

Wespress for August 2015

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Coming Events

Sunday	23 August	All day	Gracefield Camp – no service at Westminster
Thursday	10 Sept	7:30 p.m.	Choir practices resume
Sunday	13 Nov	10:30 a.m.	Rally Sunday
Sunday	8 Nov	10:30 a.m.	Remembrance Day Service
Sats	Nov 14/21/28	10:00 a.m.	Come Sing Messiah rehearsals at Parkdale United Church
Friday	4 Dec	Tba	Come Sing Messiah at Dominion Chalmers
Sunday	13 Dec	10:30 a.m.	Carols and Readings in many languages. Special Choir music
		3:00 p.m.	Welsh Society Carol Service – all welcome – freewill offering and refreshments
Thursday	24 Dec	Tba	Christmas Eve Service

1. Church Finances

Financial highlights for the period January 1, 2015 through July 31, 2015.

Funds:	<u>General</u>	<u>Capital</u>
Income	\$117,391	\$ 4,105
Expenses	\$157,438	\$ 61,789
Difference	(\$ 40,047)	(\$ 57,684)

Offerings given for:

General Fund:	\$84,098
Capital Fund:	\$4,105
Presbyterians Sharing:	\$2,462
PWS&D:	\$2,945

Offerings given and funds raised for:

Centre 507:	\$185
Kenora Fellowship:	\$787
Education Langhman Province:	\$874

2. Benevolent Fund

Each year in the Westminster budget there is a small amount set aside for the Benevolent Fund. This fund provides our minister with cash should a person in the congregation need some urgent help. During 2015, there have been more calls on the Fund than expected. Should you feel called to help the Fund at any time, donations can be included in your weekly envelope with the amount and "Benevolent Fund" noted on the Special line.

Laura Kilgour, Clerk of Session

3. Sermons.

Recorded sermons are available for your listening enjoyment on our website www.mywestminster.ca under the heading – What's Happening/Sermon Audio

year; and of course, learning about the love our Saviour Jesus Christ has for us through the stories found in the Bible.

4. CHURCH SCHOOL NOTES:

As I write this, I'm finding it hard to believe that August is almost half over! I hope that everyone has been having an amazing relaxing and rejuvenating summer. With the ending of summer it means that school and Church School are just around the corner. Our annual Rally Sunday will be on Sunday, Sept. 13th.. We will be having a sub lunch in the Gym after our All Ages Service. In the Service all Leaders and Volunteers from all areas of the life of the Church will be dedicated to service. Please remember bring your favourite sandwich filling to church on the 13th. We will supply buns, bread, condiments and drinks.

We will be continuing our "backwards learning" curriculum again this year. In this curriculum, we study a story for 2-3 weeks at a time and learn about it using different methods. Last year, we used story boards to draw the story as it was read; we made the whale that ate Jonah out of paper plates; we made stick puppets for the Good Samaritan and recorded the performance for the end of year celebration; and the list is endless for the number of different things we can and will be doing with the stories again this year. We continue to use our Spark Bibles and hope to be able to be more adept at finding stories in the Bible by the end of the year. I also have a special craft planned that can be done throughout the year.....but.....I can't do it alone, I need the help of the children of Westminster!

Again this year we are blessed to have Debbie Chadsey organizing a wonderful group of volunteers in the Nursery and Christine Ball and Maureen Cleary working with our active Youth Group. Janet McMaster has been a wonderful, crafty addition to the Church School teaching family. Welcome aboard Janet! We would love to have others join us in the Church School family, even for 1 week every 2 months. If you have a talent, whether it's music, arts, crafts, games, please pray about this need and if you can join us, please speak with Sharon, Debbie, or Rev. Ball.

The registration form for the families is available online on the church website, <http://mywestminster.ca/christian-education-team/> Some of the events that are being planned for the year include, Christmas music, drama and crafts; baking; learning some exciting music to be performed in the All-Ages Services throughout the

One last little reminder: Don't forget the annual Gracefield Service on Sunday, Aug. 23rd. The bus will be leaving Westminster at 9:00 a.m. SHARP. There is no charge for the bus, but a freewill offering is suggested to help defray the cost of the lunch that will be provided. After lunch there will be time for various activities. Please plan on being part of this wonderful Service held in a wonderful location.

See you all at Gracefield on the 23rd and at Church on the 13th!

Sharon Tinkess

5. Westminster Fall Art Spectacular and Bazaar

Saturday, October 31st 9 a.m. - 1 p.m.

The Men's Group is coordinating the event. We welcome ideas for a table you might want to organize, a publicity campaign you might want to run or contributions you may wish to make. The success of the sale depends on you. A planning meeting is being held Tuesday August 25th at 7:30 in the parlour. Please send your ideas and questions to John Tyler or David Wice.

6. Notes from a Spiritual Growth Worker

I procrastinated on writing my piece for Wespress. Unfortunately this time life caught me out; I cannot write the piece I set out to write.

Harry and I celebrated our 40th anniversary this past weekend with a surprise party planned by our sons and implemented by our daughters-in-law. One son flew in from Vancouver for it and we had a wonderful time with family and friends. However, my siblings and their families could not attend because they were in New Jersey that same day attending a funeral for my niece's husband. He died suddenly from a ruptured aorta at the age of 33. After the weekend of family celebration I went to St. Catharines to be with my family, in particular my sister and my mom. Just to be there—to cry and laugh and eat and walk and pray—just to be there.

Joy and grief have been deeply intermingled in my life the past 10 days.

I am heading back to Ottawa and the deadline for Westpress has arrived. I wanted to write about the fall plans at Westminster in an uplifting way so people would be eager to participate. But my emotions are getting in the way so I will be brief...

1. For Seniors: 1:30-3:30 on the third Tuesday of each month has been set aside for seniors to gather. This time can be social, educational, food oriented, casual or structured. Do we want short talks on how to deal with fraud, downsizing, health issues or grandparenting? Do we want to socialize and eat?

I hope to see you Tuesday September 15th at 1:30 in the Parlour. Bring all of your suggestions, questions, thoughts and concerns...

Something to ponder if you want to: What are the gifts, desires and needs of older adults? What is the value of being a senior? What are the gifts being a senior gives to oneself and to others?

2. Book Study: The Art of Neighboring

"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength." The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these." Mark 12:30-31

We will be doing a six week study on this book starting in the Monday morning Bible Study September 28th and Wednesday evenings 6:30-8:30 September 30th. Books have been ordered. Come and discuss and work out what it means to love one's neighbour. More information to follow.

I pray you experience God's love and faithfulness in these lingering days of summer. I encourage you to express the love you have to the people in your life—life is too short to let it go by without saying.

Blessings,

Marina

7. Prayer Chain

Do you know that we have a Westminster Church Prayer Chain?

We believe in prayer and that God answers all

prayer.



At Westminster, there is a place to call and people to talk to when you are in need of prayers.

At your request, the members of the Prayer Chain will pray, for people who are ill, who are unemployed, for students writing exams plus many other reasons. Some prayer requests will be just simply, "I need prayer". This is known as an unspoken request. Remember God already knows the situation.

Either way, at Westminster, prayer requests are always kept completely confidential, within the Prayer chain.

We pray for each person for a month unless we are given a specific time or when they let us know how they are doing, at which time, they can request more prayers or if they are okay we can take them off the list.

We have prayer chain contact information cards, at the back of the church.

If you wish to become a member of this group or have questions, please contact

Wendie McCaffrey through the Church Office .

8. PWS&D

PWS&D and the Government of Canada to implement \$4.1 million maternal and child health program 2015/07/10

As part of the project women and adolescent girls will be empowered to make decisions for their own and their children's health (Photo: Paul Jeffrey)



Foreign Affairs, Trade and Development Canada (DFATD)

announced that Presbyterian World Service & Development, the development and relief agency of The Presbyterian Church in Canada, will receive up to \$4.1 million in a joint commitment to save lives and improve the health of women and children in Afghanistan and Malawi.

PWS&D's approved project addresses sexual and reproductive health issues, as well as access to appropriate maternal and child health services in Afghanistan and Malawi.

This program builds on the [successes of PWS&D's previous maternal and child health project](#), implemented with \$1.5 million in support from the Canadian government's Muskoka Initiative.

The new program will help improve the quality and supply of health services by building the skills of health care workers, as well as ensuring that facilities have the necessary tools. In the two countries, PWS&D will also be working to increase demand for health services and empowering women and adolescent girls to make decisions for their own and their children's health. Enhancing community participation in sexual and reproductive health and changing behaviors that put women and adolescent girls at risk are also critical components of the program.

PWS&D partners—Community World Service-Asia (formerly Church World Service-Pakistan/Afghanistan), Mulanje Mission Hospital and the Livingstonia Synod Health Department (through the Embangweni Mission Hospital)—will be implementing the projects in Afghanistan and Malawi, respectively.

The government funds will be used along with generous contributions from individuals and congregations across Canada to continue PWS&D's vision of a sustainable, compassionate and just world.

For more information, visit the Foreign Affairs, Trade and Development Canada [website](#).

Quarterly Newsletter of PWS Developments (hard copy provided in Narthex) can be found at:

<http://presbyterian.ca/pwsd/2015/08/05/pwsdevelopments-2015-issue-3-water-for-life/>

9. The Gospel of Mark - Why bother?

The Challenge:

Westminster's Spiritual Growth Worker, Marina introduced:
Westminster's Bible Reading Challenge Summer 2015
0"Mark's Gospel – Hear the Good News"

Conversation - with myself

Question: Why will I bother taking on this challenge? I have read these stories many times.

Response: but – I don't usually read them from Mark's gospel. Maybe there will be a different perspective.

Question: So what! They are still the same stories. I already have a "quiet time" book ... and what is this Lectio Divina method anyway?

Response:Hmmm. I wonder who Mark was. The gospels of Matthew and John were probably written by Christ's disciples of the same name. The gospel of Luke; most scholars think it was written by Paul's physician. What / who is the source for Mark's gospel?

Research Break - July 31, 2015 at 12:54 p.m.

As per Fr. Dwight Longenecker:

<http://www.patheos.com/blogs/standingonmyhead/2012/12/who-wrote-mark.html>

It seems likely that the author (of Mark's Gospel) was John Mark, a cousin of Barnabas and companion of Paul and the apostle Peter. It is probable that this Gospel ("good news") was written to the Christians in the church in Rome ... that it recounted Peter's own eye witness stories of Jesus and was completed around the time of Peter's death in Rome under the persecutions of Nero in the year 65 AD, or just after.

Response – Okay. I'm ready to hear the familiar stories from a new perspective. After all, Peter is one of my favourite New Testament characters.

Much later

.... well actually July 27th, after a mostly faithful daily reading of Mark, it seems "the expectation that a word or phrase will speak directly to you"-quoted from Marina's Step 1 in the Lectio Divina process - is happening on a regular basis.

I am learning to reflect on the word or phrase – allowing it to invoke "memories, images, thoughts, hymns" - quoted from Marina's Step 2 in the Lectio Divina process - *instead of* trying to explain it and fit the explanation into **my** framework of what it means to be a Christian in the 21st century.

One Day's Reflections – July 27th

Jesus Feeds the Five Thousand Jesus - Mark 6: 35-44

This story is told in all four gospels – each one varies in the details. a

familiar story about Jesus and his disciples trying to escape the crowds to get some rest. We know how the story goes – right?

- A large crowd greets them at their “quiet” destination (Images of Princess Dianna)
- Christ’s compassion compels Him to teach His message of hope – late into the day
- Christ calls on His disciples to feed 5000 people in this remote location.
- Weary disciples find a boy who will share his lunch - 5 loaves and 2 fishes
- Christ performs a miracle and this small lunch feeds the 5000 - with leftovers

In Mark’s gospel, the disciples note the late hour and suggest that Christ send the crowd off, leaving them to find their own food as they go home. Christ asks the disciples to feed the crowd before they leave. The disciples’ response to Christ notes the LARGE (read impossible) nature of this request. Here, in Mark’s gospel only, Christ poses the question:

“How many loaves do you have? Go Look”
verse 38

I found this to be a very powerful question which leapt off the page and spoke to me directly. Quiet reflection inspired images, memories and more questions.

- Do I respond to God’s requests of me by reminding him of the size of the task and my limitations – OR - do I take stock of what I have and offer it all trusting that He will bless it, break it (not an easy step #?) and ensure that it keeps giving in unexpected ways?
- Interesting thought – after Christ blessed and broke the loaves the disciples had plenty to “keep giving” food to the crowd. How did that work? Where / how do I see this happening today?
- Do I need to see and have control over the end product before I offer “loaves”? If so, does this affect the potential for the loaves to “keep giving”?

- Interesting note - Christ did not need loaves from everyone in the crowd. How do I know what is required of me? How do I encourage and support those around me to discover this in their lives? How do I welcome their support for me in this?
- Children’s hymn memory: “One more step along the world I go ... And it’s from the old I travel to the new, Keep me travelling along with you”.

Follow-up Conversation - with Marina

My Question: Why does it feel like I found answers from Christ’s question in Mark when most of my reflection resulted in further questions? Can questions reflect Spiritual Growth?

Marina’s Response: *Frequently I also end up with questions, after doing the daily reading challenge. I think questions are a large part of the path to spiritual growth. “How do I live the questions?” becomes the larger overarching question for me.*

Note of Gratitude to Marina and William:

Thank you for the thought and the time you invest to encourage us in our growth as Christians, in quiet ways, one step at a time.

“And it’s from the old I travel to the new. Keep me travelling along with you.”

Beth Cluff

10. CGIT

CGIT (Canadian Girls In Training) is celebrating its 100th birthday this year! CGIT has been a significant program in the life of many of the girls & women in our communities and churches and especially for many of us here in Westminster. It has nurtured a strong foundation for christian living and leadership that has lasted throughout our lives. CGIT's purpose is to cherish health, seek truth, know God and serve others and thus with His help, become the girl God would have me be. As we celebrate 100 years, we celebrate this life purpose.

The Ottawa CGIT Committee is hosting a CGIT Centennial Celebration Tea on Saturday October

17, 2015 from 1-4 pm. It is being held HERE at Westminster Presbyterian Church. A Program will begin at 2pm and a Free Will Offering will be collected. Please feel free to wear your middie or your own style of white and blue!

Westminster Church will also offer a CGIT Centennial Celebration Worship Service on Sunday October 18, 2015.

We will be having a CGIT Alumni Choir for the Sunday service, which we hope many of our Westminster Alumni will join and we will be looking for some assistance with the tea as well. If you are interested in helping us out in any way, please chat with Carol Ann Joiner, Maureen Cleary or Sharon Tinkess.

Looking forward to celebrating this milestone with so many of our own CGIT Alumni and throughout the city.

Carol Ann Joiner

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Seize the day!