



The Script

Lent 2013

SUNSET UNITED CHURCH

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Ministers: All of Us! With Kathy Platt



Our Walk towards Easter-

Kathy's Reflection

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It has been hard to think about anything beyond trying to stay warm over these last few weeks. However, Easter is on its way – time to switch focus somewhat. Lying hidden beneath the frozen ground we know that there are tulips and daffodils just waiting to spring back into life. So, my hope and my prayer is that we will gather together to focus on what is waiting to blossom to life in our hearts this Lenten season.

With that in mind, I invite you to join me for three evenings in March to learn more about the Jewish tradition of Mussar. This Jewish spiritual tradition is based on one of the teachings from the Torah: *You shall be holy (Leviticus 19:1)*. The path of Mussar begins with an awareness of our own inner spiritual traits and how those traits impact our actions. The goal of Mussar practice and study is to uncover the innate holiness that radiates within the soul of each one of us.

I am not Jewish – I am assuming you realize that, as I am the minister in a Christian church! However, I think that there is much we can learn from other faith traditions. So we will learn more about the Jewish practice, and then we will adapt it to our own context and to our own traditions. **Thursday, March 7th** will be the introduction evening, where we will begin the conversation – some group conversation, some time for personal reflection – all with the aim of deepening our connection with our own hearts, as well as with each other. The next two Thursday evenings (**March 14th and 21st**) have not yet been entirely worked out. One of them will be focussed on Joy, and our aim that night will be to sing the night away together – with Barbara Flaten-Orr being one of the musicians – others to be confirmed in due course! The other evening will focus on Generosity and on Courage (I think), and our aim that night will be to hear more from some people who are new to Canada and who will share with us some of their faith journey that brought them to Regina. As I get the details confirmed, I will let you know more – but keep the Thursday evenings in March open and join us if you are able.

In her book, *Rest your dreams on a little twig* (©2003 by Sorin Books), Joyce Rupp writes: “who we are, how we are, always touches into other lives. We may think we are alone, apart, separate, but not so. Our positive (or negative) energy connects, unites, draws (or repels). Always we touch others – always.”

In this walk towards Easter, I encourage us all to think about our energy – to think about what is life-giving for us, both as individuals and as a community. What is it that will restore good energy? What is it that depletes our energy, both as individuals and as a community? When do we need to cocoon in our own private space, and when do we need to reach out and connect with others? Those are the questions that I want to explore during this Lenten season. I hope you will come and be a part of the conversation...

~ Kathy



Volunteer opportunity –

Looking for a volunteer opportunity?

Want something that’s a “one or two months of the year” commitment?

Interested in giving a dedicated volunteer a well-deserved rest?

Consider becoming a House Group Leader! We have two House Groups needing a leader. The Leaders contact the members of the group in the month preceding their duty month, and arrange a schedule of duties so that their month is covered. During their month, the Leaders make sure everything works well, and people understand their tasks. The House Group Co-ordinator is available for help and consultation when needed.

Talk to Bev Hui, or phone her at 585-0401.

An invitation to play and to chat –

On Friday, January 25th, we hosted an evening called *Tassimo Tea and Treats*. It was an invitation to families who have children who are under the age of 3, and who find our Sunday mornings rather difficult to attend, both because of busy babies, and because of children’s morning schedules. We had 7 families, and about a dozen little people. It was a very casual evening where we laughed, kids ran; we visited, kids played – and at the end of the evening these parents all said “let’s do this once a month!” We have set the dates for two more of these evenings – **Friday, February 22nd, and Friday, March 15th, 6:30 – 8:00 p.m.** Please – come and get to know some of the youngest members of our congregation. Bring along a snack and be ready to smile, to chat and to have your heart touched by the giggles of these children.

from *the* Walk n' Talk Book Club corner....

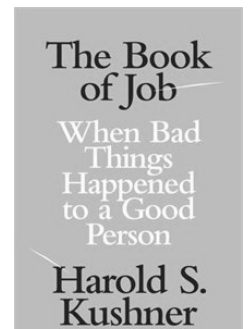
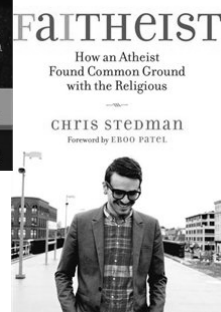
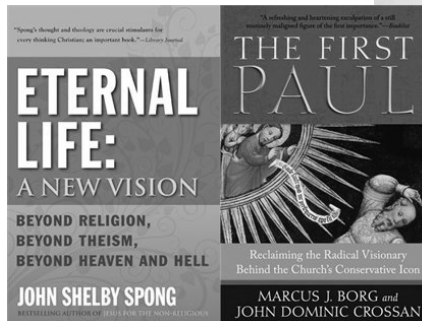
by Scott A Thompson

Hello Sunset readers! The Walk n' Talk book club had three interesting outings in fall. First, we went to Wascana Trails, where we hiked and discussed *The First Paul: Reclaiming the Radical Visionary behind the Church's Conservative Icon* by Marcus Borg and John Dominic Crossan. We talked about Paul's conversion and his perspective on the church. The wind was at our back, and the fall colours were in our view!



(Picture 1 from left to right...Jean Macnab (Ross's Mother), Ross & Janet, Scott; Picture 2 Our Kathy Platt; Picture 3...Hiking in the trails).

In November, we hiked around Douglas Park Hill and talked about *Eternal Life: A New Vision—Beyond Religion, Beyond Theism, Beyond Heaven and Hell* by John Shelby Spong. Kelly Warden really had some interesting insights from that book! As you can see, it was a might bit colder on our second Walk n Talk...On the right you see Jessie Carlson, Andrew & Karen Cartmel and Kathy Platt....and below is Kelly Warden.



And in December, we decided to have a *Ski n Talk*...we were small (Dave Warden and myself!), but had fun skiing around Kinsmen Park, across from Argyle School. We talked about *The Book of Job: When Bad Things Happened to a Good Person* by Harold S. Kushner. Our next Walk n Talk (which will have already happened) will be a *Coffee n Talk* before church on February 3, where our featured selection was *Faithiest: How an Atheist Found Common Ground with the Religious* by Chris Stedman.



Join us for the next one!



Forever –

Thank you one and all for the wonderful heartfelt experience of working with and for you at Sunset. While the time on the calendar was rather short, my time here will be with me for **FOREVER**.

Bev was so kind and helpful in getting me up to speed in the beginning. It was Nick and Kevin who, over our neighbourly fence, nudged me to apply here such that there ever was a beginning. I was just thankful that after fessing up to being a Craven-going lover of the drinkin'-cheatin'-hurtin' songs that you allowed me to stay.

Kathy walked the life altering path with me with the passing of my beloved cousin one year ago. With her having just returned from sabbatical, we really barely knew each other. Kathy got to see the ugly cry, learned of the kinks and gnarls in my family tree and still worked with me. I will be forever thankful to her, Russell and Sunset for taking especially good care of me and my family at that time.

Happier times were shared in the advent event in November 2011 – what fun I had playing the Christmas games with Diether. Jean's smiling face just popping by to talk about work and not about work – really just making sure that all was good with us here in the church and in life; working with Keith around rentals – especially seeing the autism camp happen here last summer and how that made such a difference in the lives of those children and their families; and learning the ropes of Quicken with a very patient Dave Marshall, are all cherished on the job moments. I'll intentionally leave the Access Database off that list.

I want to thank Bob Cameron for emptying the blue bins because little things really do mean a lot; to Ladies Fellowship, the Knit & Chat Group and Bible Study whose kindness in conversation and tea were holy moments as was Shirley's rehearsals at the piano; oh, what a joyful noise! I fumbled and humbled through the making of prayer bracelets (that turned out more like extra large rings with not-tied-tight-enough bands, but the thought was there), so enjoyed making soup for Carmichael Outreach with Carolyn (who, by the way, in the midst of statistics, or anything for that matter, was always just a helpful phone call away), Jayne and the youth group this past fall and finding out the tricks of the trade for the best homemade soup ever from Jean Fraser, found Christmas in the serving up of sticky perogies and chocolate pudding at the Rainbow Youth Centre in December and delighted in the fellowship of the Tassimo night with the younger and youngest of the Sunset family just a few short weeks ago

I could go on and on, naming each and everyone of you – my co-worker Christian, Joe, Doreen, Bob, Ross, Scott, Don, Bill, George, Jim, the other Dave M., God/Al, Iain, Judy, Malita, Terry, Mr. Young - I mean Alex - ... but know that even if your name isn't here on paper, you are in my heart, **FOREVER**.

Live, love, laugh -
~ *Marci*

Making the best of a blizzard –

Jamie Orr



Days like January 31st just make me want to find every blanket in the house and disappear into a sea of fleece warmth. In my own egotistical thought, I almost feel as if Mother Nature is directing the eyelash-freezing winds and teeth-chattering temperatures purely at me, for some punishment that I *clearly* did not deserve. There's also no use in actually dressing logically for winter while going to school, anyways. A toque will absolutely ruin my greasy and slept-on hair. Practical boots are too clunky for the hallways. Earmuffs give off the impression that I'm stuck in a 90s Sears Christmas Catalogue. All I really can do is complain.

So that's exactly what I do. I log into Facebook to post a status about how frigid Regina is, but see that 47 of my friends have beaten me to the punch, showing me more screenshots of weather reports than I care to look at. Don't they know that I'm the one that is suffering the most? How selfish of them all. I turn off my computer and head out the door into this tragedy of a day. After trudging through this "personal" Canadian hardship, I finally make it to the University and wait for the elevator to escort me to my fifth floor English course. The doors open and I step forward, joining a young man in an electric wheelchair. I exchange polite smiles with him as I make the 5 on the left panel light up.

I feel bad for the guy. I mean two metres of snow doesn't exactly make the outdoors wheelchair accessible. I start to wonder if

he ever has problems "starting" his electric wheel

chair in the same way that I have difficulty starting my car. It feels like every morning I clutch my dollar store rabbit's foot and perform a rain dance with hopes that my '97 Accord will not make me late (well, let's face it: *more* late) for my morning university classes. My sympathy for him grows as I start to disregard my previous self-pity. I even start to regret my choice of taking the elevator instead of walking up four flights of stairs, god forbid.

With all this inner turmoil I had completely forgotten how to act awkwardly about the complete silence between the two of us in this enclosed, vertical train. I turn to him without really thinking, and break the quiet with a typical "Cold out, eh?" and immediately regret this textbook stereotypical small talk. What did I expect him to reply with other than a "yeah" and a nervous obligatory laugh that far surpasses the discomfort of silence?

I turn away, praying for the elevator doors to open. Out of my peripherals I can see him look up at my tomato-hued face and laugh a little. The doors open and he rolls toward the opening. He stops in the doorway, swivels his chair around to face me and says "You know, it's days like these that I am completely ok with not being able to feel a large portion of my body." The doors shut and I stand there paralyzed at the pure hilarity of his remark.

Nerve endings. That's what I forgot to complain about.

We're contemplating taking "church" to the wilderness! –

I have been in conversation with a few of our Sunday School families, and they have asked about the possibility of doing a family camp together. We are in the process of researching the possibilities – one of which may be Sherwood Forest Campground. This is what we know about it so far: *"The Sherwood Forest site is about 15 minutes from Regina. Seems they can take camping units from tents to motorhome size vehicles. They offer 15-amp and water sites for 33.00 a night, 30-amp and water sites for 38.00 a night"*. We will continue to do the research in order to find out about group bookings,



but need to know how many others out there might be interested in joining us. I am not sure at this point what the "program" would be – would depend on who responds that they would like to come. The ideal would be to have a multi-generational, congregational kind of event – my guess is there would be a campfire, and there would be marshmallows – beyond that, very little is known! Since it is so close the city, Kathy would travel back to the city to lead in worship on the Sunday morning, so people would have the option of staying just on Friday night, or staying out there for both nights. The weekend we are thinking about is June 21 – 23rd. Please be in touch with Kathy, or leave a message at our church office, or speak to Jayne Strinholm or Lana Orban if you are at all interested. We will be making a decision about whether or not to continue with this idea by the end of February – please speak to us soon!

Rainbow Youth Centre 2012 Christmas Stocking Project



Sunset United Church



McConversation –

Men: We know how busy you are, but the **Sunset Men's Group** is offering a solution for you to connect with other men in our church community. Monday March 4 we begin our new **weekly** 1 hour discussion called "**McConversation**" at 7 PM at **McDonalds McCafe on South Albert Street**. Join us as we discuss an issue over a good cup of your favourite coffee. The new **McConversation** will rotate nights of Monday, Tuesday and Wednesday each week around our usual meeting and potluck. That way, if you have something on the same night every week, you'll have at least 2 other nights during the month to connect with others. **McConversation** nights for March will be Monday March 4, Tuesday March 12 and Wednesday March 27, with our regular meeting and pot-luck at the church Tuesday March 19.
- Evan Robinson



Sunset United Church

*Sparkling Spring Children's Used
Clothing, Toy & Book Sale*

March 23, 2013

1 pm – 3 pm

sunset.volunteers@gmail.com



Change of date for the Trivia Night – plan ahead for April 20!



**Sunset United Church
Trivia Night... April 20**

Sunset United Church

7 pm



177 Sunset Drive

FUN! FUN! FUN!



Gather a team of up to 10 people (a variety of ages is beneficial as the questions cover all areas including history and pop culture). If you don't have a team but want to participate just let us know- we usually make up one team from all the extra people and last year that team came in second! The current reigning champs from St. James United are preparing to return to defend their title.

\$10/person- pay that night

As a team you will have 10 minutes to answer 12 questions (Topics can include: language, travel, geography, math, religion, music, movies, entertainment, culture, literature, odd facts, animals – basically anything and everything!) Points are awarded for right answers as well as for creative answers- so even if you don't know the right one you can get points for a wrong but creative one!

Starts at 7 pm. Everyone is asked to bring a potluck item to be shared during an intermission break. Pop, coffee, tea and juice provided.

Please RSVP to the office if you plan on putting in a team so that we can better plan for numbers: 586-3613 or sunsetunited.office@sasktel.net

*True or False - Polar Bears can eat more than 50 lbs. of meat in one sitting?

*What nation was inspired to call itself a dominion and to adopt the motto "From Sea to Sea" by Zechariah 9:10? a. Russia b. Italy c. Canada d. Australia

Thank you for caring for our "shut-ins" with cards and visits...

Thank you for donating to Carmichael Outreach & taking the time to get the donations delivered right to their door...

Thank you to those who deliver "meals on wheels..."

Thanks for serving at the Rainbow Youth Centre....

What would we do without those who shovel the walks, especially this winter, deliver The Script, sing in the choir, sit on a committee...?

What would we do without YOU? We couldn't!

"When we give cheerfully and accept gratefully, everyone is blessed."

— Maya Angelou

**Sunset Ladies Fellowship
Bridge Tournament –**

Come and enjoy a day of bridge!

April 20, 2013
10 a.m. to 4 p.m.
Sunset United Church
177 Sunset Drive

We invite the congregation to form a table or come in pairs.

For more information, contact-
Lawrence: 586-0779
Verdyne: 586-3970



Lumsden Beach Camp – summer camp dates are now available. It's not too early to plan what could be your child's most exciting summer *ever!* www.lumsdenbeachcamp.com

Easter Services –



Sunday, March 24 – Palm Sunday

- An interactive telling of the Easter story using symbols created by our Sunday School.
- Includes communion.

Thursday, March, 28 – Maundy Thursday (6:00 pm)

- Just as Jesus gathered with his friends for the Passover meal, we will gather together as fellow disciples to break bread together – the meal this year will be prepared by Judy Halliday and friends. You will need to pre-register for this meal so that we make sure we have enough food. There will be a silver collection (donations) to cover the cost of the meal.
- The purpose of the evening is to build community with the people at your table – to give thanks for the fact that we have companions on this journey, and we are not alone.

Special Appeal time –

The Sunset United Church Community Service Committee works at coordinating projects for a number of agencies during the year. In some cases our best contribution is time and energy, and in some cases our best effort is to provide funding to agencies that are mission and service oriented through our annual “Special Appeal”.

This year our Appeal will be directed towards three important causes:

- Regina Anti-Poverty Ministry
- Carmichael Outreach Inc.
- Rainbow Youth Centre

You will notice the Special Appeals envelope in this edition of *The Script* requesting that you consider making a donation. The committee thanks everyone in advance for any and all support that you are able to provide these agencies.

- The evening will conclude by sharing communion together.

Good Friday, March 29 - 10:30 a.m.

- A traditional Good Friday service, including music with our choir.
- Followed with Hot Cross Buns and coffee provided by the Ladies Fellowship.

Easter Morning

- Will keep you posted – not sure if there will be a sunrise service or not – let the worship committee know if this is something you would like, and we will make sure it happens.
- Traditional Easter morning service at 10:30 a.m., including Easter Egg coloring for the children.

