

February News...



Connections

It's another chilly day in Calgary. I am beginning to wonder if spring will ever come. Yet, even as I wonder, the days are indeed getting longer – a sign of hope! So, too, were the pansies I saw blooming in Victoria just a couple of weeks ago! It was wonderful to have a wee bit of Sabbath time with some of my extended family in B.C.

I am grateful to have had the opportunity to help welcome Eva Beiderman into our circle, as our new Children's Ministry Facilitator. She is finding her place here, and the children are enjoying her leadership.

Nicole is engaging our youth in some rich learning and conversation. It is amazing to see these young people who were in elementary school, or just entering junior high when I first came to Parkdale. It's a pleasure to be working alongside Nicole, and to be part of their faith journey.

As we move towards the spring, I am working with the KAYAC (Kids and Youth Advisory Committee) to put plans in place as I prepare for my sabbatical and holiday time (May to August). I plan to focus on ways we can enrich the spiritual nurture of our children and youth; on rest and renewal; and on my own spiritual nurture. I look forward to the time away, and to returning in the fall

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with renewed energy and vision for our work together.

Part of the journey into spring involves the Lenten journey. I hope you will be able to join us for some of the special events and services that will help us reflect and bring meaning to these days. We'll begin with an all ages event – our annual Pancake Supper, on March 9th, which will be followed, on the same evening, by a quieter service of worship. Then each Wednesday through Lent we will journey through the season with a mid-week worship service. Plan on joining us as often as you can, as we walk through Lent together.

Blessings,

Tammy

Notable Dates:

- ◆ Sunday March 6
Greening Workshop & Movie Night
- ◆ Wednesday March 9
Pancake Supper
- ◆ Wednesdays March 16 to April 13
Stations of the cross
- ◆ Sunday March 20
Affirm Celebration
- ◆ Palm Sunday April 17
- ◆ Good Friday April 22
- ◆ Easter Sunday April 24
- ◆ Saturday April 30
Garage Sale



Council News

As the central governance body of Parkdale United Church, Council regularly receives and reviews reports and financial statements and approves the budget for the next year. At this time Council is particularly focused on how we will move forward with our mission and priorities over the next 18 months. Tammy spoke about our mission in her reflection on February 6 pointing out that the mission of being and becoming a centre for spiritual growth and social justice is the result of our Lenten Learnings last year. This mission is a vision for the future carefully discerned from the responses of almost 100 congregants of Parkdale United Church.

Council's goal is to move forward with the four priorities which were approved at Annual General Meeting of the congregation in May 2010. On Saturday January 15, 2011 Council members and a large group of "friends of Council" met to review our progress with these four priorities and to determine actions needed to achieve success with these priorities. Facilitated by Jim Latimer, Sidney Courtice and Sue Brodrick this session highlighted the work needing to be done to move the priorities forward.

Priority #1 is to Create a Communications & Marketing Group to publicize and promote the church.

The purpose of this action is to be clear on what we have to offer, reach people outside the church, build relationships & knowledge internally and promote social justice. Council is seeking Champions to form a communication task group.

Priority #2 is to discover new church leaders by establishing a Volunteer Coordination Team. The purpose of this action is to discover gifts and skills and connect them with the needs of individuals and the church. We depend on our volunteers for almost everything we do and we need a Champion for this work to summarize volunteer tasks and form a team to coordinate the work of volunteers.

Priority #3 is to strengthen and expand Children's, Youth and Young Families' Ministries by creating and implementing a plan that encompasses more intergenerational services, a new Children's Ministry curriculum and greater visibility of children and youth within the church.

The purpose of this action is to be a Christian centre that equips our children and youth for a faith-filled life. Tammy and KAYAC (the Kids and Youth Advisory Committee) are our Champions for this work.

Priority #4 is to educate the congregation and increase support for the Mission & Service Fund, and educate the congregation on our partnerships with Project Ploughshares, Band-Aid, and Add Your Light. The purpose of this action is to empower and provide tools to people within our congregation and beyond to increase all areas of support for service and mission locally, nationally and globally. The Faith & Justice Committee has agreed to act as Champion in this work.

Mary Sheridan, Council Chair

Affirming Ministry News

Come and celebrate!

On Sunday March 20, Parkdale will celebrate becoming an Affirming Ministry of the United Church of Canada. This is an important step in our faith journey as a congregation. Join us for worship at 10:30 am, and for lunch following the service..



Lent/Easter Sunday Worship—A Pilgrimage

Lent/Easter Sunday Worship – A Pilgrimage

Yet the Lord pleads with you still: Ask where the good road is, the godly paths you used to walk in, in the days of long ago. Travel there and you find rest for you souls. Jeremiah 6:16



The Worship Arts team, in planning this Lent/Easter worship season, visualizes us being on a journey, a pilgrimage. We will listen to the assigned weekly gospel readings and be attentive to the markers or signs that give us guidance and sustenance in our day-to-day journey of living in faith. Join us in our Sunday morning weekly worship services as we seek to walk in the ways of Jesus.

Matthew 4: 1 – 11

Lent Two: Sunday, March 20

John 3: 1 – 17

Lent Three: Sunday, March 27

John 4: 5 – 42

Lent Four: Sunday, April 3

John 9: 1 – 41

Lent Five: Sunday, April 10

John 11: 1 – 45

Palm Sunday: April 17

Matthew 21: 1 – 11

Easter Sunday: April 24

John 20: 1 – 18

Lent One: Sunday, March 13,

Special Lent and Holy Week Services

Stations of the Cross

Join us in these simple evening worship services using the traditional texts for the Stations of the Cross.

Five Wednesday evenings beginning March 16, 7pm

Maundy Thursday, April 21, 7pm

Good Friday, April 22, 10:30am

Easter Dawn Service, April 24, 8:30am (worship and breakfast)

Easter Sunday Intergenerational Service 10:30



KAYAC (Kids and Youth Advisory Committee)

KAYAC (Kids and Youth Advisory Committee)...

We've found a name for the youth and children's groups. We have KAYAC (Kids and Youth Advisory Committee), and RAFT for the youth. (Reflection and Faith Together); and SAIL for the children (Spiritual Adventures In Life)!

KAYAC is leading a Shrove Tuesday Pancake Supper on Ash Wednesday, March 9. There will be a craft activity and a quiet worship to close off the evening, and draw us into the season of Lent. Volunteers needed for the Pancake Supper...call Tammy.

Monday March 28th, 7 pm. KAYAC is planning and goal setting for our ministry with children and youth and planning Easter Sunday Intergenerational service. Join us for that evening if you can.

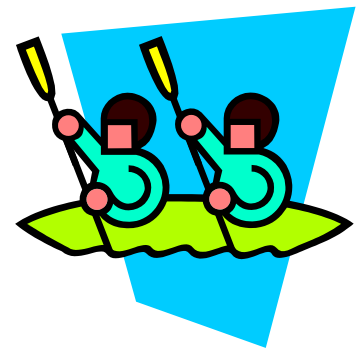
SAIL (Spiritual Adventures In Life)...

Thanks to Suzanne Parkinson, who is assisting Eva with the children in February! We need volunteers for the rest of the season, not necessarily parents, so please consider this opportunity.

Volunteers spend the Sunday morning with Eva and the children. Ideally, a month commitment, but a week or two at a time would work too. Eva is focusing on prayer with the children for February.

RAFT (Reflection And Faith Together)...

February 26th—all youth are invited to a bowling night



Children and Families

Hello Children and Families,

My name is Eva and I'm Parkdale's new children's ministry facilitator. I come to you from First Metropolitan United Church where I facilitated Sunday morning children's programming for several years.

Last month I've had the wonderful opportunity in working with the very talented Diana Brecka who has been facilitating Godly Play with the children. This has been a great experience and a chance for me to meet and get to know a little bit about the children.

I've been planning a variety of activities for the upcoming months. In February I look forward to doing a unit on Prayer with the children where we will touch on the Lord's Prayer as well as the children's experiences and understandings of prayer. This time will include a prayer rock craft and time

with The Labyrinth.

In March the children will be joining me in journeying with Jesus through the season of lent. This will be a time of story, drama, dress-up, and crafts as we walk with Jesus and get to know what it means to be a disciple.

I know this time together will be full of fun, laughter, and learning for all of us. I look forward to seeing everyone on Sundays and to growing in our relationships with each other and God.

Thanks,

Eva

Food for the Soul



at Parkdale United Church
A Centre for Spiritual Growth and Social Justice

Our adult programs for connecting, learning, creating, and reflecting, Food for the Soul, are in the midst of being renewed. Please watch for a brand new format within the next few months. (We are starting with a new logo – hope you like it!)

For the spring, we are offering 2 programs. Sandy Navrady will facilitate a Men's Group in March and Teeya and Nico Scholten will convene a Games Night. More information below:

MEN'S DISCUSSION GROUP

4 Tuesday evenings

March 8, 15, 22 and 29, 2011

7:00 to 9:00 pm in the sanctuary

A Men's Discussion Group will meet for 4 evenings to discuss aspects of the spiritual practices presented by Barbara Brown Taylor in her book, *An Altar in the World: A Geography of Faith*. In this popular book, Taylor questions the conventional distinction between sacred and secular and, using simple practices, reveals concrete ways to discover the sacred in everyday life.

We have arranged to borrow the books from the Parkdale Saturday Morning Book Club members, who read it earlier. Please stop by the church office to borrow one of the books and record your name using the sign-out sheet. (If there are no books left in the office by the time you get there, please pick up a copy at most book stores.)

The discussion group will be led by Sandy Navrady, who has attended Parkdale United Church for 15 years. He is interested in a variety of spiritual practices including journaling, meditation, labyrinth walking and small group ministry.

No registration required.

GAMES NIGHTS

2 Friday evenings

March 25 & April 1

7:00 to 9:00 pm

Bring your favourite game (cards, board games, etc) and gather in the auditorium with Teeya, Nico, and others for an informal and fun evening. We will get together at small tables and you can teach others how to play the game you have chosen. **Bring along a snack or dessert to share with a few others.** Come for one or both nights – you don't need to register.

Parkdale Bookclub Schedule

Date	Title	Author	Facilitator
February 12	<i>The writing on my forehead</i>	Nafisa Haji	Sheila S.
March 12	<i>The elegance of the hedgehog</i>	Muriel Barbery	Lynn
April 09	<i>The outliers</i>	Malcolm Gladwell	Joyce
May 14	<i>In search of April Raintree</i>	Culleton Masionier	Doreen
June 11	<i>The samurai's garden</i>	Gail Tsukiyama	Beth

Greening our Lives

"Are you curious about conservation and electricity in Alberta? Lindsay Luhna, Community Educator, will be offering a complimentary workshop presentation on Alberta's Electricity System – titled 'Conservation and our Power Future'.



This exciting education opportunity provides an overview of Alberta's electricity – past, present and future, and highlights different ways to conserve your power.

Our workshop will take place in the auditorium following our regular service, Sunday March 6 at noon here at the church. We hope to see you there!"

Parkdale Women's Breakfast

Please join us on the second Monday morning each month, 8:15 am to 9:30 am, for breakfast and socializing at Cora's Restaurant, Northland Village Shoppes. Our next gathering is Monday, March 14th. For more information, please call Susan Rafaat at 403 284-0017 or Sally Coburn at 403 289-0313. We hope to see you there.

Upcoming Dates

April 11th, May 9th, June 13th

Gifts and Callings at Parkdale

A group of us, under the auspices of the Nominations Committee have been meeting to identify upcoming vacancies and future needs of various task groups, small groups and committees at Parkdale. Concurrently, we are talking to people who may be called to assist in the work of our church.

In completing our work, we are both encouraged and guided by our Community Values, attached to our Mission Statement

"We are a diverse Christian community who covenants with each other to be authentic and align our actions with our God given gifts and callings."

Parkdale is blessed as a community which does attract a group of people with an extraordinary collective talent and God given gifts. Our challenge is to help individuals discern their gifts and align them, if appropriate with opportunities to fully express them. We invite you to take some time to reflect on your own God given gifts and stop to listen to your deeper callings.

You may already be part of a committee and are looking for a change or be new to Parkdale and be looking for opportunities to become more involved.

We are searching for individuals who are called to assist in the areas of Children and Youth Ministry (KAYAK), Faith and Justice, Council, Ministry and Personnel (M&P), Presbytery and Operations.

If you are looking for a change or becoming more actively involved, please contact Tammy Allan at 403 or Sandy Navrady at 403 288 5339.

Band Aid News

Did you know that since 2007 Parkdale's **Band Aid** project has supported about 630 people experiencing either poverty or homelessness?

Parkdale donated \$2400 to the BAND AID fund at Christmas, and to date has contributed \$6400 to the Acadia Place KAIROS Affordable Housing Project. A quote from a client, "I couldn't have managed without you!"

Already in January we used half of the BAND AID funds for educational books, a washing machine for a single mom with four children, a large expense for a widowed father with children with an addiction problem and three computers, two for families and one for an older single man.

We are inviting anyone to help with a new unemployed family bringing home premature triplets this week. CUPS would be happy with support of any kind.

Could you help by looking out for a triple stroller, high chairs, jolly jumpers and cribs? Faith and Justice will be placing a DIAPER donation box in the front entrance .

Thanks to everyone for the great work contributing household items and other support for PUC Outreach.

Faith and Justice.

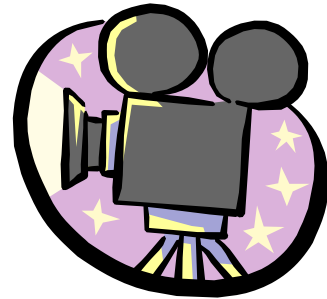
Movie Night

The Lemon Tree

To inspire a discussion of recent happenings in the Middle East, we will show The Lemon Tree. Winner of the Audience Award at the Berlin Film Festival and Best Actress prize (Hiam Abbass) at the Israeli Film Academy Awards, LEMON TREE is an engaging human drama of one woman's struggle to preserve her way of life in the midst of political turmoil. The wonderful Hiam Abbass (THE VISITOR) is Salma, a Palestinian widow who earns her living tending to her late father's lemon grove. When an Israeli government

minister moves next door and declares the grove a potential security threat, Salma struggles to defend her peaceful livelihood. Personal drama gives way to political controversies as Salma forms an unexpected bond with the minister's lonely wife (Rona Lipaz-Michael), and takes her protest - with the help of her young lawyer - all the way to the Israeli Supreme Court.

Please bring with you any information you have gained on nonviolent tactics used in Egypt and elsewhere!



Women and Poverty

Did you know?

Women worldwide

- Do 70% of the work
- Receive 5-10% of the income
- Own 1% of the global wealth
- Are 70% illiterate
- Are 70% of the world's poor

Did you know?

When women achieve economic means

- They give back 70% of their income
- Community health improves

Literacy increases

Infrastructure is cared for

Local economy prospers

Children thrive

If you are interested in talking about how we might improve the lives of women and girls living in poverty, Noemi Flores and Mary Sheridan welcome your ideas and thoughts. Join our small group gathering on March 8 at 7 PM at the church.

For more information phone Mary

Sheridan @ 282-7131 or email
mesher@shaw.ca.

(Source for statistics given above – Margaret Wheatley @ Leading the Way Conference organized by Spiritual Directions in Calgary, November 12, 2010)

Pastoral Care

Alberta Pastoral Care Association...

Calgary Chapter Annual Meeting will be on Tuesday, March 22 at Hope Lutheran Church, 9:30 am-1:30 pm with Keynote Speaker: Dr David Falk, Medical Director, Carewest Sarcee Hospice.

Please see details on the Bulletin Board.

Garage Sale

Parkdale United Church's Annual Garage Sale will be on Saturday April 30, 9am - 3pm.

We look forward to seeing one person's 'junk' turn into another person's 'gold' (more details about accepted items, drop off times and volunteer opportunities to follow in the bulletin and through e-mail notices).

Please share this date with your friends and neighbors as we welcome everyone's items.



Affirming Ministries



Affirming Ministry Statement Of Faith, February 2011

Parkdale United Church is an inclusive Christian community with a deep yearning for God and God's vision of equity, justice, and well-being for all. We are guided in our living by our commitment to building connections, living our faith, and acting for justice in the wider community.

Our community is a place of safety.

We welcome everyone as full and valued participants in the life and work of our church, regardless of age, ethnicity, gender identity, sexual orientation, ability, and social and economic circumstances. We acknowledge and celebrate the diversity of God's creation, respecting each other and all of life.

We invite all members and adherents to participate in our ministry as they are called and are able.

We extend to everyone the opportunity for baptism, marriage, communion, pastoral care, and participation in all other programs that are part of our congregational life.

Affirming Action Plan

Be publicly affirming of diversity re: sexual orientation and gender identity

Include the symbol of affirming United churches on Parkdale signs, letterhead, and advertising including the Parkdale website.

Put an affirming symbol (rainbow) at front door of Parkdale.

Make sure Parkdale United Church appears when someone does an internet search for gay-positive churches in Calgary.

Provide resources, support, and advocacy as needed for and regarding the lesbian/ gay/ bisexual/transgendered (lgbt) community.

Liaise with Parents and Friends of Lesbians and Gays (PFLAG) as appropriate.

Respond to global issues.

Be affirming of diversity within the Parkdale community

Review and update forms, etc., as needed to ensure inclusive language.

Provide resources and support for the Parkdale community regarding lgbt diversity.

Explore need for support groups regarding diversity issues, both within and outside the congregation.

Continue to consult with members of the lgbt community within the Parkdale community regarding what will be helpful to increase inclusivity.

Consider small group ministry re: lgbt/spirituality.

Celebrate Affirming in conjunction with the anniversary of the United Church.

Continue to affirm diversity in worship, prayers, reflections.

Continue education and providing resources re: affirming diversity re: sexual orientation and gender identity

Youth: Include diversity education in youth programs. Continue discussions with youth re: diversity in sexual orientation and gender identity.

Sunday school: Continue to promote awareness and acceptance of diversity in Sunday school materials. Continue to ensure representation of diverse family groups re: sexual orientation, race, socio-economic status, physical ability, etc.

General: Continue with educational events regarding lgbt diversity, including transgender awareness.

Include issues specific to lgbt community in pastoral care training.

Support the affirming process

Liaise with and support Affirm United, including the minimum annual \$100 financial support to the Affirming Congregation Program.

Continue to be a resource to other congregations interested or involved in the process of becoming an affirming congregation.

Healing Ministry Team

The healing ministry team continues to provide healing treatments to the PUC congregation, their friends and family. The members of our team are trained through the Healing Pathway curriculum offered by Naramata Centre. Balancing the body with hands-on techniques within the Christian tradition can provide healing of the mind, body and spirit. .

We provide healing treatments at our healing circles on the third Thursday of the month at 1:30 pm and the fourth Tuesday of the month at 7:00 pm. Everyone is invited to join us to experience the benefits of healing hands. Benefits may include: faster recovery from surgery, pain reduction, improved sleep, reduced anxiety, strengthen the immune system.

Treatments are also available on an as needed basis by appointment.

Contact Jan Collins at jancollins@shaw.ca or any member of the healing team to make arrangements. There is no charge for treatments, however donations are gratefully accepted and go toward providing continued education for our team.

PUC healing team is pleased to host a Phase 2 Healing from the Heart course at Parkdale on March 18, 19 and 20th. Several members of our team are taking the course. If you or anyone you know is interested in taking this course, contact Jan Collins. Prerequisite is Healing Pathway Phase One.

A few of us are planning to attend a Healing Pathway Retreat at Naramata Centre April 15th to 17th. The retreat is called "Enhancing your Healing Ability" and we look forward to learning new techniques as well as meeting others in the Healing Pathway community.



Communications and Marketing Task Force Group

As a follow up to the priorities workshop, a small group has been formed to publicize and promote the church. Members are Beth Balshaw, Joan Cameron, Jan Collins and Murray Laverty

Group's purpose - *"To be clear on what we have to offer, to reach people outside the church, to build relationships and knowledge internally, and to promote social justice"*

Some of the suggestions that came up at the workshop that we intend to explore and implement are:

- Revisions and improvements to the PUC website
- Put articles in surrounding community newsletters about PUC activities and events
- Put articles about members of the congregation in the PUC newsletter as a way of getting know them better.

- Replace our outside sign with one that is more visible and includes our mission/values
- Utilize the large mobile bulletin board to post information on spiritual growth and Social Justice
- Develop a PUC Facebook page aimed at increasing youth interest
- Provide better signage/information for new visitors to PUC

building connections — living faith — acting for justice

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Who are we? We are people with a deep yearning for God and God's vision of equity, justice and well-being for all.. We are sustained and energized to do God's work through a strong and caring community. We are part of the United Church of Canada, a progressive Christian denomination active across Canada and with partners worldwide.

SUNDAY MORNINGS AT PARKDALE

Worship 10:30 am Exploring faith in meaningful ways
Children and Youth 10:30 am Creative and interactive learning

We're on the Web!
parkdaleunitedcalgary.net

MINISTRY TEAM

MINISTERS – All members of the community
WORSHIP, CONGREGATIONAL CARE & DEVELOPMENT – Rev. Dr. Murray Laverty
FAITH DEVELOPMENT – Rev. Tammy Allan, Diaconal Minister
MUSIC – Antonina Cox
YOUTH – Nicole Moon, Jr. Youth
CHILDREN – Eva Biederman
ADMINISTRATION – Judy Saggars
FACILITIES – Mike Hudec; Assistant – Conor Edwards

The Back Page

This prayer has been especially good, helpful and meaningful for me in these past months. The author is unknown, and its origins are in the Celtic Christian tradition dating back to the eighth or ninth century.

These words whispered first thing in the morning over a freshly brewed cup of coffee seem to me to be just the right way to start the day.

Blessings, Murray

*As I kindle the fire on my hearth, I pray
that the flame of God's love may burn in
my heart and in the hearts of all I meet.*

*I pray that no envy or malice, no hatred
or fear may smother the flame.*

*I pray that indifference and apathy,
contempt and pride, may not pour like
cold water on the fire.*

*Instead, may the spark of God's love light
the love in my heart, that it may burn
brightly though the day.*

*And may I warm those who are lonely,
whose hearts are cold and lifeless, so that
all may know the comfort of God's love.
Amen.*

