



SUNSET UNITED CHURCH LENT 2012

177 Sunset Drive, S4S 6Y7; Tel. (306)586-3613; Fax. (306)586-3099

Email: sunsetunited.office@sasktel.net www.sunsetunited.ca

Ministry Team: Russell Mitchell-Walker & Kathy Platt



Lenten Script

Welcome to Lent!

Reflection by: Kathy Platt

Traditionally, Lent begins with the idea of Ashes – sometimes we mark our foreheads with ashes and we are told “Remember, you are dust.” Ian Macdonald is a retired United Church minister who wrote a Lenten study several years ago, entitled “*Living Waters*”. He asks us to consider what it would mean if dust was translated as: ‘water-less’, and goes on to say: “*consider the idea that the purpose of Lent might be to get wet, to come alive and bless the earth with the aliveness you have as your God-given gift to give*”. I find it intriguing to think of the idea of getting wet in order to come alive. Part of that might be connected to baptism – to remembering those words that God speaks when a person is baptized: “You are my beloved and with you I am well pleased”. Baptism is one of the sacraments in the church where we clearly see the Spirit at work – the visible sign of invisible grace. Baptism is one of the ways that water can come into those places that feel dry and dusty, both individually and as a community. When we celebrate the sacrament of baptism, the experience can bring our community to life once again. In the United Church we believe that the covenant that is made between the congregation and the person being baptised, or their family, is very important – we don’t encourage home baptisms because it is meant to be an occasion that affects the whole community. As a person in ministry, baptism always touches my heart and brings me to life in a new way. Although there are many stories I could share, let me begin with this one... A mother was dying of cancer – her son was 5 years old at the time. She really wanted to know that he had a church community that would continue to care for his spiritual well-being, so she asked me if I could come to their home to baptise him – she was not well enough to come to the church. I gathered together a few members from our church board at the time, and we went to their home. When it came time, I asked this little boy if he was ready to be baptised and I will never forget his shining little face looking up at me as he said with enthusiasm and with absolutely no hesitation: “yup – I’m

Continued on page 2...

ready!" It was baptism at its very best – we cried, and we laughed, and each person in that room was brought to life in a new way. It was an intermingling of hope and despair, life and death, all grounded in the promise that we are beloved and precious in the sight of God. As we think of moving together through this season of Lent, I wonder where we will find those places that are dry and dusty and that are in need of water? I wonder if there are ways that we can encourage each other to take a leap – to jump off the dock into the cool, refreshing water so that we can be brought to life in a new way? I wonder if we will have the courage to speak to each other about those parched and thirsty places in our own lives? Perhaps we will find occasions to speak to each other about the ways we have been brought to life by our connection to this worshipping community. Are we ready to get wet – to step forward so that we can be immersed in the life-giving, thirst-quenching, spirit-enriching waters that God is calling us to? Our baptismal liturgy states: "*We commit ourselves as a community to live in love as Jesus did, turning away from the murky waters that drag humanity down, to the crystal waters that buoy us up. We commit ourselves to sharing our faith with one another, as, together, we walk with God.*" That's the promise and the invitation which I am going to explore this season of Lent – please come and join in the conversation as we live into the baptismal promises we have made.

An Invitation to Conversation



These evenings are still somewhat in process in terms of specifics, but once they happen I know that they will be just what are needed for body and soul!! There will be opportunity to laugh and to learn and to grow – all those things that deepen who we are as a spiritual community. I will let you know more details as the dates come closer, but here is what is unfolding so far:

Thursday, March 8: 7 – 8:30 p.m. – an evening with Ken Dockham – focused on the colour green and the coming of Spring – along with his reflections on landscaping at Wascana Lake and here at the church

Thursday, March 15: 5:30 – 7:00 pm – a dinner here at the church – a chance to raise some funds, as well as enjoy being together with the community

Thursday, March 22: 7:00 – 9:00 pm – Scott Thompson and friends will share in music and reflection around the spirituality of water

Thursday, March 29: 7:00 – 9:00 pm – The Jeffery family will share their pictures and stories from their trip to Africa last summer – pictures that involve water and animals and orphanages!

Thursday, April 5: 6:00 – 8:30 p.m. – Maundy Thursday supper and communion

Joint Needs Assessment Committee to be struck

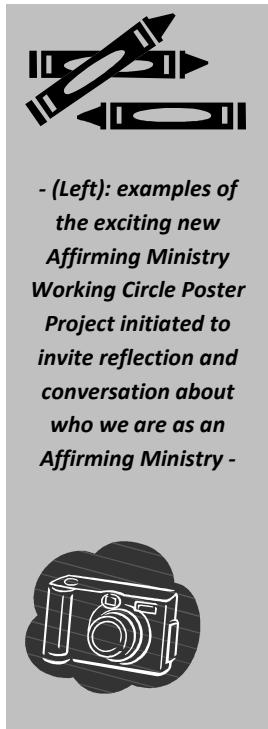
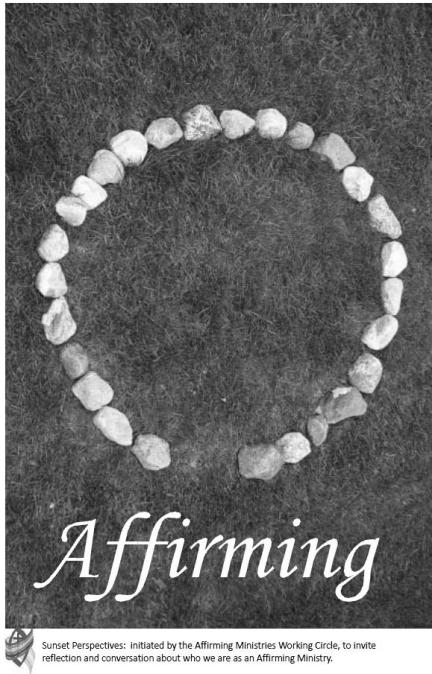
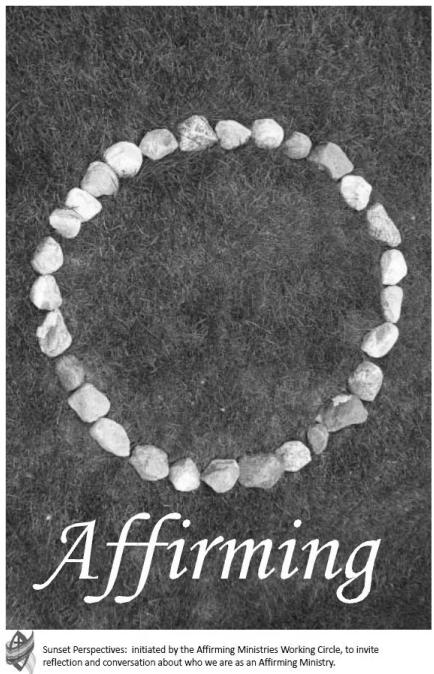
At the Annual Congregational Meeting held on February 12, 2012, a motion was passed that Sunset request Wascana Presbytery to convene a Joint Needs Assessment Committee. The intent of the JNAC will be to examine the needs of Sunset and the resources available to meet those needs. Presbytery will nominate two members to this committee. Sunset will also need to appoint/nominate members to this committee as well as a chair. The final report will be presented to both Presbytery and our congregation.

Sunset Perspectives Poster Project

Have you heard about the exciting new **Sunset Perspectives Poster Project**? We have met with a few groups and committees already and we want to meet with your group. Please invite us to your next meeting and we'll tell you all about it. We would like to have all the posters ready by May so please contact us this month. We take care of the poster production; all we need from you are your creative perspectives on your group's work in the church.

We are looking forward to hearing from you!

AMWC members: Brian Mitchell-Walker and Kelly Warden, co-chairs, Peter and Karen Wotherspoon, Trina Hodgson Hilary Wallin, Dave Warden & Jesse Gibson





Sunset Ladies Fellowship Bakeless Bake Sale

A Bakeless Bake Sale, what a treat!

No baking to do is really neat.

No creaming or mixing, no blending or sifting.

No cooking in the kitchen is very uplifting.

So ladies and gentlemen take my advice.

Any donation would be very nice.

All donations gratefully accepted.

- By Annie Gladson

During the month of May Sunset Ladies Fellowship is asking the congregation to support "The Bakeless Bake Sale". As Annie's verse says all donations are gratefully accepted.

(Included with The Script is a donation envelope or pick one up in the Church Office)



More from Sunset Ladies Fellowship

Greetings! Sunset Ladies Fellowship welcomes you to our spring events:

March 12 -- our speaker is Brian Mitchell-Walker speaking on "Sunset as an Intercultural Community".

April 9 -- is a business meeting with time for fellowship.

May 14 -- "Singing Friends" @ 7:30 at the church. This is an evening of good music; we invite everyone to come out.

June 11 -- "Dine Out" at 5:30 p.m. Location will be advertised in upcoming Sunday announcements.

Fundraising:

- 1) Bridge Tournament April 21 at the Church from 10 a.m. to 4 p.m.
- 2) Bakeless Bake Sale the month of May.
- 3) Garage Sale, July 12, 13 & 14.

We invite all women of the Congregation to come to our meetings and we appreciate the support of the entire congregation for our fundraising events.

Our Knit and Chat group meets Tuesdays at 1:15 p.m. in Faith Hall. We invite you to come out and knit or do any craft and enjoy the fellowship.

The Church Doors in the west entrance should soon be installed. Ladies Fellowship is happy to support this project.

From The Ministry and Personnel Committee

The M & P Committee is like the Human Resources Branch of Sunset United Church. We handle personnel matters, like hiring of administrative and custodial staff, salaries, terms and conditions of employment, benefits etc. for both the ministers and employees of Sunset. We also conduct annual performance evaluations and act as a liaison between the staff and the Official Board on personnel matters.

The M & P Committee wants you to feel like you can talk to us. We're a small and intense group, but very approachable. We are chaired by Jean Cameron. The other members are Heather Haid, Ross Macnab and Scott Thompson. Members are chosen for their friendliness. We all attend Sunday Worship religiously. All but Jean are in the choir.

The purpose of this note is to let you all know that members of the M & P are always interested in hearing your thoughts about how things are going around Sunset – what our ministerial and other staff are doing well, what they might do better. Your input into our work is very important. We need a variety of perspectives to help us to help our staff to perform well.

Let us know how we're all doing.

The Children's Used Clothing, Toy & Book Sale is coming up on March 31st

Toys, books, puzzles, games, videos/DVDs, bedding & blankets, t-shirts, shorts, sandals, running shoes, baby clothes & gear, strollers and so much more!

Bring your friends & family!



Sunset Ladies Fellowship Bridge Tournament

**April 21, 2011
10 a.m. to 4 p.m.
at Sunset United Church
177 Sunset Drive**

We invite the congregation to form a table or come in pairs.
Cost: \$12.50 / person
For tickets contact-
Lawrence: 586-0779
Verdyne: 586-3970

Come and enjoy a day of bridge!



facebook **Youth,
keep**

**up on activities for you at
Sunset on Facebook!**

**Share videos, make
suggestions, discuss issues.**

**'Friend' Russell Mitchell-Walker-Sunset, he'll keep
you posted on activities.**

Lent/spring youth programs

GENERATION FAITH

A Family Based Youth Ministry program for youth and young adults (grades 7 and up) with their parents (or grandparents, or adult friends).

Come learn more about each and grow in our faith.

The most important thing for youth
is to build meaningful relationships with other adults.
If your teen or parent can't/won't come, come anyway
(bring another youth or adult!) This session will be a
family fondue and a session on the Gospel According to the Simpsons!



MAY 4: Fondue, 6 pm; Session, 7pm – RSVP to Russell

TGIF Continues: For Grades 6-8, every other Friday, 6:30-8:30

- | | |
|-----------|---|
| March 10 | Water Polo (thanks to Susan Cameron). |
| March 24 | Pit Turney (Youth Rally weekend - province wide event for UC youth grades 7-12 at Westminster UC Regina). |
| March 31 | Earth Hour – we will invite the congregation to join us for the hour of darkness to consider the impact our use of energy makes on the planet. |
| April 5-6 | Fasting in Faith – 30 hour fast with other United Church youth. |
| April 20 | City wide scavenger hunt. |
| May 4 | Family Youth Ministry – Gospel According to the Simpsons & Fondue.

Parents come with your teens for a time together with fondue followed by a presentation episode and discussion from the Gospel According to the Simpsons |
| May 11 | Popular Music Night (world's most dangerous bible study? Or music sharing)

Let Russell know what your favourite song is that has meaning for you. |
| May 25 | Outdoor Games |
| June 8 | Laser Quest |
- Sunset is working with ISLA again this April-
Inter-Denominational Sunday Lunch Auxiliary is a
joint venture of most Regina churches to feed a
lunch each Sunday to the hungry in our
community. Dates for Sunset to provide
sandwiches are April 1, 15, and 29. Look for sign
up sheets coming in mid-March.*
- 

Fasting for Lent- Kathy Platt

These words were passed on to me by one of our resident Wise Women, Doreen Killoh. I have adapted them somewhat, but pass them along to you for your Lenten reflection....

Often Lent is associated with fasting, and usually we interpret the idea of fasting to mean giving up things like food or T.V. However, there are many other creative ways that we can welcome Jesus' healing touch. Here are some possibilities:

❖ Fast from anger and hatred

- Consider smiling at everyone you meet on the street; consider how to give your family an extra dose of love each day

❖ Fast from judging others

- Consider what it means to see the face of God in absolutely every person you meet; consider how much you appreciate the welcome others have extended to you, without judgment or criticism, and find ways to extend that welcome to others

❖ Fast from discouragement

- Consider the warmth of the sun, the blue of the sky, the song of the sparrow, the beating of your own heart, and give thanks for the gift of life around and within; repeat to yourself the promise that God gives:

don't be afraid – my love is stronger than your fear – and I have promised always to be near.

❖ Fast from complaining

- When you feel a complaint rising to the surface, consider closing your eyes and remembering something that brings you joy – the giggle of a baby, the smell of fresh baked bread, the sound of our Sunset choir in full swing – and allow yourself to "not sweat the small stuff".

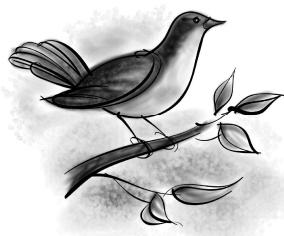
❖ Fast from resentment or bitterness

- Consider the possibility of forgiving those who may have hurt you; consider the possibility of sending a friend a card to let them know how much you care about them; and allow your heart to be softened.

❖ Fast from spending too much money

- Consider reducing your spending by 10% and find a way to use that extra 10% to build the kind of world that God wants for all of us – feeding the hungry, clothing the naked and giving shelter to the homeless.

In our intentional fasting, may we come to walk a new path, strengthened to be the people that God calls us to be, following in the steps of Jesus the Christ, our Strength and our Rock. AMEN!



Check out the new Children and Youth Blog on our website. Sunday school schedules, Youth Group schedules, children and youth activities and more!

**www.sunsetunited.ca,
click 'children and youth'**

Annual Spiritual Retreat planning underway



Ross and Janet enjoying the beauty and serenity of nature on the hiking retreat in the Rockies

We are beginning to get the plans in place for our annual spiritual retreat in the mountains - a retreat that involves backpacking somewhere in the Rockies.

The dates we have chosen are August 8th - 14th, with the 8th and the 14th being travel days. The location has not been firmly decided as it will depend on who is coming and what the interests will be.

We need to hear from you before March 15th if this is something that you are considering taking part in. For more information you could speak to Ross Macnab, Daniel Dumont, or Kathy Platt. We have room for another couple of tents (4 - 6 people), but we need to hear from you soon.

CHILDREN & FAMILY PROGRAMS

FAMILY MINISTRY

Parents, Do you wonder how to nurture children's faith?

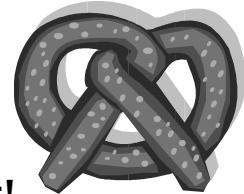
Do you feel uncertain of how to provide opportunities to talk about faith?

This year we will continue to offer evenings of Family Ministry, opportunities for children and parents to come together and explore issues of faith and learn ways to share our faith at home.

Our Lenten evening will be

Saturday March 3,

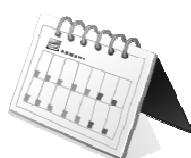
5:00 – 7:00pm



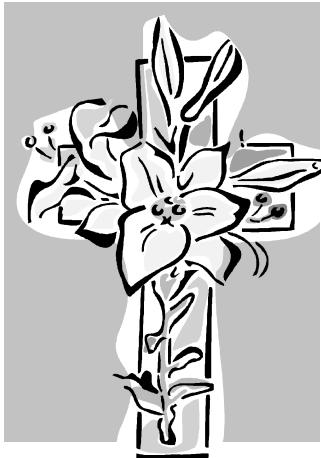
We'll be making Pretzels!

Pot-luck supper at 5pm followed by program

Families and their children ages 3-grade 6 are welcome. Younger youth are welcome to come and participate or assist. Let Russell know if you can attend or if you are interested in helping.



March 15th is the deadline to let the planning committee know if you want to participate in the annual spiritual retreat.



School's Off, Church is On!

An opportunity for children-

A new fun with faith, day program for school age children on some of those Fridays off.

Lent/Easter Date: March 9.

Volunteers needed for lunch and program assistance.

Contact Russell to register or volunteer.

United Church Housing Corporation...

Or better known as "Mutchmor Lodge". We are located in a park like setting just south of Government House (328 Century Crescent). Here you will discover a combination of independence, privacy, activities and friendly companionship. You can enjoy month to month tenancy. Comprised of Wascana Wing, Mutchmor Lodge and Hewitt Place, we have 7 different styles of rooms and suites to choose from.

Mission Statement: To provide affordable, living accommodations and services while preserving the personal dignity, privacy and independence of a resident.

Mutchmor Lodge has an interesting recreational program provided by a Professional Recreation Director. We also have a great program which runs in conjunction with the YWCA Day Care called "Between Generations". Once a week the children from the YWCA come to our facility, where they pair up with a resident and help each other do crafts, sing and play games.

Hewitt Place apartments are **independent** living. Residents are responsible for their own cooking, cleaning and laundry. Laundry Rooms are free of charge.

Call 352-8034 or 522-7119 to arrange a showing or visit our web site @ www.mutchmorlodge.com.

Sunset United Church

**Is having a
Spring Turkey Supper**



Thursday, March 15 –

5:30 – 7:00 pm

**Tickets Available after Worship
on Sunday & in the office**

Adults: \$20

Youth & Children: \$15



Preschool: by donation

**(Advance tickets only – Sold until
Monday, March 12)**

Sunset Youth Heading to Costa Rica (in case you missed it on the children and youth blog!)

Kaitlin Lindblad, a grade 9 student and youth of Sunset is very excited to be selected to go to Costa Rica with Ecology Project International, Sea Turtle Ecology Project. This young person is very committed to the environment and nature and we are excited with her and very proud of her. Here is what she has to say about this opportunity:

Mom and Dad wanted me to play a game of hangman with them. I reluctantly said yes, just to get it over with. The resulting puzzle answer made me jump around like crazy. It said "You have been accepted to go to Costa Rica!"

Just before Christmas break, my homeroom teacher Mrs. Lax announced to the class there was an opportunity for students to go to Costa Rica for 9 days to study the endangered Leatherback Sea Turtle and the surrounding rainforest. I couldn't pass up that, me being a crazy bird/nature fanatic. So I applied. Then I went to an information night on January 16 to see what this program was about.

That Saturday I knew I was going. I couldn't believe it! I am going to see the biggest sea turtle in the world, alongside a tropical rainforest, filled with the toucans, parrots and butterflies you see in books and movies. But this isn't a leisurely trip. It is to do conservation work to protect the turtles and the rainforest. The trip also includes sharing information with Costa Rican students and a day of river rafting.

Just think, I will be doing something that will make a difference, not just for the turtles, but for everyone!

To learn more about this program go to <http://www.ecologyproject.org/programs/costa-rica/>. If you have something exciting to share about a young person you know from our Sunset community, let Russell know!

"Just think, I will be doing something that will make a difference, not just for the turtles, but for everyone!"

-Kaitlin Lindblad, grade 9 student and youth of SUC Community

It's Cool in the Furnace

A musical by

Buryl Red & Grace Hawthorne

The story of Daniel, his friends, Shadrach, Meshach and Abednego, and how they survive the fiery furnace and an angry King Nebuchadnezzar!



A Fundraiser for

Lumsden Beach Camp

March 18, 10:30 am

Wesley United Church Worship

March 24, 7:00 pm

Rosemont United Church

March 25, 10:30 am Rosemont Worship

Tickets are available at the door for a donation