

# Parkdale United Church

building connections

· living faith

· acting for justice

## Autumn 2018

### SUMMER SACRED MOMENTS...

Reflecting back on the people, events and activities of these past months I feel 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...

- A cultural tour of Portugal – wonderful historic sites, beautiful people, great hikes
- Celebrating several significant family anniversaries and birthdays
- An amazing Vancouver Island fishing trip with my dad and brother
- Several playful rounds of golf with our son Ethan – we even played well!
- Some great summer novels, read leisurely
- Warm Sunday afternoon strolls with Ann along the Bow River in downtown Calgary
- Good conversations, meaningful connections, satisfying endeavors

My list could go on, some items are special and unique, many are common and simple. As you think back on summer, what were sacred moments for you? Or maybe you are already into a new season anticipating sacred moments in the days ahead. Whether reflecting back or looking forward, I invite you to take some time to note 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, offering guidance day-by-day.

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

### Sunday, September 23, 11:30am

The 100 mile lunch will showcase our vast variety of locally grown food and the culinary talent of Parkdale United. We are giving you lots of lead time to explore local gardens, make a visit to the local farmer's market, discover areas out of Calgary, chat with your neighbours about recipes and experience some summer fun.

#### *What do I do?*

Plan to spend the morning and early afternoon being here to visit with us and enjoy the potluck. Bring your favourite dish to share. Even if you cannot contribute please attend for fellowship and community. Children's tables are available.

#### *What do I bring?*

Here are some ideas from our last lunch: Recipes to share and labels "from the garden of..." Or "recipe of my grandmas". Carrot slaw, pickles, corn, tomatoes roasted, sliced, salsas, cucumbers and zucchini of course, potato salad. Pies, apples cobbler, rhubarb desserts, homemade juice, crisps. Homemade buns, breads. Local chicken pot pies, (someone found buffalo meat last time), pulled pork on a bun ...Eating locally-farmed food means you get to meet the people who produce your food. Buying locally means less fuel burned to transport food. Local farmers are often organic, and employ earth-friendly farming methods or raise free-range animals... As we enjoy dessert we will be entertained by our own local talent. The 100 Mile Lunch is hosted by the Faith and Justice Committee



### 100 MILE LUNCH FOOD FEST

2919 – 8<sup>th</sup> Avenue NW, Calgary, AB T2N 1C8  
Phone 403-283-3301

[www.parkdaleunitedcalgary.net](http://www.parkdaleunitedcalgary.net)  
[parkdaleuc@telus.net](mailto:parkdaleuc@telus.net)

# Parkdale United Church Welcomes You to Sunday Morning Worship Services

Please join us for worship each Sunday at 10:30 a.m.

## Dive Into God's Welcoming Care!

**September 2<sup>nd</sup>**

Guest, Bob Gibennus



**September 9<sup>th</sup> – Act Kindly**

James 1:17 – 19, 25 – 27, 2:14 – 17

Sunday School resumes.



**September 16<sup>th</sup> – Speak Respectfully**

James 3:2 – 6a, 9 – 12

**September 23<sup>rd</sup> – Love Intentionally**

James 3:13 – 4:2

**September 30<sup>th</sup> – Pray Humbly**

James 5:12 – 16



**October 7 – Thanksgiving Sunday  
World Wide Communion**



## SUNDAY SCHOOL...

Welcome back, families! This fall brings some changes to the Children's Sunday morning program, as we are planning to try a new model of teaching with a rotation of themes and lesson approaches throughout the year. We plan to continue with the baking, add some more drama, try to get more nature into the lessons and hopefully throw some music in the mix! Jennifer Razzo and Thomas Unruh are returning to lead the primary class (grade 1-6) and youth class (grade 7-12), and Emily Flood and Claire Perrella are returning to lead the Nursery Group (up to kindergarten). As always, there is flexibility in the class age groups, as suits the individual child each Sunday. We hope for a fun year!



Jennifer 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!

## NEW OFFICE ADMINISTRATOR...

Hello to all. My name is Kate Currie and I am the office administrator for Parkdale United. I have lived in Calgary for 34 years. I am married (almost 30 years), have 2 children and 2 grandchildren. I have been an active member of the United Church all my life, being involved in choir, Sunday school, CGIT, plays and pageants and volunteering at various functions. Please stop by and say hi when you see me.

## TOPICS WORTH TALKING ABOUT!

### 3<sup>rd</sup> Sunday of the month, 11:45am.

Join us for a fifty minute conversation on subjects of interest and worth talking about. Copies of the "monthly" brief article or text will be available at the church, and it will guide and inform our time together. You are welcome to take the "text" and read it over even if you are unable to join us in the Sunday conversation. Facilitating our time together will be Mary Sheridan and Murray. The first "Topics Worth Talking About!" is Sunday, September 16, meeting in the Conference Room just down the stairs from the sanctuary. This month's "text" written by Margaret Wheatley is worth reading and talking about!

## CHURCH CHOIR...

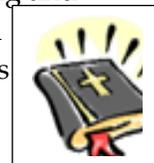
We are excited to welcome Colin Redekop as interim Director of Music at Parkdale while Michael is on paternity leave. Colin brings with him a wealth of experience, and we are looking forward to his contributions to our service. PUC choir is always welcoming new members, and what better time to join than 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 or Colin after a service.



## MEN'S EVENING DISCUSSION GROUP...

### Mondays, November 5 – December 3, 7 – 9pm

The topic of discussion will include gifts, talents and callings, with questions based partly on ideas from Gregg Levoy's book "Callings – Finding and Following an Authentic Life". We will explore our God-given gifts and talents and seek to understand the calls we have encountered in our lives. What unique talents did God give us? When and how have we been called to use them, and for what purpose? How do we know if a calling is authentic? Who has influenced or motivated us to pursue callings in our lives? This is not a book study, but a time of conversation and mutual sharing. Sandy Navrady will again facilitate the conversations. Each session is self-contained, so you are most welcome to join the group for one or all sessions, as you choose. The Men's Discussion Group will meet here at Parkdale United. For more information please contact Sandy at 403-588-5339 or [sandynavrady@shaw.ca](mailto:sandynavrady@shaw.ca).



## SANDWICHES FOR HUNGRY NEIGHBOURS...

**Sept 7; Thursdays Oct 11 & Nov. 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 be ready for our working sessions. There'll

be good conversations and playful comradery as we work together creating sandwiches for those who are in need. You can be part of the TEAM – JOIN US FOR SANDWICH BUILDING AT PARKDALE UNITED.

## PUC – WORKING AT THE AIRDRIE FOODBANK

**Tuesday's Sept. 18; Oct. 16; Nov. 20, 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 10 to 15 people will travel to Airdrie to spend a few mornings stocking shelves, sorting food and building hampers. You can join us as we lend a hand working at the Airdrie Foodbank Tuesday's, Sept. 18; October 16; November 20, 9 – 12 noon. Please sign up or contact the office if you can volunteer.



## RE-CONNECTION LUNCHEON!

**Wednesday, October 24, 12noon**

There are a few of us who find getting to church on Sunday mornings difficult. There are a few of us who miss friends of long-standing, people who we have shared life and faith with for years. Our "Re-Connection Luncheon", will be sharing a simple lunch together, having time for good conversation and to enjoy each other's company. We will be sending out invitations, we are securing some playful musical entertainment and will help facilitate transportation needs. Put this event in your calendar, we look forward to being with you.

## BOILER REPLACEMENT PROJECT...

During the summer, the church's original boiler was replaced with two smaller mid-efficiency boilers as a greenhouse gas mitigation initiative. This project was funded, with thanks, by a gift from Jan Tollefson's estate.

The original church boiler was installed during the original building construction in 1955 and has

provided nearly 63 years of reliable service. (The original 1955 building was the auditorium; the sanctuary was added in 1961.) The simple design and yearly preventative maintenance contributed to its longevity. That said, it was 1950's technology and was quite fuel inefficient.

During 2017, an engineering study was commissioned to assist us in selecting a properly sized and fuel efficient boiler.

Natural gas consumption and CO2 emissions will be reduced through better burner and combustion technology, as well as through tighter control of the boiler and hot water circulation pumps. Installing two smaller boilers improves efficiency and operating flexibility rather than running a single boiler. The new boilers, and associated water circulation pumps, will also be highly automated, leading to greater efficiency and less operator intervention. There will also be minor electricity savings through the use of variable speed circulation pumps.

Our current natural gas consumption averages about 1,400 GJ per year, emitting about 70 tonnes of CO2. Savings for mid-efficiency technology are estimated to be 600 GJ and 30 tonnes of CO2 annually, resulting in cost savings of about \$3,800 annually. The installed cost of the new boilers is almost \$80,000 and their anticipated life is 25 years.

Ken Coburn, Jim Balshaw and Earl Beattie have provided leadership for this project.

### A CELTIC BLESSING

May you be blessed with good friends.

May you learn to be a good friend to yourself.

May you be able to journey to that place in your soul where there is great love, warmth, feeling and forgiveness.

May this change you.

May it transfigure that which is negative, distant or cold in you.

May you be brought into the real passion, kinship and affinity of belonging.

May you treasure your friends.

May you be good to them and may you be there for them; may they bring you all the blessings, challenges, truth and light that you need for your journey.

written by John O'Donohue

### **NEWCOMER FAMILY UPDATE...**

Suliman has now been in Calgary for seven months. He and his family have spent these months reconnecting after living apart for more than seven years. Much of Suliman's orientation to life in Calgary has come from his family, with additional assistance provided by members of our sponsorship group. He is attending English classes and is eager to learn. He is also hoping to participate in a work preparation course in the fall, although it is likely to be some time before he is ready to work, as he will need better English in order to do so.

On another note, some months ago Parkdale was asked to partner with a local community group in order to sponsor six Eritreans who are currently living in Israel and facing expulsion as Israel hardens its approach to asylum seekers. As members of the United Church of Canada, a Sponsorship Agreement Holder (SAH), we can apply to sponsor these people on behalf of this group, thus providing a government-required link with an SAH, and in July Council agreed to do so. In this particular situation, all financial support and all other settlement support will be provided by the community group. Our role is simply to help to bring these people to Canada. Parkdale has a long history of sponsorship and active support of refugees, and we are happy to do this.

### **FAITH AND JUSTICE...**

**The first Monday of every month** is Parkdale's coffee time at Longbow (KAIROS Affordable Housing Unit in Bowness). Join us 10:00 – 11:30 for [doreen.michael@telus.net](mailto:doreen.michael@telus.net).

**September 14, Friday, 1:30** Faith and Justice Meeting at PUC. Interested? Please join us.

**September 23**, 100 Mile Lunch Food Fest Potluck after the Sunday Service. Don't miss this fun event for families. See the poster board for more information

If you are interested in Peace and Justice, Truth and Reconciliation, discrimination, poverty and housing and want to become involved please contact anyone on the Faith and Justice Committee or contact [doreen.michael@telus.net](mailto:doreen.michael@telus.net).

**Calgary Project Ploughshares (Peace work) office is on the lower floor here at Parkdale United.** New members are welcome. Watch the poster for upcoming open educational events

### **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 a 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 or for yourself, please fill in the note on the prayer candle table at the front of the sanctuary and put it in the box.

### **QUIETLY CARING FOR OUR COMMUNITY...**

Did you know Parkdale United has a congregational visitation program called Ringing the Doorbell? This program provides important links with those who can no longer easily attend church activities. You have an opportunity to be such a visitor and develop a meaningful relationship with a member of our church family who is homebound. Organization will happen in late October. Meanwhile, if interested, please give your name to Avis Thomas, chair of Parkdale's Pastoral Care Committee, or leave your information at the office.

## Additional Programs

### BOOK CLUB...

**Saturday, September 15, 10:00 -11:30am**

Our Book Club meets once a month (usually the second Saturday morning of the month except for our Sept. gathering) from September to June. Book Club meets 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.

### 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, the third Monday if there is a holiday, 8:15 – 9:30am, from September to June, for breakfast and socializing. We meet at Cora's Restaurant in Northland Village Mall. Our next gathering is Monday, September 10. We hope to see you there. Sally Coburn 403-289-0313



### 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. We meet at Boston Pizza at Dalhousie Station for lunch and good 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, September 16  
Sunday, October 14  
Sunday November 11

## GC43 – OBSERVATIONS & IMPRESSION Sue Brodrick

Having just been at General Council 43, I thought it would be good to give you an update as to what is happening in the wider United Church of Canada. The remits were approved to move our church from a four court model to a three court model. What does this actually mean to us at Parkdale United Church! It does not have any impact on our own community of Faith, everything still continues as it has, but when we look to the wider church for help and support that is where we will see the changes. As of January 1, 2019 there will no longer be a Presbytery, for many of us that means there will no longer be a Barb Lough to contact and ask questions, as well as there will no longer be a Conference, but rather we will now be part of the South Alberta Region. Each region will establish what ministry is important to the Communities of Faith within the region. I believe this is a very positive move for our United Church; mission and ministry comes first, governance is required to make things happen. We in Southern Alberta can establish the governance model that helps us to follow the ministry important to us.

I also thought it would be good for you to hear just a few of the experiences I had at GC43. GC43 is all about good business and good experiences in being church. The first new experience for me was the Sunday morning Sunrise Circle Prayer offered to us by our Indigenous friends. We got on the bus at 6:00 AM and went to a beautiful park. It was overcast but not yet raining. The elder started the Prayer Circle first by telling us about himself and then encouraging us to let the spirit take away our burdens, to allow ourselves to forgive our ancestors and move forward.

A sacred fire was lit, and then our Moderator Rev. Jordan Cantwell presented the elder a gift of tobacco. He then spoke about the pipe, and the meaning behind sharing the pipe. We were all invited to smoke the pipe or at least touch it, feel the spirit from it. We were then each asked to take a bit of tobacco from the box and hold it throughout the prayer time. After that the rains started to come, it rained heavily, but that was well appreciated as it had been so dry in the area up to that day. The Prayer Circle continued, we heard the story of the eagle feather as it was passed around. During all this the elder was talking about moving forward, understanding our past but letting go and

moving on. I learned also, as the rain was coming, that we were to try and keep all the elders dry. We held some of the umbrellas we had brought over the elders, therefore getting wet ourselves, but that felt good. Respect is a wonderful thing.

Continuing the Prayer Circle, a song that was somewhat a chant, was offered to us by one of the elder women which was quite moving. Then we were each given a fresh strawberry and were asked to eat all of it, even the green, as this is the fruit of the land, Mother Earth. Once we had eaten the fruit we were then to give back to the sacred fire the tobacco we had received, with a moment of silent prayer as we did. The rains continued even harder than when they started. We then had a hug circle which started with the elder hugging each of us, and as we hugged we joined the circle hugging each other in the circle following the elder. Since it was raining so hard people were huddled under a small canopy (those that could get under) and therefore the circle wasn't a true circle but we managed to make it work. Once the circle was completed the leading elder shared a song with us. His drum was so wet that it was "dead" as he called it, but he still did the ritual song. Then he invited us as we go back to our breakfast and to say a prayer as we ate. Normally a meal is shared right after the Prayer Circle but that wasn't feasible at this gathering. It was a great experience for me.

I love governance and the administrative stuff that is required to keep the United Church of Canada a spiritual denomination for all of our Communities of Faith. Having been on GCE for the past 6 years I had used the new business models at our last two or three executive meetings, and really liked the process. Once the commissioners fully understood the process I think the decision making of the business of GC43 went very well. I do wonder how the people of our United Church expect all the items approved to move forward and get done over the next three years. I know the Executive will need to prioritize the work; they just can't physically get everything done. We all have great thoughts and ideas and need to realize that not everything can possibly happen at the same time. This was obvious when an item from GC42 was brought up that had been approved by GC42 but to date no work had been done on this. It related to

some of the proposals brought to GC43; therefore it could now be one of the priorities for the next triennium.

The third item that had a huge impact on me is hard to choose, as there were two or three that I felt were very moving. The Thursday evening Youth presentation was wonderful, as it included all persons, no matter what their diversity. The discussion on Tuesday morning related to understanding the feelings of "La Table", the francophone members of our church. The other item was Friday evening when Rev. Paul Walfall gave a report as the Intercultural Observer at GC43. His report spoke about racism and the lack of inclusion of the marginalized that he observed happening during this week. We think we are including all but when you are the white person looking through your lens you don't really understand what you are or aren't doing to be inclusive, non-racist or just not being aware of the marginalized. I won't go into this anymore but I encourage you to go on the United Church website for GC43 and watch what was happening from 5:00 pm to 8:00 pm on Friday the 27<sup>th</sup> of July. This is what church is really about; this was a very powerful moment I believe for everyone in attendance.

Please feel free to contact me if you wish to talk more about what happens at General Council, or how the wider courts of the United Church work to enable Parkdale United Church to do God's work in our community.