



# The Connection

## A Word from Pastor Dave

*“I will lift up my eyes to the hills— From whence comes my help? My help comes from the Lord, who made heaven and earth... The Lord shall preserve you from all evil; He shall preserve your soul. The Lord shall preserve your going out and your coming in. From this time forth, and even forevermore.”*  
 (Psalm 121:1-2, 7-8; NKJV)

Summertime in Canada is special. When people think of Canada around the world, I'm sure the first thing that comes to mind is winter. But for us who live here there is something incredible about the warmth of the Sun that quickens your heart and makes you want to do something. Days previously shortened by the lingering of a cold winter moon now feel endless. There is one more thing I suspect is universal about Summer in Canada; it has a soundtrack. Like in the movies, a good soundtrack makes a huge difference. Christmas certainly has its carols but aside from what Vivaldi has to offer I am not sure Fall, Winter or Spring can begin to compete with the toe tapping, fun energy of Summer. From the Beach Boys to the latest Country and Western hits playing on the radio, the Summer Playlist makes you feel young again; maybe even willing to do something spontaneous and a touch crazy.

But let's be honest for a minute. Every day, no matter where it falls on the calendar, comes with a measure of struggle and frustration. Longer, hotter days don't make days less lonely than colder, shorter ones. When tragedy strikes it doesn't check the calendar first, it just happens. So inevitably on our summer playlist there ends up being a couple of songs that are classics. The classics are on every playlist because they're always

## July Dates

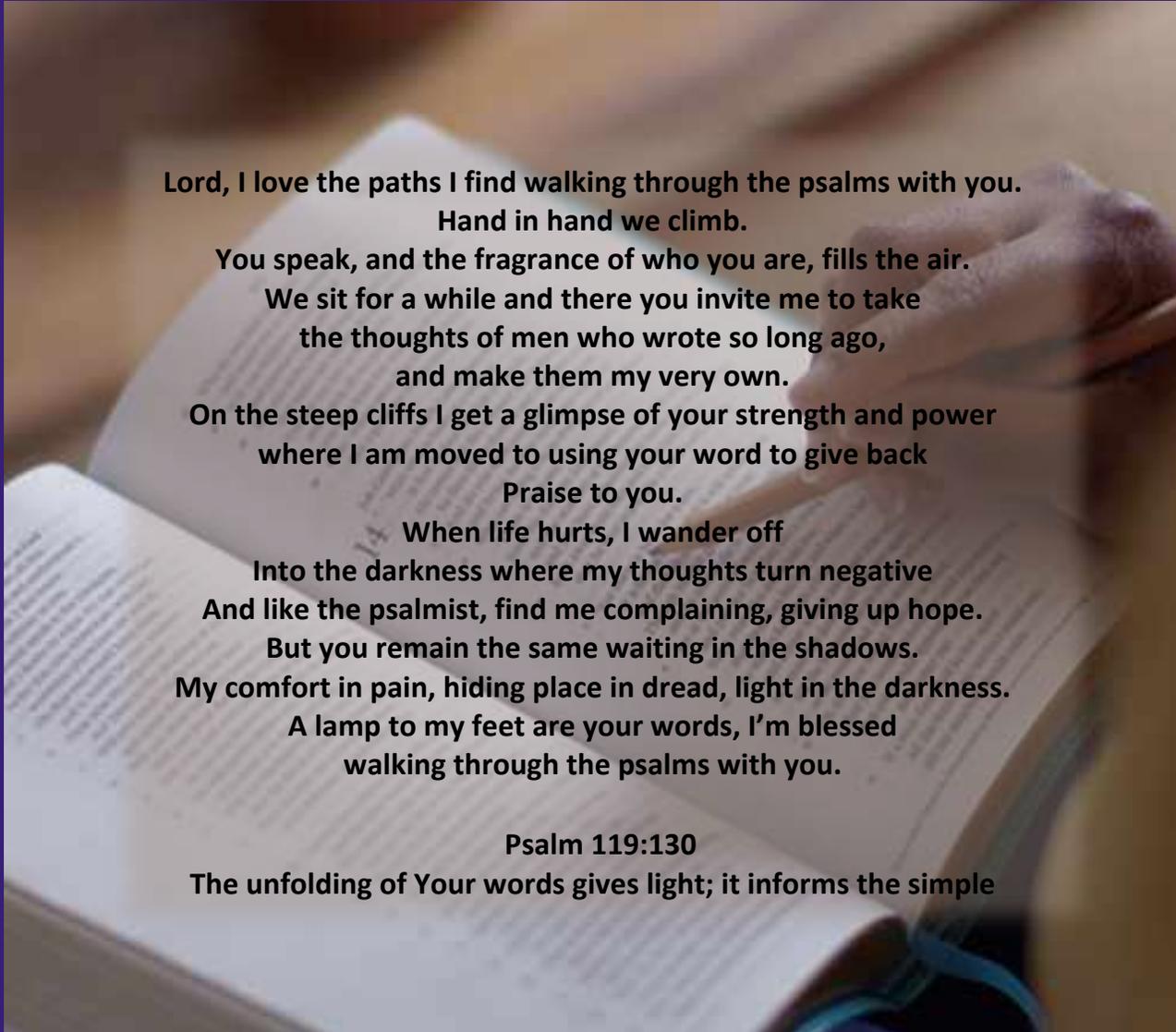
- 4<sup>th</sup> Online Video Released
- 6<sup>th</sup> Prayer Walk
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See inside for **August Dates**

appropriate, even necessary. With a richer, deeper tone they don't just get our foot tapping, they engage our hearts and our minds.

In Exodus 15, after the Israelites cross the Red Sea to escape Pharaoh's pursuing army, Moses and his sister Miriam begin to praise God with a song that I'm sure instantly became a classic in the Hebrew repertoire. Verse 20 says that Miriam took a timbrel (a common instrument very much like a tambourine) in her hand, and all the women followed her, with timbrels and dancing. "All the women", as in thousands and thousands, making Woodstock little more than a good effort. Maybe even more than most ancient cultures the Israelites had their people's songs! Of the thousands that had been sung in celebration as well as in lament the Priests and Scribes of Israel finally settled on their all-time playlist of 150 Psalms that truly reflected their heart as a nation and most importantly their lives as God's people.

This Summer at South Point whether your favourite worship songs are Amazing Grace, Jesus Loves Me, 10,000 Reasons or something entirely different we want to give due praise to our Creator, Sustainer and Redeemer. We want to explore the prayers, hymns and heart felt cries of the Psalmist and see if there might be a few classics there for us too. Psalms that will lift our eyes to heaven, place our feet on sure ground, give our hearts a reason to hope and maybe even our toes a reason to tap. This Summer we want to create a playlist for all the Seasons of life, but we need your help. We need you to join the metaphorical dance by reading, or listening to, a few psalms everyday, by watching and commenting on a handful of YouTube videos, and by bringing your lawn chairs on Saturday nights to join the angel choirs in lifting the name of our Saviour. This is going to be great; we hope you can join us!



**Lord, I love the paths I find walking through the psalms with you.  
Hand in hand we climb.**

**You speak, and the fragrance of who you are, fills the air.**

**We sit for a while and there you invite me to take  
the thoughts of men who wrote so long ago,  
and make them my very own.**

**On the steep cliffs I get a glimpse of your strength and power  
where I am moved to using your word to give back  
Praise to you.**

**When life hurts, I wander off  
Into the darkness where my thoughts turn negative  
And like the psalmist, find me complaining, giving up hope.  
But you remain the same waiting in the shadows.  
My comfort in pain, hiding place in dread, light in the darkness.  
A lamp to my feet are your words, I'm blessed  
walking through the psalms with you.**

**Psalm 119:130**

**The unfolding of Your words gives light; it informs the simple**



Barnabas Notes

## SPCC PSALMS SUMMER PLAYLIST

The bible tells us to sing psalms, hymns, and spiritual songs. And why shouldn't we since it's His Word. Singing scripture helps us meditate on it and memorize it, bringing us into a deeper relationship with our Heavenly Father.

When we read through the psalms there are many times when a song that we have heard will come to mind. One example is, "I lift my eyes up to the hills, where does my help come from? My help comes from the Lord, maker of heaven and earth". Psalm 121:1-2. The song is called I Lift My Eyes Up. And the lyrics we have sung in our church before. I lift my eyes up, unto the mountains, where does my help come from. My help comes from you, maker of heaven creator of the earth....

Here is a short list of more songs, you can read the scripture and then You Tube the song and listen.

Psalm 92 Great is Thy Faithfulness

Psalm 34 Psalm 34 performed by the Brooklyn Tabernacle Choir (excellent)

Psalm 23 I Am Not Alone

Psalm 23 Surely Goodness (Shane & Shane)

Psalm 121 I Lift My Eyes Up

Psalm 36 Your Love Oh Lord (Third Day)

May I encourage you to read the Psalms daily? Celebrate the faithfulness of our God. Receive His blessings that we find in His word. Then share the Love of God with others, as we spend our summer in the Psalms.

Barnabas



## Easy Chicken Tacos

Servings 4

### INGREDIENTS

#### FOR THE TACOS

- 3 tbsp. extra-virgin olive oil
- 4 boneless skinless chicken breasts, cut into 1" strips
- Kosher salt
- Freshly ground black pepper
- 2 tsp. chili powder
- 2 tsp. cumin
- 1/2 tsp. garlic powder
- 1/4 tsp. paprika
- 1/4 tsp. cayenne
- 8 corn tortillas, warmed

#### TOPPINGS

Sour cream

Thinly sliced red onion

Diced tomatoes

Shredded Monterey Jack

Diced avocados

Fresh cilantro

Lime Wedges

#### DIRECTIONS

- In a large skillet over medium heat, heat oil. Season chicken with salt and pepper and add to skillet. Cook until golden, 6 minutes. Add spices and stir until coated, 1 minute more. If needed, add a little more oil or water to help spices coat chicken.
- Build tacos: In tortillas, layer chicken and desired toppings. Serve with lime wedges.

# Volunteer Highlight

At South Point, we are so very thankful for all our volunteers! As we start to move forward out of this pandemic, we will all need to make decisions of how that will look for each of us personally and as a church. I would like to ask each of you to start to pray about what that means for you; how is God leading you to serve? In the church, in the community. God has given each one of us a spiritual gift to use, to serve one another. If you have any questions about volunteering, or if you feel that you have a certain gift that is not being used and want to know how that could fit in at South Point, please call, text, email me (226-347-0033, [tracy@southpointcc.ca](mailto:tracy@southpointcc.ca)), I would really like the opportunity to talk with you.

Below is an article taken from a Blog from Life Church entitled “**The Benefits of Being a Church Volunteer**”

**Serving allows us to experience His power firsthand.** God has called us to serve Him by serving others. Serving can mean so many things – taking a mission trip overseas, working as a greeter in your church, or even just visiting a sick friend in the hospital. Serving doesn’t have to be hard. If we do all things with love, serving others is a joyful experience.

**Service is contagious** Volunteering at church is an opportunity for us to share Christ’s teachings and become ambassadors for Christ. Serving at church provide ways for you to share God’s love with our community. Through strategic community service, the church can spread the news of Christ’s salvation.

**Volunteering and serving helps us discover and develop our spiritual gifts** God places gifts inside each of us, seeds that can grow into skills and abilities for serving others. A seed will only grow into what it was designed to be when it’s planted in the right environment. You’ll discover your unique contribution when you start serving! There are many reasons why it’s important to get involved as a church in community service.

**Service deepens your relationship with God** Volunteering at church presents an opportunity to evaluate where you are in your faith. It allows us to rekindle our connection with His word while spreading it to others. For some, this

might be their first time assessing their journey with God. Working with the community opens your heart and broadens your horizons. It allows you to identify the path you are on with our Lord and Savior. Everyone is at a different stage in their journey. Through volunteering, you have the opportunity to become a friend, a teacher, and a student in faith.

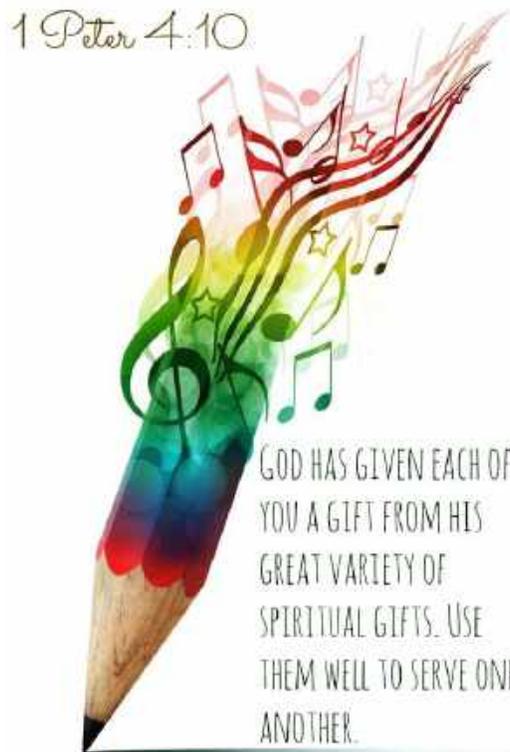
**Serving brings joy** Volunteering in a community outreach program or at church doesn’t need to be a singular, solitary event. Uniting for a purpose brings joy not only to those you are serving, but also to you and your brethren.

Deepening your connection with fellow members of the church lifts your heart and your spirit in the name of the Lord. Spending time and bonding with our brothers and sisters in Christ is an extension of the faith and happiness we enjoy in Christ Jesus. When we are filled with His joy, we experience His love and become more receptive to His teachings.

**We can do more together** We are but vessels for God’s word. He could have chosen differently, but He decided to use His believers to help spread the Word. On your own, it’s harder to plant seeds of faith. Together as a church, our efforts are more successful. Working together, God’s people can spread the Gospel effectively.

**Serving is good for the soul** While we joyfully serve Jesus Christ, we often take extraordinary measures to further and deepen our connection with Christ. By committing ourselves to serve others, we show God the love we have for Him. The Bible calls us to “Love your neighbor as yourself.” (Matthew 22:39) At our church, we attempt to obey this blessed command by caring for the fundamental and spiritual needs of others.

**You are needed** Believing the lie that the church doesn’t need you will rob you of the joys God designed for you to experience through serving. Take a risk and get involved. God will honor that step of faith and grow it into so much more!



## August Dates

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## September

- 4<sup>th</sup> Outdoor Summer Saturday Service 6:15



### July:

2 <sup>nd</sup> Nathan	20 <sup>th</sup> Mack	27 <sup>th</sup> Ezra
2 <sup>nd</sup> Abe	22 <sup>nd</sup> Theo	29 <sup>th</sup> Charis
10 <sup>th</sup> McKenna	24 <sup>th</sup> Bob R	31 <sup>st</sup> John
15 <sup>th</sup> Hilikka	27 <sup>th</sup> Al	

### August:

4 Zelia	18 <sup>th</sup> Aiden	25 <sup>th</sup> Spencer
8 Donna	23 <sup>rd</sup> Charlotte	26 <sup>th</sup> Barb
9 Emry	23 <sup>rd</sup> Dave	27 <sup>th</sup> Autumn
10 Wes	23 <sup>rd</sup> Samantha	31 <sup>st</sup> Caleb

# SUMMER Playlist

Online Videos Released:  
July 4, 18,  
August 1, 15, 29  
September 4

Songs and Psalms to move you 

## SUMMER SATURDAYS at SPCC

JULY 10, 24, AUG 7, 21, SEPT 4  
6:15 PM

Bring a lawn chair  
Physical Distancing will be required  
Masks will not be required outdoors  
Washrooms will be open



## TEDDY BEAR PICNIC

South Point Community Church  
July 17th at 2:00 pm

Don't forget to bring your favourite stuffed animal.  
RSVP 226-347-0033



## Reflections by J'Aimie

In 1967 a musical group called the Beach Boys released a song called 'Good Vibrations.' It's a typical sugar pop love diddy done by a group of absurdly talented singers and musicians, and I think it's great fun and very complex, especially for the era of music from which it walked out of. The title itself is also a short, to the point explanation of what music is.

Sound travels through the air in waves. These pressure waves wiggle through the air, hit our ears, make our eardrums dance and our brain decodes the wiggles and waves, allowing us to enjoy the Beach Boys singing their surfing love songs. It also allows us to experience the beauty that is worship music.

I often wonder what worship sounded like during Biblical times. Sheet music as we know didn't exist at that time. However, we do have some records of antiphonic books from the 5<sup>th</sup> century. Those song books were the early church's way of telling groups of people what words they were supposed to sing, what pitch they were supposed to be sung on and how long those notes were supposed to be held out for. Further back we have the Psalms which is a fabulous book of music full of beautiful stories and songs of a God who is merciful, powerful, mighty and a loving heavenly father. The Bible mentions instruments like the trumpet, the lyre, the cymbals and many others (Psalm 150).

Biblical instruments weren't like the fancy instruments we have today. No rotors or valves on those trumpets, no articulating keys on those pipes and no electrical pick-ups on those lyres. You learned your instrument by ear and by repetition, playing until your air wiggles sounded like the right air wiggles to everyone else around you.

But what did it sound like? You can find examples of people playing biblical era instruments on YouTube and you can make guesses based on early choir books and antiphonic scripts but, honestly... we don't know. Sound, left unrecorded, is lost to history.

The musician in me desperately wants to hear what the folks in the Bible heard. But I know, ultimately, the actual sounds themselves aren't the important thing I should focus on. It was, and continues to be, the act of worship itself. Let everything that has breath praise the Lord! We are called to make joyful noises unto the Lord and worship him with singing, dancing, and praising.

South Point has a very talented pool of musicians. Each one of us are gifted in many different musical ways. Once every couple of weeks we all get the pleasure of getting together, plugging in our various sound making machines and, as a group, we worship the Lord by making the air wiggle. We have a great team of sound folks who work to make those air wiggles sound like they all belong together, and we are blessed with a congregation who worships beautifully, unashamed, and unafraid. I pray we can all go forth this summer and continue that habit of worship, bringing those good vibrations and the joy of the Lord with us always.

~ J'Aime



When your kids are learning at home, and you feel less than qualified, and more than overwhelmed, it is so easy to fall into the thinking that you haven't done enough. I look at the workbooks that are left with just a few pages left, or my list of science topics I had hoped to cover but only got through half. I think about my kids who struggle with spelling, or focusing, and I think, "I should have done more..." but if I take a minute to look at our play list, the list of great things we did, the list of things they learned, and the strides they made individually, I can attempt to move my focus off of my ideal plan for our school year, and onto the truth, which is that it isn't so easy, homeschooling, or learning from home, or switching from in person to online a bunch of times, but there have been a lot of great things this year. A lot of blessings, a chance to really look at our time and how we want to spend it.

One of the best things about teaching your kids, or just being there with your kids while they are learning is reading books together. In our school day our read aloud times are the most important because that's when we take the time to read from the Bible. But it's also important because we can cover a lot of material just through reading novels out loud. So, for this month's review, I'm going to share some of our favorite read a-loud books. Maybe you'll be able to incorporate one or two into your summer reading list!

Continued next page...

Number the Stars by Lois Lowry. Ok, we didn't read this book this year, it was actually last year, but I had to include it, because it was so fantastic! It's historical fiction, (which is actually my favorite kind of book for kids), and it centers around a 10-year-old girl in Copenhagen, Denmark, during the second world war. Her and her family help a Jewish family escape

Love Does by Bob Goff. This was Christopher's pick as the best book we read this year.

The Lion the Witch and the Wardrobe by C.S. Lewis. This was one of those grand plans. I thought we could read the entire Narnia Series this school year... we read The Magicians Nephew, The Lion the Witch and the Wardrobe, A horse and his Boy, Prince Caspian, and now we're on The Voyage of the Dawn Treader. So, we have 2 more to go. I am enjoying the Voyage of the Dawn Treader. The kids picked The Lion the Witch and the Wardrobe as their fave so far, although they laughed the most during A horse and His Boy.

Any of the Burgess Animal books are fantastic read a-louds. They make for a great introduction to novels for little kids who can have a hard time sitting for a book with no pictures. If you read the Adventures of Johny Chuck, or Chatterer the Red Squirrel, or the Adventures of Peter Cottontail your kids get to learn about the behaviors of animals in the wild, but also hear heart-warming stories and learn lasting life lessons too. Plus, they are pretty funny.

This year (because of my plan to read all the Narnia books), we didn't get to read any Eric Walters books. But these have been some of my kids' favorite stories. Eric Walters is Canadian, and he writes historical fiction. His stories like Camp X, is the story of two brothers in Whitby Ontario who stumble upon the secret training school for covert agents and radio communications in Canada during World War II. It's crazy exciting and keeps you on the edge of your seat. Or his book Trapped in Ice, is the story of an Arctic Exploration where the ship gets stuck in the ice and the passengers including a couple of children have to cross the arctic to find help. His book Elixir is about the people who discovered Insulin and how to use it to help people with Diabetes, and a young girl who is faced with a dilemma surrounding animal testing. All his books have been so exciting, any of them would make a great summertime read, either as a family or for a kid to pursue on their own.

~ Jessica

## Reading the *Psalms* 31 Days

- |                   |                   |
|-------------------|-------------------|
| 1. Psalm 1-5      | 15. Psalm 73-77   |
| 2. Psalm 6-10     | 16. Psalm 78-82   |
| 3. Psalm 11-16    | 17. Psalm 83-87   |
| 4. Psalm 17-20    | 18. Psalm 88-92   |
| 5. Psalm 21-25    | 19. Psalm 93-97   |
| 6. Psalm 26-30    | 20. Psalm 98-102  |
| 7. Psalm 31-35    | 21. Psalm 103-107 |
| 8. Psalm 36-41    | 22. Psalm 108-112 |
| 9. Psalm 42-46    | 23. Psalm 113-118 |
| 10. Psalm 47-51   | 24. Psalm 119     |
| 11. Psalm 52--56  | 25. Psalm 120-125 |
| 12. Psalm 57-61   | 26. Psalm 126-130 |
| 13. Psalm 62-67   | 27. Psalm 131-136 |
| 14. Psalm 68--72  | 28. Psalm 137-140 |
| 29. Psalm 141-144 |                   |
| 30. Psalm 145-150 |                   |
| 31. Psalm 148-150 |                   |

"THIS GOD—*his way is perfect*; THE WORD OF THE LORD  
*proves true*; HE IS A SHIELD FOR ALL THOSE *who take refuge*  
IN HIM."  
-PSALM 18:30

Let everything that has  
breath praise the Lord!

Psalm 150:6

# Our favourite songs or Psalms

One of my new favourite songs is by Mercy Me called On Our Way. It talks about how if we have hope we have everything we need. The lyrics say " There's no way fear can bind you, nowhere hope can't find you as long as we have hope we have everything we need". ~ Shea

New Wine by Hillsong Worship. This song (to me) is a prayer asking God to make us what He wants us to be by using new wine as a metaphor.

Also Psalm 121. My help comes from the Lord (we have to have faith). ~ Marilyn

I like several, Crowder's "Run Devil, Run" Toby Mac's "Help is on the way" But my favorite is called "Greer Head banging song" aka Robin Mark's "Days of Elijah" however the one that my family knows makes me cry is, "Amazing Grace" ~ Paul

Whenever I feel inadequate or vulnerable and alone and in need of protection, I remember this: Psalms 3:3 "But you are a shield around me oh God, you bestow glory on me and lift up my head." ~ Hollie

"Somebody is Praying" by Ricky Skaggs is terrific since healing in your heart and spirit happens when you KNOW somebody is praying for you. ~ Diane

For me I would say Psalm 100 ...I am not too much into the shouting thing but worshipping and praise the Lord is two things that I like to do. And one of my favourite worship songs is "I will enter His gate with Thanksgiving in my heart, I will enter His courts with praise".

For the Lord is good and His love endures forever...all the time. ~ Lois

I am deeply touched by the song " I will never be the same again." I heard it for the first time at church on the Sunday before I was baptized. I thought, God knows what I am feeling and how He will work in my life. ~ Bonnie

I like psalm 46. And my favorite worship song is "Lord I need you". ~ Jessica

Emma likes "Chain Breaker"

When I was 10 years old, I attended Ontario Pioneer Camp. I went for 6 weeks straight that year. It was such fun and yet so exhausting!!! The whole camp challenge that summer was to memorize Ps 139. If you memorized the whole thing and recited it to the respective director, you would earn yourself a Bible.

Up until this point I didn't have a Bible and really wanted one, especially one I earned at camp! So, I worked to memorize that psalm and earned myself a Bible by the end of the first month. I can still recite Ps 139 to this day and it often brings me such peace and solace to know my Creator knows me so well, he knows how many hairs are on my head, he knows what I'll say before I even say, everything I'll ever do His unseeing eyes see, his thoughts, they outnumber the grains of sand!!! I have seen photos of many beaches all around our earth and even the bottom of the sea has sand, that's A LOT, of sand and an incredible number of thoughts!!!

I think it's also pretty amazing that the Lord called me to be a midwife when I was 20 years old ~ and psalm 139 talks all about little people and how God knits us all together in our mothers' wombs and knows all the days ordained for us even before we are born.

Incredible, all-encompassing Lord. ~ Amanda

It's kinda hard to narrow it down to a song .... I love music so one song... I have five I can think of off the top of my Playlist right now.

- 1) JJ Heller's "What Love Really Means" cause sometimes we need to remember to love others too....
- 2) Zack Williams "Fear is a Liar" sorta cause yeah it is and we need that reminder, especially when you are feeling down.
- 3) Lecrae, & Tori Kelly 's "I'll find you" what a great reminder that no matter what pain we're going through we just need to hang in, he finds us.
- 4) Broken Walls' "Holy One" ummm I love this one cause why not pop up and dance, the beat is so awesome and the Creator is the Holy one!
- 5) Casting Crowns ' "Nobody " isn't great that the Creator uses us nobodies to do his work. Once in a while that kind of reminder is awesome.

I listen to a wide variety of music which also includes Native music. ~ Mary Louise