



Spirited Summerlea



United Church of Canada

Newsletter

September 2014

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EDITORS:

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OCTOBER CALENDAR

5	10:30am	World Communion
12	10:30am	Thanksgiving Sunday
19	10:30am	World Food Sunday
21	7:30pm	Executive Bd. Mtg.
23-24-25		Meat Pie Production
26	10:30am	Sunday Worship

NOVEMBER CALENDAR

2	10:30am	Stewardship Sunday (daylight saving time ends)
9	10:30am	Remembrance Sunday
15	9-2pm	B A Z A A R
16	10:30am	Food Sunday
18	7:30pm	Executive Board Mtg.
23	10:30am	Sunday Worship
30	10:30am	Communion Sunday

Elders' Corner:

World Communion Sunday is October 5th

A WORD FROM AN EDITOR:

For those in the congregation who are linked up to social media, you may have been exposed to a new Facebook trend recently. Now that the "Ice Bucket" Challenge is over, many Facebook users have been challenging others to the "Three Days of Gratitude" Challenge. In this particular challenge, one must list three things for which one is grateful, on three different days.

I have been fascinated to read the nine different things for which each participant was grateful – they demonstrated a great deal of personal reflection and depth. Although I did not participate in the Facebook challenge, I decided nonetheless to go through the exercise. Here are my nine things for which I am grateful (not in any particular order)...

1. I am thankful for a very happy childhood and for having had wonderful parents and grandparents who loved and encouraged me and gave me a wonderful foundation for life.

2. I am grateful that at as a whiny adolescent, I complained to my mother that we were poor because we were the only people on our block without a dishwasher and a colour TV. My mother reacted brilliantly and promptly sent me to Tyndale House in Little Burgundy to volunteer with poor children on a steaming piece of asphalt on Guy Street for the summer. This experience was life-changing and I have never looked at poverty or volunteering in quite the same way again.

3. I am grateful for all the mistakes I have made – some of them have been huge. But each mistake gave me the opportunity to grow and learn and hopefully become a better person.

4. I am grateful for having met and married Sébastien Poitras. For although we only had twenty years together, he loved me unconditionally. Sébastien clearly saw all my faults, but chose to concentrate on my better side. He taught me so

much about life and he gave me all the necessary tools to continue my own life after his death.

5. I am grateful for my three daughters. They are all very different young women who have each brought me joy in their own unique ways. They keep me young and I am always fascinated to hear their perspectives on the world.

6. I am deeply grateful to still have my parents alive. When important things happen in my life, they are still the first people I call. They want nothing more than my happiness and my success and I have done my best to emulate their parenting skills with my own children.

7. I am thankful for my friends. It is wonderful to know that I have a group of remarkable women in my life - who not only care about me - but who provide me with so much support. We have been sharing secrets and life skills since our children were young and we are now facing the prospect of becoming seniors together. It is exciting to see us all change and evolve!

8. I am thankful for my faith. For while I am not necessarily the most devout church goer, I have found great solace in my faith during difficult times and I try my best to incorporate my Christian beliefs into my day-to-day living. I am grateful to be a small part of the community of faith at Summerlea where I can be inspired by an extraordinary group of people putting their faith into action every day.

9. I am grateful to have put down roots in Lachine. From the first day that I moved here, I felt at home and surrounded by wonderful people. This is a community that gives back and volunteers and has been a terrific place to bring up my children. I am thankful for the over 100 sports, cultural and community groups that exist in Lachine and especially those in which my children and/or I got involved. From the Girl Guides to Summerlea Nursery, from Stoney Point Nursery to the Union des familles, from Les Éclusiers to the Lachine Figure Skating Club, I am grateful for the volunteers who taught me and my children so much.

I realize this list is very personal. That being said, Thanksgiving is just around the corner and when I give thanks, at least my list will be ready!

Happy Thanksgiving!

Jane Cowell-Poitras

A Word from the Minister

I always find myself in a bit of a dilemma at this time of year. I love the summertime, especially the time I spend at the cottage on Lake Massawippi. Even when that is over, as sad as it is to leave there for another year, I still have August to look forward to. But all-too-quickly, September arrives, as it inevitably will, and with it comes the start-up of all of our usual activities. My dilemma arises in that I love summer and hate to see it end, but autumn is my favourite season, and I can only truly appreciate the wonderfulness of the fall when I have been able to accept the fact that summer is over.

In this sense, we are now in a time of transition – between summer and fall, between that which has been and that which is to come, and so often, times of transition can be a time of “crisis”. By crisis, I don’t mean a calamity. The Greek word that is the root of our word “crisis” is a compound word meaning “both danger and opportunity”. The danger could be that we resist the change that comes with times of transition, resulting in an inability let go of that which has been. The opportunity we have is to embrace the new, while also making peace with the fact that what has been is no longer.

I find myself thinking about this these days as my siblings and I have begun to get serious about dealing with the Patton family homestead that has been sitting vacant for almost three years now since my mother’s death. This was the home that my father built “with his bare hands” (as my brother Philip likes to say), and so it is not only a place of very great sentimental value to us as the place where we all grew up, but it is one of the last vestiges of my late father’s presence among us. Sadly, the house has fallen into such disrepair that it is highly questionable that it can even be saved at this point. Up until very recently, it was my hope (and even more so the hope of my brother) that my nephew would buy the place, and then, with the help of his father, fix the place up in order to “return it to its former glory”, as it has been put on more than one occasion.

No one who did not have an emotional attachment to this house would even dream of putting in the time and expense of restoring it, but the thought of it being sold to someone outside the family and, most likely, the house being razed is one that is already breaking my heart.

But ever since a very recent family “summit meeting” when it became clear that my nephew was not going to buy the place, it has become more and more clear that our family home being returned to its former glory is a dream that will not likely be realized. I also began to realize that it was not entirely fair for my brother and myself to put such pressure on my nephew to make what was our dream come true. But in and through this, there has also been an opportunity for healing. It was clear that the biggest obstacle for my nephew in saying “no” to this was that he did not want to disappoint his father. There were so many hopes, so many expectations, and so many dreams tied up in all of this that we all had to take a step back, take a deep breath, and speak honestly and openly with each other about what was in our hearts. That was the turning point for us in all of this. We were able to let my nephew know that if such a large commitment was one he did not want to make, that was perfectly okay and he did not have to feel he was being pressured to do something that was not right for him. For my brother and myself, however, it began a time of having to shift gears and prepare to move in another direction, with all of the sense of lost dreams and dashed hopes that come with that.

This is the stuff of times of transition. It may be as simple as the transition from one season to another, or it may be something that carries with it much more meaning and poignancy. I don’t know if anybody famous was the originator of this particular phrase, but I remember someone once said that “as we get older, we learn to close the doors to rooms we know we will no longer be going into.” I believe there is a real art to dealing creatively with these times of transition in our lives. As in any time of “crisis”, the

danger is that we will be overcome by the feelings that always go along with times of change and loss. The opportunity is to make peace with the fact that change is inevitable, that there are healthy ways of holding on to that which has been important to us but whose time has come to an end, and to learn that times of transition carry with them new opportunities and new possibilities. I find some comfort in knowing that God is with us in these times and knows the impact that these times of transition can have on us. Or, as Henry Francis Lyte, the composer of the famous hymn *Abide With Me* put it: “Swift to its close ebbs out life’s little day; earth’s joys grow dim, its glories pass away; change and decay in all around I see; O Thou, who changest not, abide with me.”

Scott A. Patton

WELCOME BACK BBQ

Thanks to the organizers, cooks, clean-up crew, etc. at the annual BBQ which took place on September 21st. at Summerlea church after the service. Despite the poor weather, spirits were not dampened, and a good time was had by all.

MARK YOUR CALENDAR!!

Summerlea’s Annual Bazaar, November 15th, 9:00 a.m. – 2:00 p.m.



Look for the wonderful Bazaar flyer in this newsletter prepared by Dave Coffin. *Thanks Dave!*



Request for Email Addresses for Newsletters

Some of you who are on our mailing list for “Spirited Summerlea” Newsletters may already receive



your copy electronically if you agreed to it, or if you live outside Lachine. However, in an effort to reduce paper and mailing costs, we are trying to reach out to more folks who have email. If you are receiving your newsletter by regular mail and would like to receive it via email, please send your email address to Susan Ippersiel at summerlea_united@videotron.ca. We would love to hear from you.

Our Sympathy

Rev. Sheina Smith, a former minister of St. Andrew's Presbyterian Church in Lachine, died on Sunday, September 14 in Oshawa after a prolonged and difficult battle with cancer. Sheina served at St. Andrew's for 11 years from 1982-93. She was a firm believer in diversity and inclusion and encouraged everyone to support those who didn't fit the "norm" of the day. As a result, Sheina made the congregation more open to accept those who are considered "different" and helped the congregation to travel in new directions down unfamiliar roads. Originally trained in Scotland as a professional engineer before entering the ministry, she worked tirelessly to "build bridges", right wrongs and promote justice for all. As a former member put it, Sheina is probably standing at the Pearly Gates check-in desk debating the room that she has been assigned. May her spirit now rest in peace.

Lachine Food Bank - History

The Lachine Food Bank opened about 25 years ago. It is located in the basement of Resurrection Church at the corner of St. Joseph and 34th Ave. Clients are referred to the food bank by the CLSC or the Saint Vincent de Paul Society. At present 190 families receive a food basket every second Tuesday.

Volunteers assemble the food baskets on Monday with the help of students from Lakeside Academy and Maple Grove. In December extra helpers are needed to fill the Christmas Baskets which also include gifts for children. The white gifts Summerlea collects go to these special baskets along with a turkey and other holiday treats.



On Monday food is collected from Harvest Montreal, sometimes it is canned food and other times fresh vegetables. POM Bakery supplies bread. Cash donations to the Food Bank are used to shop at Club Entrepot (the wholesale outlet of Loblaws) for meat, paper products and some fresh fruit. Every dollar received goes to buy food. There are no operating expenses. Brian Cadoret, the number one volunteer, reports for example, that \$1.00 will buy two cans of beans. As you might know the free will offering received at the Summerlea Carol service is donated to the Food Bank.

The Food Banks' needs fluctuate but right now they are short of peanut butter. The following staples are always appreciated - breakfast cereals, canned fruit and vegetables, soups, baked beans, canned tomatoes, lentils and chick peas. At present they have a good supply of paper products and pasta.

Summerlea collects food for the bank the third Sunday of the month. Perhaps the above list will give you some shopping ideas or you could put a small donation in the basket.

Nancy Mark

Food Bank - Update

The food bank was delighted. We collected many bags of food, lots with peanut butter. We also collected \$79.25 which according to my calculations is enough to purchase 158 ½ cans of beans. Way to go Summerlea.

Pies

You know the Fall season is just around the corner when you hear laughter in the Summerlea kitchen, flour-coated footprints back and forth on the floors, and many helping hands busily preparing yet another batch of pastry, measuring out spices, and/or cooking up meat for our ever-popular tourtières. 2300 mini tourtières have been prepared this year. Thanks to all the wonderful volunteers who helped on the production line. Great team work!



Minis are now on sale and available any morning, Monday to Friday between 9 & 1pm. Due to the fact that the cost of minced beef has gone up from \$1.99 to \$3.04/lb., we have had to increase the price for a box of mini-tourtières (4/box) to \$9.00.

Volunteers will be needed for October 23, 24 and 25th when the process begins again to prepare large toutières.

Music Notes Fall 2014



Welcome back to all returning choir members! We started our season with a bagel breakfast while we got caught up on the news from the summer. We are all enthusiastic to be back and providing music for your worship services.

At this time, I invite anyone in the congregation who would like to sing with the choir to contact me. No experience is necessary, just a love of singing!

Connie Osborne, Music Director

The Book Nook

Gilead by Marilynne Robinson



This is a fictional autobiography of Reverend John Ames a small-town preacher in Iowa. Told as a memoir, the elderly Ames reflects back on his life, as well as those of his father and grandfather – all of whom shared the same professional calling. Nearing the end of his life, Ames wishes to leave a written legacy to his young son whom he fears he will not live long enough to see grow up. The result is a beautiful, moving book rich in prose that makes even drops of water sound lyrical! A 2005 Pulitzer Prize Winner.

Readers beware. I already tried to foist this book on to one of the congregation, who though she tried hard, was just not able to get into it. Guess it is not everyone's cup of tea!

RECIPE CORNER

We really love this soup and I usually make it with turkey stock so I thought with Thanksgiving around the corner you might want to try it as well.

Lynn Closs



Cream of Mushroom Soup

8 servings or 7 cups

1 lb of mushrooms

½ cup butter or margarine
1 tsp lemon juice
1 small onion, sliced
1/3 cup of all purpose flour
3-1/2 cups water
3 chicken flavour bouillon cubes or envelopes
(I use stock 3-1/2 cups of turkey stock)
1 tsp salt
¼ tsp pepper
1 cup heavy or whipping cream
(It turns out fine with milk or light cream, just not a rich)

1. Trim tough stem ends of mushrooms, remove stems; set aside. With knife slice mushrooms caps thinly.
2. In 4 quart sauce pan over medium-high heat, in hot butter or margarine, cook sliced mushrooms and lemon juice until mushrooms are just tender, stirring.
3. Reduce heat to medium low; with slotted spoon, remove mushrooms to bowl. In sauce-pan in remaining butter, cook onions and stems; cook until onion is tender.
4. Stir in flour until blended: cook 1 minute, stirring the mixture constantly.
5. Gradually stir in water and bouillon; cook, stirring constantly, until mixture is thickened.
6. Into blender container, ladle half of mixture; cover and at high speed, blend until smooth. Repeat with other half.
7. Return mixture to saucepan; stir in salt, pepper, cream and mushroom slices. Reheat just until soup is boiling.

Ink Cartridge & Battery Recycling

In an effort to contribute to a greener planet, the church has recycling bins situated just outside the church offices. All kinds of cartridges (ink jet, laser, photocopier) can be recycled. We are also recycling old batteries.



Mile of pennies

Miles of pennies have gone metric! We are now collecting Nickels (and any other small change) towards our first Kilometer of Nickels. A 400 metre dash will raise \$943 for the St Columba House lunch program. So far we have \$187 towards simultaneously completing our 25th mile of pennies,



and our first “400 metre dash” Please keep putting your change in the maple syrup pail at the back of the church.

Thanks everyone for your support!

Dear God, I've been very good today – no grumpy thoughts, no swearing and no whining at all. But I'm about to get out of bed now, so I many need your help with the rest of the day!

NEWS AND NOTES

Baby news!

We are delighted to announce the birth of 3 babies this summer in the Summerlea congregation: *Melanie Romagosa and Mathew Coughlin-Veronneau* welcomed *baby Isabelle Hazel* on June 27th; *Kathleen Higgins and Darrell Williams* welcomed *baby Aidan Paul* on July 18th, and *Joey Madden & Isabelle Quevillon* welcomed *baby Kalia*, a sister for Dreyken, on August 12th. Congratulations to the parents, grandparents and great-grandparents!

Sadly, Anthony Chown, a former adherent of Summerlea, died on June 8th; Audrey Saunders passed away peacefully at Lakeshore General on June 22nd. Audrey was 92. Donald MacDonald, father of Nancy Mark, passed away on August 3rd at the age of 100. A memorial service was held for the late Harold Rodgers at Summerlea on August 16th. Harold passed away after a brief illness on April 11th.

Sadly, Mary Guynan's nephew who lived in Calgary passed away last week after battling ALS for many years. Our Sympathy is extended to the families and friends of these individuals.

Please keep our shut-ins, those in hospital, or those battling personal health issues in your thoughts and prayers.

If you would like more information on Summerlea's monthly activities, or would like to view Sunday's service along with current events at the church, please visit us at www.summerlea.ca. If you are receiving this Newsletter via regular mail, and would prefer to receive it via email, please contact Susan at summerlea_united@videotron.ca. Thank you.

Susan Ippersiel



Find Three good things each day

People who are grateful tend to be happier, healthier and more fulfilled. Being grateful can help people cope with stress and can even have a beneficial effect on heart rate. This action is easy to do yet its benefits have been scientifically proven. In tests, people who tried it each night for just one week were happier and less depressed one month, three months and six months later.

How Gratitude Can Change Your Life

“If the only prayer you say in your life is ‘thank you,’ that would suffice.” – Meister Eckhart

Gratitude means thankfulness, counting your blessings, noticing simple pleasures, and acknowledging everything that you receive. It means learning to live your life as if everything were a miracle, and being aware on a continuous basis of how much you've been given. Gratitude shifts your focus from what your life lacks to the abundance that is already present. In addition, behavioral and psychological research has shown the surprising life improvements that can stem from the practice of gratitude. Giving thanks makes people happier and more resilient, it strengthens relationships, it improves health, and it reduces stress.

For more - <http://www.thechangeblog.com/gratitude/>