

May you celebrate, as I do, all the time, talent, and gifts that are offered and shared in this community. As you move into this busier time, may you take time to breath, feel your body and be thankful for this moment, whatever it may be, moving through it with grace and love. May we be for each other, what is needed in this time. Thanks be to God.

Blessings, Russell

What does the United Church believe?

Adult Membership classes – offered by Kathy Platt

You are invited to come and join with me in 4 evenings of conversation about what the United Church believes...or at least my “take” on what the United Church believes! The evenings will be focused on having open discussions that will deepen our understanding about the United Church of Canada, as well as enabling us to further articulate our own beliefs. I don’t lead these evenings as an “expert”, but rather as someone who loves to have conversations that lead us to explore our own faith and to build community with those with whom we worship. It may be that you “officially” joined the church many years ago, and would like the chance to refresh your memory about the practices of this denomination. It may be that you have been attending this church for some time and are now ready to enter more into the conversation about what “official” membership means. It may be that you are new to our community and would like to learn more about this congregation and how it relates to the national church. Please speak to me if you would like to come and join in these conversations where church membership may be an option, but where there is no obligation or expectation that you will necessarily take that step. The dates will be: Thursdays, September 24, Oct 1, 8 & 15th, from 7 – 9 p.m.

Fall “Spirituality” Evenings

“Taking Care of the Soul” – an invitation from Kathy Platt

I invite you to come and join us for a series of evenings focused on “taking care of the soul”. Each evening will be independent of the others, so feel free to come to one, or to come to them all. As I write this two of the evenings are confirmed, three are still in the planning stages. So this is what I know at this point....

1) Writing the Sacred, with Ray McGinnis: Tuesday, October 20; 7 – 9 p.m.

How can we breathe life into old bones? How can scripture be a catalyst for a vibrant expression of our life with God today? In this workshop Ray McGinnis, author of **Writing the Sacred**, offers a wide invitation to rediscover how the Hebrew Psalms can strengthen our lives. In a workshop that is one part Psalm appreciation, one part poetry appreciation and one part journal writing, McGinnis helps you discover the writer within. In practical step-by-step exercises, he shows you how writing can be a powerful ally in giving expression to your spiritual journey. He draws from a range of poems including ancient Psalms, St. Francis of Assisi, Mary Oliver and Leonard Cohen. He empowers you to write from your own sacred centre and give voice to your own cries of the spirit.

You are invited to come play with words, and explore the thin spaces where creative

writing and spirituality meet. This workshop is for both seasoned writers and those who have never put pen to paper. Join with others in a contemplative yet dynamic workshop that builds community.

As Ray is here in Regina as the “writer in residence” for Wascana Presbytery, there will be a charge for this workshop of \$10/person. This will cover the costs for the evening. If you are interested in being a part of this workshop, please give your name either to myself or Nora – there will be a limit of 30 people for this workshop.

2) An invitation to Prayer, with Rabbi Jeremy Parnes, Tues, Oct 27: 7 – 9 p.m.

I was first introduced to Jeremy at the “blessing the sun” ceremony here in Regina this past April. A small group of us gathered on the hill in Douglas Park and listened as Jeremy sang the sun up into the sky. Listening to him sing the Hebrew scriptures, watching as the sun rose, giving thanks to God for the new day – I was deeply touched. He has graciously accepted my invitation to come and spend an evening with us in prayer. He will teach us some of the melodies commonly used in their Jewish liturgies, and we will spend some time building prayer together. Please come and join with us as we listen for where the Spirit will lead us.

The other 3 evenings will be the first three weeks of November (either the Tuesday or Thursday). One of them will be spent with Daniel Dumont and Pamela Olson as they share some pictures and stories of the Holy Ground they walked on in the mountains this summer. One of them will be spent in learning some “mindful movement” – something that will enable us to deepen our connection between our physical selves and our spirituality. And the third evening will be focused on food – on nurturing body and soul as we gather around the table together. Once I have the details of the other evenings worked out, I will share them with you.

Kathy Platt

Bible Study & Prayer Group

The Bible Study & Prayer Group have met 4 times this summer in May, June, July and August for prayers. Jessie Carlson, Maida Gardner, Edie Phillips and Dorene Mentiplay each guided one meeting. Rev. Russell attended the August meeting and we are always pleased to have him. He contributes so much.

We praise and thank God.

- For our Bible Study & Prayer Group
- For the wonderful ladies who attend
- For their unselfish dedication
- For bringing many with deep needs before God. Is there any greater privilege than praying for others.

Dorene Mentiplay

Community Service Committee Update

Our Committee was pleased to host the semi annual Joint Outreach Committee Meeting on May 5th. Outreach representatives from seven Regina United Churches were pleased

to have Bert Pitzel join the meeting and provide a summary of the Government Report on the Uranium Development Partnership. His insights gave us an understanding of the issues and encouraged us to become involved in the ongoing feed back process taking place surrounding the development of uranium in our province. In addition each representative shared highlights of new and current activities taking place in our local and the broader community, certainly an inspiration for all of us.

We continue to support the United for Peace Campaign through the sale of Fair Trade olive oil. To date we have sold two cases. Many thanks to the members of our Sunset congregation who have already purchased a bottle. We will continue to sell this premium olive oil through the office or watch for the committee members selling the oil after church on Sunday Sept 27th.

The Community Service Committee is once again recruiting volunteers to help the **Habitat for Humanity** Regina building program in 2009. Two Saturdays have been assigned to us, October 24th and November 7th. Now you may be thinking late October, November..cold...outside work. However we can tell you that chances are the tasks will be interior work, as all the current build projects are near lock up stage. Look for our sign up sheets and more information on this our third year of volunteerism.

SUNSET LADIES FELLOWSHIP GROUP

Greetings! Another church year begins and Sunset will be very busy. We hope that you had a good summer and enjoyed holidays and visits from family and friends. Our group is also busy this fall.

Our meetings will be:

* September 14 at 1:30 pm at Ten Thousand Villages; 544 University Park Drive

*October 5 at 1:30 pm in Faith Hall at the Church. Speaker to be announced.

* November 9 at 1:30 pm in Faith Hall at the Church. Speaker to be announced.

* December 7 at 5:30 pm – Christmas Potluck at the Church in the Centrum.

Speaker will be on a Christmas theme.

All women are invited to attend these meetings and enjoy the fellowship.

Our Fund Raisers are:

1. We held a garage Sale in August, which raised \$2,300. Thank you to Merle McLachlan for her leadership in coordinating this event. Also thank you to all the people who made donations and worked at the Sale.

2. Craft Sale at the Victoria Square Mall on October 9th & 10th.

3. Coffee & Dessert Party and Bake Sale at the Church, October 15th from 2 pm – 8 pm.

4. Mini Bazaar at the Church, December 5, 2009 – 10 am to 5 pm. We would appreciate the donation of craft items and baking from members of the congregation. On behalf of all members of Sunset Ladies Fellowship.

Jessie Carlson

Walking our Faith – Banners held high!



On June 20th an enthusiastic multigenerational group including members from our church (pictured above), members from St. James and other United Church congregations in Regina met at Sunset. We made banners and decorated Morgan and Debra's van in preparation to "Walk Our Faith" in the Regina Pride parade. It was a beautiful day (only enough wind to keep our new banner full but not take flight). We gathered behind the Community Centre at Broad and 13th Avenue, then proceeded to walk north to Victoria Avenue and south on Albert Street to the legislature (stopping traffic as the parade went across the bridge under construction.) Those who were marching for the first time were pleasantly surprised by all the supportive honks and waves from passing vehicles as we honoured spectrum of sexual orientations and gender identities. As the parade ended at

the steps of the legislature various community groups, politicians and University groups made speeches with a sense of hope and as Kelly had described in announcements – A celebration of life. Participants received positive response for the churches' visible presence in this celebration of diversity. We hope that each year more Sunset participants will join in this celebration and that our new banner can be used many times through the year to share the message that “God’s Love Includes All.”

Family Ministries

Over the past year, I have been reading a book called Family based Youth Ministry by Mark Devries. It has converted me to the importance of shifting our youth ministry to provide more opportunities for youth and adults to interact and build meaningful relationships, including with their parents. The basic premise of the book is that what builds young people into mature Christian adulthood is having meaningful relationships with other adult Christians. It believes this can start with children as well. To this end, I would like to offer some family ministry programming throughout the year. There will be a few family based youth ministry programs which will bring youth and adults together (primarily their parents, but not necessarily) to explore issues of faith and life and get to know one another better – in ways not usually offered. I would also like to offer opportunities for families of children to gather, together with their children to explore issues of faith that can also provide tools for how we nurture our faith at home with children. There could also be some more social multi-generational gatherings like an all ages dance which we have done before with great success. I also recognize and acknowledge that our Musical is already an important family/multi-generational ministry which we need to celebrate! Watch for these new opportunities and if you have ideas of things you'd like to see for our families please let me know. **Our first session will be with youth and adults October 17. TGIF will meet at 4:30 pm and parents and older youth with their parents are invited to come for a pot-luck at 6pm, followed by a program for all.**

New Elements to our Sunday School Program

Following our meeting with Sunday school teachers in the spring, there have been some new ideas which we are implementing for our program this year. We will be continuing with our format of gathering the children (age 3-grade 3) for some singing, introducing the story, and then break into two groups (age 3-5 and K-grade 1) for creative time. The grades 4-8 will be in class from the beginning of the Sunday school time. So we have and need teachers for the introduction time, the craft time, and the grade 4-8 class(es). We also decided to continue introducing Godly Play to the program and our Advent and Lent season will use the Godly Play teaching method. To

this end, we will have an orientation for all teachers and anyone wishing to learn more about this storytelling teaching style on October 4. Each Godly Play session will have one storyteller (teacher) and one "doorkeeper" who welcomes the children and supports the teacher. We are thankful to Cal Newman, George Achtymychuk & Jason Krall for helping create wood materials needed. We also will be drawing on folk from the congregation who I think have some gifts or experiences to share with the children. All of these elements will lend to a lighter load for teachers, especially if we have a good team of volunteers. Please consider if you can offer some of your time to this important ministry. Here is the schedule for the fall to give you a sense of our program:



- Sept. 13 - Opening session of SS, Registration begins.
- Sept. 20 - Godly Play Circle of Church Year, need doorkeeper - All ages
- Sept. 27 - Stewardship Session - Russell leading, need teachers for creative time - All ages
- Oct 4 - WW Communion - Godly Play: The Good Shepherd and Worldwide Communion; (Russell leading, need doorkeeper) - all ages. Children will go directly to SS and join the congregation for Worldwide communion. Followed by **SS Teacher orientation on Godly Play at 12:30.**
- Oct. 11 - Thanksgiving - Multi-generational worship
- Oct. 18 - Regular SS
- Oct. 25 - Regular SS
- Nov 1 - Refugees: Brenda MacLauchlan will come talk about bringing the Beshirs' here. May Need teachers for creative time
- Nov. 8 - Regular SS; Bring food for food bank (provide note or e-mail previous weeks)
- Nov. 13-14 Children's Ministry Event - planned by the Regina Children's Ministry Network. All are welcome to attend.
- Nov. 15 - Children's Sunday, Multigenerational Worship
- Nov. 22 - Advent I Godly Play, need doorkeeper

Children's Spirituality Event!

The Regina Christian Children's Ministry Network presents: **Growing together - Nurturing Children's Spirituality: a conference for caregivers and children's ministry workers. Topics: Faith in the home, Breaking down barriers between leaders and children from disadvantaged backgrounds (have to get a more concise title from Mike), youth ministry, Godly Play, Communicating with Children, and stages of development in children.**



Friday, November 13, 7 p.m. - intergenerational worship service - location to be decided - an opportunity for parents and leaders from all Christian denominations to get together and experience and discuss forms of intergenerational worship.

Saturday, November 14 - 9 a.m. - welcome and check-in at Luther College High - workshops offered at 9:30 a.m., 11 a.m. and 1 p.m. - participants will choose between two workshop topics per session. Childcare (12 months and older), lunch and mid-morning and afternoon refreshments will be provided. A facilitated, group brainstorming and information-sharing session will end off the conference at 2:30 p.m. for parents, leaders and children.

Registration fees: \$20 per participant or \$30 for a couple. Reg. forms with specific selections to be made for workshops will be available in the next couple of weeks. All registrations are to be sent with payment to Kate Berringer, c/o St. Mary's Anglican Church, 3337 15th Avenue, Regina, S4T 1T3. For more information, call Kate at 586-6586 or Talk to Russell.

SUNSET CHURCH DIRECTORY

Our present church directory is several years old. We now have the opportunity to get a professional directory done free of charge. All those families or individuals who make an appointment and have their picture taken will receive a free directory. You will have the opportunity to view and buy pictures immediately after your appointment, but there is absolutely no obligation to do so. The photo-sessions will be held October 7, 8, and 9 from 2:30 to 8:30 each day. If you are unable to attend on these dates, there may be other time available later if we are able to fill up all of these three days of bookings. Also, if you prefer to submit your own photograph for inclusion in the directory, this can be done for a charge of \$12.50.

We are now connected with IPC Photo and their website so that people can go ahead and book appointments online. Go to the www.ipcphoto.ca website and then click on the 'appointments' button. That will give them Sunset United Church as their option to go to and then proceed to make the appointment. Those who have more flexibility with their time should try to book earlier in the afternoon and save the after school hours and evenings for families with school age children. Anyone who does not want to, or is unable to book online should contact Nora at the church office at 586-3613 or myself at 584-2932.

Anyone who is interested in advertising in the directory or anyone who is interested in helping as a host for the photography days should contact myself.

Marilyn Caughlin

CONGREGATIONAL CARE

The Congregational Care Committee is fortunate to have many avenues to address our mandate. We are pleased to work with our ministers as they have the chief responsibility to do pastoral care. The Ladies Fellowship partners with us by supporting the Card Ministry (access this through the office) , the assistance they provide in ensuring that Sunset have prayer shawls for those in need, and their efforts on behalf of our shut-ins. Committee members are attempting to do more visiting of those who cannot attend our services. Another key part is the top notch job done by our house leaders. Our committee is planning another recognition event for them in early fall.

We continue to search for a reasonable and effective name tag since our former style is no longer available. An area of concern for us is ensuring that persons new to Sunset are acknowledged. Welcome bags are available but we are searching for the best way to give them out. Any ideas???(Contact me at 721-1502)

At our next meeting we will be planning for our events namely the Ladies Breakfast and the Soup and Bread Lunch. Sunset United is a very busy church but if you know of an event that would increase our fellowship please let us know .

Submitted by,
Susie Ross

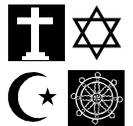
SOME FALL FAITH DEVELOPMENT OPPORTUNITIES

Youth Faith Exploration

An opportunity to learn about the United Church, other faiths, and your own beliefs.

Any youth grade 8 and up are welcome to participate. The Program will run from early October to April. Orientation & Information session, Tuesday September 22, 7pm (with dessert).

Please let the office (586-2321) know if you are interested.



Spiritual Cinema

Once a month we will continue to gather to discuss the insights and spiritual dimensions of popular movies. We watch the movies at home and then gather over dessert to share our reflections.



Youth are welcome! If you have a movie to recommend for our list to watch, please let the office know.

Date: September 26, 7pm Movie: Doubt

Continuing Programs:

TGIF - for grades 6-8, every other Friday
 Starting Friday September 18, 6:30pm with Pot-Luck
 Contact Jamie Orr, 789-4788; orr96@hotmail.com

SWAT - Sunset, Wesley Active Teens, grade 9-12
 Sunday Evenings, once/month,
 Starting Sept. 27, 6pm Pot-luck Contact Russell



Explorers, grades 4-6 after school
 Thursdays, 4-5:30 p.m. starting September 10.
 Contact Russell or the office for registration (it's not too late!)

NEW PROGRAM!
FAMILY BASED YOUTH MINISTRY
FOR YOUTH AND PARENTS TOGETHER
(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!)
OCTOBER 17, 6PM POTLUCK RSVP TO RUSSELL



FINANCIAL REPORT: January 1 - August 31, 2009

Revenue:*

Collections	\$ 126,278
Other Revenues	12,734
Mortgage Fund contributions	<u>8,822</u>

Totals* \$ \$147,834

Expenditures:*

Operating Expenses	\$ 152,233
Mortgage Payments	<u>18,328</u>

\$ 170,561

*Revenues and Expenditures exclude \$3,945 raised for special appeals

Revenue and expenditures as of August 31, 2009 are outlined above. Based on the current forecast, expenditures this year should approximate the 2009 approved budget expenditure of \$266,757.

The \$147,834 in revenue from January 1, 2009 to August 31, 2009 compares to revenue of \$155,713 during the same period last year.

This is potentially problematic because **2009 expenditures are expected to be about \$14,000 more** in 2009 than they were in 2008 and **revenue to August 31 is about \$8,000 less than last year.**

Assuming 2009 expenditures will come in on budget, we will need revenue of about \$119,000 between September 1 and December 31, 2009 to avoid a deficit. This means we will need to average almost \$30,000 per month in revenue from all sources for the last four months of this year.

The cover of Sunset's Annual Report for 2008 bore the slogan "**YES WE CAN**". Thank you all for your contributions to date and for your participation in providing the resources needed to maintain Sunset United Church as a vibrant and caring community.

George Peters, Chair, Finance Committee

Sunset United Church Website Launched!



The website for our church has been launched. Check it out at www.sunsetunited.ca You can see bulletins, announcements, and listen to podcasts of services. Thanks to David Gerhard for all his work in getting this up and running. He has been working with a team including Ed Borisinkoff, Monte Kesslering and Linda Langenbacher.

RAINBOW YOUTH CENTRE VOLONTEERING

We will continue to volunteer at Rainbow Youth Centre on the last Tuesday of every month, and all are invited to participate - youth and adults together. We gather at the Centre (977 McTavish, on 4th ave) at 4pm and work until about 6pm. Russell can provide rides for those who need it. The time includes sitting and eating with the youth. We will start-up in the fall again on September 29th. Please let Russell know if you plan to come.

Sunset United Church
FABULOUS FALL
Children's
Used Clothing, Toy & Book Sale

Date: Saturday, September 19th, 2009

Time: 1:00pm to 3:00pm

Sunset United Church (177 Sunset Drive – 586-3613)

You'll find a MARVELOUS selection of
GENTLY used treasures:

Toys, books, puzzles, games, videos/DVDs, bedding & blankets,
FALL/WINTER CLOTHING GALORE,
running shoes/snow-boots, fall/winter jackets & ski pants,
HALLOWEEN COSTUMES, baby clothes & gear, strollers,
car seats

Don't come alone...
Bring your friends & family!!!

Don't forget your laundry basket and *ARRIVE EARLY!!!*
People start lining up 30-45 minutes in advance.

*****Please forward this email onto ANYONE who has**
children!!!

THANK YOU FOR YOUR SUPPORT!!!

