and a season for every activity under the heavens.: 3:09