

#46 December 2020



**CONNECTOR** has been busy during 2020. We usually have 3-4 issues a year and this is #11 for 2020 and that is due to so many of you contributing information to share. We are so grateful for these contributions.

We are delighted that many of you indicate the encouragement each issue brings. We are encouraged that though our ministries have changed due to retirement, that **“geography and our T-4 slip do not determine our vocational calling”** (as Gerald Hogenbirk states).

We are pleased to report what our Alliance family is “doing” in retirement...spending more time with family & friends, doing “beach ministry” together, having more time to read and write, serving in compassion ministries, interim pastoring, being the next generation’s greatest cheerleaders, helping in district and local church ministries, relaxing, etc. etc. We love to hear your stories and how you are putting Christ on Display in ways you did not have the time to do before “retirement”

We realize that of our **POWER Team** members are being greatly challenged during this Covid season by sickness or other hardships, and we want you to know we care for you and desire to pray for you as you keep us informed.

May this Christmas season be unique and God honoring and may 2021 bring joy and peace to your life.

# New Section for CONNECTOR

## POWER Team Publishers & Ministries

We are delighted that many of our **POWER Team** people are publishing books or other presentations and ministries. We have in the past included such in the **CONNECTOR**. We would like you to submit your publishing info so others of the **POWER Team** could be blessed by what God is doing through you. Please give us the name of the book, a paragraph or synopsis of the book and how it can be purchased.

**HOT OFF THE PRESS!**

## reGeneration

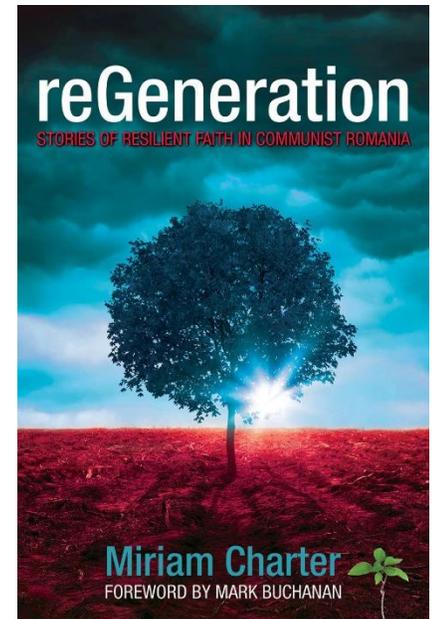
**POWER Team** member **Miriam Charter** is a mission practitioner, speaker, and mobilizer based in Calgary. She spent ten years as an international worker in communist Europe working among women in the underground church, and several years in post-communist Russia learning Russian and doing research on post-communist societies. Her doctoral studies focused on theological education for the emerging church in post-communist societies.

Miriam has a pronounced calling to the nations. This calling was due in part to her multicultural, international background: born in China to missionary parents, raised in Canada, a French teacher by profession, an international worker in France, Central and Eastern Europe (primarily



Romania, Bulgaria, Hungary, and Czechoslovakia), and several years in post-communist Russia. She has three primary passions: 1) those who, through no fault of their own, have never heard of Jesus, 2) those who suffer today because they are willing to be known as followers of Jesus, and 3) the next generation of international workers who will receive the baton passed to them and take the Good News to the nations. Nothing brings her greater delight than mentoring young adults and speaking into the life of anyone willing to explore God's call to mission.

The story of her call to mission through the local church is a message she loves to share. Her strong belief in the model of 2 Timothy 2:2—one generation teaching the next generation, which in turn will teach others—is another of her stories, told in this book and whenever she speaks. Miriam's academic and teaching career was divided between Trinity Evangelical Divinity School (Deerfield, IL) and Ambrose University and Seminary (Calgary, AB). She has a B.Ed. (French) from the University of Calgary, an M.Div. from Ambrose Seminary, and a Ph.D. from Trinity Evangelical Divinity School. She continues to champion the local church, loving her involvements at Foothills Alliance Church with the Global Impact Team and teaching Alpha and ESL to newcomers to Canada in the International Ministries department. Click the link to see her new website and order your copy. [www.regenerationbook.ca](http://www.regenerationbook.ca)



# The POWER of a Smile by *Jan Heppner*

Jan Heppner started out as a school teacher before serving on staff in the area of Christian education in Heritage church in Abbotsford, then Vernon Alliance and finally in Mission Creek Alliance in Kelowna.

Jan was asked by a local magazine to write an article that would hopefully help in this time of Covid19. In the #30 Nov, 2018 issue of CONNECTOR Jan wrote on the Issues of the Heart - Embracing Aging. Read it here <https://www.cmacan.org/wp-content/uploads/2020/12/connector-30-nov-2018.pdf> page 13.

She has been going through a rough time herself recently. Her husband has been in the hospital for 6 weeks and is not well at all. A pipe in the hallway outside her apartment burst and flooded her place. POWER Team members Joan & Arnold Downey kindly offered her a place in their home for the last few weeks. So, you can see this article that she wrote, comes from her heart during a very difficult time.



## The Power of a Smile

“We shall never know all the good a simple smile can do”- Mother Theresa

An AUTHENTIC SMILE is contagious! It flows from the heart and engages the entire face!

The mouth curves upward, eyes shine and the face crinkles along ‘smile lines’.

It is the universal signal of joy and kindness.

A SMILE lifts your spirit. It boosts your mood. It connects you with others. It elicits a response.

In that brief moment you breathe easier, you relax just a little, tension melts, and you smile back.

Powerful!



In these stressful days of physical distancing and protective masks, a warm smile can go a long way to help relieve/release tensions and soothe nerves. It can exude a quiet calming and centring.

It can help turn the world right-side up again.

The effects of smiling have been researched for many years and the results are fascinating.

Recent studies show that smiling reduces the stress your body and mind feel, similar to getting a good sleep. Smiling releases endorphins and serotonin, thus boosting your mood, lifting your face and even making you look younger! It helps reduce blood

pressure and has an impact on the immune system.

There's a good reason why enjoying a baby's first smile or being around children who are laughing and playing is so relaxing. It's healthy! On average, children smile 400x a day while we adults manage a meagre 20x. It is interesting to note that happy adults smile 40 to 50x per day and tend to live longer than people who smile less. Stress-induced hormones which negatively affect physical and mental health are reduced by the simple habit of smiling.



In 2010, researchers Abel & Kruger studied baseball cards of 230 players from the 1952 Baseball Register. There was a clear correlation between the size of the player's smile and his lifespan. It turns out that the smiling players lived to an average age of 80, eight years longer than their non-smiling counterparts! Similarly, in 2001, Harker & Keltner analyzed the college yearbook photos of female students. They found that at age 52, the women whose photos at age 21 radiated happiness, had better health, happier relationships, and were generally more satisfied with their lives. That's significant!



**An authentic SMILE sends an uplifting message, helping break down barriers:**

- It expresses value and acceptance.
- It makes a person approachable.
- It helps build trust.
- It helps build and strengthen relationships.
- It improves confidence.
- It reduces aggression.
- It brings joy to those around you.
- It can change a person's day!

**Quotes from the Famous:**

"Wear a smile and have friends, wear a frown and have wrinkles." George Elliot

"A smile is the curve that can set everything straight." Phyllis Diller

"What sunshine is to flowers smiles are to humanity. Scattered along life's pathway, the good they do is inconceivable." Joseph Addison

**Something to smile about:**

Jesus, the Son of God, Son of Man, was not a long-faced holy man burdening people with unattainable rules and restrictions. He was a joy-filled, compassionate teacher who showed His love and mercy for people by healing the sick and teaching about the Kingdom of God.

He came to bring LIGHT and LIFE into their lives and ours. And He did. And He does! People were so comfortable with Him. They came by the thousands, bringing their children, just to be near Him. He continues to bless us with His peace and joy as we trust Him with our today and our tomorrows. It is Jesus who gives us reason to SMILE in the storm, even in this COVID19 storm!

As believers in Christ we have an amazing and eternal heritage. If anyone has a reason to smile, we do. Daily we have the opportunity to give hope to those around us by the ways in which we respond to our own life situations. We have peace and joy and hope that is beyond anything this world can possibly understand. We are a blessed people! Because of the Spirit's Presence, our warm, caring smile could make all the difference to someone today. It could help change a person's life!

So, let's keep our eyes on Him and....

- **SMILE!** We have eternal salvation through the death and resurrection of Christ.

“..everyone who believes in Him will not perish, but have eternal life.” John 3:16b

- **SMILE!** Knowing Christ as Savior changes everything.  
“Therefore, if anyone is in Christ he is a new creature. The old is gone, the new has come.”  
2 Corinthians 5:17  
“Now glory to God! By His mighty power at work within us, He is able to accomplish infinitely more than we would ever dare to ask or hope.” Ephesians 3:20
- **SMILE!** As a child of God, we are invited to freely access the riches of the Father through Christ. Prayer becomes our intimate connection and conversation with the God of the universe.  
“Let us come boldly to the throne of our gracious God. There we will receive His mercy, and we will find grace to help in our time of need.” Hebrews 4:16
- **SMILE!** The Holy Spirit indwells and empowers us to become more like Christ.  
“We can really know Christ and experience the mighty power that raised Him from the dead.”  
Philippians 3:10
- **SMILE!** The Scriptures, abounding with promises, provide the road map for our daily lives.  
“Your Word is a lamp to guide my feet and a light for my path.” Psalm 119:105
- **SMILE!** Irrespective of life’s difficult twists and turns, we as children of God, are secure in Christ.  
“Nothing will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.” Romans 8:39
- **SMILE!** Life does not end here. It is eternal. This world is not our home.  
“We are citizens of heaven where Jesus Christ lives. And we are eagerly waiting for Him to return as our Savior. He will take these weak mortal bodies of ours and change them into glorious bodies like His own....” Philippians 3:22,23a



**God’s Smile:**

Enjoy the SMILE of God in this ancient Hebrew blessing that comes to us from the Scriptures:

“May the Lord bless you and protect you.  
May the Lord SMILE upon you and be gracious to you.  
May the Lord show you His favour and give you His peace.”  
Numbers 6:24-26 NLT

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**Stuart Lightbody** has been on a physical and spiritual journey. II Cor. 4:16-17 says *“Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all”*.

Stuart has contributed two former articles in **CONNECTOR**

1. September 2019 **“What a Difference a Decade Makes”**  
[connector-34-sept-2019.pdf \(cmaacan.org\)](#)
2. November 2019 **“A New Heaven, A New Earth, A New Jerusalem”**  
[connector-35-nov-2019.pdf \(cmaacan.org\)](#) page 3

Since those issues, Stuart has gone through some very challenging times having had two heart attacks, a pace-maker procedure and a valve replacement. Here is #3 contribution “A New Body”

## #3. A New Body

### **A New Body / I Corinthians 15**

I have enjoyed three life-long friends. Each one has been a ‘best friend’ for over 5 decades. They are all men. My three best friends are now dead. Two died this year. I very much liked each of them, but I would not say that I loved them. I have loved three women, one has died (my mother) and two are still living – my wife and my daughter. For this I am immeasurably grateful.

I do ponder, alone, and occasionally with others, death, dying and the future. What happens at death and after death? Where exactly are my friends? What are they doing? What’s it like on the other side of this life?



To better understand the promised reality of ‘a new body’ in scripture, I would immediately turn to 1 Corinthians 15. To begin, it is helpful to remember that the Greeks taught the immortality of the soul while the Jews taught the resurrection of the body. Two concepts that are quite different but deeply connected. It is the Jewish-Biblical position under consideration in the following comments.

My personal belief in any notion of a ‘new body’ rises and falls on the firm conviction that Christ was raised from the dead after his crucifixion. There is no ‘new body’ resurrection of the dead if Christ is not raised (1 Cor 15:13). Even as “death came through one man (Adam) so also did the resurrection come through one man (Christ)” as in 1 Cor 15:21. Our belief in a bodily, physical resurrection is inextricably tied to Christ’s bodily, physical resurrection.

Humankind at death is very dead, very mortal and very corrupted. No question. Our earthly bodies will perish. But there will be a bodily resurrection, as seen in Christ’s resurrection, at which time our bodies will be made new - as new as was the body of Christ at his resurrection and with similar attributes. After his resurrection Jesus said to his disciples, “Come and have breakfast” (John 21:12), and “They gave him (Jesus), a piece of broiled fish and he took it and ate it their presence” (Luke 24:43) - to show them that he had a physical body.

What I find to be shocking is that “just as we have borne the likeness of the earthly man (Adam, in our present bodies), so shall we bear the likeness of the man from heaven (Christ, in our new bodies).” (vs 49). In other words, there is some similarity between our present earthly bodies and our future heavenly bodies just as there was some likeness between Christ’s pre and post-resurrected body (vs

49). Clearly stated in vs 49 “we shall bear the likeness of the man from heaven.” I understand this to mean that a new heavenly body is spiritual yet physical, and recognizable, as recognizable as was Christ’s post-resurrected body by his disciples in several post-resurrection appearances. Our new bodies will be imperishable, glorified, powerful and spiritual - all adjectives described in 1 Cor 15:42-44.

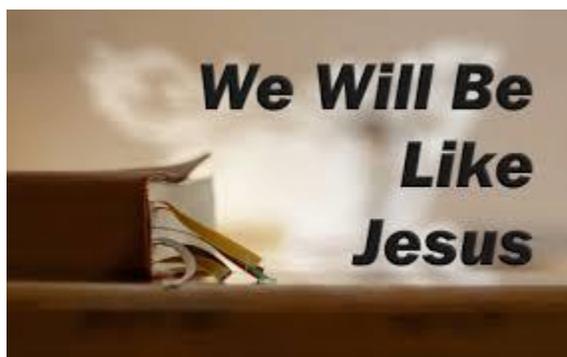
Further, and equally shocking, is the change from a perishable body of flesh and blood (while on earth or in the grave) to an imperishable body “in a flash” (vs 52). Just as Christ said to the thief on the cross, “today you will be with me in paradise” (Luke 23:43) and as Paul said, “To be absent from the body is to be present with the Lord.” (2 Cor 5:8) The change from mortality to immortality is instantaneous. It takes place miraculously and is mysteriously supernatural. Our present bodies will become new, designed to live with God forever.

A further consideration. When Christ returns, our resurrected bodies will be like his. 1 John 3:2 says, “We know that when he appears, we shall be like him . . .” or in the very likeness of the post-resurrected Christ Himself, as a physical but spiritual heavenly body.

The Westminster Confession of Faith says it well enough, “All the dead shall be raised up, with the self-same bodies, and none other.” This thought confirms the doctrine called ‘continuity’ from life, through death to resurrection and even from the present heaven, to the new heaven on the new earth.

Job said in 19:26-27, “In my flesh I shall see God; I myself will see him with my own eyes – I, and not another.” Continuity is expressed in 1 Cor 15:53 where it says, “For the perishable must clothe itself with the imperishable and the mortal with immortality.” 1 John 3:2 says, “. . . when he appears we shall be like him . . .” – a spiritual but physical body. In summary, you, me, we, believers, who walk on this earth now, will also walk on the New Earth with a new resurrected body.

The Biblical concept of a new body is challenging, more than we can imagine, to be sure but so is the Biblical position of a new earth, a new heaven and a new Jerusalem. It is all very fantastical but very Christian, very Biblical and very exciting



**“Therefore, stand firm. Let nothing move you. Always give yourself fully to the work of the Lord because you know that your labour in the Lord is not in vain.”**

#### **AFTERTHOUGHTS:**

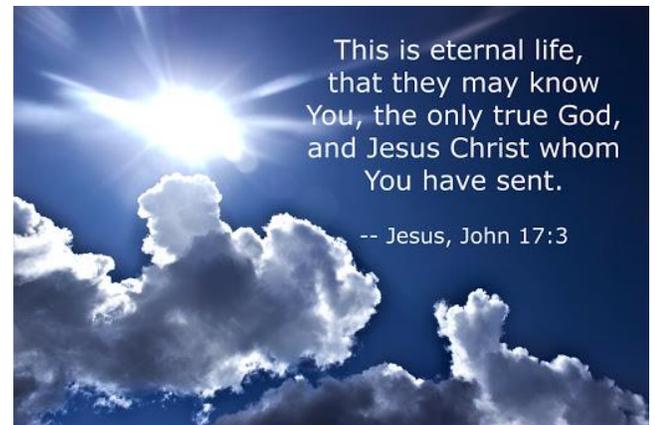
1. **The Issue of ‘imminency’.** There remains a question concerning the apparent time-lapse between our death and the return of Christ. The Bible says in 1 Thess. 4:16 that when Christ returns “the dead in Christ shall rise first”. But Paul also said that “to be absent from the body is

to be present with the Lord”, immediately at death, at which time we put on our imperishable, immortal, spiritual bodies. When Paul says, “the dead in Christ shall rise first”, there seems to be a time-lapse between our death and our resurrection at the return of Christ. In a sentence, the issue is one of ‘imminency’. Paul thought of Christ’s return as imminent, in his lifetime. Those who died in Christ would rise from the dead first with resurrected bodies and then those alive in Christ would rise. Paul thought in terms of his lifetime. What Paul said is true but does not answer the question of imminency given the time-lapse between our death and Christ’s

think...act...be like...  
**Jesus**

return. This issue has been a point of discussion or controversy within the church for centuries.

2. **Let us consider the 2 Cor 5: 1-5 passage.** At death we are very dead but we will become clothed with our new resurrected body. Our present body is destroyed and replaced with a building from God, “an eternal house in heaven, not build with human hands”. Even now, in our present bodies, we groan (more and more as we age) longing to be clothed in our resurrected body. At death we will not enter into a spirit state and be found naked or unclothed at any time because at death we immediately receive a new resurrected body as described above.
3. **Shadowlands.** In light of these comments there is a certain logic to C. S. Lewis who describes our present bodies as ‘shadows’ in his writings Shadowlands. Our earthly tent is temporary and wasting away. God’s building (2 Cor 5) is both a permanent structure and a permanent dwelling. “What is mortal is swallowed up in life (immortality).” (2 Cor 5:4). “The Holy Spirit is a guarantee of what is to come.” (2 Cor 5:5)
4. As David Garland in **The New American Commentary** says, “every death is equidistant from eternity”. The moment we die we leave time behind and enter another realm, eternity. There is in fact no interval between time and eternity, between our death and our resurrected bodies and Christ’s return. All take place in God’s ever-present now. Some believe and teach that we enter into a period of ‘soul-sleep’ or an unconscious state’, after death and before our resurrection. Others believe and teach that after we die, we are alive as spirits and with Christ until the resurrection. Paul teaches that our resurrection is the next thing the dead in Christ will experience – no waiting. There is no soul sleep. No time when we are disembodied spirits. The moment we die, we enter eternity and leave time behind. It is our resurrection day and it is the day the thief on the cross died and the day Christ returns. [lightbodys@rogers.com](mailto:lightbodys@rogers.com)



.....  
"Don't burn out; keep yourselves fueled and aflame" (Romans 12:11)

A Ministry Developed by POWER

Team members **Ralph & Ruth Shareski**

- This is a ministry they have developed since “retiring”
- check out their website: [rshareski.com](http://rshareski.com)
- contact Ruth at [ruthshareski@gmail.com](mailto:ruthshareski@gmail.com)

“We are hoping it will be a place of encouragement and inspiration...so thanks for passing that on”.

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**CONNECTOR** is looking for you to submit your publications, or new ministry endeavors etc.

## A Report from CONNECTOR readers to their POWER Team District Volunteer Coordinators Ray & Vi Downey -CP District



Thanks for the update and for being involved in putting the 'Power team' CONNECTORS together each month! What a blessing to be in the Vancouver Island / Vancouver / Fraser Valley area! To think that I pretty much golf at Cultus Lake in Chilliwack 5 mornings a week with a great group of guys, even throughout the winter months... Wow! Fantastic!!!

Ruth and I continue to head up a Meal Preparation / Distribution Team at Ruth & Naomi's Mission here in Chilliwack, and have done so for over two (2) years since we 'retired'... even during the eight + (8+) months of Covid. We love doing this and serve between 200 and 250 struggling families & Seniors, and homeless, each evening. The numbers seem to be increasing as jobs are lost as small businesses declare bankruptcy and lay off workers. We have been leading ministry teams about fifteen (15) to seventeen (17) times monthly, but have recently gone down to leading between ten (10) to twelve (12) evenings per month. We're thankful that during this whole time of the pandemic, there has not been a single case of Covid associated with RAN (Ruth & Naomi's).



We trust God will continue to use this ministry of CONNECTOR... it's great to read about, and in many cases to reconnect with former C&MA colleagues. Gord & Ruth submitted "The Great Retirement Conspiracy" to CONNECTOR in the #32 April 2019 issue page 3. [connector-32-april-2019.pdf \(cmacan.org\)](https://www.cmacan.org/connector-32-april-2019.pdf)

A PRAYER FOR THE NEW YEAR -AB Simpson

**Lord, I would ask for a holy year,  
Spent in thy perfect will;  
Help me to walk Thy very steps,  
Help me to please Thee still.**

**Lord, I would ask for a busy year,  
Filled up with service true;  
Doing with all Thy Spirit's might;  
All that I find to do.**

**Lord, I would ask for a dying world;  
Stretch forth Thy might Hand,  
Scatter Thy Word—Thy power display  
This year in every land.**

**Lord, I would ask for a year of hope,  
Looking for Thee to come,  
And hastening on that year of years,  
That brings us Christ and hope**

Happy New Year

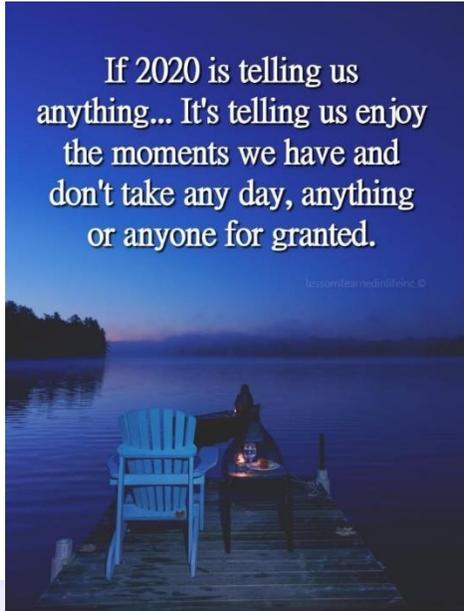
A new year is about to unfold  
With new opportunities to explore  
Doors will open for new experiences,  
New adventures with the Lord

Remember not the former things,  
The things of this past year,  
The Lord will do new things in us,  
Much more than we are aware.

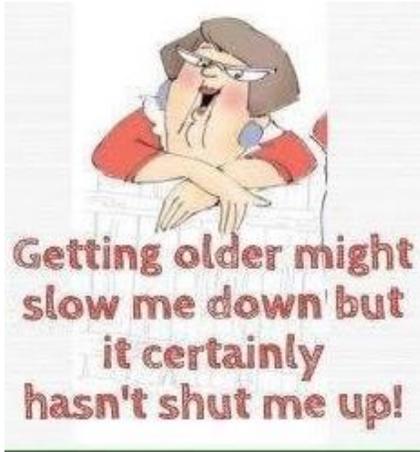
-M.S.Lowndes

**Some Humour to end off the year.**

I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.



**As the year comes to an end I urge you to take care of yourself and avoid accidents, because spare parts for old models like you and I are no longer in stock. Forward to other old models you care about.**



**The Bathtub Test**

During a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in an old age home?"

"Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person and ask them to empty the bathtub."

...  
"Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or the teacup."

"No" he said "A normal person would pull the plug. Do you want a bed near the window?"

ARE YOU GOING TO PASS THIS ON ... OR DO YOU WANT THE BED NEXT TO MINE?

**As the year comes to an end, I urge you to take care of yourself and avoid accidents because spare parts for old models like you are no longer in stock.**