

CONNECTING MEOTA September 13th, 2023

This newsletter is meant to inspire, engage, and encourage everyone in the Meota Parish to seek God and reach out to one another throughout the week.

**Our next church service will be
Sunday September 17th , 10:30 am
at St. George's, Christ Church and St. James**

Livestream will not be available for the summer months. We will re-evaluate in the fall. Please enjoy the summer weather and attend one of our lovely churches in the Meota parish. The flowers at each church are beautiful. The services are upbeat and the fellowship is friendly. Please join us.



INDUCTIVE BIBLE STUDY AT THE SHEEP RIVER LIBRARY in Diamond Valley

Date: **Wednesdays**
Time: **10:00 a.m. - 12:00 p.m.**
Cost: **\$10 for course materials**
Location:
Library, Room 1

We will be studying the New Testament Book of Colossians, using the inductive method. No previous experience necessary.

Instructor: Jan Burney



REMINDER
PRAYER AND PRAISE
THURSDAY SEPTEMBER 28, 7PM
ST. GEORGE'S DIAMOND VALLEY

Come sing, pray,
and enjoy the presence of God !!

COMING SOON -

HEALING AND WHOLENESS PT 3

To be led by our wonderful-

Rev. Martyn

SEPT 30, 9:30 – 3:00

ST. Benedict's High River

Register: martyn.greer@outlook.com

Arrive at 9 am for coffee & muffins

Bring your own lunch but


Refreshments provided all day

You can come even if you didn't attend before.

You will learn lots, sing lots and make new friends!

Register SOON!



A person is shown in silhouette, kneeling on a dark, rounded mound. Their hands are clasped in prayer, and their head is bowed. The background is a vast, colorful sky transitioning from deep purple at the top to soft pink and orange near the horizon, suggesting a sunset or sunrise. The overall mood is contemplative and spiritual.

We must remember that the
shortest distance between our
problems and their solutions is
the distance between our knees
and the floor.

CHARLES STANLEY



End of summer in the garden: Q and A. with Jim Hole

September brings shorter days and cooler nights-- a sign that gardening season will soon be over.
Alberta Prime Times Sep 3, 2021 5:00 AM

Fall mums are a sign the garden veggie season is nearly done. Plunk a container of mums where your beans and lettuce used to be.

September brings shorter days and cooler nights-- a sign that gardening season will soon be over. Should you take your veggies out of the dirt and off the stalks, or wait until frost? What about lawn care at this time of year? Alberta gardening expert Jim Hole answers a few questions about the late summer garden.

Q: Fall is almost here. Is it time to clear the garden?

Hole: If anything started blooming or growing as of mid-August, it won't make it before frost time, so don't waste the water or energy on these. We'd need July weather to have things grow now but having said that, I'm experimenting with cherry tomatoes this year to see how long I can go.

Q: But if our first frost comes about mid-September, isn't that the end?

Hole: If we know a frost is coming, I'd cover things with a light fabric and keep the vegetables growing. We usually get a few more weeks of heat after our first frost, so there's still time for established vegetables to continue to grow and ripen. And you can definitely leave carrots, onions, parsnips, potatoes for a good while yet--any underground veg will be best stored in the garden as long as possible.

Q: What should we focus on now?

Hole: Plant bulbs anytime now--tulips, daffodils--they're all in the garden centres now. And now is the perfect time to put in a new lawn--not too hot out--or re-sow seeds. Also, water evergreens steadily as long as you can. Cedars etc. need all the hydration they can get before freeze-up.

Q: The garden centres are filled with fall mums. Any special instructions?

Hole: Pick the colour you like and plop the entire container onto the bare spots on your garden, or to decorate your front step or back deck. The flowers can freeze though, so cover lightly if frost is forecast or stick the whole container in the garage overnight. Otherwise, the plant itself is fairly frost tolerant. There are early, mid and late-blooming mums, so you can go from yellows now to bronze and purple ones later.

Zucchini Recipes: Roasted Zucchini

Prep Time: 12minutes mins

Cook Time: 17minutes mins

Total Time: 30minutes mins

Serves 4

This oven roasted zucchini recipe is one of our one of my favorite summer zucchini recipes!

Ingredients

- 1 pound zucchini, about 3 medium, cut into 1-inch half-moons
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon Italian Seasoning
- ½ teaspoon sea salt
- ¼ teaspoon garlic powder
- Lemon wedges, for squeezing
- grated Parmesan cheese or crumbled feta cheese
- Fresh herbs, optional, for serving
- Freshly ground black pepper

Instructions

1. Preheat the oven to 425°F and line a baking sheet with parchment paper.
2. In a large bowl, toss the zucchini with the olive oil, Italian seasoning, salt, garlic powder, and several grinds of pepper. Spread it evenly on the prepared baking sheet and roast for 15 to 20 minutes, or until golden brown around the edges.
3. Remove from the oven, transfer to a serving dish, and squeeze with lemon. Sprinkle with cheese and herbs, if desired.



Sunday, September 17th, 2023 Sixteenth Sunday after Pentecost

Readings

EXODUS 14:19-31; PSALM 114 OR EXODUS 15:1B-11, 20-21; ROMANS 14:1-12;
MATTHEW 18:21-35

First Reading. Moses and the parting of the Red Sea

The angel of God who was going before the Israelite army moved and went behind them; and the pillar of cloud moved from in front of them and took its place behind them. It came between the army of Egypt and the army of Israel. And so the cloud was there with the darkness, and it lit up the night; one did not come near the other all night. Then Moses stretched out his hand over the sea. The Lord drove the sea back by a strong east wind all night, and turned the sea into dry land; and the waters were divided. The Israelites went into the sea on dry ground, the waters forming a wall for them on their right and on their left. The Egyptians pursued, and went into the sea after them, all of Pharaoh's horses, chariots, and chariot drivers. At the morning watch the Lord in the pillar of fire and cloud looked down upon the Egyptian army, and threw the Egyptian army into panic. He clogged their chariot wheels so that they turned with difficulty. The Egyptians said, "Let us flee from the Israelites, for the Lord is fighting for them against Egypt." Then the Lord said to Moses, "Stretch out your hand over the sea, so that the water may come back upon the Egyptians, upon their chariots and chariot drivers." So Moses stretched out his hand over the sea, and at dawn the sea returned to its normal depth. As the Egyptians fled before it, the Lord tossed the Egyptians into the sea. The waters returned and covered the chariots and the chariot drivers, the entire army of Pharaoh that had followed them into the sea; not one of them remained. But the Israelites walked on dry ground through the sea, the waters forming a wall for them on their right and on their left. Thus the Lord saved Israel that day from the Egyptians; and Israel saw the Egyptians dead on the seashore. Israel saw the great work that the Lord did against the Egyptians. So the people feared the Lord and believed in the Lord and in his servant Moses.

EXODUS 14:19-31

[3 Modern-Day Truths We Learn from God Parting the Red Sea.](#) **From** [ibelieve](#) [Vivian Bricker](#) Contributing Writer Published: Jan 04, 2022

God can be trusted

Focus on God, not the problem

You are not alone

Gospel

HE HOLY GOSPEL OF OUR LORD JESUS CHRIST
ACCORDING TO MATTHEW

Then Peter came and said to Jesus, "Lord, if another member of the church sins against me, **how often should I forgive?** As many as seven times?" Jesus said to him, "Not seven times, but, I tell you, seventy-seven times. For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. When he began the reckoning, one who owed him ten thousand talents was brought to him; and, as he could not pay, his lord ordered him to be sold, together with his wife and children

and all his possessions, and payment to be made. So the slave fell on his knees before him, saying, 'Have patience with me, and I will pay you everything.' And out of pity for him, the lord of that slave released him and forgave him the debt. But that same slave, as he went out, came upon one of his fellow slaves who owed him a hundred denarii; and seizing him by the throat, he said, 'Pay what you owe.' Then his fellow slave fell down and pleaded with him, 'Have patience with me, and I will pay you.' But he refused; then he went and threw him into prison until he would pay the debt. When his fellow slaves saw what had happened, they were greatly distressed, and they went and reported to their lord all that had taken place. Then his lord summoned him and said to him, 'You wicked slave! I forgave you all that debt because you pleaded with me. Should you not have had mercy on your fellow slave, as I had mercy on you?' And in anger his lord handed him over to be tortured until he would pay his entire debt. So my heavenly Father will also do to every one of you, if you do not forgive your brother or sister from your heart."

MATTHEW 18:21-35

Prayer over the Gifts

Holy God,
accept all we offer you this day.
May we who are reconciled at this table
bring wholeness to our broken world.
We ask this in the name of Jesus Christ the Lord.

Prayer After Communion

God of peace,
in this eucharist we have been reconciled
to you and to our neighbours.
May we who have been nourished by holy things
always have the courage to forgive.
We ask this in the name of Jesus Christ the Lord.

Prayer for Forgiveness

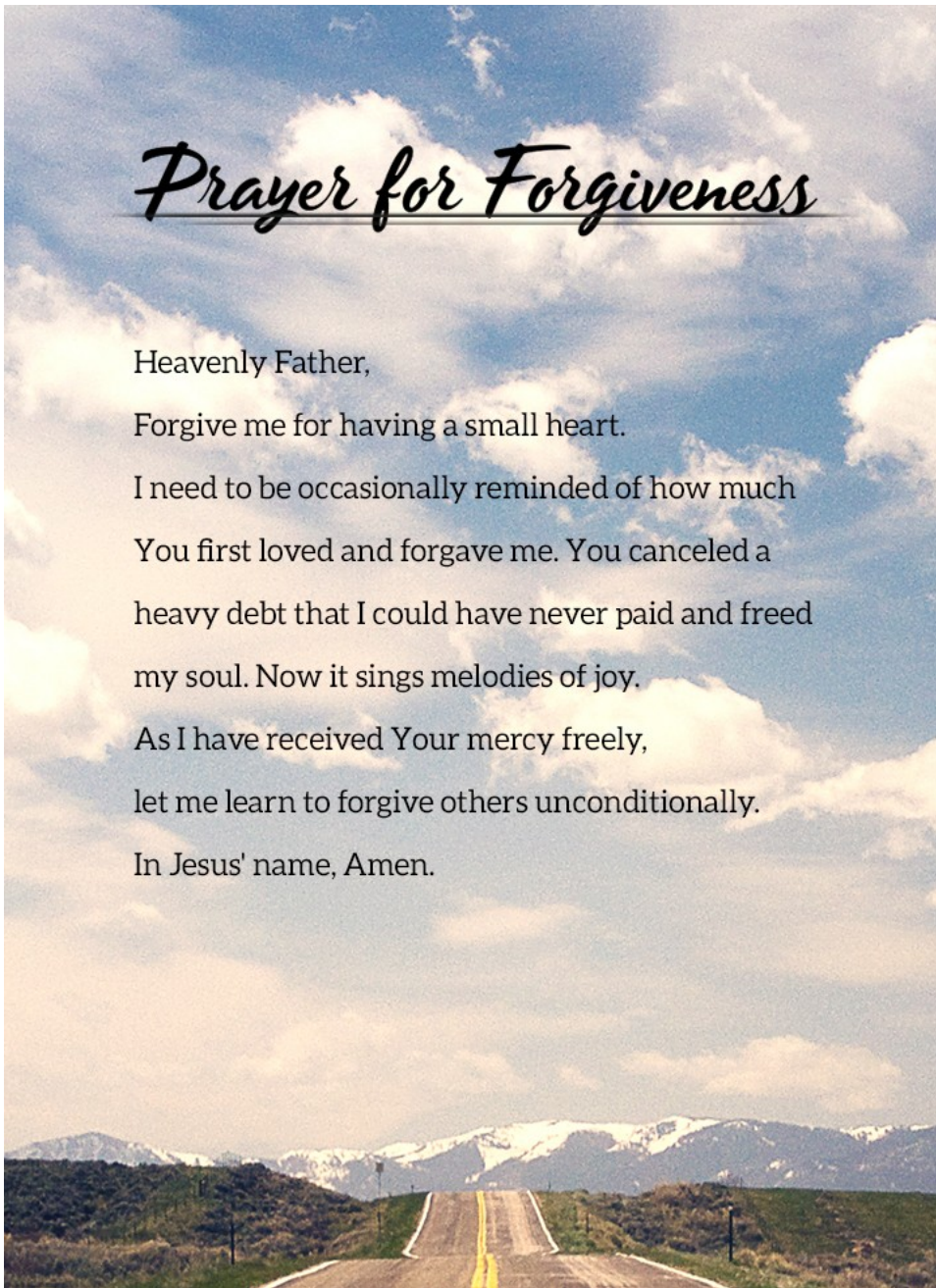
Heavenly Father,

Forgive me for having a small heart.

I need to be occasionally reminded of how much
You first loved and forgave me. You canceled a
heavy debt that I could have never paid and freed
my soul. Now it sings melodies of joy.

As I have received Your mercy freely,
let me learn to forgive others unconditionally.

In Jesus' name, Amen.

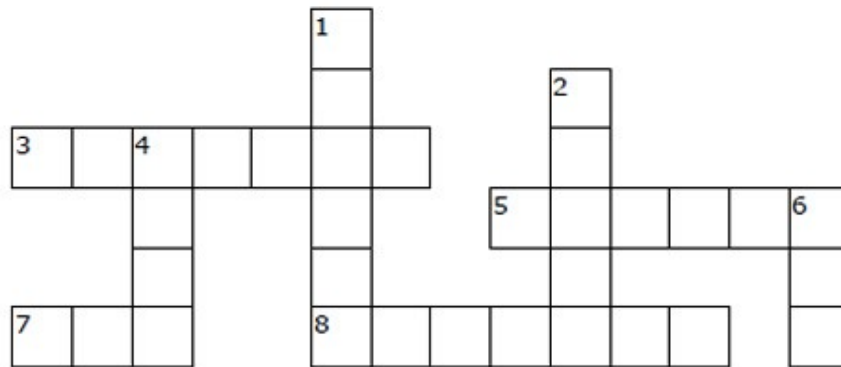


The Parting of the Red Sea

And when the Israelites saw the mighty hand of the LORD displayed against the Egyptians, the people feared the LORD and put their trust in him and in Moses his servant.

Exodus 14:31 (NIV)

Puzzle is based on Exodus 14:19-31



ACROSS

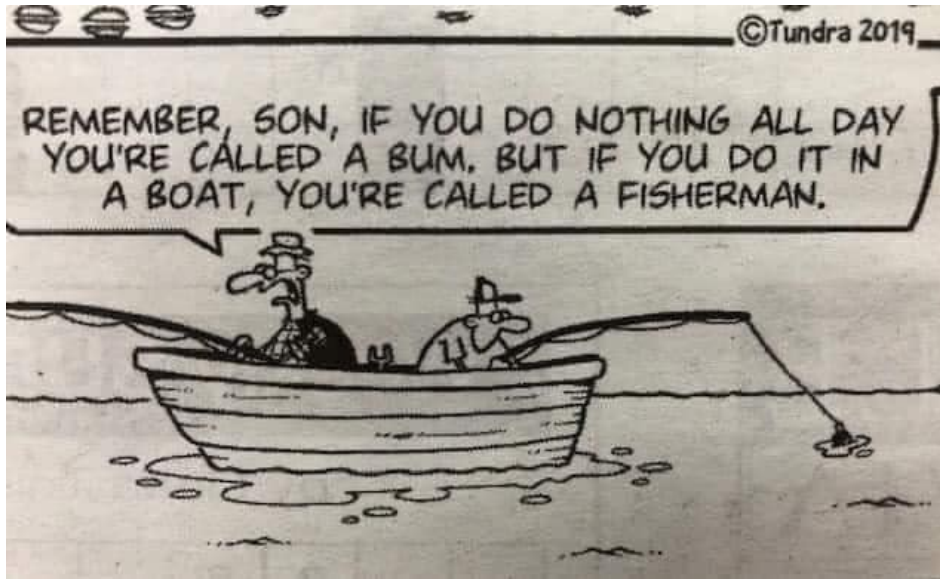
3. A two-wheeled horse-drawn battle vehicle used in war and races in ancient Egypt
5. a large animal with four legs which people ride on or use for carrying things or pulling vehicles
7. Something that has no water in it or on it
8. Separated into two or more parts

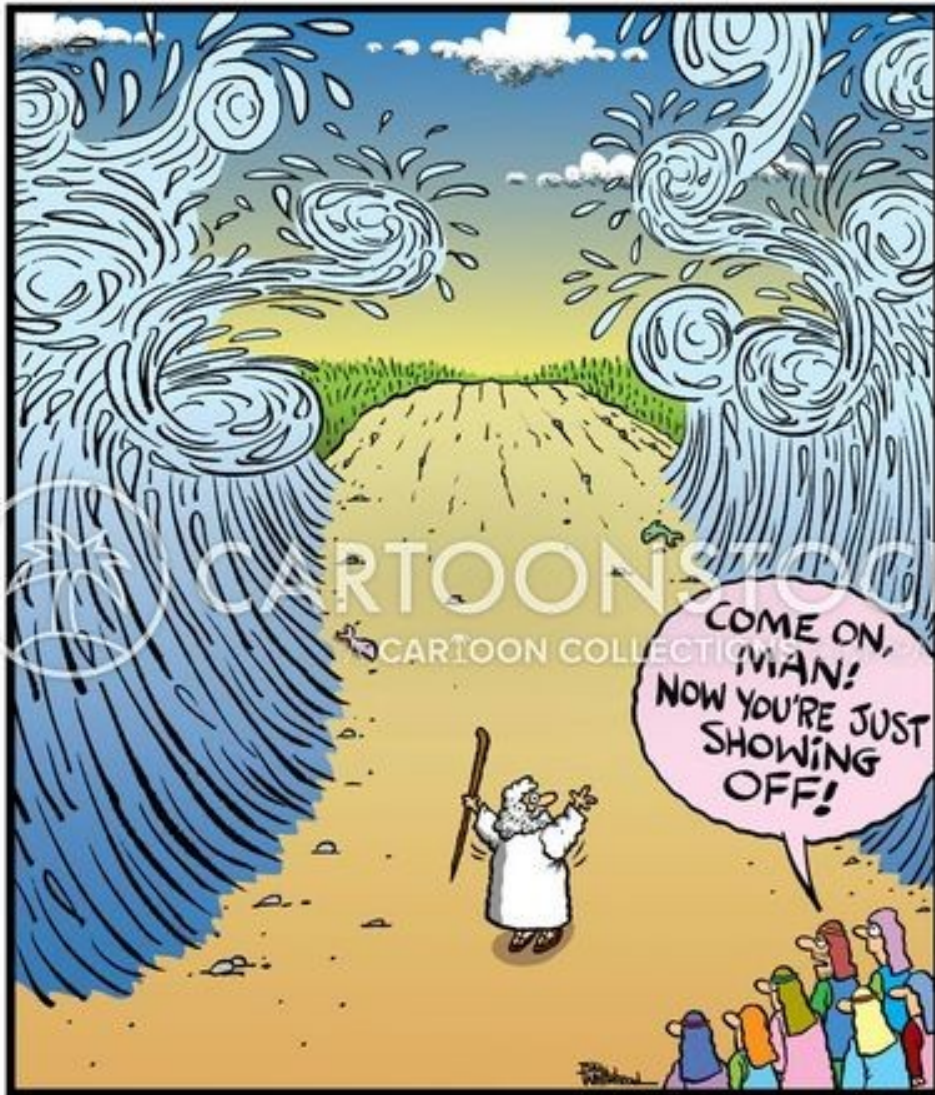
DOWN

1. The surface of the earth
2. A light puffy, or billowy formation floating in the air
4. The military land forces of a nation
6. A large body of salt water which is partly or completely surrounded by land

CHARIOT	DIVIDED	CLOUD	GROUND
DRY	ARMY	SEA	HORSES

FUNNY BONES





GO IN PEACE TO LOVE AND SERVE THE LORD!

ALLELUIA!

