

We structure and remember our lives as narratives. Each experience is like a different chapter in the book of our living. Narrative helps us understand our experience and the meaning we attribute to the events of our lives. Some experiences pass by with little thought, the everyday moments – like learning that all of the milk had been used the night before and there is none left for your coffee. Others have life changing significance like the birth of a baby or death of a loved one. Embedded in our narrative memory are the feelings, thoughts and meanings we have associated with those experiences. We don't often give conscious thought to this process, for most of us it just happens.

Which is great when the stored understanding of ourselves is helpful, accurate and positive. Problems arise, however, when the stories we tell ourselves become maladaptive and damaging. This is because the stories we tell are powerful, they can shape our feelings, our expectations and can serve to set limits to what we can and do accomplish.

Our thoughts and the stories that support them can turn into negative self-fulfilling prophecies. What we say to ourselves and repeat out loud to others, makes a huge difference to what we see as possibilities and what we believe to be true. What are the stories you are telling yourself? As a family of faith, there are some stories that we have been telling - implicitly or explicitly - that are not helping us. One of these stories is that there are no younger people. When we say this, we automatically drawing our attention to those who are older and do not register the younger people in our midst. People like our board secretary, Erin Hayes, who has been part of this congregation longer than I have, who spoke from the front of the church on the day she became a member of St Paul's. She even wrote an insert story during a stewardship campaign a few years ago, about why she gives. When we do not see they younger people or even new people in our midst, we communicate they are unvalued and unimportant.

Other potentially fatal story that we have been telling include; we do not have enough, we are too old, we need to amalgamate, we are superior because we have a stone building/federal historic site, we can save the church if only we can get more bums in the seats. Each of these stories causes us to think and act in certain ways, each of these stories can limit what we believe is possible. But here is the thing, none of these stories are in line with the God we claim to worship and serve. The one who ... [Jesus] looked at them intently and said, "Humanly speaking, it is impossible. But with God, everything is possible" (Matthew 19:26, NLT). We stand with countless generations of Christ's followers, who have boldly done "impossible" things because they truly believed Paul who wrote, "I can do all things through Christ who gives me strength." (Philippians 4:13, NLT).

So, what do we do with the stories that are holding us back? The first step is to be aware of the stories we are telling and what messages they are telling us. Taking them apart, seeing if there are parts/lessons that should be brought forward that can help us tell a more helpful story by changing our perspective.

We can also start acknowledging what we have as a celebration. Things like new families in our Sunday School, people offering to serve on committees and one off tasks. That we have committed people who find joy in actively serving God through St Paul's. Let our minds meditate on what is good and right and full on grace.

Positive affirmations are powerful tools against the negative stories we tell. Affirmations are framed in the present. They are often short like "we have all we need to do what God is calling us to" or "God

has work for me to do that I am passionate about". These affirmations provide statements for our brains to latch onto, that foster the creation of helpful and adaptive narratives.

In these long and slow days of summer, let us reflect on the stories we are telling and what they are telling us in return. If we find we do not like what we are hearing, then now is the time to shift to a more positive narrative, so that we will be ready in the fall, to start off the new program year, inspired to not just live but thrive.

As we head towards Sunday and Rev Todd Nelson leading our service as Downtown United +, let us pray:

God of day dreams and visions,
we seek the holy spirits to inspire our thoughts and our words.
Help us to see past our struggles, that we may be caught up in your vision.
Give us words that motivate and inspire.
Help us when we stumble, to not get caught in defeating stories
but to instead speak words of life.
This we pray in faith and trust that
with you miracles happen
With you all things are possible
With you we are set free.
This we pray in the name of Christ, Amen.

FEATURES OF THIS JUNE 30TH EDITION OF ST. PAUL'S ENEWS

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WORSHIP THIS SUNDAY JULY 3RD

Please join us in person to worship at St. Paul's Sunday at 10:30am. Covid protocols still in place are: masking, hand sanitizing, sitting in marked pews, and social distancing.

As always, if you are not ready to join us in person we hope to see you on Zoom - link is <https://us02web.zoom.us/j/86854718551> Passcode: 165090

You can **also join by phone only**, if you don't have a long distance plan charges would apply. All you need to do is call 1 647 558 0588 and follow the prompts to enter Meeting ID: 868 5471 8551 and Passcode: 165090

FELLOWSHIP HOUR ~ SUMMER 2022

July 3 - Worship Committee ~ Chris Grant

July 10 - Choir ~ Jane Blakely

July 17 - Board ~ Erin Hayes

FUNDSCRIP

It's time to stock up on gift cards you will need this summer! We'll have an order this **Sunday, July 3** but none in August, then returning in September. If you are planning a trip, why not buy a few gift cards for gas? Need groceries for the visitors you're expecting? Gift cards are available for Sobeys and Superstore. If you are looking for a break from grocery shopping, FundScrip has cards for Hello Fresh and Chef's Plate meal kits. Order forms are available at the church office, in the narthex or [click here](#). Our next order deadline, July 3, falls on Canada Day weekend. If you would like to place your order early, feel free to bring it to church on June 26 or take it to the church office before June 30. Have a great summer! Stay safe! Remember: *Shopping is fundraising for St. Paul's*

OFFICE CLOSURE

A reminder that the office remains closed but will reopen on Monday July 11th. Rusty is available between 8am – 12pm. Michelle will be away June 29-July 6. For pastoral emergencies during this time please contact Rev. Lori-Beth at 262-6752.

NEW HOUSING COMMITTEE SEEKING VOLUNTEERS!

Property Committee is creating a sub-committee to take on our Housing Project. If you have the time and skills for minor repairs, maintenance and management of our housing units, we need you! If interested or for more information please contact Meghan in the Church office .



PANTRY

The pantry would appreciate donations of the following items: ketchup, cheese whiz, coffee, canned fruit, pudding, icing, Kraft Dinner, white sugar and paper towel. Thank you for your continued donations.

BROWN BAG LUNCH PROGRAM

The Brown Bag Lunch Program is noting a 50% increase in the number of bags being distributed. Current donations needed are: proteins with flip top lids, juice boxes, fruit and pudding cups and granola bars. Thank you for your continued generosity!

COOLING CENTRE AT ST. PAUL'S

St. Paul's Board has agreed, in principle, to enter into a partnership this summer with the John Howard Society and other community partners, to host a cooling centre in the church basement starting in July. It will provide a vital place for vulnerable people in the community to cool down and get water during the heat of the summer. Once the details are finalized, it will be open daily from 1-4pm, during the hottest part of the day. It will be staffed by qualified employees from the John Howard Society, and supported by volunteers from the community.

For more information or to volunteer, please contact Rev. Michelle at michellenarmstrong@hotmail.com. A big thank you to Joan Kingston for reaching out with this opportunity to serve our community.



UPCOMING EVENT DATES TO REMEMBER

July 16th – Picnic in Wilmot Park at the Gazebo at noon.

July 22nd – Messy Church at Wilmot. 5-7pm.

August 16th – Meditative Walk by the River. Meet at footbridge by library at 9am.

August 26th – Messy Church at Wilmot. 5-7pm.

A MESSAGE FROM BARBARA CULL-WILBY

Dear Faith Family: I feel great joy and privilege in being a member of St Paul's United Church! About four months ago, I became part of our Board! And as my husband, Joe, boyfriend of 50 years, says: I had the God-gifted experience of focusing on my passion - living my faith! Getting to know our amazingly dedicated, talented and cohesive men and women, older and younger, volunteering their time and energy - I found it to be so impressive and inspiring! It is exciting! There are miraculous signs and wonders happening here! This morning I visited my Mom, Jean Cull, 96 years young, at Windsor Court! I had a wonderful conversation with Betty Fitzpatrick who was playing her harmonica outside in the sun on the bench. She was truly delighting everyone around! I cherish my friendship with Betty and it is thanks to our St Paul's Family! I encourage you to listen to that still small voice within

and get involved with something “Church” that makes your fingers tingle! Maybe call Roger Miller (450-7334), Chair of Worship, and offer to greet, read Scripture, ring the bell, or help with audio! Or maybe call Debbie Allison (457-2730 / Blaine Irving (472-8662) with ideas of how we can support Ukraine! Thank you, God, for gifting us such a magnificent gathering place to worship and serve You! In the mighty name of Jesus, Amen! ~ Barbara Lynn Cull-Wilby ~ God bless!



PICNIC IN THE PARK – JULY 16TH

Bring your blanket and packed lunch and join us for a summer gathering in the park at noon on July 16th. We will be meeting at the gazebo in Wilmot Park. Families are encouraged to join us in an early afternoon of community building and activities. RSVP appreciated, but not quired. Contact Rev. Michelle at michellenarmstrong@hotmail.com for more information.

SUMMER MUSIC SERIES

The Summer Music Series at Christ Church Cathedral will present nine noontime concerts, held each Friday at 12:10 p.m. until August 26. The free series of concerts will feature choral music, soloists, fiddle, guitar, viola, organ and piano. All welcome! Free admission, donations welcome. Proceeds will support the Organ Renovation Fund. Details at <https://christchurchcathedral.com/2022/06/24/2022-summer-music-series/>

SUMMER DOWNTOWN UNITED + WORSHIP SCHEDULE

At St. Paul’s United Church

July 3rd – Rev. Todd Nelson from St. Andrew’s leading

July 10th & July 17th – Rev. Michelle leading

All services at St. Paul’s can be viewed via Zoom at <https://us02web.zoom.us/j/86854718551>

Passcode 165090 or view later on YouTube at [https://www.youtube.com/St. Paul's](https://www.youtube.com/St.Paul's)

At St. Andrew’s Presbyterian Church - July 24th, July 31st, August 7th

All services at St. Andrew’s can be viewed via Zoom at [St. Andrew’s Zoom](#) Meeting ID: 836 7375

6287 Passcode: 839092

At Wilmot United Church - August 14th, August 21st, August 28th, September 4th

All services at Wilmot can be viewed online at <https://www.youtube.com/c/WilmotUnitedChurch>



St. Paul's United Church

190 Years of Glorifying God through Worship, Proclaiming the Gospel of Christ and Serving others in Christ's name

Contact Information

224 York St., Fredericton, N.B. E3B 3P1

Web: www.stpaulsunited.ca | Tel: 506-458-1183 | Email: stpaulsoffice224@gmail.com

Minister: Rev. Michelle Armstrong | ***Organist:*** Dr. Sharon Pond
Church Administrator: Meghan Roebuck | ***Custodian:*** Rusty Blakely