

## **Coaldale Mennonite Church**

2316 – 17 St., Coaldale, Alberta

***“Rooted in Jesus, Growing in Grace, Connected in  
Community, Branching into the World”***

### **Keeping in Touch –April 30, 2021**



- ✓ **We are open for Sunday morning services to in-person attendance to a maximum of 33 people in the sanctuary, as per government regulations. This amount includes those involved in the service. We are asking that if you have access to the live stream service to continue to watch from home, that way those who do not get the live stream, can come in-person. If you wish to attend in person, registration is mandatory. Please call the office by Thursday am.  
Please do not attend in person if you are experiencing the most common symptoms of COVID-19 (cough, fever, shortness of breath, runny nose, or sore throat).**
- ✓ **The Live Stream of the Sunday Service will begin at 11am. You will be able to find the Live Stream on **You Tube** and searching **Coaldale Mennonite Church**.**
- ✓ **Sunday School – We will be having Sunday School starting at 10am until 10:40am on Zoom. This Zoom link will connect you with the class.**

Topic: Sunday School/ Sharing/Announcements

Time: May 2, 2021 10:00 AM Edmonton

Join Zoom Meeting

<https://us02web.zoom.us/j/86415328162?pwd=Y04ySINTK0hwdDY3bEtIUUozbldVUT09>

**Meeting ID: 864 1532 8162**

**Passcode: 776638**

- ✓ For those that are attending church in-person and want to be a part of Sunday School, there will be a group watching via Zoom from the church fellowship hall that you may join at 10:00am.
- ✓ **We will be having our time of sharing and announcements via Zoom at 10:40am.** To connect, use the Zoom invite for Sunday School. **Please note change of time.**
- ✓ **Men's Prayer time - Wednesdays at 8:30am at church.**
- ✓ **Church Directory Update** – The Church Directory is being updated for 2021. There is a copy of the current directory on the bulletin board. Please make any necessary changes to your address/phone numbers as needed. If you would like to have your email address or rural address added to the directory or your name removed, please mark them down as well. You may call the office with any additions or corrections if you are unable come to the church.
- ✓ **Found – A Daylight Devotional Bible.** There is no name in this Bible. It has been rebound. This Bible looks like it has been well used, with lots of handwritten notes in it. It has been in the church office for several months. If you are missing your Bible, call the church office.
- ✓ **Dennis Reimer and Trina Friesen** would like to announce that they are engaged to be married. Dennis is the son of Henry and Marian Reimer and Trina is the daughter of Bryan and Helene Mantler.
- ✓ **Thank you so much** for your kindness and generosity to me and others in senior homes. Thanks for the chocolates, and the weekly update of activities of our congregation. I enjoy the Sunday Services by Live Streaming. The Good Friday Services was TOPS. Thank you to all the participants.  
**Olga Epp**
- ✓ **Extra vases – If you have spare vases for individual flowers (that you don't need back) that Ministerial can use for Mother's Day flowers, please bring them to church. Thank you.**
- ✓ **Email address update** for Werner Janzen - [wernerjanzen@outlook.com](mailto:wernerjanzen@outlook.com)
- ✓ **Givings for April 25, 2021:** \$1910.00      Budget \$1810.00    MCC \$100.00
  - **E-transfer has been updated. No password is necessary.**
  - **E-transfer** is available for your donations to the church email: [cmchurch@telusplanet.net](mailto:cmchurch@telusplanet.net)

## Leading us in Worship this Sunday:

Worship Leader: Eric Giesbrecht

Music: Doris Janzen

Speaker: Gary Giesbrecht

Scripture Readings: Psalms 88:1-12; 1 Kings 19:1-9; Matthew 5:3-12

Sermon Title: "Depression – Finding light at the end of the tunnel"

Sound: Bill Chapman

Media: Nic Groenheide

Usher Team: Team 2



## PRAYER FOCUS



### Pray for:

- † **Peter & Maxine Janzen** as Peter is in the ICU with Covid-19 and Maxine is recovering at home.
- † **David Giesbrecht** who is recuperating at home.
- † **Our students and teachers at post-secondary schools as they are finishing up the school year.**
- † **Our seniors at the various lodges and those in their homes.**
- † **Rock Solid Refuge**

(If you would like to have a prayer request in this weekly update, please contact Jodi at [cmchurch@telusplanet.net](mailto:cmchurch@telusplanet.net) or 403-345-3363.)

## Note from Pastor Gary

### Depression-Finding light at the end of the tunnel.

We live in an incredible time of change. Most of the change that we experience is to squelch the spread of the virus. These changes impact our inner selves' emotion/spiritual and thought processes, and that which can be seen, our intimate relationships, and our bodies. When a person close to us contracts the virus and suffers, we also suffer as Paul says in Gal 6:2, "Carry each other's burdens, and in this way, you will fulfill the law of Christ." On top of that we see the horror of what is happening in a country like India, as it is happening, and we feel overwhelmed and helpless. Another sign of the times is that the usual rhythms of life has been upset. We are trying to cope with the changes, and this impacts the unseen parts of our life, the feelings and emotions on the negative side of the emotional scale. As we move into the Spring and the Summer, I would like to do a series on mental/spiritual health. This week I have titled my message "Depression-Finding light at the end of the tunnel."

In I Kings 19:1-9 (NIV), we have a tremendous insight into the heart of Elijah.

**19** Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. **2** So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."

**3** Elijah was afraid<sup>[a]</sup> and ran for his life. When he came to Beersheba in Judah, he left his servant there, **4** while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." **5** Then he lay down under the bush and fell asleep.

All at once an angel touched him and said, "Get up and eat." **6** He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

**7** The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." **8** So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. **9** There he went into a cave and spent the night.

The Biblical writers did not understand the word depression but as we look into this vignette in the life of Elijah, we can see some of the symptoms that would suggest he was depressed. What is depression? "**Depression** is a constant feeling of sadness and loss of interest, which stops you doing your normal activities. Different types of **depression** exist, with symptoms ranging from relatively minor to severe. Generally, **depression** does not result from a single event, but from a mix of events and factors."

<https://www.google.com/search?q=definition+of+depression&oq=definition+of+de&aqs=chrome.69i57j0i433l5j0j69i61.9240j1j7&sourceid=chrome&ie=UTF-8>

Dr. Rod JK Wilson in his book HOW DO I HELP A HURTING FRIEND? (P.77) Indicates that there are eight symptoms to clinical depression that must be "understood in the context of what is going on in the life of a person." A significant number of the eight symptoms must be experienced over a long

period of time, and when these issues are present “a competent professional should investigate for depression.” These eight include:

- Significant change in appetite, sexual drive, and weight
- Significant change in the sleep pattern
- Loss of energy and excessive fatigue
- Feelings of worthlessness, self-reproach, and excessive guilt
- Difficulty concentrating, remembering and making decisions
- Loss of motivation and enjoyment of regular tasks
- General slowing down of all motor tasks
- Suicidal tendencies.

What are some of the signs that Elijah struggled with depression?

1. Jezebel the Queen threatened to kill Elijah. Elijah ran away. Under normal circumstances running away would be normal – but for Elijah this was abnormal when considering what happened in I Kings 18:1-45.
  - a. Depressive tendencies may be irrational. He may have blown this threat way out of proportion. The only way out was to withdraw from the situation.
2. Another factor that adds to depression tendencies is isolation. Isolation can be an emotional cocoon, or a physical withdrawal. Elijah left his servant to go alone on this journey.
3. Elijah was very tired and hungry. Twice God provided him food for the journey he was to go on. Depression impacts our eating and sleeping habits.
4. Elijah was suicidal and wanted God to take his life. As in the list above we notice that suicidal tendencies are one of the factors involved in depression.
5. One positive part of this story is that he began a physical journey of 40 days to seek an answer from God. One of the positive coping strategies when feeling down is to get the body active, the blood and the muscles moving.
6. It is interesting that he went into a cave. When Elijah went into a physical cave it is a metaphor that he was in an emotional cave. When one is feeling down over a longer period of time, it could feel like an emotional cave – keeping others out and could include physical isolation.
  - When he arrived at the cave he had feeling of worthlessness, when God asked him “What are you doing here, Elijah” He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too” (I Kings 19:9b-10, 13b-14). Depression includes, “Feelings of worthlessness, self-reproach and excessive guilt.”
7. In I Kings 19:15-18 – Elijah receives a new assignment from God which is the light at the end of the tunnel.
8. What is missing?
  - a. God did not reprimand him because of the emotional state that he was in.
  - b. As Wilson notes, “Anecdotal evidence would suggest that spirituality and depression are not in opposition to each other” (p.78).

9. What do we notice?

- a. God encouraged him to get moving and to go on this journey.
- b. That it was a whisper from God that caught his attention more than the “fire, earthquake and wind.”
- c. That eventually he did find his mission, and this moved him on in life.

I have simply identified some of Elijah’s symptoms of depression. There is a good chance that during this time of great change and uncertainty that many of us are experiencing some of the symptoms of depression. To pretend these symptoms do not exist only exasperated the issues we are struggling with. To get help to move through the “cave” is essential. The key element that helped Elijah was that God did not judge him, but rather helped him to work through this tunnel and find the light that God had for him.

Gary Giesbrecht  
Pastor



**To Contact the Church**

Admin Assistant: Jodi Reed  
Office Hours: 9am – 12noon Monday – Friday  
Church Office: **403-345-3363 & 403-345-5255**  
Lead Pastor, Gary Giesbrecht: **403-795-0350**  
Pastor to Seniors, Lil Thompson: **403-331-0297**  
Lay Pastor, Eric Giesbrecht: **403-345-3946**