

Parkdale United Church

Building connections • living faith • acting for justice

Autumn 2017

WHAT WAS A SACRED MOMENT FOR YOU THIS SUMMER?



Reflecting back on the people, events and activities of these past months I am feeling particularly blessed. Time and again my heart was warmed, my spirit lifted and I felt love's embrace.

You know those moments of joy, connection and care that sometimes surprise and always awaken us to God's goodness and grace at work in our lives and world. A few of my sacred summer moments...

- Participating in several beautiful, meaningful wedding celebrations
- A few days at a lakeside cabin near Nakusp with my mom and dad
- A picturesque round of golf with our son Ethan at Livingstone just west of Calgary – we even golfed well!
- Some great summer novels, read leisurely, two by Canadian author Louise Penny
- Warm Sunday afternoon strolls with Ann along the Bow River in downtown Calgary
- Hearing news of successful surgeries, babies born and anticipated, people being their best selves

My list of sacred moments could go on, some of them special and unique while many are relatively common and simple. As you think back on the summer, what were sacred moments for you? Or maybe you are already immersed in a new season anticipating sacred moments for you and yours in the days ahead.

Whether reflecting back or looking forward, I invite you to take a little time to note some of the sacred moments in your life and living. It's a perfect opportunity to give thanks for God's active presence nurturing love, awakening joy, encouraging hope and healing, guiding us day-by-day.

Take good care of yourself, the world needs you!
Murray

BLACKFOOT CROSSING HISTORIC PARK...

Monday, September 25, 9am – 4pm

In our ongoing journey to better understand our Indigenous neighbours, we have arranged a trip to Blackfoot Crossing Historic Park, near Cluny. We will leave the church at 9am and return by 4pm. Travel will be by carpooling. Cost for seniors is \$8:00 and \$12:00 for adults. Please indicate your intention to attend by placing your name on the sign-up sheet. For further information, contact Jim at jlatimer@shaw.ca or blackfootcrossing.ca.



INSIGHTS FOR UNDERSTANDING OUR INDIGENOUS NEIGHBOURS...

Saturday, September 30, 9am – 12noon

We are delighted to have Tim Fox a gifted Indigenous leader and educator offer a morning workshop on some of the historical and contemporary issues affecting our Indigenous neighbours. The intention is to build deeper awareness and understanding, and ways of being respectful and helpful in relationship with our Indigenous neighbours.



Join us for some good learning and meaningful conversations on Saturday, September 30 here at Parkdale United, 9am – 12noon. Coffee, muffins and fruit will be available at 8:30am.

Tim will begin his workshop at 9am. You are encouraged to invite neighbours and friends to participate in this good event.

Registration for the workshop is \$10.00; please sign up.

MEDICAL ASSISTED DYING...

Tuesday's, October 17 & 24, 7pm

Are you interested in finding out more about "Medical Assistance in Dying?" On Tuesday evening, October 17, we will have two guest speakers attending, Dr. Michael Trew, Psychiatrist at the Foothills Hospital and Evie Wallace, whose husband Hugh was the first person to die with medical assistance. They will discuss both the medical and personal sides of this sensitive subject.

The following Tuesday evening, October 24, Sue Brodrick and Murray Laverty will be discussing the Official Statement of the United Church on the subject of Medical Assistance in Dying.

Both gatherings will be held in the Church auditorium at 7pm. We hope you can attend one or both of these informative meetings. Please feel free to invite your friends. All are welcome.

MEN'S EVENING DISCUSSION GROUP...

Monday's, November 13 – December 11, 7 – 9pm

Reflections on Mark Nepo's book Seven Thousand Ways to Listen: staying close to what is sacred; Atria Paperbacks, 2013. The book contains three major sections: The Work of Being; The Work of Being Human and The Work of Love. It is an exploration of the endless ways that life asks us to listen and suggests listening is the essential doorway to everything that matters. The title was inspired by the existence of Seven Thousand spoken languages in the world. Sandy Navrady will again facilitate the conversations. Each session is fairly independent allowing participants to attend as their schedules permit. The Men's Discussion Group will meet five Monday's November 13 – December 11, 7 – 9pm here at Parkdale United.

CHURCH CHOIR...

Calling all congregants who love singing! PUC choir is always welcoming new members, and what better time to join than the start of a new season. No previous experience is required! If you are interested in spending a few hours each week to have fun singing and contribute to our worship, come to a choir rehearsal from 7:30 – 9pm on Thursdays, or speak with Michael Coburn after a service.

WE NEED NEWSLETTER CREATORS!

We are hoping to produce a simple congregational seasonal newsletter, maybe 4 or 5 publications a year. Talk with Murray or Ruth, 403-283-3301, if you are interested in helping us create newsletters.

SUNDAY SCHOOL...

Preparations have been ramping up as we prepare for a new Sunday school year. We have Maria Ramirez and Thomas Unruh returning to share teaching duties for the primary and youth classes, as well as Emily Flood and Claire Perrella returning to entertain and enrich the minds of the infants, toddlers, and preschoolers in the nursery. Jennifer Razzo continues to gather and prepare curriculum, teach the odd class, and plan family-focused church events throughout the year.

This fall we are returning to the Spark curriculum for the primary group. It is bright, active, and colourful. We will be following the lectionary, and hopefully providing opportunities for families to talk over lunch about what they each learned, from a different outlook. The youth group will be starting an all-new curriculum called Re:form. It is MUCH more interactive than the previous years, and lessons are focused not so much on the Bible stories themselves, as being focused on the tough questions that maturing minds tend to ask about the Bible, church creed, and how faith fits into "real life".

I am excited for this New Year. We are looking forward to seeing our regular kiddos, as well as meeting some new friends as the months pass.

Jenn Razzo

SUNDAY'S SCRIPTURE CONVERSATION...

Each Sunday, a small group gathers at 9:30am in the



Quiet Room on the second floor for 50 minutes of conversation. We begin with reading the Bible text that is being used in the worship service that day and then discuss what the reading might be saying to each of us. Discussions are lively, respectful and thought-provoking. We have a number of different versions of the Bible available so it is sometimes quite interesting to compare the language that is used in each version. It can be fun to anticipate what Murray will say during his Reflection time, compared to things we have discussed. You don't need to have your own Bible and you most certainly don't need to be a Biblical scholar to participate in this informal discussion group. You are welcome to come every Sunday or just drop in whenever you are able. The more, the merrier! If you have any questions, you may speak to Chet Marlett, Sue Brodrick, Jim Balshaw or Beth Balshaw. We look forward to seeing you!



SANDWICHES FOR HUNGRY NEIGHBOURS...

Friday's, October 13 and December 8, 9 – 11:30am

We are assembling sandwiches that will be distributed as lunches for hungry men and women through the Calgary Drop-In and Rehab Centre. Sue Brodrick will make sure all the sandwich making supplies will all be ready for our Friday morning working sessions. There'll be good conversations and playful comradery as we work together creating sandwiches for those who need a helping hand. You can be part of the TEAM – JOIN US FOR SANDWICH BUILDING AT PARKDALE UNITED.



PUC – WORKING AT THE AIRDRIE FOODBANK

Tuesday's October 24 and November 28, 9 – 12 noon

We have committed to “lending a hand” at the Airdrie Foodbank this Fall. The need for volunteers has grown rapidly as has the services provided by the Airdrie Foodbank. A working group of at least 10 and up to 15 people will travel to Airdrie to spend a couple of mornings stocking shelves, sorting food and building hampers. You can join us as we lend a hand working at the Airdrie Foodbank Tuesday's October 24 and November 29, 9 – 12 noon. Please sign up or contact the office if you can volunteer.



FAITH AND JUSTICE...

TRC Events and Resources, please refer to the bulletin board for the Right Relations newsletter and details. Blanket Exercise –

Saturday, September 23, 1 – 5pm, St. Thomas United
Movie - We Were Children -

Wednesday, October 4, 7pm, Wildrose United
United Church Mandate Magazine with articles from KAIROS and General Council workshops and a copy of the 96 TRC recommendations for extra reading, are on the information table in the front entrance.

Our Regular Outreach

KAIROS Affordable Housing (subgroup of KAIROS Prairies North) welcomes anyone interested in joining our Parkdale commitment to having coffee time with the residents at Longbow on the first Wednesday of every month 9:30 – 11am. Call Doreen Kot 403 289 3191 for more details. There will be a Fall Clean-up of the community garden and yard at Acadia Place early in October, watch for details.

INTRODUCING TIM ALTON...

Tim Alton began working as our caretaker on September 1, following Mike Hudec's retirement after nearly 20 years caring for our building.

Tim was born in Ottawa and grew up in the Winchester and Ottawa areas of Ontario. Working as a multi-sport outdoor guide brought him to the Top of the World Lodge in the East Kootenays. After living in the Cranbrook-Kimberley, BC area, he moved to Calgary nearly a year ago. Most recently, Tim has been a caretaker at the West Hillhurst Community Association, where he crossed paths with Emily Flood, one of our Sunday morning nursery caregivers.

Tim is a nature and animal lover and pursues many outdoor and wilderness activities in his leisure time. If you are around Parkdale on weekday mornings and run into Tim, please introduce yourself and welcome him to Parkdale.

A FEW SPIRITUAL PRACTICES...

PRAYER CANDLES...

are located on the tables at the front of the sanctuary. You are invited to light a candle and say a prayer any time before or during the worship service.

CARING STONES...

are symbols of God's presence in our lives and our commitment to act with faith, hope, and love. Take a Caring Stone for yourself or a loved one. Stones and cards explaining the blessings in this prayer practice are available on the Prayer Candle tables.

LABYRINTH WALKING...

is an old, old spiritual practice. It is a way of prayer, healing, seeking God, and discerning answers to life's questions. The Labyrinth is open to walk most days, and is located on the lower west level, below the sanctuary.

KNIT PRAYER SQUARES...

Small knit squares to tuck in your pocket or purse, to pass along. Each square is knit with prayer, a little reminder of God's presence. An attached card explains the blessings, care and hope intended in these small woven squares. Take one for yourself or give one to a friend. The squares are in the baskets on the front sanctuary tables with candles and stones.

PRAYER REQUESTS...

The prayer circle focuses healing prayer on those who would like spiritual, emotional or physical healing. If you would like to request prayers for someone, please fill in the note on the prayer candle table at the front of the sanctuary and put it in the box.

Additional Programs

BOOK CLUB...

Our Book Club meets once a month (usually the second Saturday morning of the month) from September to June. Book Club meets from 10 – 11:30am in the Quiet Room upstairs. Books are chosen by the group and there is always rich discussion! The Book Club welcomes new participants at any time.



HEALING PATHWAY MINISTRY...

Healing Pathway is an energy-based therapeutic approach to healing. It uses light touch to influence the energy system with the intent of balancing physical, emotional, mental and spiritual well-being. Healing Pathway treatments take place in the church's healing rooms on the second floor.



The Parkdale Healing Team will be available for healing session after church on Sundays or at other times as requested. Please contact the church office to make an appointment. All practitioners are trained by the Healing Pathway Society.

"The Healing Pathway practitioner serves as a vessel or conduit of God's grace and healing energy. Practitioners are not the source of the healing energy; they are merely the instrument. The aim of healing is to restore balance and harmony within the energy system and thus enable the self-healing of the individual." <http://healingpathway.ca/>

JOURNALING GROUP – No Way to Do It Wrong

No Way to Do It Wrong is a journaling group that meets at Parkdale United Church on the third Wednesday of each month at 7pm. In each session there is a brief introduction to a journaling resource, an entrance meditation, quiet time to write, and a closing prayer. There is no expectation that we share what we've written. New journalers' are welcome.

MEN'S BREAKFAST CLUB...



All men of the congregation are invited to our Men's Breakfast at 8am on the first Saturday of each month, from September to June, at the Village Park Inn (Motel Village). There is no agenda – just fellowship and conversation.

MOVIE NIGHTS...



About one Sunday evening a month, the Faith and Justice Committee hosts a Movie Night in the Conference Room downstairs. All are welcome to gather at 6:30pm to enjoy dessert and fellowship, and to watch a thought-provoking movie with a social justice flavor. Following the movie, we engage in stimulating conversation about the movie. All are invited to join in the socializing, discussion and learning
Sunday, October 8 - A Man Called Ove
Sunday, November 5 - The Man Who Knew Infinity

PRAYER CIRCLE...

The Prayer Circle focuses healing thought on those who are unwell in body or spirit, or who wish for spiritual healing with the use of daily contemplation and meditation. With permission, members of the Prayer Circle hold a person's concern in God's love and pray for his or her highest good.

UNITED CHURCH WOMEN (UCW)

The Parkdale UCW group meets on the second Tuesday of each month at 9:30am. Activities include interesting learning opportunities and discussion on topics that are current and relevant. We provide financial assistance to support a variety of agencies in our community and in the world. We host a Friendship Dessert Party in the spring and a congregational Christmas luncheon in December. New members are always welcome.

WOMEN'S BREAKFAST CLUB

Please join us on the second Monday morning of each month, 8:15 – 9:30am, from September to June, for breakfast and socializing.



We meet at Cora's Restaurant in Northland Village Shopping Mall. It's fun!

WOMEN'S LUNCH BUNCH

Join the women of the church for lunch on the last Sunday of every month, from September to June, right after church. Meet at Boston Pizza on 16th Avenue NW (Motel Village) for lunch and good conversation.