

the Messenger

PARKDALE UNITED CHURCH NEWSLETTER



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the Messenger



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We are always looking for new ideas, volunteers and submissions. We reserve the right to edit, condense or reject submissions, but will try to find space for all.

Next issue: **April 2016**
Editor next issue: **Danica Rogers**
Please submit articles and materials to messenger@parkdaleunitedchurch.ca or the church office by **Sunday March 20th.**

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EDITOR'S NOTE: CORRECTION

The name of Faye Posmituk was misspelled in the list of contributors of the January and February 2016 issues of the Messenger. We apologise to Faye for these errors.

IMPORTANT: If submitting photos to the Messenger please have the permission of the individuals if their faces are clearly recognizable. Everyone should be aware that we post an electronic PDF version of the Messenger on the Parkdale website: www.parkdaleunitedchurch.ca



Lenten Spiritual Practices in Times of Fear and Anxiety

"Therefore I tell you, do not worry about your life what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?...seek first the Kingdom (reign) of God and God's righteousness..."

Matthew 6:25, 33

God is not in the business of shaming people into belief or into certain kinds of behaviour. God's heart is filled with love for us and for the world. God's heart desires for us, a life of true freedom, faith and purpose. This is why God contends with those things that undermine abundant life, faith, love, joy and justice.

In the text above from the gospel of Matthew, Jesus puts his finger on the root of one of our biggest problems. Essentially, Jesus is saying: "Let God be the boss of us, instead of our anxiety, fear, and consumptive impulses being the boss of us." You might remember that school yard retort a student would make who is feeling pushed around and/or being told what to do: "You're not the boss of me!"

Jesus is saying, 'well, something is clearly being the boss of you and me.' In this case, he identifies anxiety and fear. His remedy is for us to seek God first, and the way God wants us to



live and wants the world to be. The season of Lent can be one of the ways in which we intentionally accept to let God be "the boss of us". This boss is not a tyrant and is not about provoking anxiety. This boss is loving, forgiving, holy, merciful, patient, as well as commanding and expectant. We have purpose, and we as individuals and as a community of faith, have a mission to undertake.

Unfortunately, what significantly undermines our capacity to live unduly unencumbered lives that are available to God and God's purposes, is that unholy trinity of 'anxiety-overconsumption-debt'. In functional terms, this unholy trinity subverts and displaces the impact of God's influence in our lives and the mission God has given us to carry out.

Here's the skinny:

Just in January, as reported in the National Post, a new Ipsos Reid poll

suggests that nearly half of Canadians surveyed are within \$200 per month of being unable to pay for their bills and make their debt payments. As well, about one-quarter of the 1,582 people who responded to the poll were already unable to cover their bills and debt payments. The poll found that 31 per cent of respondents said any increase in interest rates could move them towards bankruptcy.

This is a very distressing trend, for just a week earlier the Parliamentary Budget Office issued a report that indicated that Canada has seen the largest increase in household debt relative to income of any G7 country since 2000.

Theologians, commentators and psychologists all tell us again and again that the underlying drive to consume, which is ingeniously manipulated by advertisers, is fed by our fear and anxiety. Greed, they argue, is secondary to underlying fear and anxiety.

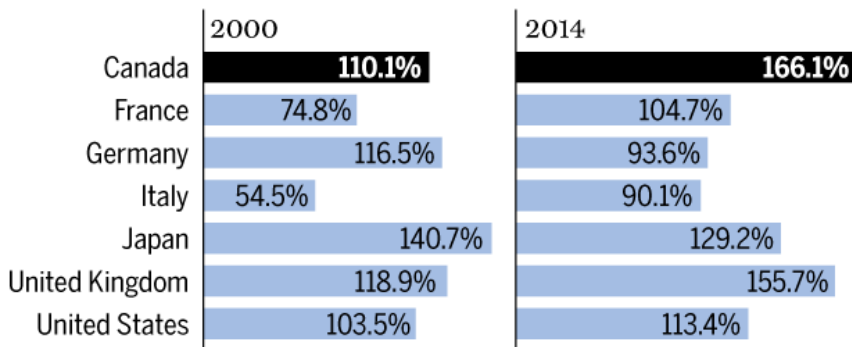
Here is our Faith Response

In this Season of Lent, the Spirit of God longs to help us realign our ultimate allegiance. How many times does the Bible call us not to be afraid? And Jesus pleads with us not to be anxious about anything; yes easier said than done, but nonetheless possible. Jesus urges us to let God “be the boss of us” and nothing

HOUSEHOLD DEBT

Canadian households have heaped on the most debt of G7 countries

HOUSEHOLD DEBT RELATIVE TO INCOME



SOURCE: OFFICE OF THE PARLIAMENTARY BUDGET OFFICER

NATIONAL POST

or no one else. How can we change? Whom will we trust? What will we examine about our lifestyles? What new pathways of other-focus and generosity can we take? What is the word from God about our relationship with stuff and our money? What about the plight of the vulnerable and those who are poor? What

non-monetary, non-material things from God are there for the picking that we are not available to?

May I offer a modified version of seven spiritual practices that were shared a few years ago at a Stewardship Conference in Tennessee at which I was a keynote speaker? It is entitled *‘Finding Hope in Hard Times’*.

Count your blessings (please read: Matthew 6:25-33)

Take action: write down all the things for which you are thankful. Share this gratitude list with someone. Set aside time each day to thank God for all the ways you and the world are so blessed.

Pause for reflection: in addition to being thankful, let us acknowledge our anxieties. What worries do we have about our life, faith, money and security? Write them down and share them with someone you trust. Take them to God in prayer.

Count your cash (please read: Luke 14:28-30)

Take action: if you don’t already, review your monthly income and spending. Get some help with budgeting and debt advice – www.InChargeCanada.ca. Speak with me about what kind of role our faith plays in our relationship to the way we relate to money and possessions.

Pause for reflection: what does this exercise reveal about your priorities (family priorities)? Might there be an invitation to change the way you allocate your money? Pray about this and remember the teachings of Jesus regarding a generous disposition towards our money and to others, eg. supporting the ministries of the congregation.

Growing in Contentment (please read: 1 Timothy 6:7-10)

Take action: take a second look at your budget and review debts and savings and make an informed decision to structure a way forward. Resist the lure of overspending by covenanting with someone you trust to be mutually accountable.

Pause for reflection: in what areas of your life do you find it easiest to be content? Where are the temptations? Learning and growing in contentment is one of the most significant disciplines we can achieve. Contentment reduces our desire to spend just for the sake of spending. Contentment acts as a cushion between our desire to spend and our income.

Choose a Simpler Lifestyle (please read: Luke 9:1-4)

Take action: Examine what clutters your life? Looking at your budget, what could you and/or your family cut to free up more money? What about your schedule? What would give you more time to do the things you enjoy as well as volunteering and serving more? Are you spending your time and money on things that are consistent with your Christ-like values? How is our spending an extension of our faith?

Pause for reflection: Why do you think that Jesus linked the sending out of the disciples to living without the clutter of possessions? How might we share the possessions that we do have? What would a simpler life look like?

Keep on Giving (please read: 2 Corinthians 9:6-8)

Take action: It is important that we continue to give even in challenging times because we have a need to give. This is a human as well as a Christian necessity. Made in God's self-giving image we are created to give and we become impoverished of body, mind and soul when we do not give. Review your giving in the context of your income. What percentage of what God enables you to earn/receive are you giving in service to God through offerings and tithes, and other charitable gifts?

Pause for reflection: The scripture passage above challenges us to give cheerfully. One way of increasing the joy found from giving is to become deeply aware of how our purpose in life and faith is meant to be aligned with God's purpose for Creation, which is characterized by generosity, right relationships and the faithful stewarding of all we have and are.

Helping to Grow Generous Communities (please read Acts 2:44-47)

Take action: I am sure you have noticed how crisis situations bring people and neighbourhoods together. Those with a willingness and resources to help, often engage in new ways with those having deep physical, spiritual and emotional needs. Spend some time getting to know the needs and gifts of your neighbours, your colleagues, and the people you encounter every day. Where do you see a need? What can you do to help? What can you offer? What are you willing to receive in the way of help and support from others?

Pause for reflection: In what further ways can we as a community of faith here at Parkdale United share with one another and the neighbourhood in which we find ourselves? How does our understanding of the sharing of the early Church shape how we give today?

A Financial Downturn Can be a Spiritual Upturn: (please read Colossians 2:6-7)

Pause for reflection: What does it mean to be “rooted in Christ”? How might tough times bring you closer to God and to the way of Christ? Spend some time in prayer and meditate on Scripture. What other spiritual practices might you take up to strengthen your relationship with God? Might you need to be more regular in communal worship? In what areas of your life do you need God’s nourishment?

Final Action: Look back over these seven practices. Make a note of new insights and what you have decided to do differently. Find resources to help you while you set aside time each day in prayer to be led to wise choices and right actions. If you are so inclined, feel free to share your insights, experiences and queries with me (abailey@trytel.com).
To God be the glory.



A prayer you may find helpful:

Lord God, this is the world you have made. Even as we affirm this we are living in troubling times: across the world, violence and terrorism abound, oil prices are down, debts are increasing, jobs are being lost, refugees are multiplying, those who are poor and vulnerable are even more at risk. Loving and merciful God, meet us in our fear and anxiety and hear our prayer: be a tower of strength amidst the shifting sands, and a light in the darkness; help us receive your gift of

peace, joy and contentment, as well as your gifts of challenge and new insights, and fix our hearts where true delight in you is to be found. Fix also our minds where new resolve is imagined and our hands where new ways of justice and generosity are undertaken, in the name of Jesus Christ our Lord, we pray. Amen

A Blessed Lenten journey to you all.
Your fellow pilgrim,

anthony

LECTIONARY FOR MARCH

March 6 – Lent 4

Joshua 5:9–12 God takes away shame from the people.

Psalms 32 (VU p. 759) Blessed are those who are forgiven.

2 Corinthians 5:16–21

Anyone in Christ is a new creation.

Luke 15:1–3, 11b–32 The Prodigal Son; the prodigal father.

March 13 – Lent 5

Isaiah 43:16–21

Look, I am doing something new.

Psalms 126 (VU p. 850) Those who sow in tears reap with joy.

Philippians 3:4b–14 I count everything as loss, but knowing Christ.

John 12:1–8 Mary anoints Jesus with costly ointment.

March 20 – Palm/Passion Sunday

Part one Liturgy of Palms

Psalms 118:1–2, 19–29 (VU p. 837, Parts One, Three, and Four)
The stone that the builders rejected.

Luke 19:28–40 Jesus enters Jerusalem to cheering crowds.

Part two: Liturgy of the Passion

Isaiah 50:4–9a

They struck my back and plucked my beard.

Psalms 31:9–16 (VU p. 758 Parts Two and Three)

My body and soul are wasting away.

Philippians 2:5–11

Let the same mind be in you that was in Christ.

Luke 22:14–23:56

Judas betrays Jesus; arrest, trial, crucifixion.

or Luke 23:1–49

Jesus is arrested, tried, and crucified.

March 24 – Maundy Thursday

Exodus 12:1–4, (5–10), 11–14

Instructions for celebrating Passover.

Psalms 116:1–2, 12–19 (VU p. 836)

How can I repay your goodness, God?

1 Corinthians 11:23–26

First account of the Last Supper.

John 13:1–17, 31b–35

A new commandment to love one another.

March 25 – Good Friday

Isaiah 52:13–53:12

He was despised; a man of sorrows.

Psalm 22 (VU p. 743)

My God, why have you forsaken me?

Hebrews 10:16–25

Provoke one another to love and good deeds.

or **Hebrews 4:14–16; 5:7–9**

Jesus the High Priest learned obedience.

John 18:1—19:42

Jesus is arrested, tried, and crucified.

March 27 – Easter

Acts 10:34–43

Peter preaches at the house of Cornelius.

or **Isaiah 65:17–25**

A new heaven and earth; the wolf and the lamb together.

Psalm 118:1–2, 14–24 (VU p. 837, Parts One, Two, and Three)

God is my strength and my song.

1 Corinthians 15:19–26

We die in Adam and are made alive in Christ.

John 20:1–18

Mary and Simon Peter find the empty tomb.

or **Luke 24:1–12**

The women report that the tomb is empty.

Plan ahead....Easter Week Services

March 24—Maundy Thursday:

7 pm in the Chapel

Communion and optional footwashing



March 25—Ecumenical Good Friday:

10:30 am at St. Stephen's Presbyterian (579 Parkdale Ave)

March 26—Easter Prayer Vigil:

Saturday 6:00 am to Sunday 6:00 am. Sign-up for a one-hour slot. See bulletin board in Gladstone hallway behind choir loft

March 27—Resurrection Sunday (Easter):

Service at 10:30 am

Birthdays in March

Our warmest greetings to:



2nd Richard Hamley
4th Thomas Cuhaci
4th Sofia McLean
5th Zoe Harewood
6th Ava Ahronson
6th Tyson O'Neil
6th Darcy O'Neil
7th Barbara Faught
8th Margaret Eades
9th Marguerite Brown
9th Samantha Tim
11th Gabriella Jeglic
15th Pierre Barbeau
16th Nicole Osterkruger
16th Adele Harman
20th Neil Mason
20th Tristan Higham
22nd Donald Duncan
26th Tom Grozinger
26th Alex Johnson
29th Asher Fincham
29th Shemond Charley
30th Susan Pfister



If you would like your birthday to be a secret, please let the office know and we will leave you off the list.

Parkdale Book Club

March 20 — *The White Guard* by Mikhail Bulgakov.

The White Guard, Mikhail Bulgakov's semi-autobiographical first novel, confronts the reader with the bewildering cruelty that ripped Russian life apart at the beginning of the last century, as well as the extraordinary ways in which (one family) the Turbins preserved their humanity.

April 17 — *Motorcycles and Sweetgrass* by Andrew Haydon Taylor

Otter Lake is a sleepy Anishnawbe community where little happens. Until the day a handsome stranger pulls up astride a 1953 Indian Chief motorcycle—and turns Otter Lake completely upside down.

May 15 — *Nocturne: On the Life and Death of my Brother*

By Canadian Helen Humphreys
A memoir of her brother's death from cancer, it is as times endearing, heart breaking and joyously funny.

If you have any questions please email either Marlene MacLean (marlenemaclean@gmail.com) or Heather Brophy (h.brophy@sympatico.ca).



All Welcome! Meet in the Ladies Parlor after church on book club days. Bring a lunch.

You are warmly invited to join our neighbouring churches for the

WORLD DAY OF PRAYER SERVICE

KITCHISSIPPI UNITED CHURCH

**630 Island Park Drive
(adjacent to the Queensway
overpass)**

**FRIDAY, MARCH 4, 2016
7:00 PM**



The theme of the service, “Receive the Children, Receive Me,” was written by the World Day of Prayer Committee of Cuba. Following the service, there will be a reception in the church for refreshments and an opportunity to meet with friends from neighbouring churches.

Participating churches are St. Matthias-All Saints Westboro Anglican, Queen of the Most Holy Rosary RC, St. George’s RC, St. Stephen’s Presbyterian, Parkdale United and the host church, Kitchissippi United.

Come join your sisters and brothers in Christ, in solidarity with fellow Christians around the world.

For further information, contact Beth Gutsell at 613-729-8228.

World Day of Prayer is a global, ecumenical movement organized by Christian women each year on the first Friday of March. Their motto is “Informed Prayer and Prayerful Action.”

Confirmation 2016

*Submitted by Melodee Lovering,
minister to youth and children*

On Sunday, January 31, nine young people were welcomed into membership at Parkdale United Church during a service of Confirmation. Five of these youth were also baptised*: Mariam Amisi*, Victor Amisi*, Isaac Barbour*, Emily Bailey, Julia Bell*, Elizabeth Fitzgerald, Jonah Hamer-Wilson*, Joshua Okumu, and Sarah Vidalin.

During October and November, the youth attended classes after church and used the book "Jesus 24/7 Youth" to work through the fundamentals of the Christian faith. The book uses the United Church Creed as it's stepping off point. They also participated in a day-long retreat.

The youth were especially helpful and caring as classes fell during my recovery period following carpal tunnel surgery when I was not able to lift or carry, set up electronics, etc.

After classes, on two of the Sundays, the youth spent some time preparing a skit about how to manage/not manage conflict, which they performed in November at "The Point" a presbytery-wide youth worship gathering. The theme was "Should Christians Disagree?" They were assisted by Stephanie Coward-Yaskiw who is a conflict management consultant.

The Membership committee provided a lovely continental breakfast for the Confirmands and their families, as well as lovely cakes with the names of all participants and refreshments after the service. Gifts provided to the youth included Bibles, prayer shawls, and baptismal candles.

At Confirmation, all youths are expected to write a personal creed which they read during the worship service. These writings are full of commitment and hope and you will find them below.

Mariam's Creed

God, the Father, Son, and Holy Spirit has my soul, heart, and mind no matter what problems I go through. I want to serve God in this church community, where I worship and where we come together to Praise Him.

Victor Amisi

I believe that God is our creator of the universe.

I believe that Jesus is the saviour of mankind.

I believe that the holy spirit is here to guide us and teach us the ways of God.

I believe that my service to God should be in this community by respecting others and doing what's right.



Left to right: Julia Bell, Elizabeth Fitzgerald, Sarah Vidalin, Mariam Amisi, Emily Bailey, Victor Amisi, Isaac Barbour, Joshua Okumu, Jonah Hamer-Wilson.

Isaac Barbour

I believe God the Father is the creator
I believe Jesus Is a messenger and God's son
I believe the Holy Spirit is with us always and leads us
I believe my church is place where I can grow my faith and learn more about God.
I believe that my service to God in my community is to be helpful and kind to everyone.
In my church I should serve others.
I should tell the world about God.
When I go to Heaven I want to hear God say that I have done well in following him.

Emily Bailey

I believe that God the father is patient and he still has faith in us,
I believe Jesus died on the cross for a reason. I am one of them.
I also believe that the Holy Spirit is going to be with me till I get to heaven.
I believe that my church will help me get to know God better and to grow more and more in faith.
I promise my service to God will be, in my community helping others in faith and in their lives,
in my church by being a role model for the younger children that are also growing to know God and in the world by spreading God's love to others.

When I get to heaven I want to hear God say, 'I believed in you, just like you did in me. Welcome to your heavenly home.'

Julia Bell

Through the meaning of love, I will love the lord with all my heart, and listen with all my heart for God's small, still voice

Through the compassion that Jesus taught us, I will embrace every path and choice given to me with open arms, exploring every option within I believe that no matter what, God will be there to help in time of need, and will be there in times of success, keeping watch over me

I will express God's words through my actions

I will love my neighbours as I love myself

I will be an Ambassador for the word of God, to shine a path for others, showing them the way to salvation

I believe that God is always with us, giving us hints about the path in life we should take, but, it is up to us, if we will listen and take action, or turn a blind eye and forget

We learn to never give up, to always take action to bring light into the world, to do the right thing, in our hearts

I believe in Jesus Christ, my lord and saviour



Elizabeth Fitzgerald

I believe God the Father gave up His only Son to give us eternal life I believe Jesus is the light of the world.

I believe the Holy Spirit is all around me to protect me from evil

I believe my church is a place I can communicate with God better.

I believe that I should serve God in my community.

I will learn and grow in my faith in my church.

When I go to heaven I want to hear God say, "You lived your life well. Now it's time to join me in my home."

Jonah Hamer-Wilson

I believe in the holy trinity: the father, the son, and the holy spirit.

I believe that if we walk in the world alone, we will only be able to satisfy our flesh, which is not true satisfaction. We must walk in the Lord in order to satisfy our real needs and desires.

I believe that Jesus is the way, the truth, and the life.

I believe that he came down to walk among us and gave his life for us on the cross. He came to help and protect us, and sent the spirit to guide us.

I believe that there is no way to join the father except through Jesus Christ.

When I get to heaven, I hope to hear God tell me that I have pleased him in my life.

Joshua Okumu

I believe in God the Father, maker of heaven and earth.
I believe Jesus performed miracles, lived among ordinary people and eventually ascended to heaven.
My church is a holy place and is also the house of the lord where everybody comes together for worship. Each time I am here, I feel close to God. I know attending church every Sunday will make me a better, smarter and stronger person who can contribute to the world.
I believe that my service to God should be: towards my society, community and family where my daily actions should reflect my moral teachings as a dedicated, responsible, respectful, global, open-minded citizen who makes the world a better place for all.
Attending church has made me a more generous, understanding and thoughtful person who can contribute to solving some global issues and helping others in need.
Faith, hope, and reading the Bible on a daily basis help me see that the world would be a more peaceful place if all could work together towards a common goal with a more open mind set.
When I go to heaven I want God to remember me as his son and for the wonderful things I have done on earth by being a positive example for others in my family, school and church.

Sarah Vidalin

I believe in God the Father, and the Son, Jesus Christ who was born of the Spirit through the virgin Mary. I believe that God created the world. I will trust in God through good times and bad to guide me, enrich me, and I know His love is always with me.

REMINDER:



Please sign the petition regarding education for reconciliation

The Mission, Outreach and Justice Committee and Council encourage you to sign the petition to your provincial government asking that school curriculum include the legacy of the residential schools, the history of treaties and the contributions of Indigenous Peoples to our society.

Let's ensure that this call to action of the Truth and Reconciliation Commission will be implemented and that our children and grandchildren will walk in solidarity and reconciliation with the First Peoples.

You can sign the petition at the sanctuary entrance or in Memorial Hallway until Sunday March 13th.



Jono's introductory note to his poem "immersion"

"It was a great privilege and joy for Jill and I to see our son Jonah baptised (and confirmed; along with the other baptisands and confirmands of this year's cohort!) on the last Sunday of January this year. The opening lines of this poem came to me on my morning run on the second Sunday of that same month; which I remembered later that morning in church was the feast of the Baptism of our Lord. The rest of it was written throughout the month, and is submitted in honour of this year's confirmation class; with much gratitude to Parkdale for being a great place to learn and grow in faith as a family; and to exercise our gifts and calling in ministry."

immersion

head to toe, all in between;
alive in you, and only clean
by your good graces, manifold
the shining faces, stories told

of happy days. But not my choice;
we were in graves: we had no voice,
no vision of a better way
till Light and Love came home to stay.

we had no wisdom till you spoke,
shared your gifts, and bread you broke;
offered thanks and washed our feet:
each a sacrifice so sweet

that ages would remember you
for living what you said. It's true,
that meant you chose the ultimate
foot-washing; and to celebrate
your exaltation, gratitude:
the hardest eucharistic food.

with me, worthy
till free: agony
every breath, living death;
eyes the only spark of health
in this composting corpulence
of greed, or wraith of gasping faith;
and even they admit no day
to bring renewal to decay

till once again your broken hand
extends, and mixing tears with sand
(or any earthly scrapings found
in this dark cave made holy ground)
I'm touched, and much as oxygen
flows fast to famine, light again
is coursing through my spirit's veins
to strengthen hope and break the chains.

I rise from knees that need to learn
repeatedly to bend and turn
and rest before your holy fire,
and let you lift me from the mire
of misery I've made my home; e-
gregiously th'epitome
of blinded pride and misplaced zeal
I beg you, keep me small and real

I stoop to offer crumbs of service,
quick to grab the lie my worth is
weighed by what I do or think,
instead of making you the drink
of every moment's wond'ring waiting.
sea of dry souls salivating
at the thought of heaven's table
I would enter; scorn the rabble

of the doubtful who imagine
all we see is all that has been,
and always will be. This chaff is
furnace-bound, but firm your staff is

let you lead me from this valley;
sweet its springs, and sweeter shall be
all the feasting, overflowing,
when our hope becomes our knowing

goodness, mercy: this my song
along with Zion's cheering throng
our work: simply to rejoice
and thank you for the gift of voice,
our love for you to vocalise;
bright echo of your sacrifice

*jono hamer-wilson
ottawa, ontario - january 2016*

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A Prayerful Meditative Walk

Walking a Labyrinth is a spiritual practice that dates back hundreds of years. Labyrinths can be found in grand cathedrals and small churches across the globe. This year a labyrinth is available for us at Parkdale to use during this Season of Lent. It is situated in Tape Hall and is available on Sundays and Mondays from 9:00-1:00.

(with the exception of Feb. 28th due to our annual meeting). Instructions for walking the labyrinth are found next to it on a table. Please read the instructions and take off your shoes before entering the labyrinth.

A labyrinth is best described as an ancient prayer practice involving a winding path that leads ultimately to a center and then winds back out to the point where it began. The path is symbolic of the journey inward towards God's presence and then outward, grounded in God and empowered to act in the world.

At first glance a labyrinth looks like a maze: twists and turns on a defined path. The difference is, while you can choose the wrong direction in a maze and become lost, the path of a labyrinth never

branches off. While in the labyrinth you might be confused by the twists and turns of the path, as you are getting closer to the center it may suddenly take you back right by where you started. But if you keep moving forward along the path, you will always make your way to the center, and will always make your way back out again. (Stay on the path and don't cross the lines.)



Allow yourself to pray whatever you need to pray, and to be comfortable with silence. When you reach the centre you can go no further. You may wish to stand at centre and then when you are ready turn around and follow the path back out.

The first time you walk the labyrinth you may be frustrated and begin to think you aren't doing it right. As long as you stay on the path you will find the center. Trust that God is walking with you and come to the labyrinth time and time again to walk with God. May God bless you on your journey.

Debbie Roi

In From the Cold

Number of guests we have served together:

January	9	111
	16	120
	23	138
	30	87
February	6	125
	13	106
	20	107



NEEDED: One creative volunteer to assist Vita in working with our guests at the **card and crafts table** each Saturday afternoon from 1:45 to 3:00 pm. Please contact the Church Office if you would like to help on one or more Saturdays.

All volunteers: Please note that the last Saturday for serving our guests will be **March 19th**, **NOT** March 26th as previously planned, due to Easter week-end observance. Also please save **April 7th for our Pot Luck Supper.**

All IFTC Volunteers:

POT LUCK SUPPER

Thursday April 7, 2015

5:30 pm

In Tape Hall, Parkdale United Church

This is our opportunity to invite our generous donors and together give thanks for our meaningful ministry.

Please bring salad, main course or dessert!



COUNCIL MEETING — JAN 26, 2016

Scott Andrews, Vice-Chair, opened the meeting and welcomed Council members.

Anthony Bailey led the opening devotion, an exercise in discernment based on the book by Ruth Haley Barton entitled “Pursuing God’s Will Together – A Discernment Practice for Leadership Groups”. After a short introduction by Anthony, we sang “Open my Eyes That I May See” and read a prayer in unison from Barton’s book. Then we broke into small groups and reflected on the story of Jesus healing the blind man (in John, Ch. 9), considering the question “with whom do we identify: the disciples, the neighbours, the Pharisees, or the parents?” We then moved to consider questions of our experience of solitude and silence; our experience of God’s transformative presence; our practice for engaging Scripture for spiritual transformation; our experience with different kinds of prayer; our practice of self-examination; and how God is speaking to us through Scripture.

Council was asked to prayerfully consider the following: “Do we agree that individual spiritual transformation is a prerequisite to discernment?” There was some discussion of this, especially around the questions of how we are experiencing God in the midst of our individual spiritual rhythms and what more

we feel we might need. It was decided that we needed time to prayerfully consider this important question, and to also think about how we can leverage the resources of faith that are already present among us to work on our individual and collective spiritual transformations, with integrity and intentionality. It was agreed that we are all at different stages in our spiritual life and that prayer is an important component of spiritual development, but it was also recognized that this is a tremendous challenge, one that should not be taken on without proper prayer and reflection.

With respect to correspondence, Anthony noted that a letter had been received from Carmen United Church, agreeing to our request to have Rev. Nick Phillips as our guest speaker for our 85th Anniversary service in May. Immediately following the meeting, a letter from Khan Chao indicating his intention to retire effective January 1, 2017, was circulated to Council members.

Moving to the business section of the meeting, Judy Hamley, Chair of Ministry and Personnel, provided an update on the process required by Presbytery with respect to the Living Ministry Profile we had worked on during our November meeting. She informed members that she had sought clarification from Presbytery and that additional work would be required in order to transform our point form responses to the 12 ques-

tions into a 'story' that would provide an overview of Parkdale's current situation. After considerable discussion, Council asked Judy to inform Presbytery that, although the questions and point form responses could be useful in updating our current, very comprehensive, Joint Needs Assessment Report when the need next arises, they are not useful at this time, and that we will not be bringing the document forward to our upcoming AGM.

Under the leadership of Treasurer Kathleen Stephenson, Council reviewed and discussed the financial statements for the 2015 Annual Report. Significant decreases in receipts were noted under 'envelopes' and 'use of premises' between 2014 and 2015. It was pointed out, however, that envelope givings were exceptionally high in 2014. Some decisions related to the Mission, Outreach and Justice financial statement were highlighted and were accepted, but Council requested that the allocation of \$250 to Camp Kalalla continue; an appeal will be made for increased givings to Mission and Service.

With respect to the Budget for 2016, it was noted that we have a budgeted deficit of \$23,575. Given the significant shortfall in the general fund (\$111,573), an emphasis on increased givings will be required.

We learned that St Matthias Anglican Church had gratefully accepted Parkdale's offer to provide lunch on

February 7, the date of their last service in their current building, apart from its deconsecration. Help to plan, prepare and serve at this event was solicited. (Note: The actual event turned out to be a Spirit-filled morning, with a lot of tears, but also much hope. A lovely lunch of rice, meatballs, salad, cookies, squares and fruit salad was served to over 150 very appreciative people. It was a pleasure and a privilege to be with our brothers and sisters in Christ, in love and solidarity, on this sad day. Heartfelt thanks go out to all who helped by providing cookies and squares, preparing and serving food and cleaning up.

One of the key calls to action of the Truth and Reconciliation Commission was the call for the residential school legacy, the history of treaties and the contributions of Indigenous peoples to this country to be a mandatory part of school curriculum. KAIROS has started a petition to each provincial government to include this history as a mandatory part of school curriculum. At the request of Faye Beaufort, Chair of Mission, Outreach and Justice Committee, Council agreed to bring the petition to Parkdale and to ask Parkdalers to sign the petition for the province in which they live – Ontario or Quebec.

As at all meetings, Committee Chairs provided written reports; highlights of these are included here.

Faye Beaufort, on behalf of **Mission, Outreach and Justice**, provided an update on our Syrian refugee family. Unfortunately, the 86-year-old grandmother has died in Jordan, so now the family coming to us will include the father, mother, three boys aged 20, 12 and 11 and one girl aged 18. The forms have been signed off and are making their way once again through the required process. Our co-sponsor's daughter, Assma Basalamah, has been working with the Mayor's group to ensure that all of the information meets the government requirements. To date, over \$40,000 has been raised!

Faye also reported that Parkdalers continue to volunteer at the Odawa Drop-in Centre at 510 Rideau Street serving breakfast and lunch to indigenous people. Over the winter months, donations of tuques, socks, mitts and hoodies have been delivered by the "Bannock Bus," which serves coffee, soup and bannock three nights a week to people on the street.

The Images and Stories series continues, and on January 29 heard from David and Diana Mason on their cruise down the Seine and the battlefields of the two World Wars. Vita Savelieva

will talk of her travels in New Zealand on February 28. The last presentation of the year will be on March 18, 2016.



Peter Meerburg, Chair of **Recruitment and Succession Planning**, provided an update on proposed nominations for the 2016 Council, noting that four positions remain unfilled at this time: Vice-Chair, Chair of Faith Formation and Christian Development, Chair of Finance, and Chair of Property Trustees.

Carolynn Halkett, Chair of **Communications**, noted that the newcomer's brochure was finalized and was available in the pews for the Christmas services. Work on the website continues, with a new website to be ready sometime during Parkdale's 85th anniversary year – 2016. The current website has been updated to reflect Parkdale's five ministries: Faith Formation and Fellowship; Mission, Outreach and Justice; Stewardship; Pastoral Care; and Worship.

Written reports had been provided by all staff; highlights of these follow.

Rev. Dr. Anthony Bailey reported his excitement that Council was commencing study of Ruth

Haley Barton's book entitled "Pursuing God's Will Together" with a view to becoming more intentional in engaging in prayerful conversations and discerning God's will together.

Anthony also provided an update on the graffiti incident and its aftermath, noting that the perpetrator (s) of this racist act – being investigated as a hate crime – could not have anticipated all that has come of their action. Whatever the intent, the impact has been both hurtful and wondrous. The responses—of outrage, as well as tangible and overwhelming prayers, support, solidarity, practical help and courageous conversation—have the fingerprints of God all over them. Parkdale's response to this act caught the attention of the media and through them, the public. The solidarity and encouragement from other churches as well as other religious communities have been incredible. Letters, email, tweets, phone calls, and face to face conversations are bearing out just how engaged people are. We have been given an opportunity to testify to the Love and Vision of God for the world and to the way of Jesus and we will continue to advance honest conversations and a compelling witness to the just, reconciling and loving ways of God.

The Tuesday morning Bible study focuses on the three Epistles of John. The Lenten Series started February 10, using Rob Furquay's book entitled: "The God We Can Know—Exploring the "I Am" Sayings of Jesus".

Anthony continues with funerals, visitations and baptisms and is grateful for the grace and wisdom from God that enable him to minister to these folk. In addition, there were six couples who participated in the marriage education seminar.

In From The Cold, our supper hospitality ministry, is in its 14th year! Anthony conveyed his gratitude for the myriad volunteers who offer their time and gifts in service to our neighbours and guests. He asks God to strengthen us to continue feeding, befriending, loving and learning from our guests, even as we advocate on their behalf for the reduction of poverty and more affordable housing.

Anthony continues to attend and contribute to the Mayor's Refugee Working Group, which partners with organizations to coordinate the resettlement and support of Syrian refugees. He emceed again this year the DreamKeepers Martin Luther King Jr. event at City Hall, at which Sophie Grégoire-Trudeau was the guest

speaker and the Rt. Honourable Joe Clark the recipient of a Life Achievement award.

Anthony was asked to preach at Union United Church in Montreal on Sunday Feb. 21 for their Black History Month special worship celebration.

Rev. Debbie Roi reported that 37 women attended the Women's Retreat at the Galilee Centre in Arnprior. The weekend focused on friendship, and the story of Ruth and Naomi set the tone for discussions and worship. It was a wonderful opportunity to deepen our relationships with one another and to reflect on our relationship with God. Debbie reported what a joy it was to co-lead this event with Melodee; another retreat is planned for next January!

Debbie also noted a continuing high need for pastoral care within the congregation and mentioned what a privilege it is to accompany others on their spiritual journeys through all of life's moments.

With respect to her Spiritual Director's Course, Debbie has begun to offer spiritual direction. She meets monthly with a peer group in Kingston. In terms of her own spiritual practice, Debbie has begun to write daily faith reflections, and prays that Council's study of Ruth Haley Barton's book will help to expand our individual spiritual disciplines.

Melodee Lovering reported on the January 31 confirmation of nine young people: Mariam Amisi, Victor Amisi, Isaac Barbour, Emily Bailey, Julia Bell, Elizabeth Fitzgerald, Jonah Hamer-Wilson, Joshua Okumu, and Sarah Vidalin. She noted her pride in this excellent group of young people. Mariam, Victor, Isaac, Julia, and Jonah were also baptized during the same service.

Senior youth are busy with many activities. On Saturday, February 6, Parkdale United hosted the Worshiplude gathering of over 500 youth and leaders from all over Ontario and Quebec. The speaker was Maggie McLeod and the focus was on Aboriginal issues. Parkdale youth served as hosts as well as performing a tableau during the worship service. On Saturday, February 13, the youth from Zeballos, BC as well as all the Ottawa area youth who are participating in the SEVEC exchange had dinner at Parkdale United. During March break, our youth will journey to BC for the second half of the exchange. Participants from our church on the trip will be: Victor Amisi, Fred Andrews, Isaac Barbour, James and Julia Bell.

Proceeds from the Second Blessings Coffee Shop over the last few months have been going to support the SEVEC exchange and help defray expenses for the participants. Melodee has agreed to serve for another year as chair of the Youth and Young Adult Committee of Ottawa Presbytery. In that role, she

chaired the group that interviewed and hired the co-ordinators for Camp Awesome 2016. The responsibilities will be heavier in the coming fall as Rev. Hilary Merritt, Presbytery Youth Minister, will be on sabbatical.

Melodee, on behalf of the Technology Committee, reported on the plan to start projecting hymns during the month of February and to then expand that to projecting the order of service. A dedicated laptop will be required for projection, as the one the church has is always used on Sunday morning for sound.

Sunday school teachers have been found to cover off the winter and spring semesters, but we will miss Evonne Karmaromi and Scott and their daughter Dorothy, who have moved to Kitchener.

Our wonderful Sunday school kids performed well in the pageant again in 2015. Thanks to all the chickens, cows, donkeys, sheep, and camels and to the Sunday school teachers who helped them!

Please mark Parkdale's Annual General Meeting in your agenda for February 28, 2016; all are welcome. The next meeting of Council will be a retreat on March 5, 2016.

The meeting closed with a meaningful prayer led by Matt Baker.

Submitted by Helen Hayes

IMAGES AND STORIES PRESENTS...



A MONTH-LONG TOUR OF AFRICA

MARCH 18, 2016, 7 pm

You are invited to our final Images and Stories presentation on March 18. Please note that it will be held one week earlier than usual as the last Friday in March is Good Friday.

Our presenter will be Jim Maxwell, telling us about his month-long tour of Africa, and his connection with "Project Canaan," that supports orphans in the Kingdom of Swaziland. We look forward to his visually interesting and compelling photos and stories.

We hope you will be able to join us on Friday March 18th for a cup of inspiration, followed by a cup of tea and a chance to ask Jim more about his journey after the presentation.

At this time, we would like to say thank you to all those who were able to join us for this series of presentations.



RECIPE

Chicken Amandine

3 cups	cooked chicken
1/2 cup	celery, chopped
1/2 cup	mushrooms, chopped
1/2 cup	onions, diced
1/2 cup	sour cream
1 can	cream of mushroom soup
8 oz can	water chestnuts, sliced
2/3 cup	mayonnaise



1 pkg	crescent rolls
1/2 cup	sliced almonds
1/4 cup	butter, melted
2/3 cup	swiss cheese, grated

Combine first 8 ingredients in a large saucepan and cook until bubbling. Pour into 9' x13' baking dish.

Unroll crescent rolls and lay over top. Combine butter, almonds and cheese, spread over rolls. Bake at 375F for 25 minutes. Freezes well.

Recipe submitted by Cathy Ternan. This is one of the casserole dishes that Jeannie makes in large quantities for Centre 507. Jeannie is a member of the Community of Christ Church on Byron Ave, as is Cathy's husband Marten. As part of their outreach, they supplied casseroles to Centre 507 on a weekly basis.

(Editor's note: Centre 507 is a drop-in Centre at 507 Bank St. that supports the disadvantaged—not to be confused with the Aboriginal Drop-in Centre 510 at 510 Rideau St.)

“Images and Stories”

Normandy: Beauty, Culture and War

On January 29, 2016, more than 40 Parkdalers attended David and Diana Mason’s lovely and engaging presentation entitled Normandy: Beauty, Culture and War.

David and Diana certainly made a great tag team as they alternated speaking about the various components of their trip. It was wonderful — two presenters for the price of one!



Diana opened by recounting how she and David boarded their riverboat cruise in mid-September 2015. The cruise followed the winding Seine River from Paris north to the English Channel. Diana described the popular tourist sites in Paris and recommended the “hop-on, hop-off” bus tour if you plan to visit this magnificent city.

Diana then outlined the pros and cons of an all-inclusive riverboat cruise, commenting that, because of the limited number of passengers on board, you really get to know your travelling companions. That said, you have fewer interactions with the locals on a cruise unless you make an effort to do so by arriving a day or two before the cruise, or by spending time in the local restaurants and shops while in port.

After their time in Paris, the Masons set sail to the twin towns of

Les Andelys. Their excursion from Les Andelys was to the quaint village of Lyons-la-Forêt, followed by a visit to an apple orchard and apple cider factory.

From Les Andelys, they travelled downstream to Rouen (the capital of Normandy and the place where Joan of Arc was executed in 1431). The centrepiece of Rouen is a cathedral, where they were fortunate to see a spectacular sound and light show projected on its front wall (similar to the show on Parliament Hill in Ottawa).

After their tour of Rouen, a World War I specialist was brought on board the riverboat to speak to the guests about the Battle of the Somme and WWI, in preparation for their tour of the sites the following day. Diana commented that the various tour guides were fabulous.

Their first stop was at a school, which was rebuilt after WWI with contributions from Australian schoolchildren. Surrounding the school are agricultural lands, where the Masons heard about WWI trenches and the hand-to-hand warfare. Seeing a war memorial and graveyard in the middle of these fields was very emotional for them.

Afterwards, their tour headed to the Thiepval memorial, museum and visitor centre. At the memorial, the tour group stood in silence as a fellow tour member read a poem about a soldier. Diana read the poignant tribute poem to us. The poem was unbelievably moving.

After their emotionally exhausting tour of the WWI sites, the riverboat set sail for the pretty seaport town of Honfleur, where the Masons visited a local cheese factory and an estate in which they sampled some apple brandy, called calvados, along with some delicious hors d'oeuvres. We learned that Honfleur has been a subject for many artists, including Monet and Daubigny, and that Samuel de Champlain set sail from Honfleur on his expedition to what is now Quebec.

The highlight of the trip for David was the visit to the WWII sites. While he was born well after the war

was over, David grew up in a town in England that had been bombed during World War II, and occasionally unexploded munitions had been found during excavations. WWII history is therefore very real to David, and he reported that their visits to the Allied landing beaches and the nearby museums were both thrilling and emotional for him.

The first World War II stop was at Arromanches, where Gold Beach is located. Later, the excursion group headed to Juno Beach, where the Canadian Forces landed. At Juno Beach, there is a museum dedicated to the bravery of those Canadian soldiers. One of the striking parts about the museum, according to the Masons, is a film that guests are



Juno Beach Memorial Museum

shown when they arrive. David and Diana's only disappointment was having insufficient time to see the entire museum. Following their time at Juno Beach, they visited the Canadian war cemetery at Bény-sur-Mer, as well as Pegasus Bridge.

As the evening progressed, we reflected on the freedoms that we are so blessed to have in this great country of Canada and were reminded of those brave soldiers who made the ultimate sacrifice. Diana reminded us how young the soldiers were and the anxiety that their parents undoubtedly felt in waving their sons off to war and in putting their sons (mere boys, in many cases) in harm's way.

On a somewhat lighter note, the Masons later took an excursion to the town of Fécamp, where they visited the famous Benedictine Palace. They also toured a nearby town where Vincent Van Gogh lived and painted. Following their return to Paris, they flew to England to see some other tourist areas and to visit family.

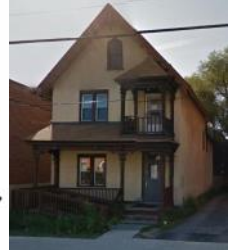
David and Diana's presentation certainly gave us a new appreciation for the rich culture and the beauty of the Normandy countryside, as well as the area's horrific wartime history, which has likely contributed to the resilience of the French people.

Thank you, David and Diana, for a superb presentation! I was so inspired by it that I booked my own trip to northern France just a few days later.

Respectfully submitted,

Barbara Hennessy

NO MORE CLOTHING Needed for the Bannock Bus!



A WARM THANK YOU!
from Shawenjeagamik Centre
510 Rideau for the many warm
clothes that were donated. Otta-
wa churches have now supplied
enough socks, tuques, mitts and
hoodies to give to street people
on the Bannock bus rounds this
winter, even some to keep for
next winter's needs.

PLEASE NOTE: Centre 510 has
given extra bags of donated
clothing to The Mission and The
Shepherds of Good Hope, which
both have clothing cupboards for
people in need. **PLEASE** bring
any further clothing donations
directly to these or other organi-
sations,

Elise Mennie

Namby and Pamby

Is God on your side?

Namby: Good morning, Pamby.

Pamby: And a good morning to you too.

Namby: So, have you heard the latest?

Pamby: Latest of what?

Namby: Well, God has gotten into the divorce battle between my neighbours, Connie and Carl Scantlebury.

Pamby: Wow! I didn't know that God had time for stuff like that. I thought that he was too busy with church matters and that any spare time he had, he dabbled in Politics.

Namby: Really? Then, you don't know people who treat God like a Facebook friend?

Pamby: What do you mean? That they think that he is interested in everything that they do every minute?

Namby: Yes. They would even text him if they knew his number. One of my daughter's

friends, who has become interested in religion, recently asked her if she thought that the Pope had God's cellphone number.

Pamby: There you go again joking about stuff which some people take very seriously.

Namby: I'm not joking when I tell you that Connie Scantlebury told me that she wasn't worried about the divorce, that she was leaving it to the Lord to deal with her husband.

Pamby: And what about the lawyer and the Judge?

Namby: Oh! She was sure that the Lord would direct them to make the right decision.

Pamby: And what would that be?

Namby: That she would get everything which she was asking for, including custody of their children, although she said "my children".

Pamby: It sounds like a done deal.

Namby: It gets better than that. Carl, Connie's husband, has been talking to my husband from time to time.

Pamby: Oh, so both you and your husband are now marriage Counsellors.

Namby: No, it's difficult. We have been friends for years. They live next door and our children have been playmates from the time when they were toddlers. Whether we wanted to or not, my husband and I have been forced to listen.

Pamby: So, what has Connie's husband been telling your husband?

Namby: That he was leaving it to the Lord to deal with Connie and that he would get all that he was asking for, including custody of their children, except that he said "my children".

Pamby: All of this sounds similar to a story which my parents used to talk about when we were teenagers.

Namby: What, another divorce case?

Pamby: Well, this one was a

split. The two ministers couldn't get along, so the congregation split almost evenly, with each minister holding on to whatever property and people he could.

Namby: So, how did it turn out?

Pamby: Well, my parents sided with the Minister who was called "The Super" because he had been the Superintendent before the split.

Namby: So?

Pamby: My parents told us about a song which "The Super's" group made up, which went like this:

"Some people say they don't like us

But we're right anyhow, right anyhow, right anyhow.

We know that the Lord is leading

So, we're right anyhow, right anyhow".

Namby: Yes, God is such a team-player, eh?

Pamby: Yes, especially when we believe that he plays for our team, exclusively.

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We enjoy meeting you and being together in ministry. Parkdale's congregation responds to God's call and Jesus' teachings by:



uniting in joyful worship as an act of praise and gratitude, for inspiration and guidance

Providing learning opportunities for the Christian way of life and to enhance Biblical literacy



Supporting each other through pastoral care and concern

Reaching out to people in need **PROMOTING JUSTICE**

Praying for guidance, wisdom, and support.



Visitors and newcomers to Parkdale:

Please be on the look-out for our hospitality team who wear pale yellow nametags and would be happy to meet you and answer your questions. Ask for the 'Welcome to Parkdale' edition of the Messenger, which has a striking goldenrod cover.