



# The Sunday Plus

Parkminster United Church  
Newsletter –  
March 2019

YOU ARE NOT ALONE. COME SHARE THE JOURNEY

## Notes from the Chair

### Sparking joy at Parkminster



In writing to you for the first time, I would like to thank you for placing your confidence and trust in me to take on the role as Chair of Council. Parkminster has always been such a

supportive and caring community to everyone in my family and last year was no exception. As Ted, my husband, and I both struggled with illness and major surgery, Parkminster was there for us. You held us up both spiritually and physically with your prayers, your visits, your donations of food, and those amazing cards from Ginny with their uplifting messages. Parkminster puts into action the words of our creed, "to love and serve others" and my family is just one grateful recipient of Parkminster kindness.

About the same time as I started my duties as Chair, I began "Marie Kondo-ing" my house. Marie Kondo is a Japanese life coach who has a show on Netflix about the magic of tidying up. The essential secret is to have an appreciation for what you have in your home. If an item is something that doesn't "spark joy", if it doesn't make you or your life feel better, then thank the item for its service and get rid of it. It is about keeping only the things that you need for your happiness - keeping them and appreciating them. That process sounded simple enough to me, but I will say Ted was a little confused when he came home from work one day and saw all his shirts in a

big pile on the bed. He looked at me and was definitely not impressed when I said he needed to pick up each of his shirts to determine if they sparked joy. However once Ted realized that purging was involved, he became a willing participant and there was lots of laughter as we threw shirts into different piles.

I have been attending some committee meetings this month to gain a better understanding of how our church works and what I have discovered that there is much at Parkminster that "sparks joy". We have an amazing team of volunteers and staff; a team you can count on to make our programs successful. At the Trustee meeting, I was impressed with the expertise of the committee members as well as their dedication to ensuring that our investments are properly managed and that our insurance needs are kept up to date. Our Inclusive Committee is working so hard to welcome and appreciate all people just as Jesus welcomed and appreciated all people. This committee is the "feet on the ground" of the church—taking ideas and putting them into action. Our Worship Committee is dedicated to planning services that will meet the different needs of our congregation and they are not afraid to explore new possibilities for a changing world. I look forward to visiting our other committees and working with all of you. There is much that sparks joy at Parkminster and I am just beginning to appreciate our many blessings. Kathy Shortt, Chair of Council

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Photo above from Scouting Sunday at Parkminster on March 3, 2019.

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### Did You Know?

Are you aware that Parkminster is recognized and celebrated in the Waterloo Region as a place of safety and affirmation for the LGBTQ community?

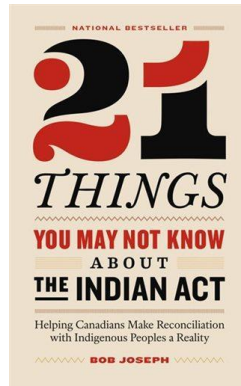
Thank you for your contributions in making this possible.

# On the path to just relationship

A small sub-group of the Inclusive Committee has been meeting to try to develop understanding around "just relationship" with Indigenous peoples, and find ways to move forward. This includes a growing email group of people from Parkminster and beyond, and events consistently include participants from other churches and the wider community.

A few months ago, we hosted a Kairos Blanket Exercise with about 30 people in attendance. This 1.5-hour participatory workshop helped participants understand how colonization of the land we now know as Canada impacted the First Peoples, both before and after settlers arrived.

During March and April, Parkminster is hosting a series of events for learning and reflection. On March 3, 40 people came out to view and then reflect upon the 45-minute documentary film "**Colonization Road**". It is an unsettling and provocative film. If you missed this or want to watch it again go to: <https://www.cbc.ca/firsthand/episodes/colonization-road>.



The current book study "**21 Things You May Not Know About the Indian Act**" by Bob Joseph has two groups meeting on Sunday evenings and another on Wednesday afternoons.

There are over 20 people signed up to participate! Clearly, this is a topic we want to learn about. If you're not in the book study but want to read this book, once the book study ends there should be numerous participants who will lend out their books.

We are encouraging everyone to watch on their own the 3-part documentary series "**First Contact**" available online at <https://aptn.ca/firstcontact/video/>. It follows several non-Indigenous Canadians as their understanding of Indigenous reality

is challenged by meeting and talking with Indigenous people.

On Sunday, April 28 at 7 pm the 33-minute film "**Reserve 107**" will be shown at Parkminster with discussion following. This documentary shows how the community of Laird, Saskatchewan and the Young Chippewyan Band are finding reconciliation through relationship, involving two church communities. For those of us who found Colonization Road to be discouraging, this may provide some hopeful direction.

Everyone is invited to attend any or all of these free events. At the suggestion of the director of Healing of the Seven Generations, we may follow up with a meeting with some from their community to foster conversation.

For more information contact Nancy Dykstra or Marilyn Hill.

## Kudos and Congrats

### Hats off to Bert and Bud!

We are blessed at Parkminster for the many who give so much of their time on our very wide range of activities and responsibilities.

We owe a special vote of thanks to Bert Blackburn and Bud Adams on our Property Committee for the many weeks of work they put in at the church over the past few months.

Not everyone is aware of their time spent **refinishing the floors** throughout the church; or the weeks they put in **plastering and painting** and doing other finishing work on the **new lift** (with resulting large savings for the congregation); or the work that went into having a new **roadside sign** after ours was blown down in a storm; or the time spent in connection with the new **chair lift to the choir loft**.

Thank you, Bert and Bud, for your immense dedication, generosity, caring and expertise.

### Congratulations to Abby and Colleen!

Two of our youth headed off to Columbia on a Two Countries One World (TCOW) trip for March Break.



### Thanks to the Five Oaks work crew!

In December, a work group got together for a clean up day at Five Oaks.

Bert Blackburn, Frank Parkinson, Glenn Harper and Jim Bowman make work look fun.



## Message from our Ministers

As we write this, Lent is on our minds. Ash Wednesday is in two days. It seems odd, on the surface of it, that with spring on the way the Church would enter into a season that traditionally has been associated with confession, repentance and self-denial.

If we look closer at the natural processes of the season however, we can begin to see the alignment with Lent. The birthing in spring relies on death. Seeds and bulbs must die in order for new life to burst forth. Forests that emerge with new foliage and tender shoots that rise from the forest floor are dependent on the nutrients from the previous autumn's dying of leaves and other plant matter. Now the pairing of Lent and spring make sense, for both are about the dance of death and life, where death and life are not opposites but part of a circular continuum.

Lent invites us to let some things die in our lives so that a deeper faith, a more intimate relationship with God and with life itself, might emerge and bloom. We invite you to consider this question, ***"What in me needs to die, that perhaps once served me well, so that new life, deeper faith might emerge?"***

Each of our answers will be very personal but you might want to consider areas of your life where you feel stuck, relationships that are particularly troublesome, patterns that frustrate you, longings that keep emerging. From there, take some time to pray, in silence, by journaling, by walking or talking to someone and ask, ***"What can I do or not do this Lent that would help me let go of that pattern/habit/thought/feeling etc.... so that something new might emerge?"***

This Lent, through worship, prayer and perhaps some personal spiritual disciplines, we believe God is drawing us as a congregation to the wilderness, away from the busyness of our lives and all things we feel we need to get done. Before we can embark on whatever is to come in the life of Parkminster (new programs, new outreach, new relationships with the community), we are called to withdraw for awhile to get acquainted or reacquainted with one another and with God. We need to reflect on those things that might get in the way of our relationship with the Holy One. If we are able to do this, when we emerge, we will be well equipped for the journey ahead.

May God bless this quiet, holy time.

Rev. Heather Power and Rev. Joe Gaspar

## Save May 4<sup>th</sup> for "Fiddlin' Around"



**Fiddlin' Around** with Canadian Fiddle Champion, Scott Woods and his all-star band is a 2-hour Branson-style live show featuring fun fiddle tunes, traditional Country and Gospel songs and good family humour. This charity event will support SHOW, Supportive Housing Waterloo. SHOW is building a new apartment complex on Erb Street in Waterloo. The one-bedroom units will provide affordable housing to individuals in our community who face homelessness and who need additional supports for every day living.

**The Scott Woods Band will be performing at Parkminster United Church, on Saturday, May 4 at 7:00 pm.**

Tickets are \$30.00 for adults, \$15.00 for children 6-12 years, and children under 5 are free.

Get your tickets from the Parkminster Church office, Words Worth Books in uptown Waterloo, and from Linda Bird, 519-746-9576.



Come out to an evening that is sure to delight.