

# The Script



# Advent 2015

## SUNSET UNITED CHURCH

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Ministers: All of Us! With Kathy Platt and Michelle McConkey

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## Advent Musings from Kathy...

We are about to enter the season of Advent – four weeks leading up to Christmas. Traditionally it is a time of “waiting” – a time where we are invited to slow down and contemplate how to prepare our hearts for the birth of new life and new beginnings. And yet...and yet...it is one of the busiest times of the year for many people. Our schedules fill up with shopping and baking and cleaning and office parties and Christmas dinners – or, if you are a minister, service, after service, after service! So, when is it that we get to slow down and do the contemplation part of Advent?? I have been thinking about the complexities of the hurry up/slow down messages of the season, but also about the complexities of prayer and the mystery around how to pray and what to pray. Somehow “prayer” seems to be such a loaded word. I was at a Hawksley Workman concert this fall – he is a Canadian folk singer who is loosely connected to the United Church. He mentioned having coffee with a retired United Church minister just before he left for his concert tour, and the minister said, “I’ll pray for you.” The audience kind of nervously laughed when he mentioned that, and Hawksley seemed more confused than anything – but said he supposed it would be good if all of us knew that there was someone out there who was holding us in prayer. Sybil MacBeth has written a book, *Praying in Color*. She writes that when someone asks you to pray for them, they are not asking you to worry about them – worry might be a starting place, but it is not a substitute for prayer. Rather, when I ask someone to pray for me, their task is “*is to fill the universe with good thoughts, to wrap me in God’s love, to give me hope, and to intercede for my healing. I want them to reconnect my hands & heart with God’s when I’m too fraught with fear or sadness to do it myself.*” With all of those things in mind, I have designed four evenings for Advent which are described on another page in this newsletter. My hope is that you will see the evenings as an invitation to truly slow the pace a little bit – an invitation



to provide yourself with some space to think, and to breathe, and to focus for a wee bit on care for your soul – and on care for the souls of those you love or are concerned about. What I love about these Advent evenings is that, even though we are gathered into community, we also have plenty of space for individual contemplation – a good balance of both extraversion and introversion! Whether it is the Advent evenings, the Advent Christmas party, or the special Christmas services, I hope that you will hear the invitation of Sunset United Church to:

*Come and find the quiet center in the crowded life we lead  
Find the room for hope to enter, find the frame where we are freed.  
Clear the chaos and the clutter, clear our eyes that we may see  
All those things that really matter – be at peace – and simply be.*



## **WORSHIP SERVICES FOR THE CHRISTMAS SEASON**

Sunday, November 29<sup>th</sup> – First Sunday in Advent - *Hope*

- Communion

Sunday, December 6<sup>th</sup> – Second Sunday in Advent -*Peace*

- White Gift Sunday

Sunday, December 13<sup>th</sup> – Third Sunday in Advent - *Joy*

- Choir Sunday - anthems and readings

Sunday, December 20<sup>th</sup> – Fourth Sunday in Advent - *Love*

- Come at 10:00 a.m. for a Carol Sing A Long with our Christmas Band before worship

Monday, December 21<sup>st</sup> – 7:00 p.m.

- Candle-light Longest Night/Blue Christmas service
- A service that recognizes grief & loss can make the season difficult – come light a candle and together we will find the strength and the hope to keep on keeping on
- Our worship will be followed with refreshments & time to visit with each other

Thursday, December 24<sup>th</sup>

- 4:30 p.m.– Family service: interactive telling of the Christmas story – carols, costume, & excitement!
- 9:00 p.m. – Candles & carols – invitation to come and be still a little while – leaning into God's love

Sunday, December 27<sup>th</sup>

- Regular worship led by Bryan Tudor





## **Upcoming Advent Evenings**

### **Tuesday, November 24<sup>th</sup>: Praying in Color – 7:00 p.m. – 8:30 p.m.**

Cara Gay Driscoll and I will invite people into a creative mode of praying – a synopsis: *“Maybe you love color. Maybe you hunger to know God better. Maybe you are a visual or kinesthetic learner, a distractible or impatient soul, or a word-weary pray-er. Perhaps you struggle with a short attention span, a restless body, or a tendency to live in your head.”* We will introduce a play-full, insight-full way to color our way into praying for whatever people or situations we want to lend our support to.

### **Tuesday, December 1<sup>st</sup>: Walking the Labyrinth with Cam Fraser – 7:00 – 8:30 p.m.**

Cam Fraser, one of the ministers at Knox Metropolitan United Church, will bring his canvas labyrinth to our space. His leadership is gentle, invitational, and very compassionate. We will walk as individuals, grounded in community. Walking our way to the centre and back out again, allowing the soothing pace to nurture body and soul.

### **Thursday, December 10<sup>th</sup>: Praying through and with food – 7:00 – 8:30 p.m.**

Nicholas Belanger, and his parents Leo and Leona Belanger, will introduce us to their love of cooking food that warms the heart and soothes the soul! They are going to help us make soup, which we will then deliver to Carmichael Outreach as our way of sharing the ministry that comes through the gift of homemade soup. Carmichael Outreach has already thanked us in advance for thinking of them as we make our plans for the Christmas season.

### **Tuesday, Dec. 15<sup>th</sup>: Music & Melody-the peace that passeth all understanding! 7 – 8:30 p.m.**

Shirley Hill is going to offer to our community the gift that she offers to those of us who work in the building every week – the gift of listening to the soothing and peace-filled notes of the piano. We will sit in a circle, with no conversation – a chance to be still and to listen to music that speaks of peace. We will have baskets with the words of the season – hope, peace, joy, love – which people can peruse and meditate on. We will have paper and crayons for those who like to color for relaxation. We will have tea to sip on. An evening that invites us to be still – to be silent – in community.





## Sunday School

Each week gives me an opportunity to teach new things to, sometimes, new kids. Last year, we averaged 12 kids a week and we are on track to continue the trend. The clipboards give parents and other adults the chance to see what goes on with the kids each week.

We are about to start our season of Advent for Sunday School. This year, I am using the book "The Little Crooked Christmas Tree" to illustrate the story. From November 15 to December 6, we will learn about responsibilities, being alone, what is Christmas and celebrations.

December 6th is White Gift Sunday, with the kids involved in some way. December 13th will be Choir Sunday with a whisper table for the kids. December 20th will also have a whisper table for kids.

We will again have our family service on Christmas Eve, kids are welcome to come and participate in the story.

Sunday School will resume after Christmas on January 10th.



## Youth Group

This year the youth group is focusing on the Me to We program. One part of the program is attending We Day on March 2, 2016 in Saskatoon.

We are currently learning about some local organizations and how to help them out. Our first organization was the Regina Humane Society and we are making some enrichment toys for the animals there. Another organization we are helping is Rainbow Youth and gathered some mitts and tuques at our Winter Wonderland Murder Mystery (November 7).

Upcoming is the Adopt-A-Family for Christmas program from the Salvation Army. We had fun with this last year and hope to make this an annual event.

Part of the Me to We program is also to look at helping out global causes. Some issues raised by the youth were homelessness and poverty. I hope to combine our annual sleepover with a fundraiser for one organization that deals with the aforementioned causes.

Some other organizations we hope to learn about and help out are the Regina Food Bank, Carmichael Outreach and Habitat for Humanity.

There is lots going on with the youth! We are also getting together to have fun such as attending the Luther College High School Musical *The Sound of Music* on October 22nd.



**WHITE GIFT SERVICE**  
**And**  
**RAINBOW YOUTH CENTRE ANNUAL CHRISTMAS PARTY**

Our White Gift Service at Sunset is the first Sunday in December - **December 6<sup>th</sup>**. All gifts donated will be provided to the Rainbow Youth Centre for their Annual Christmas Party.

This year, the most needed items are toques and mittens for adults. There is a list below of other items that would be well-received also.

Since 1982, the Rainbow Youth Centre has been providing a place for Regina youth, 11 to 25 years, to grow and develop, providing a variety of individual and group counseling, skill development, educational, recreational, and direct service programs.

As you know, one of the services that Rainbow provides is an evening meal, as part of their after-school program. For years, volunteers from Sunset United have helped the Chef prepare and serve supper. We also help out at Christmas time, by helping to prepare and serve the meal at the Annual Christmas Party. This year the party is on **Wednesday December 16, 2015**.

We need approximately 15 volunteers for the Christmas Party. Two shifts are available, 4:00 - 6:00, or 5:00 to 7:00. Really, any time that you can spare to help out will be appreciated. Volunteers typically assist with the serving line, provide extra hands for carrying plates, serve beverages or desserts to the tables, or help with clean up.

The Christmas Dinner draws big crowds of youth, parents, babies and grandparents, passersby and local celebrities. It is a warm, joyful event that draws us all into the spirit of that community in the very heart of Regina.



## **Rainbow Youth Centre Christmas Stocking Project**

***Sunset United Church supports the Rainbow Youth Centre each year by providing items from a suggested SHOPPING LIST. Help Rainbow Youth Centre reach their targeted goal of filling 300 bags.***

### *2015 Shopping List*

Toques \*new, not used (sizes: infant, child, and adult)  
Mittens \* new, not used (sizes: infant, child, and adult)  
Socks \* new, not used (sizes: infant and child)  
Socks \*new, not used (sizes: adult, white sport socks)  
Toothbrushes (children's and adult)  
Toothpaste (children's and adult -- 75 ml)  
Deodorant (male and female)  
Shampoo (baby, children's and adult – 500 / 710 ml)  
Soap (bar soap, not liquid)  
Coloring Books (children's)  
Reading Books (infant, children)  
Crayons (wax crayons)

**If you prefer to let *Rainbow Elves* do the shopping,  
please consider donating money or a Gift Card from Shoppers Drug Mart, Superstore, Giant Tiger, or Wal-Mart.**

### **DEADLINE DATE**

Donations for stockings need to be received on or before Sunday, December 6<sup>th</sup>, 2015 at Sunset United Church

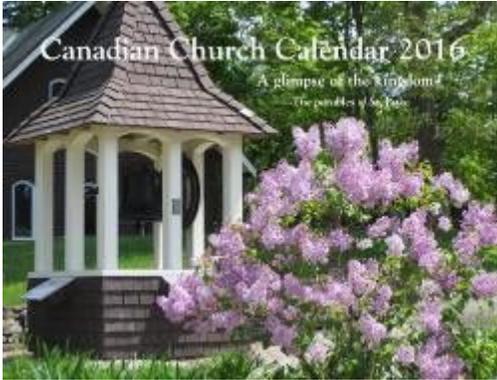




Sunset United Church -Financial Report Jan. 1/15 – Oct. 31/15

<u>Income:</u>	<u>2015</u>	<u>2014</u>
Clothing sale	8,443.	7,792.
Collections	162,506.	158,549.
Anonymous	2,027.	1,869.
Mission & Service	4,171.	4,522.
Mortgage	6,775.	7,870.
Fundraising	1,317.	878.
Rent	12,343.	10,135.
Sundry	-178.	- 283.
Interest	50.	38.
Sunday School	38.	17.
<b>TOTAL Income</b>	<b>197,492.</b>	<b>191,387.</b>
<u>Expenses:</u>		
Administration	27,964.	27,610.
Bldg. Maintenance	19,420.	24,322.
Committees	5,614.	4,507.
Personnel	111,442.	113,294.
<b>TOTAL Expense</b>	<b>164,440.</b>	<b>169,733.</b>
Interest expense	4,646.	4,646.
Mortgage principal	12,390.	12,390.
<b>Net Cash flow</b>	<b>16,016.</b>	<b>4,618</b>

Note: Budgeted gross revenue for the 2015 year was \$238,100. As such, we need approximately \$40,600., in the last 2 months of the year, to reach that goal.



*The Canadian  
Church Calendar  
2016*

The Canadian Church Calendar for 2016 will be on sale at the church office by mid November. The calendars are \$5.00. Pick one up during office hours or on Sunday at church. Money can be left in the marked tin adjacent to the calendars in the office area.

**Sunset Ladies Fellowship Christmas Potluck Supper**

...will be held on Monday, December 14 at 5:30 p.m. Come and enjoy a wonderful supper and enjoy the **Celebration Singers** for entertainment. All are welcome. A coin collection will be collected to support the Hospital Chaplaincy.



**Come and Join in an Old-Fashioned Family Christmas Afternoon** on  
*Saturday, December 12 from 2 to 4 p.m.*

Please join us for an afternoon of old-fashioned Christmas fun – cookie decorating, popcorn stringing, ornament crafting, games and snacks and hot drinks. The activities are fun for children and adults of all ages – everyone is welcome! Please let us know if you are planning to attend so we have enough supplies. *You may sign up on the sheets at the church or send an email to the office at [sunsetunited.office@sasktel.net](mailto:sunsetunited.office@sasktel.net) to let us know you are coming.* If you are interested in helping out during the event please talk to Hilary Wallin.

Contact: Hilary Wallin ([hilarysue@hotmail.com](mailto:hilarysue@hotmail.com) or 359-1575)

**Electronic Correspondence**



Sunset United Church sends out weekly updates as well as other general correspondence on a regular basis. *If you do not receive these by email presently* and would like to please email the office at [sunsetunited.office@sasktel.net](mailto:sunsetunited.office@sasktel.net). We will then send you the authorization forms to respond to. We cannot send you this information without your prior written consent.