

St. Thomas United Church

Open Hands, Open Hearts, Open Minds

ST. THOMAS TIMES

Volume 6, Issue 1

February 2012

REGULAR WORSHIP SERVICES 9:15 AND 11:00 AM HOLIDAYS 10:00 AM

A Word From The Chair Ruthann Watson - Chair, Executive Council

A new year, a new ministry team, and a new Executive Council Chair – Hope Cochran. Hope brings expertise from her years on the Ministry and Personnel Committee and she is an experienced “band mother”, having fundraised and supported her son through elite marching band programs. My guess is that the latter work is better preparation for church leadership! I know that she will be a wonderful asset to our Council and that you all join me in assuring her of our support and prayers as she sets off on this new adventure. On the horizon: building up a reserve fund for emergencies and major projects, developing our Legacy Fund, considering and voting on the Articles of Faith, and much, much more.

Please plan to attend the Annual General Meeting on February 12, when the new Council will be installed.

Best wishes for 2012, Ruthann Watson

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Staff Article Jessie Negropontes

Last week I helped my parents pack up their truck so they could head south – their first attempt at being “snow-birds”. Although they wouldn’t consider themselves technologically savvy by any means, here is a list of the electronic/digital stuff they were bringing: GPS, digital camera, cell phones, laptop, e-reader, and GPS dog collar, and all the various chargers, adaptors, memory cards, and USB cords for each of them. It was quite a sight! I gave them crash-courses in Skype, Facebook, and Webmail, and they negotiated new US-friendly cell phone plans so they could be sure they could connect with their friends/family wherever they were. As she surveyed all the wires and contraptions laid out on the dining room table, my mom asked the question, “How did we ever survive without all this stuff?!” Sometimes it seems like these tools we have invented in order to make our lives easier are actually controlling *us* instead.

It’s true, even just a few years ago, packing for such a road-trip would have been a lot less complicated, and I doubt that any relationships would have been damaged, or lives lost, due to lack of available screen-time, but it seems almost irresponsible now to go without any of this stuff. In preparing for our Lenten study, I’ve been thinking a lot about technology, and how it shapes our lives and our world. Technology is a tool humans have created for our happiness and enjoyment, but it can also be destructive; the trick is figuring out where to draw the line.

Even one of the pioneers of the internet, Tiffany Shlain, has been struggling with this dilemma. She believes that technology actually speeds up time, and in order to know where our healthy boundaries are, we need to *slow down*. “How do I do that?” you ask... well, you can do what Tiffany and her family do: they *unplug*. For 24 hours each week, they live with limited technology... no cell phones, no TVs, no computers, no screens. Sound scary? Sound blissful? Sound impossible? I’m going to experiment with this and see what I can discover. If this is something you’re interested in exploring/discussing further, I invite you to consider joining the “Connected Project” during Lent. Read on for more details!

Jessie Negropontes

“Genuine compassion is based on a clear acceptance or recognition that others, like oneself, want happiness and have the right to overcome suffering. On that basis one develops concern about the welfare of others, irrespective of one’s attitude to oneself. That is compassion.”
From the book: “The Dalai Lama’s Little Book of Compassion”.

ST THOMAS UNITED CHURCH

100 Hawkwood Blvd NW
 Calgary, AB, T3G 2S9
 Phone: 403 241-0366
 Fax: 403 547-5556
 Email: stthomas@shaw.ca
 Website: www.stthomasunited.ca

STAFF

Minister: Rev. Geoffrey Simmins
Pastoral Care: Kelley Warner

**Designated Lay Minister,
 Children & Family Ministry:**

Pat Shier & Jesse Negropones

Youth Leaders: Kevin Leitch
 & Andrew Taylor-Kerr

Office Manager:

Sandra Dusoswa

Music Team:

Pam Bazinet ~ Senior Choir
 Kloria Wen & Barb Robertson ~
 Teen Choir

Erin MacLean-Berko ~ Children's
 Choir

Dick Worton ~ Orchestra

Kari Orosz ~ Organist

WORSHIP SERVICES:

Regular services:

9:15 & 11:00 am

Holiday Sundays: 10 am

Office Notes**REGULAR OFFICE HOURS**

Mon - Thurs 8:30am - 3:30pm

Fri 8:30am - 12:00pm

The **St. Thomas Times** is published monthly. September thru June. Submissions are due by the 15th of the preceding month. Send submissions to stthomas@shaw.ca.

Program/Event Registration - To register for any programs or events here at St. Thomas, please sign up on the Communication form found in your bulletin at Sunday Services or online, or contact the church office.

Upper Room - Look for the current issue in the Narthex. Suggested donation is \$2 each.

Baptism - if you are interested in baptism this winter, please contact the church office.

WORSHIP AT A GLANCE

Drina Nixon

FEBRUARY THEME: Teachings of Wisdom Women

Services will include inspirational insights from remarkable women throughout history who are or who have experienced revelations in their journey of faith, have gone against the grain, have supported others at all odds or made significant contributions to the church, their religious followings in times where men were considered the dominant factor.

February 5 – 9:15 & 11 Geoffrey Simmins – Communion with the Youth serving

February 12 – 10:00 Geoffrey Simmins – one Service abbreviated to include the AGM

February 19 – 10:00 Geoffrey Simmins – one Service; Family Long weekend

February 22 – 6:00 p.m. Ash Wednesday Pancake Supper and Service

February 26 – 9:15 & 11:00 Elaine Taylor Kerr – “Joy of Song”, Lent 1

MARCH THEME: Turning Inward A time for reflection as we approach Easter

March 4 – 9:15 & 11:00 Geoffrey Simmins – Communion, Lent 2

March 11 – 9:15 & 11:00 Geoffrey Simmins – Lent 3

March 18 – 9:15 & 11:00 Geoffrey Simmins – Lent 4

March 25 – 9:15 & 11:00 Habitat for Humanity – Lent 5

If you are interested in lighting the Christ Candle, ringing the tone bowl, reading scriptures, or serving Communion, please fill out a communication card (found in the Sunday Order of Service) and leave it in the designated basket at the Sanctuary door.

**Joint Search Committee Marjorie Aucoin**

Now that I am not such a nervous wreck, I thought I'd tell you a bit about the clergy couple who you unanimously voted for at the congregational meeting. Some facts are:

- Bob, Victoria, 18 year old son Bobby and 13 year old Rebecca are originally from Nfld.....born and raised.
- Both sing and play musical instruments.
- Both believe that a healthy, vital community of faith is one that places its youngest at its centre.
- Both have worked tirelessly with congregations, presbyteries, and conferences from Nfld. to Port Alberni to develop a vision that everyone shares.
- People, Team, and Pastoral oriented – gracious and exciting – they believe that if everyone truly engages in Pastoral Care and cares for one another in our church family....which is what our approach is at St. Thomas.....that it forever keeps a congregation strong and vibrant.
- They are really enthused to be forming a team with Pat.
- Bob – charismatic, extroverted – passionate about moments that click for folks and engage them to talk about a message weeks later.
- Stewardship to Bob is everything we think, say or do after we say we believe, that we be intentional about who we are, why we're here and what we stand for.
- At his current pastoral charge, he overhauled the governance of the church and led the congregation in a \$250k capital project that will be draw to a close this spring.
- Currently the President of Bay of Quinte Conference which wraps up in June.
- Bob: Self professed techie – Known for saying “There’s an app for that!”
- Can’t wait to start here – passionate about preaching, Worship and Stewardship – Important to connect scriptures with real life every day.
- Victoria: Warm, engaging, creative, thoughtful responses, very approachable, presently taking guitar and scuba diving lessons.
- Raised in a Catholic/Anglican family so when she met Bob, she found the UCC a breath of fresh air; she could actually ask questions.
- Her strengths are in the areas of Pastoral Care, social justice, and Education. *Continued on Page*

Joint Search Committee *Continued from page 1*

- Passions are Education, book studies, study groups, Youth, M & O, Advocacy, and Pastoral Care.
- Currently minister of Stewardship, Mission, Outreach & Advocacy for the Bay of Quinte Conference.
- Does training around sexual policies of UCC, social justice questions, and Pastoral Care topics
- Loves our Faith Statement – Open Hands, Open Hearts, Open Minds – loves that we have become an Affirming congregation – makes her feel that we are real.
- Believes we will be open to trying different spiritual practices – Victoria thrives in a faith community that is rich and varied in worship, drama, and music experiences.
- Fascinating clergy couple — opposites in personalities – avid movie buffs, varied interests from cooking to reading & writing to canoeing, running to a good glass of wine.
- The Search team is delighted with all the possibilities for St. Thomas. Thank you!

Mission and Outreach Karen Kavanagh & Linda Dick

SILENT AUCTION OF “RE-GIFTED” ITEMS AND SERVICES

FEBRUARY 12TH, 2012 IMMEDIATELY FOLLOWING THE ANNUAL GENERAL MEETING

Please join your Mission and Outreach Committee for a Silent Auction of “re-gifted” items as well as services such as a ride to the airport, babysitting, baking etc. All proceeds will be donated to **CHILD HAVEN** towards building a new home for children on land that has recently been purchased in India.

Remember that **“ONE MAN’S TRASH IS ANOTHER MAN’S TREASURE”** and bring your chequebooks to support a great cause!

Bouquets – *If you know someone we should recognize in this section, please contact the office. And to all those we’ve missed, you know who you are, a very big “Thank You.”*

- | | |
|----------------------|-------------------|
| Hal Tonkin | Barb Cousens |
| Loeta Black | Elvin Dorscher |
| Liz Smith | Karen Kavanagh |
| Ruthann Watson | Jillian Sanderson |
| Maureen Dodd | |
| The Search Committee | |



Youth Group News Andrew Taylor-Kerr & Kevin Leitch

The Youth leaders of St Thomas are excited to invite you to Youth Group! We hope all of you will come and join in the fun! Youth Group is for every one of Junior High and High school age. We meet on Friday evenings and each Sunday Morning. Friends from outside the church are always welcome to join us. Kevin and Andrew will send out emails every Monday to give details of the Friday night activity and then we usually meet at 6:30 pm on Friday at the church to carpool to our activity. Sunday morning is all about fellowship discussion, and learning about each week’s scripture reading. We start with the Congregation in the service and then go up to the Youth Room when the Sunday School children leave for classes.

The following are the Youth events for December and January:

Games Night and Sr. High stay late at the Church Feb 3

Come for an evening of games and fun at the church.

Tobogganing/ Roller Skating Feb 10

On this night depending on snow and whether or not we have already been tobogganing in January we will either be going roller blading at Lloyds or tobogganing

Feb 17th

Long weekend movie night at the church sanctuary

Youth Stay Over Feb 25th

It is that wonderful time of year when the youth have a stay over at the church. Mark it down on your calendar because it is a Saturday not a Sunday. Activities TBD later.



Teen Choir News

The teen choir has been doing a wonderful job this year with a small number of members. The Christmas musical they did along with the Junior Choir brought smiles to the faces of everyone who saw it. They sang ‘like angels’ at 12th Night to the delight of all who attended. Over the next 3 months, they will participate in the annual Joy of Song service, sing in the Kiwanis festival, and sing in the STUC on Movies show (April 21/22). They will be singing excerpts from Hairspray at STUC on Movies. They would love to have more members! Practices are Wednesday evenings from 7:00 to 8:30.

Children & Family Ministry Pat Shier

Sheerluck Holmes and the Golden Ruler. Veggie Tales tells the detective story of Sheerluck Holmes and Dr. Watson, who are summoned to Buckingham Palace. They must find the missing keys to the vault that contains the secret of England's greatness, The Golden Ruler. But Watson is getting tired of Holmes hogging all the credit... Free children's program Saturday, February 25 from 2:30 to 4:30. After the movie, young detectives will be challenged to solve mysteries and play games.

Sunday School

On February 5, after Lost and Found

bags are assembled, children will look at video clips from *Finding Nemo* to compare to the parables of the lost sheep, coin, and son.

February 12 Sunday School is at 10:00 because of the Annual General Meeting. Classes begin learning about The Healing of Jairus's Daughter. After classes, the children will play parachute games till the AGM is finished. Activities this month include Healing Touch visiting Sunday School, trust games, a visit to the St. Thomas Library, and Drama. There will be no Sunday School on Family Day weekend.

Please send an offering with your child to help support the CUPS One World Development Centre, a preschool for underprivileged children in Calgary.

Junior Youth Group will meet on February 10th. This is a week earlier than normal because of the Family Day Weekend. Grades 5 and 6 are invited and can bring friends for the free evening of activities from 7:00 to 9:00 at St. Thomas. Thank you, volunteer leaders Ryan Sanderson, Deyelle MacDonald, Brittney Whittaker, and Matthew Taylor-Kerr.



Music Elaine Taylor-Kerr

For detailed schedule information see <http://members.shaw.ca/stthomaschoir/>



Calling all singers and instrumentalists! If you are looking for a fun group to sing with or play your instrument with, consider joining one of the choirs, the orchestra, or the Strummers. Doesn't matter what your skill level is. New members are always welcome. If you would like to share your musical talent by offering a solo, duet, etc. during worship, please let us know.

Upcoming events include:

- * Joy of Song (February 25, 2012 at both services)
- * STUC on Movies (April 21 & 22) – If you enjoyed STUC on Broadway in 2010, you won't want to miss this!



	Practice Time	Ages	Service Participation	Contact
Children's Choir	Thurs- 6:00 – 7:00	Grade 1 – 6	About once a month	Erin MacLean-Burko (403)710-0688
Teen Choir	Wed-7:00 – 8:30	Grade 6 and up	Once or twice a month	Barb Robertson (403)241-1002
Adult Choir	Thurs-7:15 – 9:30		Weekly	Pam Bazinet (403)288-7475
Orchestra	Monday-7:00 – 8:30		About once a month	Dick Worton (403)239-7807
Strummers	Thurs- 6:30 – 7:10		Occasionally	Ron French (403)239-2136
Soloists				Elizabeth Griffiths (403)239-8118



UCW Lois Shewan & Marilyn Barry

Ladies, plan to attend our **UCW meeting on Mon. Feb. 20 at 7pm, when we will have our 2012 planning meeting.** What type of program do you, the ladies of St. Thomas, want and need as we proceed through 2012? We will also be deciding where to donate the funds we raised

from the sale of the SUTP coupon books last fall. Everyone is welcome; especially those of you who have ideas for guest speakers, meetings, or suggestions of where to donate our money. **RSVP Lois at lshewan@shaw.ca if you are able to attend.**



Volunteer Corner

If anyone needs a helping hand, long - or short -term, we can help. Contact the office if you would like something in the newsletter or would like to offer help.

WHAT'S HAPPENING!

Community Coffee Time is held

in the Narthex after worship services on Sundays. Please sign up on the sheet in the Narthex, call Marj Aucoin 403-239-3057, or email marj123@shaw.ca.



ASH WEDNESDAY PANCAKE SUPPER. Wed. Feb 22, 2012. 6 p.m.

The WND crew is back and able to host a pancake supper to begin our season of Lent. Cost is \$5.00 per person or \$15.00 per family. Please sign up for this **BEFORE MONDAY, FEBRUARY 20TH**. (That includes you Geoffrey!!!). Contact Wanda Veer @ 403 239 5964 or wanda-veer@shaw.ca OR Pat Usher @ 403 202 2232 or ph_usher@telusplanet.net if you can assist with cooking or clean up. See you then.

Mark Your Calendar! ANNUAL GENERAL MEETING

- Sunday, Feb. 12 after 10am Worship. Coffee and goodies provided as we worship together and hold the congregation's annual meeting. Everyone is invited. Learn about St. Thomas as a congregation and all that it does as we celebrate God's presence with us.



NURSERY - We welcome children during worship and have activity packages available when you walk in. We also have a nursery available for little ones (newborn to 3 yrs). The nursery works on a drop-in basis, and you are welcome to bring your child at any time during worship. The caregivers in the nursery are youth who have their Red Cross Babysitting Certificates and

adults. Caregivers are paid \$10 per service. If there are no children in nursery they are still paid if they remain in nursery. If at any time your little one becomes unhappy in nursery the caregiver will have someone let you know.



"Connected": a Lenten Film and Discussion Series-"Connected" is an award-winning documentary about the ways in which technology is changing the ways in which we work, play, learn, and live. When filmmaker Tiffany Shlain set out to examine this issue, she had no idea how deeply it would lead her into exploring her beliefs about relationships, love, family, and faith. Over the season of Lent, we will watch the film and pay attention to our own place in this world of wires, signals, buttons, and beeps. We will explore what the four themes suggested by the film (Natural Networks, Your Brain on the Internet, Unintended Consequences, and Let it Ripple - Acting Interdependently) mean to our families, our faith, and our future. These are big questions with many possible answers, and everyone has wisdom to share! Discussions and activities will be engaging to anyone aged 12-112.

All sessions will be held in the St. Thomas sanctuary. The themes build on one another, so attendance at all 4 discussion sessions is preferable, but not mandatory. If you would like to participate, but are unable to attend the Movie Screening, please email jessien.stthomas@shaw.ca and Jessie will make arrangements for you to see the film.

"Connected" Film Screening: Tuesday, February 28 - 7:15-9pm - everyone welcome, no sign-up necessary!

Discussion Series: Sundays, March 4, 11, 18, and 25 - 12:15-2pm - please sign up with the office.

For more information, contact Jessie Negropontes: jessien.stthomas@shaw.ca or phone (403)241-0366

The Adult Bible Study group meets once a month

to discuss a particular biblical story, theme, or person. We are interested in the historical context of the text, as well as its potential to illuminate some aspects of our present-day lives. We often end up reflecting on current events and social issues as we consider how our faith and values can inform our everyday choices. This is a no-pressure group, where no one is blamed if he/she hasn't read the passage ahead of time! Diverse perspectives, creative connections, and unanswerable questions are all welcome. Interested? Join us!



Email Jessie for more information: jessien.stthomas@shaw.ca
 Wed., Feb. 15 - 7:00-8:30pm - Healing Jairus' Daughter (Matt. 9:18-26; Mark 5:21-43; Luke 80:40-56)
 Wed., Mar. 7 - 7-8:30pm - The Last Supper (Matt. 26:17-30; Mark 14:12-26; Luke 22:7-39; John 13:1-17:26)
 Wed., Apr. 4 - 7-8:30pm - The Conversion of Paul (Acts 9:3-9; 22:6-21; 26:12-18)



The Great Date Experiment

In early February, stop by St. Thomas for your envelope of the Great Date Experiment. They will be sealed and pinned to the bulletin board by the stairs. Choose one night to go out as a couple (not Valentine's Day, because you would need a reservation and this is not that kind of an evening!). Pick an evening you and your partner have free and can get a sitter. Then follow the directions you will find inside the envelope; you will find 6 steps for your date. Do not look at the next step before completing the one before it. **Have a Great Date!**

WHAT'S HAPPENING!

Ash Wednesday

There will be an Ash Wednesday worship on February 22 at 7:00 in the Sanctuary. Prepare your hearts for Lent, a time to deepen your faith as you prepare for the great mystery of Easter. Join us for a short worship service after a pancake supper at 6:00.



Five Love Languages of Teens workshop for parents is based on the best seller by Dr. Gary Chapman. Showing your love in the way you are most comfortable may not mean the message is being well understood by your teen. If a teenager feels loved by parents, he or she will have better self-esteem, and be more receptive to coaching from you and communicating with you. This 2-part series is offered at St. Thomas United Church, 100 Hawkwood Boulevard NW. Fridays, March 2nd and March 23rd from 7:30 to 9:00. Everyone welcome. rsvp to (403) 241-0266.

Anecdotes from Africa. The Chalifour family will show slides and tell anecdotes about their holiday in Ghana and Tanzania this past summer. How many proposals did Jocelyne receive? How many did Denis receive? What does inflation of 25% look like? What did you see on safari? Tell us about the Masai culture... Wednesday, February 29 at 7:00 in the Mountainview Hall.

Calgary Interfaith Food Bank Tour

On the morning of Tuesday, March 27, anyone who is interested is welcome to carpool to the Calgary Interfaith Food Bank for a tour. As you tour the warehouse and see the donated food, you will learn about the services our Food Bank provides as a short term response to families in need. This is during the Calgary Board of Education March break. All Ages welcome. Please reply so we can plan transportation. Meet in the church parking lot at 9:30 and be back by lunchtime.



What Do We Believe?

This three-part discussion series is an opportunity to explore United Church of Canada's beliefs and your own. Geoffrey Simmins will be leading discussions about our church, what it believes, why, and how the church lives out its beliefs, and ask you to compare these to what your faith looks like. If you are from another denomination or faith, or are new to church, this may help you discern whether the UCC feels like "home" or not. Even if you have been attending St. Thomas for some time, this series will provide an opportunity to discuss your faith in a context of free and open exchange of ideas. These sessions will help those who are considering becoming members, either on Palm Sunday of this year or in the future. Youth and adults who have questions and would like open discussion about church, spirituality, and justice, we hope you come. Mondays, March 5, 12 and 19 starting at 7:00.

STUC Library - ****New Book in the Library**** Biography of Martin Luther - For those of you watching the current PBS special on Martin Luther or for anyone interested in this renown reformer of the church you can find out more about his life and the

times he lived in through this latest biography. Know of another recent publication that you would love to read to expand your faith? Suggestions for new books for the library are always welcome and we'll even let you be the first to read it!



COMING

ATTRACTION

The STUC production group is presently putting together "STUC ON MOVIES" opening in our theatre for your enjoyment on Saturday evening, April 21, 2012 with an encore performance on Sunday afternoon, April 22, 2012. Groups and individuals are practicing hard on musical selections from our favourite movies over the past decades.

Tickets for this extravaganza will be available between services starting Sunday, February 12, 2012 or by contacting Lynn Tait at taifamily@shaw.ca. Prices are \$10 for adults and \$5 for children.

You don't want to miss this event, and of course there will be goodies after the show. Maybe even popcorn!



Annual Bedding Plant Sale – Spring is just around the corner! Get ready, get set, GROW: All contributors, helpers, and buyers; note that the **Annual Bedding Plant sale** will be **Saturday May 12th - 9:00 am to 1:00 pm**. Drop off for plant contributions is from **6:00 pm to 9:00 pm on Friday May 11th and 7:30 to 9:00 am Saturday morning**. A sign-up sheet for helpers will be in the Narthex starting mid-April. Please save – clean, dry, **2 litre (square) beverage containers** (milk etc.) to place the tomatoes in for sale (will start gathering them at the church mid-March). **Check your seed packets** as some perennials and annuals like an end of February or early March start. Start new geraniums from cuttings (other plants from cuttings such as ivy – basket fillers). **Remember to check your gardens for perennials** – these are highly sought after! Please label the plants with name, variety, and colour (very helpful at time of sale). **A Tumbler (and other) tomato reservation sheet** will be in the Narthex – these sold out last year and we want to be sure enough are held in reserve for you. All varieties of annuals, biennials, perennials are welcome – the most commonly sold out are the geraniums, petunias, alyssum etc. I'll be happy to answer any questions you might have. Meantime – have fun and plant some seeds for St. Thomas! Elizabeth Griffiths- (403) 239-8118 or rgriffiths@shaw.ca.



COMMUNITY FORMATION: A Place for You - Sign Me Up

AM Fitness & Fun - Monday, Wednesday, Friday

am - Classes are 9:30am to 10:30am. Mondays we do weights and cardio, Wednesdays Callenetics and cardio, Fridays Yoga and stretching. The fees are \$25.00 per month or \$4.00 a day for drop-ins. New members receive the first day free, enabling them to decide if this program is the right one for them. Everyone is welcome. For information, please phone *Ellen (403)288-8317, Ila (403)247-5022 or Liz(403)288-2316.*



Bridge Club - Monday,

in the Mountainview Hall at 12:45pm. Call *Liz (403)288-2376* for information.

Open Art Studio -

Wednesday - 1:00-3:00pm. Call *Linda at (403) 932-1554* or the church office.



Mindfulness Meditation - 2nd and 4th Thursdays of each month - 1- 3pm, in the Lounge. Join us for a bit of discussion/support, and a period of quiet meditation, based on the mindfulness (vipassana) tradition.

For more information, contact *Nayda at (403) 208-9585.*

Primetimers Coffee Time:

Tuesday February 14th at 10:00 am in the Narthex. The Primetimers would like to thank Loeta Black for her excellent coordination of the group for the past 2 1/2 years. Please contact Betty Thompson for any questions about the Primetimers group.



Wednesday Night Book Club - 2nd Wed eve

at 7 pm. St. Thomas Book Club Books for 2012: **February**, Cool Water by Dianne Warren, **March**, I am Nujood, Age 10 and Divorced by Nujood Ali, **April**, The Writing on my Forehead by Nafisa Haji, **May**, We choose the books for next year! For further information contact the office at (403)241-0366.



Quilting for Others- The Quilting for Others group makes compassion quilts for members of the congregation of St. Thomas, as well as quilts to be donated to charity. We meet every Thursday morning at the church from 9 a.m. until noon. You do not have to be an experienced quilter or machine sewer to join our group. Some of our members never go near a sewing machine and prefer hand work. We can teach you tips and tricks for measuring and rotary cutting fabric, layering and basting quilts, and tying quilts, to mention just a few new skills. Many hands make light work but they also make beautiful quilts. Please consider joining us to take the mystery out of the quilt making process. Everyone is welcome. If you would like further information please contact *Janet Barker at (403) 286- 4051 or Lyn Tonkin at (403) 239-6700.*



Prayer Shawl Knitting - Tuesdays - Please join us on Tuesdays at 1 p.m. in the Lounge (upstairs). Bring what you're working on or choose some yarn that we have on-hand. This has been made possible from the money we made at the Christmas sale and from donations. Thank you! Also to those of you who have pitched in to knit shawls for Confirmation, Thank You! Contact *Charlotte Cormier at (403)247-9909.*



Healing Ministry -Should I Eat Organic Fruits and Vegetables?

EWG's Shopper's Guide 2011 (foodnews.org) to Pesticides in Produce will help you determine which fruits and vegetables have the most pesticide residues and are the most important to buy organic. You can lower your pesticide intake substantially by avoiding the 12 most contaminated fruits and vegetables and eating the least contaminated produce.

The Dirty Dozen to buy organic are: apples, celery, strawberries, peaches, spinach, nectarines – imported, grapes – imported, sweet bell peppers, potatoes, blueberries – domestic, lettuce, kale/collard greens.

The Clean 15 lowest in pesticides are: onions, corn, pineapples, avocado, asparagus, sweet peas, mangoes, eggplant, cantaloupe – domestic, kiwi, cabbage, watermelon, sweet potatoes, grapefruit, mushrooms.

Remember, if buying organic is not practical for you or too expensive for your budget, the health benefits of a diet rich in fruits and vegetables, at least 5 servings of fruits and vegetables everyday, outweigh the risks of pesticide exposure.

Daryl Fenty, RN, MCEd, HTCP, Healing Ministry Program

Drumming Circles with facilitator Marsha Read, Tuesdays, Mar. 13 and April 10, 7-9pm. Please register by completing a communication card in the church bulletin or phoning (403) 241-0366. Please indicate if you can bring a drum. Cost: \$10 at the door. For more information contact *Daryl Fenty at dfenty@telus.net.*

Upcoming Health Education Programs

Saturday, March 24, 2012- 1:30-3:30pm Hearing Loss: Strategies to Improve Your Ability To Understand Speech With or Without Hearing Aids.

Speaker: Dr. Sandra Vandenhoff, Audiologist. Please register for program. This program is free.

Tuesday, April 24, 2012- 7-9pm Grief: Looking Backward, Looking Forward

Speaker: Rev. Bob Glasgow, Founder of the Alberta Health Services, Grief Support Program. Please register for program. This program is being funded by some of the proceeds from the 2011 Xmas knitting sale sponsored by the Shawl Knitting Ministry.

PASTORAL CARE MINISTRY Marjorie Aucoin

Healing Ministry - Daryl Fenty
- Come and experience Healing Touch by appointment every Thurs afternoon or the fourth Mon eve each month. In-home treatments may be offered during the week as healers are available. Fees are not charged; however, donations are graciously accepted to help support the program. *For an appointment, please sign up on our Communication Card or phone the church office at (403) 241-0366.* For further information about what to expect from Healing Touch, see the brochure available in the Narthex.

Pre-Medical Procedure/Surgery Stress? Guided imagery may significantly reduce stress and anxiety before and after surgery and medical procedures, and decrease post-operative pain. You can borrow the St. Thomas United Church guided imagery CD called "Guided Imagery Pre-Procedure/Surgery" by phoning Daryl at (403) 286-9684.

THE GOOD FOOD

BOX- Each month you have an opportunity to purchase a box of fresh fruit and vegetables. This program is sponsored by the Community Kitchens of Calgary. They buy in bulk and offer it to the community at a reduced rate. It is a great way to get fresh produce.
S(20lbs)\$20 - M(30lbs)\$25 - L(40lbs)\$30
Place your order with Sharon Hansen (Sundays) or the office. Cash payment must accompany order.



Compelling Words of Wisdom -

Incredibly insightful words of wisdom to take to heart. If we can lead a life without regrets, then that is a life of success.

Top Five Regrets of The Dying

By Bronnie Ware on November 30, 2011
For many years I worked in palliative care. My patients were those who had gone home to die. Some incredibly special times were shared. I was with them for the last three to twelve weeks of their lives.

People grow a lot when they are faced with their own mortality. I learnt never to underestimate someone's capacity for growth. Some changes were phenomenal. Each experienced a variety of emotions, as expected, denial, fear, anger, remorse, more denial and eventually acceptance. Every single patient found their peace before they departed though, every one of them.

When questioned about any regrets they had or anything they would do differently, common themes surfaced again and again. Here are the most common five:

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me. *This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honoured even a half of their dreams and had to die knowing that it was due to choices they had made, or not made.*

It is very important to try and honour at least some of your dreams along the way. From the moment that you lose your health, it is too late. Health brings a freedom very few realize, until they no longer have it.

2. I wish I didn't work so hard. *This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret. But as most were from an older generation, many of the female patients had not been breadwinners. All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence.*

By simplifying your lifestyle and making conscious choices along the way, it is possible to not need the income that you think you do. And by creating more space in your life, you become happier and more open to new opportunities, ones more suited to your new lifestyle.

3. I wish I'd had the courage to express my feelings. *Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable*

of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result.

We cannot control the reactions of others.

However, although people may initially react when you change the way you are by speaking honestly, in the end it raises the relationship to a whole new and healthier level. Either that or it releases the unhealthy relationship from your life. Either way, you win.

4. I wish I had stayed in touch with my friends....and family members.

Often they would not truly realize the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying.

It is common for anyone in a busy lifestyle to let friendships slip. But when you are faced with your approaching death, the physical details of life fall away. People do want to get their financial affairs in order if possible. But it is not money or status that holds the true importance for them. They want to get things in order more for the benefit of those they love. Usually though, they are too ill and weary to ever manage this task. It all comes down to love and relationships in the end. That is all that remains in the final weeks, love and relationships.

5. I wish that I had let myself be happier.

This is a surprisingly common one. Many did not realize until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content. When deep within, they longed to laugh properly and have silliness in their life again.

When you are on your deathbed, what others think of you is a long way from your mind. How wonderful to be able to let go and smile again, long before you are dying.

Life is a choice. It is YOUR life. Choose consciously, choose wisely, choose honestly. Choose happiness.

