

# DAYSRING DAYBOOK

Monthly Newsletter of Dayspring Presbyterian Church, 11445-40 Ave, Edmonton, AB, CAN, T6J 0R4

January 2021

## TRUST: IS IT EARNED OR GIVEN?

This issue is about trust.

The Merriam Webster definition of “trust” as a noun is: “assured reliance on the character, ability, strength, or truth of someone or something.”

As a transitive verb, it is defined as meaning “to rely on the truthfulness or accuracy of ...” As an intransitive verb, it is defined as “to be confident.”

Here are some quotes to get you thinking as you peruse the remaining pages of this issue.

“[People] who do not trust enough will not be trusted.” – Lao Tzu

“Trust is the fruit of a relationship in which you know you are loved.” - William P. Young

“Better to trust the [person] who is frequently in error than the one who is never in doubt.” – Eric Sevareid

“You must trust and believe in people or life becomes impossible.” – Anton Chekhov

“Have enough courage to trust love one more time and always one more time.” – Maya Angelou

“Fear leads to more fear, and trust leads to more trust.” – Dean Ornish

“The people, when rightly and fully trusted, will return the trust.” – Abraham Lincoln

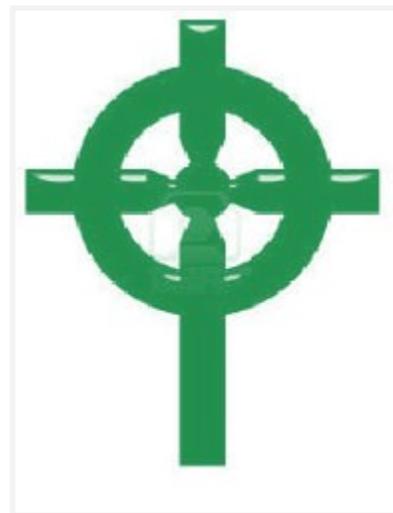
“Consistency is the true foundation of trust. Either keep your promises or do not make them.” – Roy T. Bennett

“Trust is very hard if you don’t know what you’re trusting.” – Marianne Williamson

“Faith does not need to push the river because faith is able to trust that there is a river. The river is flowing. We are in it.” – Richard Rohr

“People that have trust issues only need to look in the mirror. There they will meet the one person that will betray them the most.” – Shannon L. Adler

“Trust in the LORD with all your heart. Never rely on what you think you know. Remember the LORD in everything you do and the LORD will show you the right way.” - Proverbs 3: 5-6 (GNB/TEV)



**QUOTE OF THE MONTH: “Never be afraid to trust an unknown future to a known God.”**  
– *Corie ten Boom*

## In This Issue

- Trust: Is it earned or given?
- Minister’s Message
- Helping children learn to trust
- Developing trust in intimate partnerships
- Helping organizations become trustworthy
- Learning how to trust God

## FROM OUR MINISTER: What is there to trust?

The Franciscan friar, Richard Rohr is quoted to have said, "Faith does not need to push the river because faith is able to trust that there is a river. The river is flowing. We are in it."

In a certain way, I think that the past almost a full year, our certainties have been eroded extensively. When everything that gives certainty disappears, we as human beings are called towards new ways of thinking. Suddenly we lose control over those things that gave us a sense of safety in life.

This is a place where we wonder whether anything or anybody can be trusted. This is the place where, at times, it becomes hard to let go of all that we've been clutching onto.

I can't but wonder whether we aren't being taught some valuable things during the pandemic that has stripped us of all that has been giving us security. This is what draws me towards Richard Rohr's statement. Trusting that there is a river, knowing that this river is flowing and that we are in this very same river, is very profound to me.

This river is the flow that we are in, and the moment that our faith relinquishes the urge to push, we allow the river to take its course with us. Sometimes it feels very irresponsible to allow this river to do the flowing and taking us in a direction.

To the Western modern sensibility, it just doesn't feel right. It feels better to grab a branch along the side of the river and to jump out of the river.

How about letting the natural flow of the river take us to the destiny that is awaiting us? It may just prove worthwhile and so much stress would go away.



Heinrich

## HELPING CHILDREN LEARN TO TRUST by Vivian H

Children learn to trust by being in relationships with caregivers and safe adults who demonstrate trustworthiness.

The Circle of Security model gives us a roadmap for demonstrating trustworthiness. As caregivers, and safe adults, we need to do three things when relating to children:

1. Always be bigger, stronger, wiser, and kind. Children experience adults as accepting allies who will always be able to handle what they cannot.
2. Whenever possible follow my child's need. Children learn that their needs will be met.
3. Whenever necessary take charge. Children become confident to bring difficult experiences and feelings to their caregivers.



Upon consideration this sounds a lot like the way God relates to us.

Demonstrating a trustworthy reflection of God's love can seem like a daunting task. Fortunately research tells us that as long as we get it right 50 percent of the time children will learn to trust.

### References:

<https://www.circleofsecurityinternational.com/circle-of-security-model/what-is-the-circle-of-security/>

Woodhouse, S. S., Scott, J. R., Hepworth, A. D., & Cassidy, J. (2020). Secure Base Provision: A New Approach to Examining Links Between Maternal Caregiving and Infant Attachment. *Child development*, 91(1), e249–e265. <https://doi.org/10.1111/cdev.13224>

## BUILDING TRUST IN INTIMATE RELATIONSHIPS by Heather T

Trust is necessary for emotional intimacy and it is necessary for a healthy, close relationship. There are entire books written on this topic but let's look at just one relatively basic way to build trust.

Building trust requires being open and honest about your feelings. At first, this may seem difficult and also risky. However, if you consider the basic definition of a feeling, it may make sharing much easier. *A feeling is neither right or wrong: it is a spontaneous inner reaction to a person, place, or situation.* "I feel sad." "I feel excited." "I feel disappointed."

You are simply expressing how you feel and it helps your loved one understand you and can be the beginning of some meaningful connection and possibly discussion.

It's important to note that there is a crucial distinction between sharing feelings and sharing thoughts. One can potentially break down a relationship while the other can build trust.



*Thoughts include judgements, opinions, beliefs, ideas, concepts, and perspectives.* "I feel this is unfair." (This is a thought and a judgement.) "I feel you are being rude." (This is not a spontaneous inner reaction: it is an opinion.)

A quick way to determine the difference is that if you can replace 'I feel' with 'I think' in your sentence, then you have expressed a thought not a feeling. For example -

- "I feel that this is unfair" This is the same as "I think this is unfair." Therefore, this is a THOUGHT not a feeling.
- "I feel ecstatic about our decision" cannot be replaced with "I think ecstatic about our decision." Therefore "ecstatic" really is a FEELING.

Of course, thoughts are always part of everyday conversations with your loved one. Exploring thoughts and having meaningful discussions is imperative. However, it is the sharing of feelings in a safe and accepting environment that builds up your emotional couple trust and intimacy.

based on material provided by  
Worldwide Marriage Encounter

## HELPING ORGANIZATIONS BECOME TRUSTWORTHY by Martin S

**Organizations build trust essentially as we do individually, by displaying values such as honesty, integrity, reliability and by honouring commitments. Trust is built faster by demonstrating these consistently.**

**For each of our relationships we have a trust "bank account." Most interactions cause a deposit or a withdrawal, the greater our balance, the more willingly a minor lapse in performance is forgiven.**



**For organizations, building trust becomes increasingly difficult with the number of people perceived as representing them.**

**All organizations display values, consistent or not with any professed as their own. For trust to build, those demonstrated must be seen by clients or customers as desirable and the top challenge for organizations is hiring qualified people who genuinely embrace them.**

**We help organizations become trustworthy from within by fostering these qualities and from outside by expressing appreciation for service well delivered and asking for attention to any lapses.**

## LEARNING HOW TO TRUST GOD

In a little book titled *Basic Christianity* (Intervarsity Press, 1958), J.R.W. Stott, a British theologian and internationally respected preacher of the mid-20th century, tells the story of a student who came to him and asked how he knew that God exists.

After getting a sense of where the student was at in his spiritual journey, Dr. Stott suggested that, at least once daily during the ensuing year, he pray in the following way:.

“God, if you exist (and I don’t know if you do), and if you can hear this prayer (and I don’t know if you can), I want to tell you that I am an honest seeker after the truth. Show me if Jesus is your Son and the Savior of the world. And if you bring conviction to my mind, I will trust him as my Savior and follow him as my Lord.”

When the student returned, a year later, he reported that he had prayed the prayer daily and learned to trust God.

Learning to trust God involves “learning” to trust God. That is, we develop trust BY trusting and, of course, by testing out that trust. Along the way, we will likely need guidance of the kind that Dr. Stott gave the student, which means being open to guidance from those who have “walked the path of trust” ahead of, and alongside us.

- John Carr



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### DayBook Deadlines

3rd Sunday of September, October  
and June  
2nd Sunday of November, December,  
January, February, March, April, and  
May

## SESSION

**Moderator:** Heinrich Grosskopf

**Session Clerk:** Gina Kottke

**Deputy Clerk:** Iris Routledge

**Roll Clerk:** Jim Jeatt

### Other Elders

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Bill Davis

Jane de Caen

Darlene Eerkes

Peter Eerkes

Carina Grosskopf

Ransford Kusi-  
Menkah

Sam Malayang

Samuel Mforteh

Jan Ray Moncada

Nick Nation

Laura Patterson-  
Fortin

Darleen Springstein  
Heather Tansem

## MINISTER

The Rev. Dr. Heinrich Grosskopf

## CHURCH STAFF

**Church School Coordinator:** Lynn  
Vaughan

**Youth Coordinator:** Fionna McCrostie

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Gord McCrostie, B.Mus., M.T.S.

**Pianist:** Binaifer (Binu) Kapadia, B.Mus.

### Alternate Pianist

Darolyn McCrostie, B.Mus., P.D.A.D.  
(Education)

**Administrative Assistant:** Linda

**Custodian:** Jim