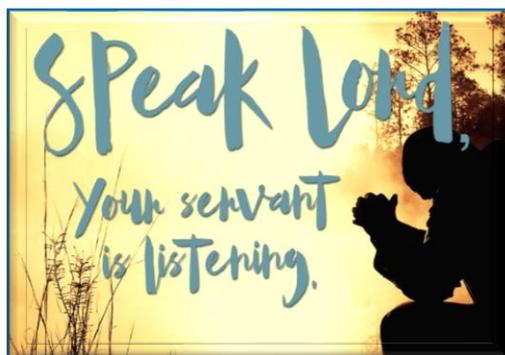


**THE PARISH OF HOLY TRINITY ST. STEPHENS
ANGLICAN MEMORIAL CHURCH**

**Weekly Newsletter - Covid-19 edition #41
Second Sunday after the Epiphany – January 17th, 2021**



Worship readings for next week's 2nd Sunday after Epiphany, Jan 17th are:

1 Samuel 3:1-10 (11-20); Psalm 139:1-5, 12-17; 1 Corinthians 6:12-20; John 1:43-51

Worship readings for next week's 3rd Sunday after Epiphany, Jan 24th are:

Jonah 3:1-5, 10; Psalm 62:6-14; 1 Corinthians 7:29-31; Mark 1:14-20

In conjunction with Rev. Rob's worship video you can find a link for the week's readings posted on the Worship Schedule page of our website.

Those noted below have a place of importance for us as a parish family to honour and remember.

JANUARY ALTAR FLOWERS:

Jan 3 - Given to the Glory of God by Anne Buchanan in memory of her Father, John B Nesbit.

Jan 10 - Given to the Glory of God by Colin & Carol Shutt in memory of their parents Don & Kay Shutt and Al & Laura Adie.

Jan 17 - Given to the Glory of God by Dave & Marnie McEwen in memory of Dave's parents, Harold & Florence, and brothers Jackie, Lloyd, Bill, and Ted.

Jan 24 - *Available for dedication. Please contact Anne Buchanan for details.*

Jan 31 - *Available for dedication. Please contact Anne Buchanan for details.*





PRAYER INTENTIONS

THIS PRAYER MINISTRY IS MOST IMPORTANT RIGHT NOW!

Your prayers DO MAKE a difference. Please take additional time in your day and in you daily prayers for those most vulnerable and in need of healing.

We are honoured to hold in prayer – family, friends, loved ones, and all in need. We pray especially for those listed in this bulletin and those in our hearts this day.

Prayers for those in need of Health and Healing:

Mike, Joan, Marilyn A., Nancy, Judi S., Colin S., Len W., Al & Yvonne, Kelly M., Sandy M., Dianne, Linda R., Steve I., Kathryn H., Kathy G., Molly Rose, Susan U., Luke, Lucy, Jill, Jennifer A., Edi, Jerry, Carol, Hiba, Petra, Hailey, and Jeff P.



Prayers for those in Long Term Care or Seniors Homes:

Margaret K., Wayne, Betty, Diane, Noreen, Jim M., Gene, Evelyn, Dave, Shirley, Rhiannon, Junia, Cliff, Shirley Mac, Florence, Leona, Laurie, Gloria, Joanie T., Hazel, and Bob.

CHATTER BOX Phone Team

The Chatterbox Phone Team have been calling parishioners who have been unable to come to services. Now that we are in lockdown, we will be expanding our lists to include ALL parishioners. As you can imagine this will be a large endeavor! If you are able to help us out, please contact: Beth McKinlay at: (c) 519-709-2123 (h) 519-681-9530 or beth_mckinlay@hotmail.com.



HTSSM 2021 VESTRY INFORMATION

The parish of Holy Trinity St Stephen's Memorial will hold our annual Vestry meeting Sunday January 31, 2021 at 1pm on Zoom. Information on how to access Zoom and participate is forthcoming.

For those who do not have access to a digital device or internet at home, you will be contacted with options as how to participate.

If you have been asked to submit a report for the Vestry booklet, please submit your reports to the office by Tuesday January 19 at 5pm. All reports can be emailed to holytrinityststephens@gmail.com. (No handwritten reports)

Vestry booklets with reports and nominations will be sent to all Vestry members via email Wednesday January 27.

We will not be taking nominations from the floor this year. If you would like to nominate someone for a position on Parish Council, please submit your nomination to Beth McKinlay or Harry Harris no later than January 22.

Nomination must include.

1. Name of person being nominated
2. Position on Parish Council (e.g. Deputy Warden, Parish Council member, Delegate to synod)
3. Your name and the name of someone who has agreed to second the nomination.

More information about Vestry coming in the next few weeks.

Parish Council Reminder

The January meeting of Parish Council is scheduled for Tuesday January 19th at 7pm on Zoom.

All are welcome!

To register, email robhenderson@diohuron.org



2021 CHURCH ENVELOPES

The 2021 Church Envelopes are now available, please contact the church office if you need to make arrangements for pick up/drop off. Please note that your envelope number has changed. Should you have any questions; wishing to change your method of payment; or increase automatic withdrawals; please contact Jeanette in the Church office at 226-456-8776.

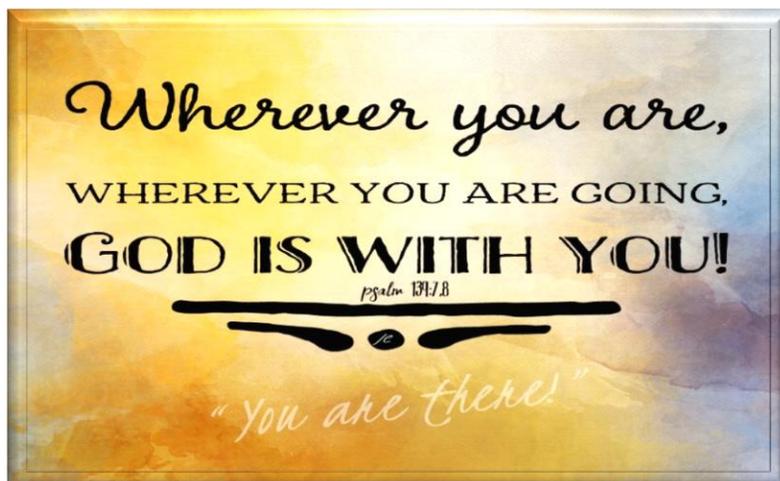
INCOME TAX RECEIPTS

These are hopefully expected before mid-February, if not sooner. Further details on distribution will be sent out shortly. Jeanette will update you as to the status in later January 2021. Should you have any immediate questions, please contact her by calling the Church at 226-456-8776.



2020 MITTEN TREE Update!!

I wish to thank everyone who contributed to the great success of this year's Mitten Tree. Our tree broke another record with contributions and it was once again beautifully filled with generous gifts. Pat received every week what was appropriate for her age group; Joanne Crow received what was for the Chaplaincy before Christmas; and the school will be given theirs as soon as they are back in session. Thank you to everyone's efforts for your continued donations. Hugs to All Many Blessings, Sharron ♥



'Music For All' on the HTSSM Website

Are you enjoying Dave's musical talent that complements the weekly online worship videos? Indeed you are among the many, and now you can listen to these beautiful individual hymns anytime by visiting the HTSSM Website at

www.parishofhtssm.ca. Simply click the 'Music-For-All' picture on the home page and you will be directed to all his recordings.



Christmas Memorial Flowers Update

I would like to extend my deepest thanks to everyone who contributed to Christmas Memorial flowers. Because we couldn't actually have flowers, the monies will be used towards HTSSM Outreach projects. Your loved ones are always remembered.

Hugs Anne.



**Holy Trinity St. Stephens
Anglican Church's**

**2020
Virtual
Bazaar**



THIS FUNDRAISER HAS NOW ENDED.

Thank you so much to each and every person that donated, purchased and assisted behind the scenes with our 2020 Virtual Bazaar!

Considering the restrictions and challenges of this past year and hosting our first online event, it was a terrific success and we could not have accomplished it without the support of our Parish and Community.

I came across this online article and thought it could be useful for many of us, and worth sharing. Peace, Luv&Hope, from Allison.

Want to Improve Focus and Productivity? Do One Thing at a Time

Juggling too many activities wastes time and energy, so shelve at least some for those life goals (for now).



[The Guardian](#) | Oliver Burkeman

The urge to do too many things at once is nothing new: as long ago as 1887, the philosopher Friedrich Nietzsche was bemoaning the way “one thinks with a watch in one’s hand, even as one eats one’s midday meal while reading the latest news of the stock market”. But for a variety of reasons – overwork, digital distraction, plus the boundary-blurring consequences of the pandemic – it’s probably never been worse. At new year, it often takes an additional form: the desire to implement a total life makeover, sorting out your work backlog and your relationship issues, your health and your home repairs all at once. The urge should be resisted, though. The single most effective ingredient for a happier and more meaningful 2021 is the exact opposite: to improve your capacity for doing only one thing at a time.

One main reason this is harder than it looks is that doing several things at once is usually a way of assuaging anxiety. When you’re drowning in to-dos, it’s calming to feel that you’re addressing lots of them simultaneously. And when you think your life’s a mess – you should be exercising more, sorting out your finances, improving your relationship with your kids, and on and on – it’s similarly reassuring to feel you’re tackling all those critical issues, not just one.

But the feeling is deceptive. For a start, plenty of research testifies to the costs of “task-switching”: when you flit between activities, you waste time and energy regaining a state of focus again and again. Worse, each activity becomes a way of avoiding every other activity. So when a task feels difficult or scary – as tasks that matter often do – you can just bounce off to another one instead. The result isn’t merely that you make a smaller amount of progress on a larger number of fronts; it’s that you make less progress overall.

Nobody likes being told that they should shelve (say) their fitness goals for a few months while they work on their marriage, or resign themselves to an overfilled inbox while they complete an important piece of writing; when everything’s urgent, postponement feels like a luxury you can’t afford. But that’s the anxiety talking. The fact is that you can’t afford

not to postpone almost everything, at any given moment, if you want to make progress on anything. So a big part of the skill of doing one thing at a time is learning to handle the discomfort associated with knowing what you're not getting done.

"Success is built sequentially. It's one thing at a time," the management experts Gary Keller and Jay Papasan point out in their book *The One Thing*, which does little but hammer home this simple yet somehow endlessly elusive truth. There are limits, of course: you can't put your job on hold while you work on your poetry collection, or press pause on parenting while you work on getting fit. But you can constantly seek to move your life in the direction of having as few projects as possible on your plate at any one time.

And this is more than an admonition against, say, checking your email while watching a presentation on Zoom. (Although you shouldn't do that – and indeed you can't, since what's really happening is that your attention is alternating, rapidly and exhaustingly, between the two.) "One thing at a time" is a whole philosophy of life, one that treats your goals as important enough to be worth bringing into being, while not pretending your reserves of time or energy are infinite. It represents a commitment to actually achieving a few of your ambitions, rather than wallowing in comforting fantasies of one day achieving them all.

Three ways to do one thing at a time

Use a 'personal Kanban': Divide a whiteboard into three columns – ready to do, doing, and done – then write your tasks on sticky notes, and move them across the columns as you make your way through them. (Or use one of many Kanban-inspired apps, such as Trello.) By limiting the number of notes you allow in the "doing" column to just one or two, you'll ensure you bring tasks to completion, rather than starting too many at once.



Batch your tasks: Reduce the psychological costs of task-switching by grouping to-dos by type wherever possible. In one unbroken hour spent processing your email, you'll get through far more messages than if that same hour were scattered in smaller chunks through the day.

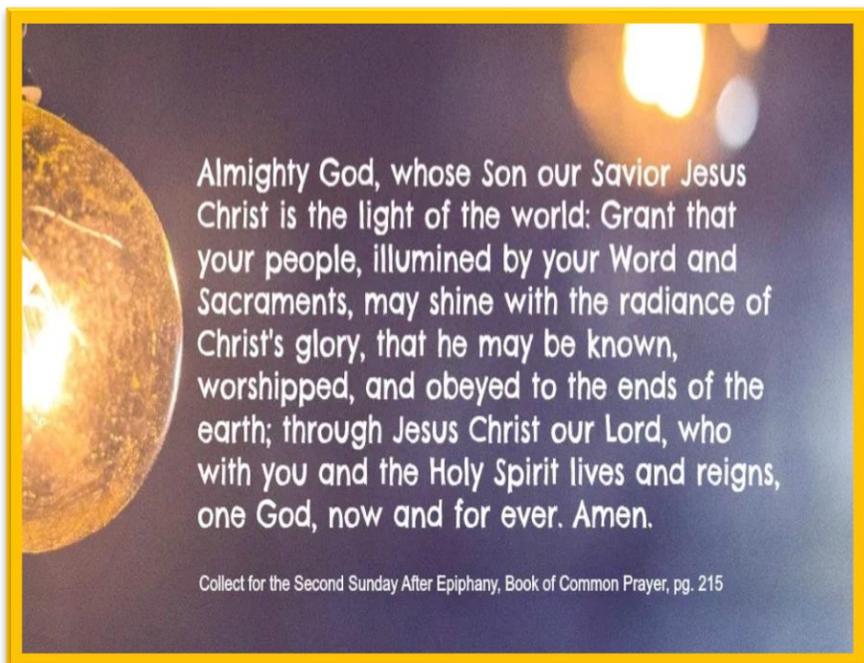
Cultivate deliberate imbalance: Instead of a "life makeover", pick one area to focus on each month or each quarter, and consciously postpone the rest. You're better off abandoning all hope of (say) decluttering your house while you get started on an exercise routine than trying to do both at once. Then relax about the clutter, safe in the knowledge that it'll get its turn in the spotlight later on.

Oliver Burkeman is a Guardian writer based in New York. He is the author of The Antidote: Happiness for People Who Can't Stand Positive Thinking.

Don't forget to check out the Vicars' Crossing Podcasts on any of the following: iTunes, YouTube or Soundcloud



*Are you unable to attend, or not ready for in-person worship service? No Problem! Just check out Rev Rob's latest YouTube worship video! Simply go our **Parish Website Home page** and click the YouTube button, or go to Rev Rob's Corner and find the latest edition!*



HTSSM's Social Media!!

Be sure to always stay connected and share our events with your friends and family through our Parish Website and Facebook page.



The Parish of Holy Trinity St. Stephens Anglican Memorial Church

727 Southdale Rd. E., London ON, N6E 1A9

www.parishofhtssm.ca

Email: holytrinityststephens@gmail.com

Office phone: 226-456-8776

Like us on Facebook at: @HolyTrinityStStephensMemorialLondon

