

## Lenten Script

### Lent Reflection

As we move into Lent, a time of reflection and spiritual deepening, we look for ways to provide opportunities for members of our community to deepen our faith and spirituality. In planning our worship services for this Lent, Kathy and I developed a plan to introduce a new spiritual practice each week with the children, (that adults will be able to use also!). A spiritual practice is a tool or activity that one can do to seek a closer relationship with God and the divine around and in us. As a United Church, we have not focused much on spiritual practices but there seems to be resurgence in interest in ways we can grow spiritually, and spiritual practices are one way. This is a good thing, as for too long, I think the United Church, with its focus on social justice, has neglected developing our spiritual lives. The fact is that in order to engage in social justice in the long term, we need a spiritual grounding in our faith and why it is important to be involved in the world. Otherwise we can burn out too easily. So I think more and more of us are realizing the importance of developing our faith and spirituality and being able to express it with others. Lent is often a time of giving up things that are treats or that we enjoy. This year, why not add some time in your life to be with God, to reflect on your relationship with God, or deepen your relationship with God. It could be 5, 15, 30 minutes or an hour.

Other opportunities through Lent will include another series of spirituality evenings that Kathy will be offering with the support of many from within our congregation. Each night will provide an offering of a reflection or activity by one of our own, with opportunities for reflection and prayer within each evening. Please take advantage of these community gatherings of spirituality.

May this time of Lent provide you with nourishment for your soul and spirit, in whatever way you find meaningful.

Russell Mitchell-Walker Diaconal Minister

## Lent 2011

### Deepening and Nourishing Heart & Soul

We are a community blessed with a wide variety of gifts, and an eclectic group of people who are graciously willing to share those gifts! We invite you to join us for these four evenings, a journey into Lent, towards Easter. We ask that you sign up on the sheets in the worship space, or by calling/e-mailing Kathy or the church office.

#### **Wednesday, March 23: 7:30 – 9:00**

Darryl Auten and Lee Auten walked the Camino Frances beginning July 10, 2010 at Ronsesvalles, Spain. This medieval trail has been central to European pilgrimage tradition since the ninth century. They will share their photos and begin a dialogue of what it means to be a pilgrim/peregrine, being in an alternate space and culture, testing physical and person mindsets, and ask the question: Why would anyone walk the Camino?

#### **Monday, March 28<sup>th</sup>: 6:00 – 8:30**

Marilyn Caughlin and Lisa Whaley invite you to gather with them around the table for food and fellowship – putting the emphasis on nourishing the heart and soul at the table of hospitality. They will be serving a meal of hearty, savoury vegetarian stew, with a variety of breads. We will model the evening on the ways in which Jesus often broke bread with friend and with stranger – the model of hospitality and spirit-filled conversation.

#### **Wednesday, April 6<sup>th</sup>: 7:30 – 9:00**

Did you know that the United Church of Canada has recently re-worked our statement of faith? (2006) It is a beautifully rich, poetic and contemporary piece of writing that describes what our church stands for and what we believe. Please join us for: A Reflective Evening of Spoken Word and Original Music based upon the United Church Song of Faith ©2006

Written by Ross McNab and Scott A Thompson; Facilitated by Kathy Platt



#### **Wednesday, April 13<sup>th</sup>: 7:30 – 9:00**

In September/October 2009, Beth Williams and Dave Marshall knocked one off their bucket list. This experience found them crossing paths walked by St. Mark, St. Matthew, St. Paul, St. John, St. Luke, John the Baptist, Mother Mary and Jesus. Should you like to hear some of their heartfelt awakenings, join us as Beth and Dave share their story.

# EASTER SERVICES

APRIL 17<sup>TH</sup> – PALM SUNDAY – 10:30 AM

An interactive story of the Last Week of Jesus' life



APRIL 21<sup>ST</sup> – MAUNDY THURSDAY – 6:00 PM

Gather around a table in the way Jesus often gathered with friends and disciples, to break bread and nourish both body and soul. After conversation and feasting, we will share in an informal communion. Please contact the office to register.



APRIL 22<sup>ND</sup> – GOOD FRIDAY – 10:30 AM

A service to draw on the strength of God and this community as we walk through the valley, looking towards the light on the hills ahead. Coffee and hot cross buns served following the service.

APRIL 24<sup>TH</sup> – EASTER SUNDAY – 5:30 AM – SUNRISE



Gather at the church and together travel to Douglas Park Hill where we will have a brief “salutation to the dawn” – greeting the rising sun, calling us to life and to hope. Afterwards we will share in a pot-luck breakfast.

10:30 AM – REGULAR WORSHIP

What does it mean to be an Easter people – having the courage to embrace life fully and enthusiastically



## LADIES FELLOWSHIP

Greetings! Sunset Ladies Fellowship has a full year planned. On March 14th - our speaker is Scott Thompson. The topic is “Individual Differences in Education.”

April 11th - is a business meeting with time for fellowship.

May 9th - “Singing Friends” at 7:30 pm at the church. This is an evening of good music. We invite everyone to come out.

June 13th - Dine Out at 5:30 pm. Location will be in the Sunday Announcements.

### **Fundraising:**

- 1) Bridge Tournament April 23rd at the Church from 10 am to 4 pm
- 2) Coffee Party & Bake Sale, October 13 from 1 – 4 pm at the church
- 3) Coffee Party featuring Sale of Dainty Trays December 11th from 1 – 4 pm
- 4) Garage Sale in July or August

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 pm in Faith Hall. We invite you to come out and knit or do any craft and enjoy the fellowship.

Sunset Ladies fellowship is donating \$10,000 to the replacement of the doors at the Church Entrance.

Respectfully submitted,

Jessie Carlson/Joan Johnston

## Sunset United Church

Is having a

# Spring Turkey Supper

Thursday, March 24 - 5:30 – 7:00 pm

177 Sunset Drive

Tickets Available after Worship

On Sunday & in the office

Adults: \$10; Students: \$15,

Children 5 and under: \$5

(Advance tickets only – Sold until Tuesday, March 22)

(Tax receipts will not be issued this year)

## LUMSDEN BEACH CAMP MUSICAL

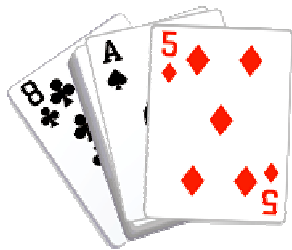
The stories of Mary and Martha in the gospels deal with issues that are instantly recognizable – family conflict, making time for Jesus in the midst of hectic lives, and trusting God when things get tough. Any parent who has taken a long car ride with children in the back seat knows that the first issue is universal. Likewise, anyone today who goes to work, attends school, or watches the six o'clock news has wrestled with the other two. [Tom Long and Allen Pote]



*Life of the Party – The Story of Mary & Martha* by Long and Pote is a musical that combines humor and drama to tell the story of Mary, Martha, their brother, Lazarus, and, of course, Jesus.

We are performing ***Life of the Party*** at Sunset United Church on the evening of Saturday, April 2<sup>nd</sup> (\$10 per ticket), complete with "mug-up" (cookies and drinks). And, during the church service on Sunday, April 3rd. There will be special envelopes available Sunday morning for those who wish to donate to Lumsden Beach Camp.

We will also be performing ***Life of the Party*** at Wesley during the church service on April 10<sup>th</sup>.



## Sunset Ladies Fellowship Bridge Tournament

April 23, 2011

10 am – 4 pm

At the church – 177 Sunset Drive



We invite the congregation to form a table or come in pairs. Come and enjoy a day of bridge.

Cost: \$10/person

For tickets contact:

Lawrence: 586-0779 Verdyne: 586-3970

## Ministry and Personnel

Following approval by the M&P Committee and by the Church Board, Kathy will be taking a 3 month Sabbatical Leave during the months of October, November and December, 2011. We certainly appreciate Russell's support, and his willingness to shift his responsibilities to accommodate Kathy's time away. Sunset is privileged to have 2 full-time ministry staff.

I asked Kathy to write a paragraph to describe her plans for her Sabbatical Leave - *"A sabbatical has its roots in the word "Sabbath" – a time set apart for rest, for renewal and for re-birth. The first couple of weeks will be focused on rest – de-compressing from this very busy work place. The month of November will be spent on renewal – traveling to Kenya and Tanzania to walk alongside Tim Wright and Sauti Moja. Sauti Moja means "one voice – working for peace". I am hoping to explore with Tim how to be better partners in the work that they do – how can I further share their story and expand the support back in Canada? Personally & spiritually, I expect that I will be deeply inspired at how close God is to the surface of the people that I will come into contact with. When I return it will be the beginning of the Christmas season. For the first time in 15 years, I am going to gift myself with time to just enjoy the season, completely unconnected to providing the many worship experiences that usually frame my Christmas season. I know that being in Africa will be a profound experience for me, so December will be a time to let the experience rest inside me awhile – a period of gestation so to speak. In January of 2012 I look forward to seeing how it will come to life as I enter back into active ministry with Sunset United Church."*

It was with regret that we received notice from Nora Atcheson, our Office Coordinator, that she will be retiring effective April 30, 2011. Nora has been at Sunset for 6 years, and her efficient and welcoming ways in the office will be missed. We thank Nora for all that she has done for us, and we wish her all the best in her retirement. If you know anyone who may be interested in the position, please contact me for the information.

Submitted by Jean Cameron (Chair)



**March 26 people around the world will mark Earth Hour and raise awareness about climate change by turning off lights for one hour from 8:30-9:30pm. Come join TGIF, our grade 6-8 youth group, for this hour. We will have conversation, refreshments, and games in the dark for the adventurous ones! Sunday morning, March 27, the Community Service Committee will be offering worship in the Earth Hour theme, of celebrating and honouring the Earth as well as acknowledging what we can do to address climate change**