

Coaldale Mennonite Church

2316 – 17 St., Coaldale, Alberta

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

Keeping in Touch – June 11, 2021



- ✓ **The Covid restrictions have been adjusted. We are now allowed one-third of our fire code capacity which is 73 people. Physical distancing between households is required so we may not be able to accommodate all 73 but we will do our best. Masks and registration are still mandatory. Please register with the church office by Thursday.**

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**.**
- ✓ **Sharing and Announcements via Zoom** will be at 10:30am on Sunday. Zoom invite is below:

Time: Jun 13, 2021, 10:30 AM Edmonton

Join Zoom Meeting

<https://us02web.zoom.us/j/81564435085?pwd=SzhNc1gyeHo2QnU5b2JXZEFmdjBEZz09>

Meeting ID: 815 6443 5085 Passcode: 991094

Leading us in Worship this Sunday:

Worship Leader: Eric Giesbrecht

Music: Linda Wiebe

Speaker: Gary Giesbrecht

Scripture Readings: I Samuel 16:14-23; I Samuel 18:8-16; Mark 4:26-34; Ephesians 4:25-28

Sermon: "When Anger Implodes"

Sound: Mike Marriott

Media: Nic Groenheide

Usher Team: Team 4



PRAYER FOCUS



Pray for:

- † **Peter Janzen** who is recovering at home from Covid.
- † **David Giesbrecht** who is recuperating at home.
- † **Staff & students at Kate Andrews High School** as they are writing final exams and finishing the school year.
- † **Our seniors at the various lodges and those in their homes.**
- † **Street's Alive**
- † **God's peace in our chaotic world**

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

Note from Pastor Gary

When anger implodes!

Imagine going to a worship service and the choir and organist could not agree on the anthem to open the worship service, beneath is the result...

"Some years ago, I attended a worship service in which the organist played the music for one anthem while the choir opened their music and sang a completely different one. At first it sounded like the performance was "a little rough," but as the noise unfolded some of us recognized what was happening. I marveled at the determination of organist and choir to persist. Neither one "gave in" to the other. No matter how dreadful it all sounded, they marched on through to the end, each finishing at different times. When silence fell, I thought to myself that if anyone had actually tried to do that on purpose, they probably couldn't have done it!"

<https://alban.org/archive/spiritual-dissonance-when-conflict-between-clergy-and-congregation-is-about-vocation/>

Diane J. Strickland (March 22, 2013)

Had you been in this worship service that Sunday this experience may overridden anything else that was said or done. What do you think the choir and organist were trying to prove? Instead of having a good discussion about the music, the anger imploded, and led them to this power struggle, and the congregation was brought in into the conflict as innocent bystanders.

In his book **Emotionally Healthy Spirituality** (Pages 9-12), Peter Scazzero tells the story of how anger had "imploded" (my words not his) for him and his wife Gerri and almost ended in a tragedy.

"I met John and Susan while speaking at another church. They were excited and enthusiastic about visiting New Life Fellowship Church in Queens where I was pastor. On a hot, humid July Sunday, they made the long, arduous drive from Connecticut, with all the predictable traffic, to sit through our three services. Between the second and third service John pulled me aside to let me know they hoped to get some time to talk with Geri and me.

I was exhausted. But my greater concern was what their pastor, a friend of mine would think. What would they say to him if I simply sent them home? What might they say about me?

So, I lied.

"Sure, I would love to have you for a late-afternoon lunch. I am sure Geri would too.

Geri, in her desire to be a "good pastor's wife," agreed to the lunch when I called, even though she too would have preferred to say no. John, Susan, and I arrived home about three o'clock in the afternoon. Within a few minutes, the four of us sat down to eat.

Then John began to talk...talk...and talk. Susan said nothing.

Geri and I would occasionally glance at each other. We felt we had to give him time. But how much?

John continued to talk...talk...and talk.

I couldn't interrupt him. He was sharing with such intensity about God, his life, his new opportunities at work. O God, I want to be loving and kind, but how much is enough? I wondered to myself as I pretended to listen. I was angry. Then I felt guilty about my anger. I wanted John and Susan to think of Geri and me as hospitable and gracious. Why didn't he give his wife a chance to say something? Or us?...

(Later on in the conversation.)

The house was too quiet. John continued talking.

Finally, Geri excused herself with what I could tell was an annoyed tone: "I have to go and check on our daughter."

She darted down to the basement. No Faith. The bedrooms. No Faith. The living and dining rooms. No Faith.

Frantically, she ran back into the kitchen. "Pete! O my God, I can't find her. She's not here!"

Horror gripped us both as our eyes locked for a nanosecond. We were both pondering the unthinkable: the Pool!

Despite the fact that we lived in a two-family, semi-attached house with little space, we did have a small three-foot-high pool in our backyard for relief from the hot New York City Summers. We ran to the backyard...and saw our worst fears realized.

There, stood Faith in the middle of the pool with her back to us-our three-year-old daughter, naked, barely standing on tiptoes with water up to her chin, almost in her mouth. ...

"Faith don't move!" Geri yelled as we ran to pull her out of the pool...

How could I along with Geri, have been so negligent? I look back in embarrassment at how untruthful and immature I acted with John and Susan, with God, with myself! John wasn't the problem; I was. Externally, I had appeared kind, gracious, and patient, when inwardly I was nothing like that. I so wanted to present a polished image as a good Christian that I cut myself from what was going on within myself. I hope I am good-enough Christian. Will this couple like us? Will they think we are OK? Will John give a good report of his visit to my pastor friend?...

And because of that, Faith almost died. Something was dreadfully wrong with my spirituality-but what?"

I appreciate Peter talking about his struggle. We can learn so much from this story. So, what happened when the anger imploded for Geri and Peter? They forsook their own needs "and lied," they were emotionally drained, and did this to please this couple and also hoping to please Peter's pastor friend. In the conversation, John demanded their full attention that they lost track of what else was happening in their home, and their daughter could have drowned in their pool. Peter ended this story asking this question 'what was wrong with my spirituality?' The question is this, "how does anger and spirituality connect?" After all, anger is mental health issue, does it really matter in our relationship with Christ?

I would briefly answer this question with two thoughts. Peter Scazzero also says, "God made us as whole people, in his image (Gen 1:27). That image included physical, spiritual, emotional, intellectual and social dimensions" (EHS p. 20). As made in the image of God, we must understand that God also made us with emotions for a reason. By emotions, we must embrace the whole range of emotions (the negative as well as the positive). Emotions just are and for instance, feeling angry is not a sin. When anger turns inward "imploded" it does lead to sin. Let us look at Eph 4:25-27 (NIV). ²⁵Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶"In your anger do not sin"^[d]: Do not let the sun go down while you are still angry, ²⁷and do not give the devil a foothold."

Paul says, "put off falsehood." Imagine what would have been different had Peter and Geri been honest with John and Susan and said, "is there another time when we could visit with you, right now does not suit us." Rather than the anger imploding and lying (which is a sin) they could have been honest and respected the company and respected themselves. Paul goes on to say, "In your anger

do not sin.” The following thoughts are from Rod Wilson in a lecture given at Regent College “Depression, Anger and Gender,” July 23, 2012.

In your anger (orge) do not sin. This kind of anger is “settled displeasure/sentiment that could lead to vengeance or personal animosity.” It is used in Eph 4:31(NIV) “get rid of all bitterness, rage and anger...” This anger can quickly lead to sin. The next time Paul uses the word anger he uses a different word, “Do not let the sun go down while you are still angry (parorgismos).” The meaning of this anger is to stew in it and leads to exasperation and irritation. This kind of anger can be nurtured in the soul and can so easily turn inward and can become the other kind of anger (orge). Paul goes on to say, “do not let the sun go down in your anger.” This phrase refers to being paid before the sun goes down. The issue here is that **parorgismos**, if left to stew in one’s heart “over many sunsets,” some of the following symptoms may raise as a result like; “irritability, intolerance, outbursts and aggression.” “Internalized (imploded) anger can create physical symptoms of high blood pressure, headaches, nervous stomach, irritable bowel syndrome, muscle tension.” It can also “create particular behaviours such as overeating, undereating, substance abuse, cutting and harmful addictions.”

Paul ends this verse by saying “do not let the devil get a foothold.” In a humorous way the choir and the organist in the first story let the “devil” get a foot hold because they were aggressive towards each other, they were disrespectful and, in a way, forced the congregation to listen to disharmony when in fact there were worshipping God. When anger implodes it can easily create havoc within a person and create havoc in a community and you can see how the “devil gets a foothold.” Each one of us must be aware and asses how anger is expressed in our own lives, and it would be just as great a sin to judge someone who shows some of the above symptoms saying “you have to...” When anger is directed in healthy ways there is a greater freedom to “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you” (Eph 4:32, NIV).

Gary Giesbrecht
Pastor



To Contact the Church

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