

CONNECTIONS

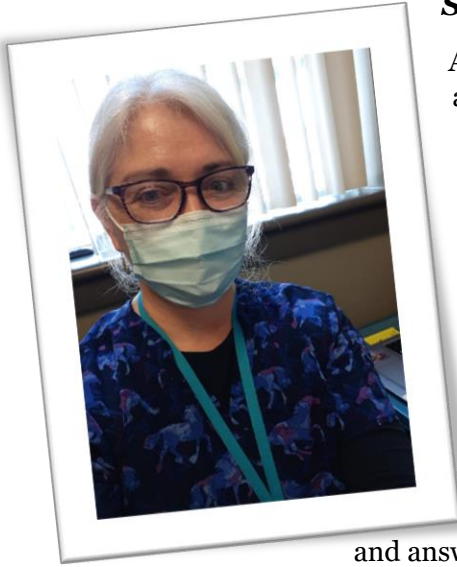
KEEPING YOU CONNECTED WITH
WHAT GOD IS DOING AT OSAC



ISSUE 36 | May 2021

Life as a Public Health nurse during the pandemic...

Submitted by Lisa Lambkin



As I approach 30 years as a nurse and look back on the incredible opportunities and people I have had the privilege to experience, nothing could have prepared me for the past year.

I have been a Public Health nurse for almost 18 years working in Healthy Babies and Child Health first and then the Vaccine Preventable Disease Program for the last 12 years. It's always been a bit difficult to describe to family and friends what exactly we do at Public Health as the skills we use every day are different then clinical skills used in a hospital setting. After more than a year living through a pandemic I think Public Health is well known for many reasons.

In February 2020 we started to hear more and more about the COVID 19 virus and cases in Canada increased. The Grey Bruce Health Unit was well into planning phases to manage the arrival of the Coronavirus. On March 9, 2020 my role at Public Health changed to leading the COVID helpline staff

and answering incoming calls from the public. On that first day there were 2 nurses and we received 10 calls; and we thought we were so busy. By the end of the first week we had 8 staff on COVID helpline and were receiving over 300 calls a day. This role for me continued until September 2020 and the number of staff involved and calls increased incredibly.

Fielding calls from the public during a pandemic and leading a team of staff through this task takes a combination of skills including patience, wisdom, knowledge, empathy, humility, organization, problem solving and a sense of humour. To do this for months on end takes incredible strength and endurance to combat feelings of frustration and discouragement as you continually witness the fear and anxiety people carry. I found that this kind of strength was well beyond my own human capacity and I leaned hard on my family, friends, colleagues and, most important, an on God to push through being overwhelmed and exhausted.

In addition to my role with the COVID helpline, I also had the opportunity to lead the mobile COVID swab team to offer COVID testing closer to home for people with mobility issues, and in November 2020 I was invited to be part of the committee to start planning for the COVID 19 vaccines to come to Grey Bruce. Excitement and joy replaced the feelings of frustration and discouragement as the light at the end of this COVID tunnel started to appear.

January 15, 2021 was an exciting day in Grey Bruce history when 2 teams from Public Health offered the first COVID 19 vaccine clinics at long term care facilities and the first doses of the vaccine were administered to residents and staff. There was cheering and clapping and cake and a real celebration!! It was a true privilege for the Health Unit's staff involved. Since that day we have given over 53,000 doses of the COVID 19 vaccine in Grey Bruce with the incredible help of community partners and staff at Grey Bruce Health Unit.

Some of my favorite things during this past year included: Concentrated time with my family, reflecting on God's goodness in tough times, and exploring the beautiful trails of our area; Getting to know the many different staff the Health Unit as people from all disciplines have assisted in the COVID effort; Working with community partners, such as EMS, hospitals, Family Health Teams, and visiting so many different facilities that exist in this area that assist people from all walks of life. It has truly opened my eyes to how blessed we are to live in Grey Bruce.

I am so grateful to a dear friend who daily sends me Bible verses and words of encouragement that point me to God's word, love, strength, power and ever presence...these messages continue to bring me hope and light in these dark days.

Psalm 144:1-2 "Praise the Lord, who is my rock. He trains my hands for war and gives my fingers skill for battle. He is my loving ally and my fortress, my tower of safety, my rescuer. He is my shield. And I take refuge in Him."

You can find Lisa Lambkin, and Denise McKay, featured in Bruce Power Community Update Flyer that was distributed to every household in Grey Bruce [Bruce Power Publication](#)

A Girl from Greater Napanee

What a wonderful morning I had chatting with Anne Strain, as she shared reflections from her past, important lessons she's learned and much more. I'm delighted to share some of that conversation with you.



Anne Strain (nee Stevens) was born November, 19 1940 in Greater Napanee, Ontario a, small farming community sitting between Bellville and Kingston. She last visited Nappanee just before COVID took over the world, to see her 85yr old brother, John. Anne was the fifth of nine children, with seven of her siblings being born blind. Her grandmother on her mother's side came down with German Measles and as a result, blindness was a side effect that was passed onto Ann's mother and then to some of her children. This was before the introduction of immunizations. Anne's siblings were sent by train to Brantford, ON to a school for the blind. She would see them during summer and Christmas holidays.

Anne has been married to her husband Eric for 52 years. They have two sons Todd (his wife Terry) and Troy (his wife Amanda) and two grandsons Brandon & Micah - very male dominated she laughed. Brandon just recently got engaged to Shaunacy DeJong.

Reflection's

What was your first job?

My first jobs were babysitting and working at the general store operating the cash register. I would use my money to help my family out with the bills. After graduating high school I went to nursing school in 1963 to become a Register Nurse. Upon my retirement in 1996 I then went on to be a Parish Nurse for 13 years.

Which invention from your lifetime are you most amazed by?

The T.V. was a great invention, I remember when we got an 18inch black and white. Getting T.V. was a big deal when I was growing up. Ours was pretty tiny. I also recall having food stamps and milk being delivered by horse and buggy.

What was popular while growing up or a funny saying you remember?

Jell-O salad was popular and it had to be made in Tupperware. I was married into a family who wasn't too fond of Jell-O, but I could make the triple decker salad. It was always about presentation! A slang word I remember everyone used was the word GOOP.... Goop was a word we would use to describe crazy behaviour. For example "what kind of goop have you gotten yourself into?" It was a word we would use instead of swearing.

What was your favorite movie when you were younger?

On our first date, Eric and I went to see The Sound of Music. I wanted to see it because it was a true story and the movie ended happy. The music was great and the singing was just wonderful.

Tell us more.....

How long have you attended OSAC

We moved up to Owen Sound in 1969 shortly after we were married. After visiting a few churches in town we settled into the Alliance in 1970. We had noticed other couples our age and that was a drawing point for us. And we enjoyed the music. We've been attending for 51 years.

What are the most rewarding things about getting older?

You have a telescopic view of the changes in life and of the world. Getting older teaches me to be kind, caring, and patient, understanding and nonjudgmental.

What are the most important lessons you've learned in your life?

Keep a close and open communication with God. You don't want a shallow relationship with the Lord, you want a deep one which keeps you on a quest for the WHATS, WHENs & WHYs in your stepping out in faith life. God gives us encouragement and affirmation.

What kinds of things make you the happiest now?

Sunsets, sunrises and birds flying. The changing of seasons, the purity of fresh fallen snow, summer greens and the different shades of blue in the water. I love listening to beautiful music, sitting down and chatting with family, friends and strangers. When I try a new recipe and it turns out better than expected and especially when Eric says he likes it. It makes me happy to put hands and feet into action for Christianity. Just helping others out.

How are you managing COVID?

I've been busy cleaning cupboards, calling friends and family, doing outside work, and discovering new areas around Owen Sound to walk and explore. I celebrated my 80th birthday on November 19, 2020. It was a big birthday and I was unable to celebrate with all my family but, I still had a wonderful time celebrating with those who could come.

How would you like to be remembered?

I became a Christian in my early teens through the teachings of the Salvation Army church. It was there I realized I wanted a relationship with Jesus. I want to be remembered as a Christian that honored God's love for mankind. Someone that was kind and showed appropriate love and care to family and friends.

Many thanks to Anne for her willingness to share and enduring my many phone calls and giving us a closer look into her life. If you're needing a good chat, don't hesitate to connect with Anne!

*Live
Your Faith*

HAPPY MOTHER'S DAY

Tommy 7yrs Old

1. What's something Mom always says?

Stop fighting Tommy & Charlie

2. How tall is your Mom?

Shorter than my dad

3. What does your mom do for a job?

She doesn't have a job, she just farms

4. What does your mom like about your dad?

I think she likes everything about him

5. What does your mom do when you're not around?

She goes shopping every other day or just does farm work

6. How do you know your mom loves you?

She takes care of me

7. What makes your mom happy?

When I do stuff for her when she didn't ask me

I wish my dad would bring me to the store so I could buy something for my mom. Happy Mother's Day mom

Zoe 5yrs old

1. What's something Mommy always says?

Time to eat

2. What makes your mom happy?

When I make a picture for you

3. How does mommy make you laugh?

When she says something funny about daddy

4. What does your mommy like most about daddy?

Spending time together or drinking coffee together chatting.

5. What is your mommy really good at?

Cleaning our cloths and the bathroom

5. What is your mommy's favorite food?

Coffee

6. How are you and mommy the same?

We have the same colour eyes

What is your wish for your mom this Mother's Day?

I wish to give her a card

Jesse 17yrs old

1. What's something Mom always says?

You left your dishes downstairs again

2. How does your mom make you laugh?

She makes weird sounds

3. How old is your mom?

I probably shouldn't say

4. What is your mom's favorite thing to do?

Going for walks with my dad

5. What does your mom do when you're not around?

She curls up on the couch and watches Hallmark movies and falls asleep

6. How do you know your mom loves you?

I just know!

7. How are you and your mom the same?

We are both introverts and we both can touch our noses with our tongues.

I would like to wish my mom love and happiness this Mother's Day

Erica 26yrs old

1. What's something Mom always says?

The classic "because I said so"

2. What makes your mom happy?

Being able to see her grandchildren

3. What does your mom do when you're not around?

Watching dumb T.V shows...
Hallmark or Reality T.V

4. What does your mom do for a job?

She is a Children & Family Pastor

5. What makes you proud of your mom?

When she takes a stand on an issue even if she stands alone.

6. How are you and your mom the same?

We look alike

7. How do you know your mom loves you?

She tells me all the time. She is always there for me and my brother at the drop of a hat if we need her.

What is your wish for your mom this Mother's Day?

I wish that she has a relaxing day that she doesn't have to worry about anything and that she has nice weather to enjoy.



**"AS ONE WHOM
HIS MOTHER COMFORTS, SO
I WILL COMFORT YOU."
ISAIAH 66:13**

Emily 16yrs old

1. What's something Mom always says?

Reading is good for the brain

2. What makes your mom happy?

Her family

3. How does your mom make you laugh?

When she says things just how my grandma would say it

4. What does your mom do for a job?

She works for Keystone in the Cradle link program, helping new moms and their babies

5. What makes you proud of your mom?

The way how she's always stood up for us. She's always got my and my bothers back

6. What's your mom not good at?

She is not good at working with wood

7. How do you know your mom loves you?

She tells me every night before I go to bed

What is your wish for your mom this Mother's Day?

I wish her peace and that she wouldn't have to worry so much.

"A gracious woman gets honor..." – Proverbs 11:16

"HONOR HER FOR ALL THAT
HER HANDS HAVE DONE, AND
LET HER WORKS BRING HER
PRAISE AT THE CITY GATE."
PROVERBS 31:31

Julia 26yrs old

1. What's something Mom always says?

Pick up your feet

2. What makes your mom happy?

Her family

3. How does your mom make you laugh?

When she try's to understand technology stuff

4. How are you and your mom different?

I'M MUCH LOUDER!

5. What makes you proud of your mom?

Her servant nature

6. If your mom becomes famous, what will it be for?

Her cooking

7. How do you know your mom loves you?

By the things she does for me

What is your wish for your mom this Mother's Day?

*I wish that she has a wonderful and relaxing day and feels
loved*

THANK YOU MOM

Mikalya 10yrs old

1. How does mom make you laugh?

She tickles me

2. What makes your mom happy?

When we're good

**3. What does your mom do when you're not
around?**

She likes to hang out with dad downstairs when
we're gone to bed

**4. What does your mom like most about
daddy?**

I don't know

5. What makes you proud of your mommy?

She just knows so much

6. What do you and mom do together?

We read books

7. How do you know your mom loves you?

She hugs and kisses me and tells me she loves
me

**What is your wish for your mom this Mother's
Day?**

I wish for her to always be happy

Wesley 7yrs old

1. How tall is your mommy?

4 or 5 feet

2. What is your mommy's favorite thing to do?

She likes to write

3. What does your mommy do for a job?

Be a parent

4. How do you know that you're mommy love's you?

Because I live with her

**5. What does your mommy do when you're
not around?**

I have no clue

6. What is your mommy's favorite food?

Fruit.... like an apple

7. What is your mommy really good at?

Writing stuff.

*I would like to wish my mom to have a
calm Mother's Day*

PROVOKING ONE ANOTHER: LOVING WELL IS NOT BEYOND US

Submitted by Tim Wood

1 CORINTHIANS 13 GIVES US GOOD COUNSEL ON HOW TO LOVE WELL. OFTEN USED AS A TEXT IN MANY MARRIAGE CEREMONIES IT IS REALLY MEANT TO DIRECT ALL OF US INTO BETTER LOVE PRACTICES. SOME HAVE EVEN STATED THAT LOVE IS THE MOST ESSENTIAL INGREDIENT IN ANY OF OUR SPIRITUAL LIVES.

When we love well and show it with actions, it can bring music to our words. If we don't show love our words will only make a kind of 'clanging' in our hearts. Loving behaviour has the potential to make even the most mundane conversations sound like a melody.

Love can also add some muscle to our life of faith. The greatest of our spiritual accomplishments and insights can be achieved and the largest of our obstacles can be overcome as we act in love to those around us. As we move through life, a love-filled approach matters. Loving well brings value to our sacrifices. Many of us might confess to keeping track of what we give up. A kind of point system to keep accounts of what those efforts cost us. When we love well we see even the smallest sacrifices as treasures rather than points scored.

Verses 4-7 give us some practical reminders of how loving well can mark our lives. Here are some verse by verse highlights:

~**Verse 4** – When others are thoughtless and unprincipled, “love is patient”. When someone hurts you, “love is kind”. When others have what you want, “love does not envy”. When you were right and the other person was wrong, “love does not boast”. When you do a better job than the next guy, “love is not proud”.

~**Verse 5&6** – When your friend is always late for everything, “love doesn't dishonor others”. When no one thinks of you – your needs, your feelings, your desires or your rights, “love is not self-seeking”. When work has been a hassle and the kids are sick, “love is not easily angered”. When your spouse says sorry for something they have done. “Love keeps no record of wrongs”.

~**Verse 7** – When your kids have been rejected by their friends, your love, like a roof overhead, “protects”. When circumstances have disappointed you and you feel betrayed, “love trusts”. When no one notices that you are down and depressed or how often you feel helpless, “love hopes”. And when your love has been taken for granted or even questioned and ignored, “love perseveres”.

Of course, if we are honest with one another, none of us measure up to the kind of love described above. No matter how much we love, loving well is hard for us. That is where a relationship with Christ is so vital. We need the infilling of the Holy Spirit to truly empower us.

As we throw our hearts and wills into every aspect of loving well we need to meet God in prayer, acknowledge our weakness and ask for his grace. God can dial down our selfishness, release us from our insecurities and scorekeeping, and help us push that refresh button. Our delight in those around us can be renewed and we can experience the blessings of loving well.

(Adapted from the article “Loving Beyond Limits” found in the Couples Bible, Zondervan)



FOSTER FAMILY UPDATE

"Whether you go to the right or the left, you will hear My voice saying this is the way, walk in it." Isaiah 30:21

This verse has been very real over the last few months for the Foster family. When Dave left for Vernon, BC in November 2020, we weren't sure what was next but we knew that it was the right step as he needed to take care of his dad. With the Arden Language Centre being on-line, COVID numbers going up and his dad having a stroke it just made sense. Four months later, the girls and I flew out and after quarantining, we were finally reunited as a family. The plan was just to stay for 2 weeks but the thought of being apart again didn't sit well and so we asked God for a sign. If he wanted us to stay he would provide a place, not too far from Dave and his dad that we could afford.



Within a few days, our sister-in-law's friend said we could see her basement suite that she had been leaving empty for over a year as she was "waiting for the right people." It was exactly what we needed and she agreed to rent it to us. But God didn't stop at that. Because our flight home had a one hour change from the original time to return, we were able to get our flights fully reimbursed. God also found us sub-letters for our place in Owen Sound- not only would they cover our rent but also take care of our cat, Sami- Nella. And He didn't stop there. Our biggest worry was our kids, how would they settle in at new schools in April? God was gracious and Layla and Sophia are both enjoying their schools! And the icing on the cake? These are the schools that Dave went to when he was a kid!



God has been incredible with the Arden Language Centre as well, despite being in another province and running things from here, our program continues to grow with more students joining each month. There have also been incredible opportunities to partner with the community, whether it is sitting on a council for the Grey Bruce Local Immigration Partnership, being interviewed for Rogers or doing a bicycle program with the Optimist Club. God continues to give us favour in the community. But the BIGGEST answer to prayer though is with Dave's dad, Cyril. After many, many, many years of praying (did I say many?) - I had 5 seconds of courage and asked Cyril if he would join Alpha. So, now, every Wednesday night, Dave and his dad connect to zoom with the folks in Owen Sound to learn more about having a relationship with God. Never, ever would I have seen this to be possible - but we serve the God of the impossible! And what does the future hold? To be honest, we have no idea. We know though that we are where we are supposed to be right now. Is this for another few months or a year - we don't know....But what we do know is that just as God has guided us this far, He, who never changes, won't stop guiding us now. We so appreciate your part in this journey, your prayers and financial support have really been felt!



Please remember us in your prayers for: special conversations with our students & for them to keep leaning into learning - For a rental place to come available so we can live as a family again with Cyril joining us - For Dave and Cyril, as they do Alpha together & for special conversations.

Working in Healthcare and Its Impact on My Family

Submitted by Denise McKay



For those of you who don't know me, I am a mother of 4 (Spencer, Summer, Aleah and Parker) and wife to 1 (Jeff). We operate a cow/calf and meat goat farm near Meaford. As well as farming, Jeff and I have always worked off the farm, Jeff in banking, investing and taxes and me as a nurse.

This year marks my 22nd year as a Public Health Nurse. What a year it has been! I spent the first 16 years working in the Healthy Babies Health Children Program, supporting at risk parents and their young children. Initially, I was unsure why I had been placed in this nursing position. As the years rolled on, I realized that it was not just a job, but God had directed me to a unique position in which I could minister to those in a time of need, using my gifts and abilities to make a difference in their lives. I loved working closely with these families, coming along side, to encourage

and support them as they fought to overcome their challenging life circumstances. I saw my role as comparable to that of a ringside corner man to a boxer. Visualize for a moment a young and inexperienced boxer in the ring of life going round after round being beaten and bloodied. When the bell dings, a minute is given to regroup with supports in the corner to address physical, mental and spiritual needs, rehydrating, stitching, massaging, coaching the next moves, pointing out the weakness of the opponent and how to defend and attack going into the next round. My nursing role during those 16 years was just that, joining a team of other supports to address the varied needs of the 'boxer', working to the best of my ability to see families reach goals that would put them in a better place for the next 'round'.



Then about 5 years ago, God orchestrated a move on my behalf to the Vaccine Preventable Disease (VPD) program, a change and rest that I so needed. I was able to move to part time hours, allowing me to take some time for myself which in turn allowed me to give more of my rejuvenated self to my family.

Being available for my kids and husband has been such a blessing for our family. Even in the early days of the pandemic, we were able to spend more time together, hiking, camping, doing farm activities together, and in general, making memories. However, as the pandemic has evolved, it has required more of my hours and energy. Gone is the predictable and comfortable work schedule. There is a calling of every able bodied person to all pull together to see the end of this COVID opponent. Nursing is once again as one of the 'boxer's corner men'. However, this time the Boxer is the larger community, province, country and world. My role as a Public Health Nurse in the Vaccine Program is to assist with COVID vaccine roll out, getting the vaccine out to people, starting with the most at risk. I have once again been put in a place where I have been able to support the most at-risk. I've been into Nursing and Retirement Homes, Congregate Housing, Shelters, as well as working at the larger Vaccine Hubs providing vaccines. The last few months have been challenging both for home and work life with lockdowns, online schooling, and a lack of fellowship with our church family and friends alike, as well as a return to full time hours in an environment that is changing daily. However, God has prepared me for this time, placing me in a situation that I can best use my skills and abilities to support the end of this pandemic. God is faithful and I have full confidence that He is orchestrating my steps.

A little humour

What time of day was Adam created?

Just a little before Eve

Why couldn't Jonah trust the ocean?

He just knew there was something fishy about it.

What kind of man was Boaz before he married Ruth?

Absolutely ruthless

Who is the greatest babysitter mentioned in the Bible?

David — he rocked Goliath to a very deep sleep

Who was the smartest man in the Bible?

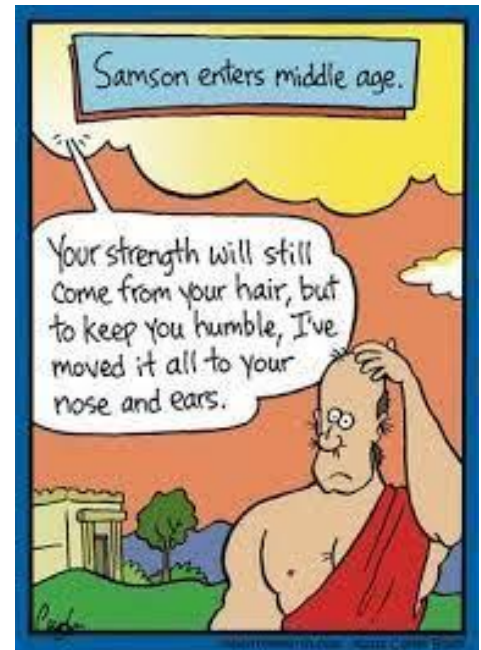
Abraham. He knew a Lot.

Which Bible Character is a locksmith?

Zaccheus.



"And that's when you told her knitting is for old women?"



When the Pastor needs some support while filming the livestream

@EpicChristianM



Dear God. i have been very good today. No grumpy thoughts, no swearing, no smacking people in the head and no whining at all.



But i'm about to get out of bed now, so i may need your help with the rest of the day.

HAPPENINGS

CONGRATULATIONS

To our new Elders who were elected:
Jim Cunningham & Greg Farrow.
Thank you Matt Bittel, Murray Jansen
and Carl Stewart for serving as Elders.

Corporate Prayer

WEDNESDAY NIGHT
7PM - 8PM
ONLINE

NEW TIME!



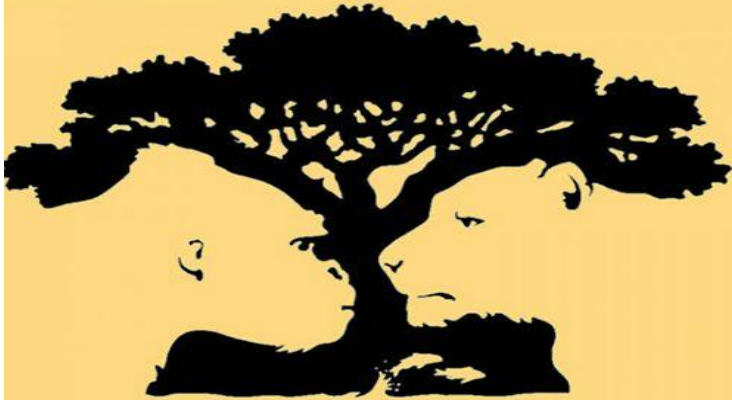
WHAT DID YOU SEE FIRST?

1. TREE

2. GORILLA

3. LION

4. FISH



THEMINDSJOURNAL.COM

rightnow MEDIA



UP COMING GROUP

Ladies, you're invited to join an eight-week study group as we look at the book of Philippians together. We will meet, via Zoom on Monday afternoons at 1:00-2:30, beginning May 3rd. For more information and to join the group please contact Fiona via email at fionasensenstein@gmail.com

DEEPER LIFE



Rev. Dr. David Hearn

Join us for our **May 9** Sunday service as C&MA President David Hearn will be speaking to us about a **DEEPER LIFE...** going deeper with Jesus. Please join us online @ gam



God's never early, never late, but always on time. ... **God's** perfect **timing** does two things: It grows our faith as we are forced to wait and trust in **God** and it makes certain that He, and He alone, gets the glory and praise for pulling us through. "My times are in Your hands ..." **Psalms 31:15**