


At the Well

A PUBLICATION OF **LIFESPING 55**

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"... but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

VOLUME 1: NUMBER 1

JOHN 4:14



COVID-19

A BOLD IMPOSTER

It has now been a year since we have had the privilege of meeting together. Who would have guessed that in a few short months we would be under a stay-at-home order, be limited to ten people in any one meeting, required to maintain a distance of two metres away from everyone, required to wear a mask in public, and so on, and so on... Those who live to shop have been terribly penalized! Those who enjoy major sporting events or theatre are in disbelief that such enjoyment could be cancelled out of their lives! Even such simple joys as visiting family and hugging grandkids have been stolen from us.

It's fair to say that for many of us the deepest disappointment surrounds our inability to gather for worship. I have heard the comment over and over, "I miss everyone so badly." And the problem is we can't set a time when we might expect things to return to normal. As this newsletter is being prepared, we are still in lockdown and our church offices remain closed. To stay informed we encourage you to read the "Hello Church" newsletter which is sent out via email, or you may prefer to call the church phone number to receive an audio update.

In the meantime, much of our regular programming like Life Groups, Alpha, and regular weekly meetings for Children, Youth and Young Adults will all continue online wherever possible. We want to participate fully in the current public health guidelines while remaining responsive to our congregation and community.

Our COVID policies remain compliant with the guidelines of Toronto Public Health and Ontario Health. We encourage you to continue to protect each other in the most practical and effective ways. The best way to prevent infection is to avoid being exposed. Prevention measures include:

- Practise physical distancing – stay 2 metres away from others in public.
- Use a face covering (non-medical mask such as a cloth mask) when staying 2 meters away from others in public may be challenging or not possible.
- Washing your hands often and thoroughly with soap and water or alcohol-based hand sanitizer.
- Get the facts about COVID-19 – basics, symptoms, and treatment.

Above all, let's pray that God, by His power and sovereignty, will intervene and bring this threatening situation to an end. Pray that He will continue to use this societal crisis to draw many to Himself.

Thank the Lord that vaccination procedures are being put into place. The City of Toronto will open COVID-19 immunization clinics in April. Hospitals and community healthcare centres are currently vaccinating priority groups, based on the Province of Ontario's Ethical Framework for COVID-19 Vaccine Prioritization. The Province will begin accepting vaccination appointments in mid-March. Toronto Public Health is currently not booking COVID-19 vaccination appointments for the general public or health care providers.



Mastering the Storm

EDITORIAL COMMENT

In [Mark 4:35-41](#) the disciples find themselves in the midst of a vicious, threatening storm. On the Sea of Galilee there are geographic and topographical conditions which combine to give exceptional strength to some of the storms which blow up from time to time. Warm air rises to the top of Mt. Hermon to the north and as the air cools it becomes dense and begins to rapidly descend. As the air descends, the narrow gorges act like funnels causing the air to be compressed, giving it unusual velocity as it strikes the water. Such storms were not uncommon on the Sea of Galilee and they undoubtedly had encountered similar events in their lifetime. But this one had the disciples worried. Would they be able to ride this one out?

Let me ask you, are you a born-again believer in Jesus Christ? If so, may I suggest that you are already in the boat! You are out there on the ocean of life and you are absolutely bound to encounter storms on this journey. In fact, COVID-19 is a storm that has blown up unexpectedly, catching us all by surprise. As the 'waves' have come with increasing intensity, fear has correspondingly increased in the hearts and minds of all of us. Sometimes we too are wondering, "Will we be able to ride this one out?" When fear arises, let's remind ourselves that for us who know the Lord, the Master of the storm is in the boat with us! At times He may seem to be sleeping, but just one word from Him can quell the storm! He is more than able to bring us safely to the other side!

Let me now take you back to another New Testament scene. The same group of guys who had been terrorized by the storm on Galilee are now cowering fearfully in a hideaway somewhere

in Jerusalem. You talk about a storm! Three days ago they had seen their Hero bludgeoned to death and were now encountering the swirling winds of fear, doubt, loss, sorrow, pain, and disappointment. If they ventured outside they could be the next victims of the mania that possessed the frenzied mobs.

Then Jesus walks in. Alive from the grave, He interrupts their confused debriefing. Here is John's account:

Then, the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled, for fear of the Jews, Jesus came and stood in the midst, and said to them, "Peace be with you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. (John 20: 19-20)

This last storm with Jesus – the horror of the cross, the threatening of their very existence, followed by the victory of the resurrection – set them forth to **take the world by storm** --- and today you and I are benefactors!

Matthew's account of Jesus' final words to His disciples assured them, **I'm going to be with you right to the very end.** That promise is yours today. He is with you and fulfilling His will and purpose in your life. The storms will come and go. COVID-19 will weaken and die. But your risen Lord is with you right to the end!

Reg Andrews
Visitation Pastor

New Staff

INTRODUCTIONS



Joseph Addy
Life Groups Pastor

In November we welcomed Joseph Addy as our new Life Groups Pastor.

Joseph was born in Nigeria and spent his childhood in Ghana before migrating to Ottawa. He came to Christ during his second year of studies at the University of Ottawa and has since been active in youth and young adult ministry. In 2017, he left the federal government and relocated to Toronto to pursue theological studies. He most recently worked with Toronto City Mission and served young adults at Church on the Queensway with his wife Eugenia. The pair are recent parents to a baby boy!

Joseph is passionate about small groups, prayer, mentorship, development, and equipping Christians to serve the body of Christ and impact their communities. He enjoys writing and playing the piano. He holds a Bachelor's degree in International Development from the University of Ottawa and is completing a Masters of Divinity at Tyndale University.



Solange Belluz
Congregational Life Pastor

In December Solange Belluz joined us as our new Congregational Life Pastor. Solange was born in Cameroon, grew up in France and migrated to Canada thirty-two years ago as an international student.

She is educated in three continents, including an MBA from York University's Schulich School of Business, a Master's degree in Translation from York University, an M.Sc. in Management from EM Lyon Business School (France), and a Master of Divinity from Oral Roberts University (USA). Actively involved in the community, Solange has served on several boards in Canada and internationally.

As Congregational Life Pastor, Solange will have the responsibility for oversight of all "age and stage" ministries of The Peoples Church, from Children's Ministry to Senior Adults. Let's be sure to support her in prayer.

In her spare time, Solange loves to bake and to spend quality time with her husband of 22 years, Mark, and their two sons, Joshua and Alessandro.



"God answers prayer," has been an assertion that has echoed down through Christendom throughout the ages. Yet many of us would also assert that there have been times when that was a testing point in our lives, when we have felt we were 'going at it alone', and God was far away. To ensure we understand the bedrock of the Christian faith, His Word tells us that, "He is a God nearby." (Jeremiah 23:23)

We know He is always working on our behalf even if we see no evidence of that working. Why? Because He loves us with an undying, all-encompassing, limitless love! Will we always understand God – why He brings the answers we want when we want them or why sometimes He seems unresponsive to our deepest needs, hungers and desires? One thing we must remember- He is Sovereign God! He is the Creator and we are the created.

Look into His Word when you don't understand, and embrace the faith of those who have gone on before, the faith of Daniel as he faces the mouths of the lions, the faith of Joseph- thrown into the pit, betrayed and forsaken by his family, the faith of Noah – scorned and ridiculed by everyone because he chose to believe God and build the Ark as God had directed. I could go on and on and on.

We have known need. If you choose to follow God into ministry at an early age, you can expect to know it, in fact, it can become your nearest friend. Oftentimes, in our ignorance we find ourselves in deep water. Sometimes God's answers are immediate, but most of the time we have to hold on and wait.

We have experienced God's intervention in both time frames, but I remember one time when His answer was almost immediate.

When our children were still young Reg had come to the University of Moncton for a summer session in their French immersion program and we were living in their family student residence. Classes would end on Friday and resume on Monday morning, leaving us the weekends to explore and enjoy the beautiful province of New Brunswick. Hearing that a friend of ours was speaking at Camp Debert in Nova Scotia one weekend in July, we loaded up the children, Kent aged six and Bradley aged three, and drove to a hotel where we could enjoy some family time and our children could play in the pool.

Saturday night found us at Camp Debert where we so enjoyed the service, and afterwards, we readily accepted an invitation by our friends to the speaker's cottage for fellowship and refreshments. After a good time of sharing we soon realized we were well past our planned departure time to drive back to Moncton.

CONTINUE >>>

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It was a cold, rainy, dreary night on a lonely, seemingly untraveled, stretch of road which ordinarily would not have bothered us. Our little boys were snuggled cozily with their pillows and blankets in the back seat, very tired from the full day they had had.

We weren't driving very long when we realized we would need gas very soon. We began to look for the next gas station we could find. I don't think cell phones were even invented yet, at least, we didn't have one. so phoning or checking the GPS was not an option. We had driven a considerable distance and were becoming quite frantic as we saw the gas gauge dip lower and lower. We began to talk about the possibilities open to us to help ourselves out of the difficult spot we found ourselves in. Reg suggested he would walk and see if he could find a service station but I was adamant that I wasn't going to stay alone in the car with the boys, all the while wondering where or how my husband was in an area which was totally unknown to us. The situation was dire. We were unable to help ourselves so we turned to God, praying with a sincerity, borne of desperation.

No cars had passed for quite some time and it was now nearing midnight. We had resigned ourselves to spending the night in the car, when slowly, there appeared headlights just up ahead coming over the rise of the road. When they were almost exactly parallel with our car but going in the opposite direction, the car slowed, came to a halt and rolled to the opposite side of the road. Two men exited and raised the hood of the car. Reg decided to pull our car over to shine our headlights on them to help them.

God was about to do a miracle!!

The men told Reg that they were on their way to Newfoundland. Although thoroughly checked by a mechanic before the trip, their car had just stopped! No warning! After looking under the hood they tried the engine again and it started perfectly. As they proceeded to pull away Reg inquired if they had seen a service station nearby. They informed us that we would have to wait until we crossed the New Brunswick border to get gas, as the Nova Scotia service stations had closed at 10 o'clock, a fact which we wish we had known sooner! Reg explained we desperately needed gas. "No problem," they said, "Take the can of gas we have in the trunk and that should get you across the border and there's a gas station right there."

Did these men know God had used them to answer the desperate plea from a young couple, helpless and alone, or that they had become a part of a much bigger story in our lives, a touchpoint for when harder times came we could look in faith to a God Who provides.

Look to Him, you who know Him. He is the faithful One! It may be an instant answer or it may be a prolonged time of suffering on the way to your miracle.

Don Moen, a famous Christian songwriter has written a song that is a poignant reminder that God is always at work in the life of the believer.

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**GOD WILL MAKE A WAY
WHERE THERE SEEMS TO BE NO WAY.
HE WORKS IN WAYS WE CANNOT SEE,
HE WILL MAKE A WAY FOR ME.
HE WILL BE MY GUIDE,
HOLD ME CLOSELY TO HIS SIDE
WITH LOVE AND STRENGTH FOR EACH NEW DAY,
HE WILL MAKE A WAY.
HE WILL MAKE A WAY.**

**THROUGH A ROADWAY IN THE WILDERNESS
HE'LL LEAD ME,
AND RIVERS IN THE DESERT WILL I SEE,
HEAVEN AND EARTH MAY FAIL
BUT HIS TRUTH WILL STILL REMAIN
HE WILL DO, SOMETHING NEW TODAY.**



Have faith! Trust the Waymaker!
He's at work today in your behalf!

Brenda Andrews

News and Views



A MERRY HEART

A WOMAN ON THE PHONE TO HER FRIEND:

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

RETIREMENT BENEFIT:

Your secrets are safe with your friends.

They can't remember them either.





An Easy and Delicious Recipe

LAYERED CHERRY CAKE

In a greased pan add one at a time:

1. Can of cherry pie filling
2. 1 can of crushed pineapple, slightly drained
3. 1 package of yellow cake mix, dry
4. ½ cup pecans
5. ½ lb. margarine DO NOT STIR!

Bake at 350 degrees for 40 minutes.
Serve with cream or ice cream.

WE WELCOME YOUR INPUT!

Our plan is to make this a quarterly publication, so if you have submissions you'd like to make to "At the Well" (e.g. recipes, humour, stories) we'd love to receive them.

Forward items to Reg Andrews,
The Peoples Church,
374 Sheppard Ave. East
Toronto, ON, M2N 3B6

Or, better still, email them to
RegA@ThePeoplesChurch.ca. Thank you!

With the Lord

OUR TPC FAMILY

The following is a list of those from our TPC family who have entered into the presence of the Lord since we last met.

VERDELL GOULDING

DAPHNE GRAY

JEAN BROWN

GEORGE GOODERHAM

RHONDA BELL

DR. PAUL ROBERTS

SYLVALEE SOONACHAN

SAVITRI BETHUNE

BERNADETTE FORTUNE

HYACINTH HARRIS

GERDA LUKEN

TERRY JARDINE

CARMEN CARTER

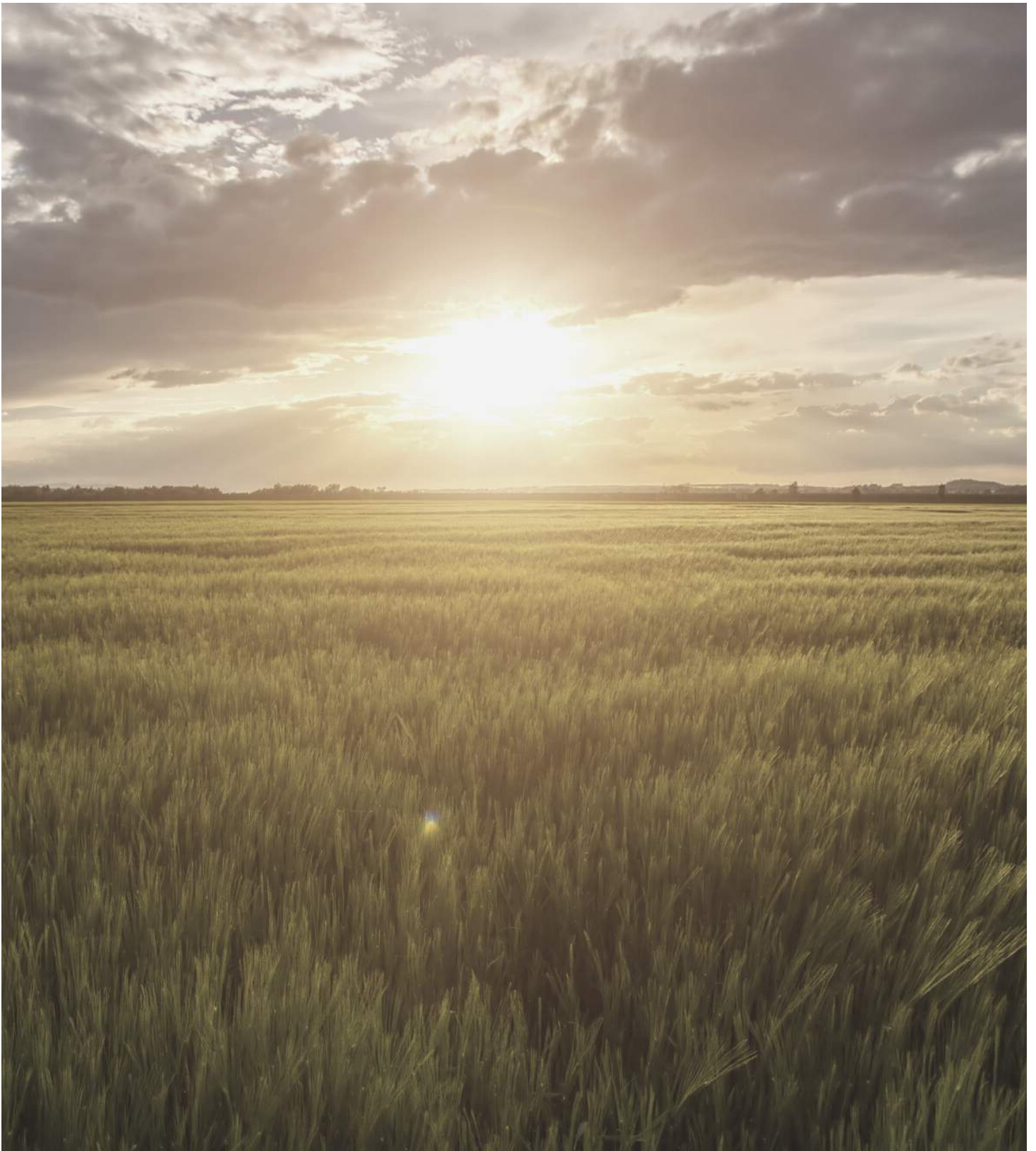
BETTY FRENCH

ROSE OTAJIAN

WILLIAM SCOTT

ALVA ROPERT CHARLES

GRACE HANCOCK



**WE ARE CONFIDENT, YES, WELL PLEASED RATHER TO BE ABSENT
FROM THE BODY AND TO BE PRESENT WITH THE LORD.**

2 CORINTHIANS 5:8

Protect Yourself

AGAINST FRAUD AND SCAMS

Did you know that sophisticated fraud and scams are increasing at a rapid rate across our world? You likely have been already targeted many times by phone or internet scammers. Our new tech devices – phones, tablets, computers – are a wonderful means of staying connected with our family, our church and the outside world. But there are risks. While cyber and phone security can seem complicated, you don't need to be an expert to stay safe. The Insurance Bureau of Canada suggests the following habits:

- Be suspicious if an individual ever asks you to pay taxes or other fees via email, a call or text message.
- Keep your address current with all government departments and agencies.
- Don't share passwords.
- Make each password unique and complex. (Write it down in a place that you can readily access, in case you forget!)
- Allow updates to install automatically.
- Don't use social media – Facebook, Twitter, etc. – to log in to online accounts.
- Watch out for phishing messages. Phishing is fake emails and texts that look like they're from authentic companies.
- Do not respond to suspicious emails or click on suspicious links.
- Use up-to-date anti-virus software.

As a general rule, it's best to never give a credit card number or your social insurance number to anyone unless you are 100% sure of his/her identity or legitimacy. Check to verify authenticity with someone else, either a family member or close friend, if you are ever in doubt.

Announcing!

LIFESPRIING 55 ONLINE SERVICE

We are currently working on plans for an online service for our 55+ family. The first presentation will be aired in early-to-mid April on our YouTube channel. At the time of this printing the schedule has not yet been finalized so please visit the Lifespring 55 page on the church website (ThePeoplesChurch.ca/Lifespring-55) or call the church number and extension 177 for more details.