

# First Met News

Spring 2020 Newsletter



Ecumenical candle lighting vigil co-hosted by First Met and the Grandmothers Advocacy Network to mark the National Day of Remembrance and Action on Violence against Women (Dec 6)

## Volume 21 Issue 1

- 2 Coming soon from Broadview
- 3 **Shelagh's Message**
- 4 Board Chair Report
- 5 First Met hosts Community Carol Sing
- 6 First Met Budget 2020
- 7 **Valentine's Day Tea for Seniors**  
*Tender to the World* Book Review
- 8 Celebrating Christmas
- 9 First Met Hand Bells
- 10-11 Feature Photo: Metropolitan Welcomes Rev. Sipprell
- 12 Lower the Debt for Raise the Roof
- 13 In Memoriam
- 14 Thank You for Being Angels
- 15 First Met Children Salt and Light for the World
- 16 The Universality of Desert Wisdom
- 17 Journeying Through Lent
- 18 UCW News
- 19 Lent 2020 Events
- 20 Everyone is Welcome!

## Inside This Issue

## First Met Hours of Operation

### OFFICE HOURS (Sep—Jun)

Monday—Friday  
9:00 am —3:30 pm

### CHURCH HOURS

Monday—Thursday  
8:30-3:30 and 5:45-9:30  
Fridays :8:30-3:30

### SUNDAY HOURS

8:30 am - 2:00 pm

Note that the office will be closed Apr 10—13.

Office Contact Information  
Phone: 250-388-5188

Need pastoral care  
after hours?

Please call the church at  
(250) 388-5188, press 4,  
then wait on the line.

## Coming Soon in the April Issue of Broadview

**The Myth of Mary Magdalene**  
This month's cover feature peels back layers of misrepresentation, finding a truer portrait of the female disciple within the early gospels.  
**Undiagnosed**  
She always knew she was different, but she wasn't sure why. One woman shares her personal story of discovering she had autism at age 46.  
**Walking with Jesus**  
United Church moderator Rt. Rev. Richard Bott journeys through the stations of the cross in his Easter reflection.

Speak to Sharron Higgins if you would like to know more info.



## Schedule for 2020 Newsletters

The deadlines for submissions for the 2020 newsletters are:

- Feb 18 (published by Mar 1)
- Jun 10 (published by Jun 21)
- Aug 29 (published by Sep 13)
- Nov 17 (published by Nov 29)

## Regular Sunday Services

9 am - Communion in the Chapel

11 am - Worship in the Sanctuary

**If you can't attend the 11 am service you can**

always see us on live streaming.

<https://www.firstmetvictoria.com/live/>

Live streaming of regular Sunday Service is FREE; however, we welcome donations from our online community.



Friend us on Facebook



Follow us on Twitter

# Shelagh's Message

Welcome to First Met in the Spring! We meet here and seek to walk together a spiritual path...together.

**“Bless all who worship you, almighty God,  
From the rising of the sun to its setting:  
from your goodness enrich us,  
By your love inspire us,  
By your Spirit guide us,  
By your power protect us,  
In your mercy receive us,  
Now and always.”**



This is one of the many prayers shared by the Irish Jesuits in the “Sacred Space” series. It is the preface to their Lenten Prayer and Reflection Guide for 2020. I love its cadences and have been thinking about what this prayer means as we turn the corner to a very important season in the life of the church.

My first reaction was to *rebel* against the petition that God would bless all who worship, as I truly believe God blesses all, worshippers or not! But I suspect this prayer means to ask God’s blessings on the people who are using this prayer book and offering this particular prayer. In humility I echo that.

I pass the homeless pushing their carts on the streets near our church and wonder to whom do they each lift a prayer? Are we part of the answer to some of their petitions? The shelter in our Fellowship Hall is not big enough for the need in this part of Victoria. Can we join our prayers to theirs for more resources? That God’s power would protect them? They look so vulnerable in the face of our culture’s speed and power: easily ignored by so many. How can we ask that God’s goodness enrich them? Food for Lenten reflection!

As I write this is my (at this moment) sunny office at First Met, I hear the voices of the young Mums and their children heading in and out of ICA child care centre. What they have witnessed! Our side yard is a blessing for those little ones as they play under the watchful eyes of their care-givers. May God’s love inspire us to make their world a safer one than the ones their parents and grandparents knew far from here.

We continue to seek ways to reach into the community around us to share the bounty of this place and its people. The St Valentine’s Tea for the 55+ Group from “Our Place” was a high point in our winter. Halle McGregor is the Seniors Program coordinator and I look forward to introducing her to the congregation in the near future. A portion of her funding comes from the Mission and Service Fund of the United Church of Canada.

We live in challenging times. These past weeks have seen protests and petitions around the environment and the rights of the First Nations. The marches here in Victoria have also been in many parts of Canada. And so, the national agenda has shifted. May God’s spirit direct us, and all in positions of leadership. The way forward on these huge questions is nuanced as there are many voices with stories and information to share. May God’s mercy guide us as we truly seek the paths of justice and compassion in all our dealings.

I thank the Sacred Spirit for these winter months we have spent together, and for the insights and experiences we have shared together.

Blessings

Rev. Shelagh MacKinnon

# Board Chair Report

It gives me great joy to be involved in First Met. I love the people of the congregation—those who come to services on Sunday, at 9:00 or at 11:00, those who participate in the study groups, those who pray for us, those who knit, those who do Healing Touch, those who help with governance, and those who see a need and quietly go about meeting it without fuss. An example of this is the Silent Auction of Fine Things to be held in March to Raise money to pay off the Roof **debt. I love the soup socials, the Ramblers' Hikes, the UCW**

Ecumenical service, the December Violence Against Women service, the special musical events. There are so many activities that I cannot **possibly do them all, and I'm sure you can name others that you take part in and enjoy.**

Besides our own activities, I love the way that we reach out to others in the broader community. I participate in yoga and Tai Chi and have met many wonderful people from beyond our congregation this way. I am especially heartened by the activities that our minister Shelagh MacKinnon and the Weird Church gang have been throwing together. The latest was the Valentines Day Tea for the Seniors group at Our Place. And I love our Outreach Committee who reach a hand out even farther than our own community to help the world.

Because I get so much out of First Met, I decided to give back a little **myself. That's how I got involved in governance and became the Chair of the Board. I have to tell you it's not a natural fit for me. I'm not always comfortable with the position, but I'm working with a diverse and talented group of individuals who help make up for my weaknesses. I'll name Anne Carson, the secretary: Liane Clark, the treasurer; Ross Breckon, who is also the Chair of the Redevelopment Task Group; Emily Macdonald, who works with the Weird Church group; and last, but not least, Jacquie Henderson, who sometimes points us in the right direction with a gentle nudge. I must not forget to give credit to Reverend Shelagh MacKinnon who always makes us laugh!**

Besides dealing with emerging issues for the last year, the Church Board, with the help of a contractor, Nichola Manning, and feedback from Team Chairs and interested individuals, has been working on a Strategic Plan for First Met for the next five years. We are almost finished this Plan and hope to present it to the congregation soon.

At this time in our church life, at the beginning of a new year, I challenge you to think about your own time and talents. What do you get out of First Met? What can you give back to First Met? It may be something you already love to do, or it may be something a little out of your comfort zone. Sometimes we have to stretch ourselves to learn just how much we can grow.

*Edeana Malcolm, Board Chair*



Looking for info on First Met events, either past or upcoming?

Check out our website

[firstmetvictoria.com](http://firstmetvictoria.com)

## Prayer Connections

Would you like the Prayer Connections Team to pray for you or those you care about? To make a request:

- Fill out a prayer request form available from the church office or the sanctuary.
- Email [prayer@firstmetvictoria.com](mailto:prayer@firstmetvictoria.com)
- Via the church website; click on the link on the bottom menu bar.
- Ask a staff member to pass on your request if you are unable to get to church and do not have email.



## First Met Hosts Community Carol Sing

The First Met sanctuary was filled with song on December 15 in the afternoon as about 100 community members gathered for a carol sing. Led by our four choral scholars, the crowd sang old favourites such as “White Christmas”, “Frosty the Snowman”, “Silent Night”, “The Twelve Days of Christmas” and many more. The afternoon ended with our wish for the community: “We Wish You a Merry Christmas”.

The singing was interspersed with solos by Kelly and a humorous reading by Shelagh MacKinnon, “Twas the Night Before Solstice”.

Tea, hot chocolate and cookies were served in the Narthex before, during and after the carol sing. Some of the comments heard as audience members were leaving included:

- It was wonderful to have a chance to sing.
- **I’m going to tell my friends about this and we will be back next year.**

Our choral scholars led the audience in song, Dec 15



Ramblers’ Carols in the Forest at Goldstream Park, Dec 21



# First Met Budget 2020

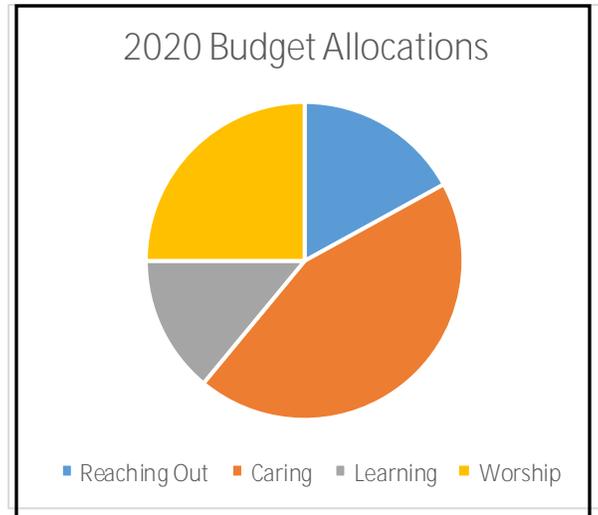
Because of all the pledge cards and the \$13,900 in roof cheques received for the 2020 Stewardship Campaign, we surpassed our base goal of \$200,000 in pledges and ended up at \$218,800 just under our stretch goal of \$220,000.

As a result, the 2020 givings budget is identical to the 2019 one instead of lowered as was done in previous years. Savings compared to 2019 in the staffing area due to the new staffing and volunteer model for children & youth. There are also savings in the administrative area by going to a new information technology support company. Unfortunately, a \$40,000 budgeted increase over 2019 budget for Buildings and Grounds was necessary to reflect the reality of our building costs.

The Capital budget is higher than 2019 mainly because all personal computers and laptops need to use the Windows 10 operating system, and most were too old to be upgraded. The narrative split of the Operating budget is reaching out 17% (17% in 2019), caring 44% (41% in 2019), learning 14% (16% in 2019) and worship 25% (26% in 2019).

The Board approved the Operating, Capital and Restricted Funds budgets in November 2019. The congregation approved these budgets in January 2020. Thanks to your approval of these budgets, staff received their cost of living increases and several necessary computer projects were completed or are in progress.

**The Livestream visuals team says: “The new computer works like a dream for the visuals - it loads so quickly, and everything is functioning well”.**



The main budget concern remains the \$216,000 budgeted to come out of the Foundation in 2020 to support the Operating and Capital budget cash flow. While preliminary results for 2019 show that the First Met Foundation Memorial Endowment Fund made money in 2019 despite supporting First Met Church to the tune of \$136,500, the large withdrawals remain a concern particularly during redevelopment when letting income will not be available.

What can you do to help (and not just with money)?

1. Volunteer your knowledge, expertise and time. Your help, even on a short-term project, means that First Met does not have to pay for that work. There will be many projects coming out of the strategic plan once it has been presented to the congregation; check if there is a project you would enjoy working on.
2. Submit any ideas you have for generating more revenue or reducing expenses into the **suggestion envelope on your Board's bulletin board.**
3. Have you put First Met in your will or as a beneficiary of a life insurance policy, RRIF, endowment...? **Let the Finance Office know (if you have not already) so you can be listed,** anonymously if you wish, as a member of the Legacy Circle and help support First Met for many years to come.
4. Use PAR if you can for your general and Mission & Service givings as it is the least costly method to administer.

*Liane Clark, Treasurer*

# Valentine's Day Tea for Seniors



Guests and volunteers enjoying tea and conversation



A Valentine's Tea for Senior's from Our Place was held on Wednesday, February 12<sup>th</sup> in the Doreene McLeod Room. The Weird Church Team got together with Halle MacGregor, Social Work student from UVic and part time Senior's Coordinator at Our Place to plan the event.

Volunteers from the team and the congregation baked, decorated and hosted the tea. Jacquie Henderson played the piano which encouraged **one of the seniors from "Our Place"** to get up and play a few tunes himself. It was great to get to know some of our neighbours this way, and we look forward to meeting them again.

*Emily MacDonald*



LEFT: The team of volunteers hosting the tea.

---

## Tender to the World: Jean Vanier, L'Arche, and the United Church of Canada. 2019 (Book Review)

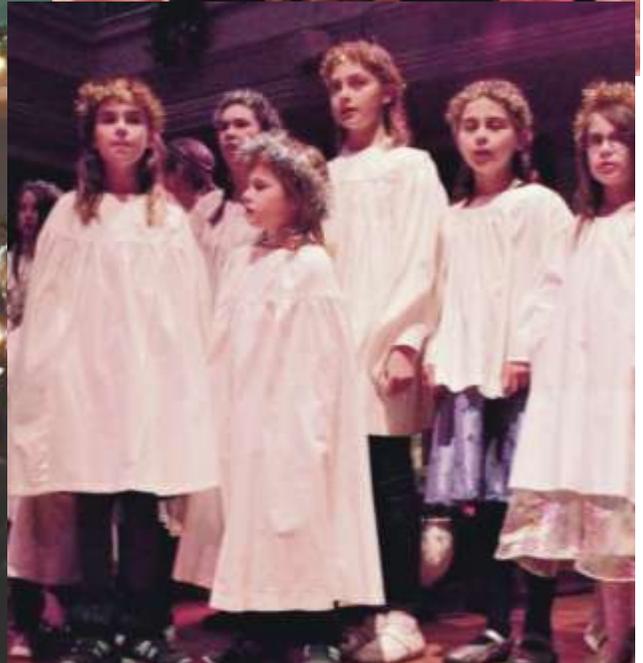
"What is the secret that allows L'Arche to exist? I'll tell you: pleasure!" explains Jean Vanier, founder of the international federation of L'Arche communities where people with and without intellectual disabilities share their lives. Vanier's spiritual vision and playful sense of humour shaped L'Arche, but the organization was also informed by its surprising history with the **United Church of Canada ...Tracing the five-decade** relationship between L'Arche and the United Church alongside evolving disability theories, Whitney-Brown examines both the fundamental importance of stories and the agency of people with intellectual disabilities. Inversion - a transformative overturning of expectations in social interactions - can be upsetting or exciting, challenging or inspiring, she argues. This book offers a fresh look at how L'Arche and the United Church have worked to break down walls of difference, illuminating how each tenders something unexpected to the other and to the world.

*Denise Holmen*

# Celebrating Christmas



Clockwise from left: Knitted nativity scene displayed in the Chapel; the Holy Family in the Family Christmas service; a bevy of Christmas angels; the candlelit Carols in the Candlelight service on Christmas Eve; and an angel with both butterfly wings and wings on her back.

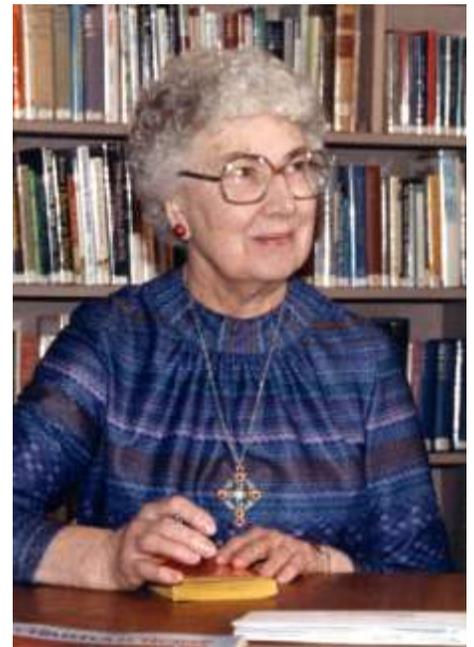


# First Met Hand Bells:

## Just who was that Pringle person anyway?

They could have been called the No-Name Handbell Ringers, but First Met knows them as the Pringle Bells. And they have been a solid part of the church music program since long before First Met existed. **They began in 1976 when church archive records say “a gracious and special gift of a four and half octave set of Schulmerich Hand Bells was presented for the Christian Education programme at Metropolitan United Church” and a group was formed to learn to play them.**

There were actually two groups, the Metropolitan Hand Bell Choir and the Angelus Ringers, who picked up their craft from organizer and director **Agnes Dennstedt, “a lover and ringer of bells,”** and her sister Muriel. They played on special occasions, Christmas, Easter, evening chapel services and other occasions and at local seniors’ homes. **“They occasionally ring during the church service and add a new dimension to the worship of God. It is a great way to make a joyful noise unto the Lord!”** bell choir director Dennstedt wrote in church reports. **“Ringing bells is fun.”**



Agnes Dennstedt, ca. 1985  
Image # MUC-2004-0323



Pringle Hand Bell Choir, First Metropolitan United Church, 1998

Accession: FMUC\_2020-002

Back row: Ruby Lightbody, Joyce Kirby, Robin Krause, Don Duke, Doris May, Marijke Vogel

Front row: Agnes Lesyk, Helen Aharonian, Muriel Beere, Enid Krause, Marlene Campbell, Jean McLeod, Fran Pollet

Agnes Dennstedt said repeatedly the donation of the bells, which cost \$3,000 US, was anonymous. If she knew the donor's identity she didn't let on for the record and the Hand Bell Choir went nameless for years. By the time Metropolitan and First United joined in 1998 the two groups were down to one and a name had emerged - the Pringle Hand Bells.

So who was this Pringle, who put up the money for what the original invoice listed as 49 bells, four carrying cases and a “learning package?” The donor was Barbara Pringle, described in a later record as “one of the members of the church, church school teacher, young mother, and one of the drivers of the Bluehound bus.”

Continued on page 12

## Feature Photograph: Metropolitan United



Congregants of Metropolitan Methodist Church pose for a photograph on Quadra Street in 1920. The occasion was the welcoming of new minister, Rev. Dr. W. J. Sipprell.  
*(First Met Archives, MUC\_2004-0277, photographer unknown)*

W. J. Sipprell was a renowned Methodist theologian by the time he came to Victoria to take over the leadership of Metropolitan Methodist Church. Sipprell was educated in Toronto and Europe and had travelled, studied and lectured widely in England, Europe, Asia and the Holy Land. Since coming to British Columbia, he had served as Principal of the Columbian Methodist College in New Westminster, 1898-1911, and was lead Minister at Vancouver's Mount Pleasant Methodist Church, 1913-1920. Arriving in Victoria in 1920, Wilford James Sipprell and Jenny Ross Sipprell (d.1928) were set to serve Metropolitan during the complex period of church union.

# Church Welcomes Rev. Dr. W.J. Sipprell



When Rev. Sipprell left Metropolitan United Church in 1931, he remained a Victoria resident. For the next decade, he led lecture tours to Asia and lectured throughout North America as part of **Rotary International's "Institutes of International Understanding."** He wrote extensively about Western-Asian relations and urged closer cooperation between Canada and Asian countries.

Rev. Sipprell continued his involvement with the church in Victoria, serving as Minister of Fairfield United Church from 1939 to 1941. During this time and into the 1940s, he continued to tour, lecture and attend ecumenical conferences. Wilford Sipprell died in Victoria in 1952 at the age of 86.

W. J. Sipprell papers and photographs are held by the BC Archives: PR-0728 Wilford Sipprell fonds, 1930-1946.

*Submitted by Archives and Heritage*

# Lower the Debt for Raise the Roof!

Our church members have been carrying a debt for the new roof of over \$50,000 for some years. Planning is underway for a money-making event to reduce this debt by holding a Fine Things Silent Auction. There will be an opportunity for everyone to participate in this event March 26-29, 2020.

Church members and attendees will be asked to donate one or more Fine Things for the auction. These could include, small appliances, vases, art, decorator items, unwanted gifts, small rugs or furniture pieces. Also, some of you with special gifts may offer, for example, a dinner party for eight, art classes, a weekend at the cottage or an in-home concert.

We have a list of volunteers but still need more folks to help with a variety of tasks that include: advertising, printing and item pick-up for auction. Sharon Higgins will be assisting with appraising the items and could use some help. If you have questions or would like to assist, call either Niki Sacoutis (250) 220-5341 or Arlene Anderson (250) 727-7388.

Items for the auction will be received or can be picked up on March 26 and 27 **with the auction to take place March 28 to 29. Let's reach the goal of eliminating this debt!**

*Arlene Anderson and Niki Sacoutis*



---

## Pringle Bells (Continued from page 9)

The record also noted that her father, Stewart Pringle, a former church steward, had just died at **the age of 101. It does not identify the “Bluehound bus” so it’s left to former Metropolitan members to explain that reference.**

**“I can only speculate that after Mrs Pringle died, the church asked permission from the family to use her name,” says First Met congregant Robin Krause, who retired from the Pringle Bells in 2019 after 23 years. “A generous contribution like that should not go unrecognized.”**

Robin and his wife Enid joined the bells about the time of the church merger because friends **suggested they should and they never looked back. “We enjoyed the friendship there, a chance to learn new skills and the challenge of preparing for the presentations,” he says. “After we became comfortable in this setting, we just kept going. I have never regretted joining.”**

The bell choir passed into the hands of Fran Pollet at the time of amalgamation and continues under Kelly Charlton, First Met’s Director of Music Ministry. **“The Pringle ringers bring a truly spiritual musical enhancement to worship as their dulcet tones ring out across the Sanctuary,” says Kelly. “Capable of producing the most intimate of sounds from the tiniest bells and a round, robust tone from the larger and more cumbersome bells, they affirm that as we ring together, to quote Kathy Wedler’s poem *A Bell Ringer’s Prayer*:**

***“We know that You smile as we ring out our parts,  
For we play to Your glory with love in our hearts.”***

Note: Don Duke, a long-time member of the Pringle Bells, passed away in late January. His ringing, his presence and his smile will be missed.

*David Bray, with special thanks to Margery Hadley and the First Met Archives team.*



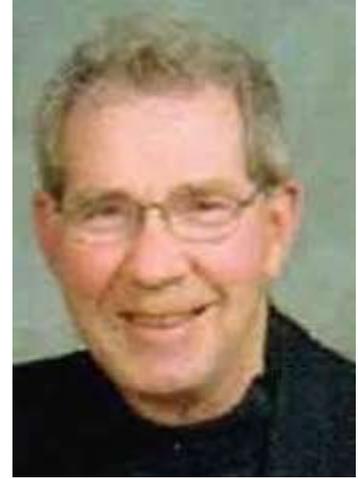
# In Memoriam



Stuart Wright, died Dec 7, 2019



Carol Goy, died Dec 18, 2019



Ron Hunter, died Dec 18, 2019



Betty Howard, died Dec 24, 2019



Winsome Oliver, died Jan 22, 2020; service at McCall Gardens, Mar 28, 2:00 pm



Don Duke, died Jan 30, 2020; service Feb 29, 2:00 pm in the sanctuary.

*“Do all you can with what you have, in the time you have, in the place you are.”*

— Nkosi Johnson

*Nkosi Johnson* (born *Xolani Nkosi*): (February 4, 1989–June 1, 2001) was a South African child with HIV and AIDS who greatly influenced public perceptions of the pandemic and its effects before his death at the age of 12. (Thanks to Wally Lazaruk for this quote.)

# Thank You for Being Angels!

Now that Spring is in the air, Christmas may seem long ago. But for the folk who are part of the **“Our Place Family”**, the memory of the generosity of those who gave gifts and greetings during the holiday season continues into this new season. Angel Gifts, and the personal greetings they include, mean a lot to members of the Our Place Family—they show that someone is thinking about them during the Christmas season and onward into the New Year.

First Met provided 74 Angel Gifts in 2019, and overall Our Place gave out 660 names in Victoria and surrounding areas. In addition to gifts for those named recipients, Our Place received a large number of extra gifts, so the number given out would have been almost 700.

In addition to donors, I want to thank all the First Met staff and volunteers who helped to make this project happen: Shelagh McKinnon for her strong support of this program; office and custodial staff for assistance in a variety of ways; David Bray for email updates; Pat Dykes for writing the recipient information on the cards; Barbara Langton as communicator for the 9:00 am service; Irene Moore and Jackie Henderson for sorting at FirstMet; Micia Kanstrup and Sherri Cooknell for sorting at **St. Aidan’s**; **Joyce and Peter Clugston**, and Ann Maffey for transporting gifts.



Final sorting of the gifts at St. Aidan’s, December 9

Angel Gifts began 20 years ago as a program of the Open Door Inner City Ministry, part of what was then known as the Victoria Presbytery of the United Church of Canada. The Open Door, along with the Upper Room Society, a Presbyterian organization, later formed the foundation of Our Place. The Angel Gift program continued, growing year by year, and has approximately quadrupled since its start. First Met has been involved in this program since the very beginning.

Many thanks to all of you for your ongoing support of this important program!

*Penny Bond*

Below: Gifts ready for distribution at Our Place, December 11



# First Met Children Salt and Light for the World



Sunday school is thriving as we learn about **Jesus' lessons on how we are salt and light** for the world. To walk forward with the spirit of Orange Shirt day we featured instalments of the First Nations Memorial Prayer for Children of This Land in our newsletter, and invited youth to the Kairos Blanket Exercise. Our Advent lunch and Nativity craft party was wonderful, and we collaborated to create an inspiring White Gift Sunday play. Our Young Adult group reunited from all over Canada for a wonderful dinner hosted by our Minister Emeritus Megumi Matsuo-Saunders (see left), and we participated in a heart-warming Christmas Eve Family Service (see Christmas photos p. 8).

The kids loved ringing the church bells for our 11:00 am service and we are now singing one **Children's Song for a month, so the kids learn the melody and lyrics. Participating in the Hanging of the Greens** let the kids help transform our sanctuary into a forest! January brought a Scavenger Hunt, a splashy baptism lesson, and feathered doves. The kids created a poster with thoughts of how they are prophets in their world, and in February we celebrated Black History month with African snacks and games. Participation in Have a Heart Day, in cooperation with the First Nations Child and Caring Society, included creating an art and film presentation. The youth offered pink t-shirts and fridge magnets for Pink Shirt Sunday Feb 23<sup>rd</sup>, and gratefully received your generous donations for our trip to Rendez-vous 2020, a National United Church event.

Springtime brings a book/puzzle fundraiser, our Lenten calendar project for Africa, a Mission and Service rainbow banner, a **campfire (with s'mores, guitars and campfire songs!)** and the **New Creed!** We're happy to report that we have 14 children and youth most



Sundays, with 17 registered from ages 2 to 17. Our heartfelt gratitude to the UCW for their very **generous donation to support youth attending conferences, to our teachers, our Children's Time leaders, to Joan Wilkinson, and to the Reverend Shelagh MacKinnon and the congregation for your support, encouragement and wisdom.**

*Micia Kanstrup, Sunday School Coordinator*

# The Universality of Desert Wisdom: How to Live

How relevant are the sayings and stories of the Desert Fathers and of the Desert Mothers for our life in the 21<sup>st</sup> century? This first generation of Christian monks and nuns who lived in the deserts of Egypt, Palestine, Arabia and Persia in the 4<sup>th</sup> and 5<sup>th</sup> centuries was the source of more than 1000 simple and practical sayings which addressed the basic realities of interior life and which suggest important guidelines for living in this century. This short introductory article identifies a set of guidelines based on the sayings. Each guideline is followed by the name of the Abba (Elder), when available, and the saying that inspired the guideline.

Practice silence

**Abba Poemen said:** “If you are silent, you will have peace wherever you live.”

Make a fresh beginning each day

**Abba Poemen said about Abba Pior:** “... every single day he made a fresh start.”

Be humble

**Abba John of Thebaid said:** “Above all things, a monk ought to be humble. In fact, this is the first commandment of the Savior who said: Blessed are the poor in spirit, for theirs is the kingdom of heaven.”

Do not judge others

**Abba Poemen said:** “... say in every occasion, who am I? and do not judge anyone.”

**Abba Xanthias said:** “A dog is better than I am because it also has love, but it does not pass judgment.”

Make the best use of your time

**An Old Man said:** “... if you lose time you cannot replace what you lost.”

Work in order to live

**Abba John the Dwarf said:** “If you are a human being, you have to work in order to live.”

Teach by your actions

**Abba Hyperichius said:** “The person who teaches others by actions, not by words, is truly wise.”

Pray constantly

**An Old Man said:** “Constant prayer quickly straightens out our thoughts.”

**An Old Man said:** “Rejoice always, pray constantly, and in all circumstances give thanks.”



Speak from your heart

**Abba Poemen said:** “Teach your mouth to speak what is in your heart.”

Hold no grievance

**Abba Agathon said:** “I have never gone to sleep with grievance against anyone. And, as far as I could, I have never let anyone go to sleep, with a grievance against me.”

Value where you live

**An Elder said:** “Just as a tree cannot bear fruit if it is often transplanted, so neither can a monk bear fruit if he frequently changes his abode.”

Learn to let go

**Abba Zosimes said:** “When you are unattached to things, then you easily acquire virtue.”

Speak from experience

**Abba Theodore said: ... “When you have put into practice the thing you are talking about, then speak from knowledge of the thing itself!”**



Align yourself in harmony with God

**Abba Aresnius said: “Strive with all your might to bring your interior activity into accord with God.”**

Take time to relax and to enjoy life

**Abba Anthony said: “If we push ourselves beyond measure, the brethren will soon collapse. It is right, therefore, from time to time, to relax our efforts.”**

For more information about this wisdom literature and about the monks and nuns who practiced an inner life of contemplation, please consult the following references:

- Chryssavgis, John. *In the Heart of the Desert, Revised: The Spirituality of the Desert Fathers and Mothers*. Bloomington, Indiana: World Wisdom, Inc., 2008.
- Merton, Thomas. *The Wisdom of the Desert*. Boston: Sambhala, 2004.
- Nomura, Yushi. *Desert Wisdom: Sayings from the Desert Fathers*. Maryknoll, New York: Orbis Books, 2001.
- Williams, Rowan. *Where Good Happens: Discovering Christ in One Another*. Boston: New Seeds, 2005.

Wally Lazaruk

## Journeying Through Lent

Lent is a season of reflection and preparation for Easter. It is a time of prayerful and inward exploration as we become more aware of the Divine presence in our daily lives. It is about rededicating ourselves to living the Gospel message and raising our awareness of the things we take for granted. We invite you to this time of reflection, peace and quiet during Lent through silence and spiritual practice.

Join Sue Clough and Shelagh MacKinnon for a six week series titled **“Journeying Through Lent”**. We will meet Tuesdays from 1:00 to 2:30 pm, starting March 3 and continuing through to April 7, in the Doreene McLeod Room. If you are unable to attend all the sessions, please feel free to attend those you are able.

Sue Clough

**Journeying through Lent**  
with Sue Clough & Shelagh MacKinnon

- March 3<sup>rd</sup> to April 7<sup>th</sup>
- Tuesdays in Lent
- 1:00 - 2:30
- Doreene McLeod Rm

First Met

# United Church Women News

We are committed to the UCW purpose: To unite the women of the congregation for the total mission of the Church and to provide a medium through which they may express their loyalty and devotion to Jesus Christ in Christian witness, study, fellowship and service.

Mildred Mossop Unit will meet on April 6, May 11 and June 8 at 10:00 am. Unity will meet on March 19, April 16, May 21 and June 18 at 12:00 noon.

Mark your calendar for a special event to which all are welcome. The United Church **Women's Annual General Meeting** is to be held on March 9 in the Doreene McLeod Room. Coffee will be available at 10:30 am, with the meeting held at 11:00 am. Lunch will be provided and there will be a speaker at 1:00 pm. Look for more information in the Sunday bulletin..

*See right for some results of the biennial National United Church Women's survey of UCW units.*

Marie McKee

---

*“Take the first step in faith. You don't have to see the whole staircase, just take the first step.”*

—Martin Luther King, Jr.

Thanks to Wally Lazaruk for submitting this quote.



Participants gather for coffee prior to the UCW Ecumenical Advent Service, November 25, 2019.

## NUCW 2019 Survey Results

Units across Canada: 1,026

Members: 17,280

Members who are also licenced lay worship leaders: 112

Members who serve on other church committees: 3,962

Donations to outreach: 507 units donated a total of \$795, 907

Donations to local churches: 519 units donated a total of \$2,240,085

Donations to Mission and Service: \$1,333,000

None of the above figures include the countless volunteer hours that UCW members contribute to their local churches and community. Thank you for the endless dedication to your church.



# Lent 2020 Events: February 26- April 4

- Sunday, February 23 Pancake Sunday! In the hall after the 11:00 am service.
- Tuesday, Feb 25 Shrove Tuesday
- Wednesday, Feb 26 Ash Wednesday Service 1:30 pm in the Sanctuary
- Sunday, March 1 First Sunday of Lent
- Tuesday, March 3 Journeying Through Lent with Sue Clough and Shelagh MacKinnon—1:00 pm in Room 119
- Friday, March 6 World Day of Prayer
- Sunday, March 8 Second Sunday of Lent  
**International Women's Day**
- Tuesday, March 10 *Journeying Through Lent* with Sue Clough and Shelagh MacKinnon—1:00 pm in Room 119
- Sunday, March 15 Third Sunday of Lent  
Guest Preacher Robert Massoud, founder of Zatoun Fair Trade Olive Oil from Palestine. Soup Social in the Hall after the 11:00 am service. Olive Oil Sales today.
- Tuesday, March 17 *Journeying Through Lent* with Sue Clough and Shelagh MacKinnon—1:00 pm in Room 119
- Sunday, March 22 Fourth Sunday of Lent
- Tuesday, March 24 *Journeying Through Lent* with Sue Clough and Shelagh MacKinnon—1:00 pm in Room 119
- Sunday, March 29 Fifth Sunday of Lent
- Tuesday, March 31 *Journeying Through Lent* with Sue Clough and Shelagh MacKinnon—1:00 pm in Room 119
- Sunday, April 5 Palm Sunday—services at 9:00 and 11:00 am. The Sunday school will have a musical palm procession through the sanctuary at the 11 am service, followed by a live action portrayal of the Easter story, moving through several locations in the church.
- Tuesday, April 7 *Journeying Through Lent* with Sue Clough and Shelagh MacKinnon—1:00 pm in Room 119
- Friday, April 10 Good Friday Service: 11:00 am in the Sanctuary
- Sunday, April 12 Easter Sunday Services:  
Chapel Service 9:00 am, Sanctuary Service 11:00 am  
The children will decorate a cross with beautiful fresh flowers in the Sanctuary, then have a cedar bough and pine cone hunt with fresh berry snacks, and decorate Easter eggs.

# EVERYONE IS WELCOME!

Please  
Join Us

## Caregiver Support Group

Meets the 4th Thursday of the month  
1- 2:30 pm . Contact Emily Mac-  
donald 250-886-9975 or Heather  
Querengesser 250-721-9705.

## Healing Pathways

Monday or Thursday, every hour on  
the hour from 11:00 am. The last  
appointment is at 1:00 pm. For  
appointment call Joan Mickelson,  
250-385-4033.

## First Met Knitters

Meetings second Tuesday of each  
month Sept to June from 6:30 –8:00  
pm. For more information call Joan  
Mickelson 250-385-4033 or Shirley  
Chatfield 250-388-9401.

## First Met Men's Group

Gathers the second Tuesday of each  
month from 12 to 2 pm from Sep–  
Jun. Please contact Cyril Nasim 250-  
383-0400 or mnasim@shaw.ca for  
more information.



## Ramblers Hiking Group

Meets the third Saturday of every  
month at the church for car-pooling.  
Call Rennie Warburton 250-592-9161  
or rrwarby@gmail.com for more  
information.

## Tai Chi

Meets Mondays and Wednesdays  
noon–1:00 pm in the Fellowship Hall.  
Call Edeana Malcolm at 250-412-7682  
for more information.

## Women Exploring Spirituality

Meet 4th Monday of the month from  
1:00–3:00 pm, from Sep–Jun.  
Contact Joyce Clugston 250-360-1941  
or Anne Sikstrom 250-383-0172 for  
information.

## Yoga in the Chapel

Gentle Yoga  
Mondays, Fridays, 10:30-11:45 am

Gentle Yoga Plus  
Wednesdays 10:30–11:45 am except  
1st Wed of month. For students with  
yoga experience and ability to take a  
gentle step up with some flow yoga,  
strength training and a little dance.

## Chair Yoga

Wednesdays 12:30–1:30 pm

## The Friendship Club

Mar 4, 11:30 Cordova Bay Golf  
Course

Mar 18, 11:30 Four Mile Pub & Grill

**Apr 1, 11:30 Floyd's Diner (Royal Oak)**

Apr 15, 11:30 James Bay Inn

Apr 29, 11:30 Victorian at Feltham

**May 6, 11:30 Jasmine's Restaurant**

May 20, 11:30 Swiss Chalet

Jun 3, 11:30 Cedar Hill Golf Club

Jun 17, 11:30 Royal Scot Restaurant

## Movies at the Met

7:00 pm

Tues, Mar 17

Tues, Apr 14

Tues, May 12

Tues, Jun 16

Film titles to be announced.

## United Church Women:

Mildred Mossop: 2nd Mon, 10 am

Unity : 3rd Thurs, 12 noon

## Parking Options

### Week Days

- Balmoral Road
  - Ground Level ~ North Park - East of Balmoral Gardens Apartments
- Please register your vehicle opposite the church office.

### Sundays

- Balmoral Road ~ Angle Parking
- Ground Level ~ East of Balmoral Gardens Apartments
- Underground ~ North Park west of Balmoral Gardens ~ 10:15 am to 1:15 pm (September to June)