

WELCOME TO OUR

# Weekly Newsletter

*we're so glad you're here!*

HEY, HOW ARE YOU?

## A Message from our Clerk



Greetings folks!

It appears to be the calm before the storm coming on Sunday/Monday. Speaking of storm, we are going to be having our Sunday night service on Saturday night instead. Same time (6:00PM), same location.

We look forward to seeing you if you can make it, and if not, please stay safe during the storm.

Yours truly,  
Mrs. Bethany Wheaton | Clerk





## From The Pastor's Pen

***If you work for a living why kill yourself working? Tuco –  
“The Good, the Bad and the Ugly”***

There is a trap that a lot of us can fall into when we are serving God. It's seen most visibly in those who work in church every Sunday and through the week, but it can also effect anyone who serves God. That trap, is often called burn-out, and unfortunately it is something that I have some experience with.

Burn-out manifests itself in different ways for different people, but for me and a lot of others, it's something that takes the joy, or color, out of the work that you do. When I don't take care of myself mentally, physically, or spiritually, the work that I do suffers. And I think where this hits the hardest, is that Sunday, and by extension worship, can become work, and not an activity that is supposed to be filled with Joy. Instead of being like David and dancing before the Lord with abandon, I am just eagerly awaiting getting home again. I have seen this in a lot of people, when service becomes work instead of an act that we commit to God. Deciding that half-measures are acceptable, not due to the level of ability, but energy and motivation.

The other part to burn-out is how we can adapt to it, and it becomes “normal”. I know more than a few people in a constant state of burn-out, and this has just become their new normal. I think that is quite disheartening, as we were created to be “fruitful” (Genesis 1:28) to enjoy life (Ecclesiastes 9:7) and to devote that life to God (Matthew 16:25). Though there are dark moments in life, we are people who live in the light! When was the last time that caused you to rejoice?

There are 2 things that keep me anchored and that help keep me from burning out completely. The first is worshiping, where I have nothing to do with leading the service. I’m not reading scripture in a crowd, I’m not preaching, I am just taking in the joy of the Lord. Often, this is done at the Acadia Chapel on Wednesdays, or at other quiet moments through the week. I’ve been happy to see some clergy also taking this opportunity up with Canning, giving that our service is at 6pm on Sundays, it gives them a chance to come and worship, and have no excuse that it’s “work”. If you go too long without partaking in worship, then it limits how you can gather others in when you lead it.

Secondly, is prayer. Prayer is very important to me, and I have seen it change lives. Having a routine of prayer, whether it’s every day, or a set time through the week helps to center you, and remind you why you are doing the things you are. It also helps you to process the things of the day in a much more healthy way, then simply going to bed or stewing on them. It also forces you to maintain and deepen your relationship with God – something that often gets thrown under the bus when in burn-out. If you are struggling to pray alone, I highly recommend you join a church prayer group. (Try to find one that has a dedicated prayer time – Canning meets on Thursdays at 5:30pm)

If worship has become work, or if it has been for a long time, or if the acts of service you are doing are no longer joyful, I really recommend that you reflect on where you are. Come speak to me, or someone you trust, and let's try to bring the joy back again. Being burnt-out does not make you a bad person, but choosing to stay there will only generate problems. After all, if you can't help yourself, you can't help those who God might call you to.

Cheers, Rev. Connor Kehoe

## Saturday Night Service

We will meet on Saturday night at 6:00PM for our weekly worship service, due to the impending weather on Sunday into Monday. We hope you can join us.



## Once Monthly Potluck

This was enjoyed last Sunday by the dozen or so people who came out to it! Thanks for a great time of food and fellowship shared among friends.



## Previous Service

[Click Here – Sunday  
January 25th 2026](#)



**We at Canning Baptist Church  
would like to thank Mrs. Gloria  
Porter for many years of faithful  
service as our Treasurer.  
Thank You for all you have done!**



# Contact Information

**HAVE A QUESTION? NEED TO GET IN TOUCH WITH US?**

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