

Volunteers Needed!

Even though the COVID-19 pandemic has affected our community at First Metropolitan United Church, there are still volunteer positions available.

Whether you can spend just a few hours or several hours a month at our church, we appreciate your assistance. There are many ways that you can participate without coming into close contact with others and remaining safe.

First Met is committed to nurturing and celebrating everyone's talents and gifts. We want our volunteers to be engaged in the ministry which is:

- meaningful,
- manageable,
- well-suited to the volunteers' gifts and temperaments, and
- life-giving to those who benefit from their participation

In the process, self-awareness grows, faith is deepened, lasting friendships are forged, and the moving of Spirit is acknowledged and celebrated. We look forward to our future as a vibrant faith family and community.

If you are able and are interested in volunteering for any of the activities in the brochure, please contact the leader at his or her contact information that is indicated below the team's description.

We are also looking for a Volunteer Coordinator. The Volunteer Coordinator is responsible for recruiting volunteers for the church and creating and implementing a volunteer recognition program.

As First Metropolitan United Church begins on its mission to become an Affirming Congregation, we look forward to having you on board with us. God Bless and stay safe and healthy!



No joy can equal the joy of helping others.

-Sai Baba



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Volunteering Opportunities during the COVID-19 Pandemic



Spiritual Wellness

Volunteers will assist in the enhancement of health and well being of our community members. By volunteering, they will:



- Participate in the spiritual wellness team. The team develops programs and identifies spiritual care needs, health needs, and wellness needs.
- Join the Knitting group. This group knits special items for the Cridge Centre for the Family and other groups as well as provides prayer shawls and patches.
 - Please note that the volunteers will work on their own and the group will contact each other by phone.
- Regularly call congregation members who are housebound or in care.
- Join the prayer connections team. The team members pray for congregants and anyone who send prayer requests via email and are going through a difficult time.
- Review applications and recommend donations and grants from the Margaret Cameron Trust and Health and Wellness Funds.

Contact Sharron Higgins at 250-385-0384 or Joan Mickelson at 250-385-4033 for more information

Small Group Worship

We are looking for individuals who are interested in facilitating small group discussions via Zoom. These meetings will involve discussing topics including Christian spiritual development, book and Bible study, reconciliation, Indigenous issues, and health and wellness issues. If you have another topic or a book you would like to discuss in addition to these topics, we want to hear from you! Zoom support and training is available.

Contact Shelagh MacKinnon at 250-388-5188, ext. 233 or email at shelagh.mackinnon@gmail.com for more information

Becoming an Affirming Congregation

As our church becomes an affirming congregation, this change requires us to provide education, discernment, and discussions. We need volunteers' assistance for the following activities:

- Lead discussions on social justice aspects and Bible study topics as well as share stories with other Affirming ministries. These discussion sessions will be conducted via Zoom.
- Act as a welcome attendant during church opening hours. This includes opening the Balmoral door for people coming in and out of the church and guiding them through the sign-in and out process.

Contact Edeana Malcolm at 250-412-7682 or email edeana@shaw.ca for more information



Sunday Service Worship

We need volunteers for our Sunday church services. Every Sunday, there are two church services: one at 11:00 AM and one at 12:30 PM. The individuals can or want to read one or more of the following:

- Welcome and territorial acknowledgement
- Announcements
- Prayers including call to worship, gathering prayer, and prayers of the people, and/or
- Selected scripture for that day

Contact Marion Denton at 250-478-1800 or email at junodigger@gmail.com for more information

Music

We are looking for vocal or instrumental soloists who can participate at an online Sunday service. This can be done either in-person with COVID-19 regulations in place or can be done virtually via a recorded video or audio clip.

Contact Kelly Charlton at 250-388-5188, ext. 231 or Mary Byrne at 250-882-622 for further information

Technical Support for Worship and Events

Technical skills are in high demand as worship services are being delivered online. We are looking for people who can volunteer and are willing to learn one or more of the following skills:

- Editing and presenting PowerPoint presentations
- Church service livestreaming and video recording
- Sound board operation
- Video editing and creation

Contact Joan Mason at 250-595-0507 or email at jhmason@telus.net for more information

Communication

We need assistance in promoting First Met's programs and services to the church's congregation members and the broader community. This includes assisting with:

- Website management,
- Graphic production, and
- Social media management

Contact David Bray at 250-412-7682 or email at davidbray@shaw.ca for more information

Finance and Administration

We need volunteers who can assist in the financial viability of the church by volunteering to lead or assist with the 2020 Financial Stewardship Campaign. The campaign is supported by experienced resource people.

Contact Liane Clark at 250-886-5661 or email at clark.liane@gmail.com for more information