



# Spirited Summerlea

United Church of Canada

## Newsletter

February 2015



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### CALENDAR

#### March

01 Sun 10:30am **2<sup>nd</sup> in Lent & Communion**  
 06 Fri 11am *World Day of Prayer*  
 07 Sat 7pm *Elias-Axel Pettersson concert*

08 Sun 10:30am **3<sup>rd</sup> in Lent**  
*(Daylight Saving Time begins)*

15 Sun 10:30am **4<sup>th</sup> in Lent – Food Sunday**  
 17 Tues 7:30pm *Executive Board mtg.*

22 Sun 10:30am **5<sup>th</sup> in Lent**  
 25 7pm *Outreach Meeting*

29 Sun 10:30am **Palm Sunday/ Soup Sunday**

#### April

02 Thu 6pm *Maundy Friday*  
 03 Fri *Good Friday*

05 Sun 7am **Sunrise Service**  
 10:30am **Easter Sunday  
 with Communion**

12 Sun 10:30am **Sunday service**

19 10:30am **Food Sunday**  
 21 7:30pm *Executive Board Meeting*  
 25 10am-3 *Artisan Fair & Book Sale*

26 Sun 10:30am **Sunday service**

*Elders' Corner:*

**Next Communion:**

**March 1st**

### EDITORS:

Jane Cowell Poitras,  
Susan Hawke & Lynn Closs

I recently saw the movie, "The Theory of Everything". It is the story of the early married life of Steven Hawking, world-renown theoretical physicist and cosmologist, and his first wife Jane Wilde. Hawking suffers from ALS or Lou Gehrig's disease. He is almost completely paralyzed and uses a speech-generator device to communicate.

Steven and Jane married despite his prognosis of an early demise. They went on to have 3 children together. Much of Steven's care, household duties and child rearing responsibilities fell on Jane's shoulders. She became both overwhelmed and depressed. In the movie, over a cup of tea, Jane's mother said she only had one bit of advice for her daughter – "Join a choir". Everyone in the audience laughed. Not me. I remember my jaw dropping and thinking, "Wow. Great counsel. Worked for me!"

I have been a member of Summerlea for many years but it is only since I joined the choir about 4 years ago that I truly began to feel connected to the church and its congregation. Also, for the first time in ages, I began to pursue an interest that was mine alone and not related to my family. Singing in the choir, despite not having a very good voice or even being able to read music, has been an unexpected joy. It has allowed me to relate to my faith in a different way. It has also made me so many new and wonderful friends, not only among choir members, but the congregation as well.

With the start of a new year, many of us make resolutions to try new things. If you have always wondered what it was like to be an usher on Sunday morning, sing in the choir, help out with the meat pie making operations, meals-on-wheels - or any other church venture for that matter - maybe now is the time to give it a go. You might be surprised at the

benefits not only to our community but to yourself as well. All it takes is that first step!

*Susan Hawke*

### A Word from the Minister

The publication of this edition of “Spirited Summerlea” coincides with the beginning of the third month of what we have recently been referring to as “this new year 2015”. So, how are all those “new year’s resolutions” going? Did you make any new year’s resolutions this year? Are you sticking to them, and accomplishing some wonderful things? If you are, I tip my hat to you. I don’t even make new year’s resolutions because I know that I would last about a week, tops, and then it would be back to business as usual. Perhaps I’m just not determined enough, perhaps too many other things get in the way, perhaps I’m just really not committed enough to make a resolution and stick to it. I’m not against the making of new year’s resolutions – it’s just that it seems to have become almost mandatory to acknowledge that most of us can’t seem to stick to what we resolved to do.

But I certainly support the concept, even though the reality doesn’t always live up to the intent. And the reason that I mention this is that we have recently entered into another opportunity for “self-improvement”, otherwise known as the season of Lent. Sadly, it seems that most of us don’t do much better with Lent than we did with our new year’s resolutions. Perhaps this has to do with the widespread perception that seems to exist as to what Lent is all about. I’m referring specifically to the long-standing tradition of “giving something up for Lent”, because it seems that often our Lenten resolutions seem to last about as long as our new year’s resolutions. In fact, it occurred to me that this lack of success can perhaps happen in two ways: we give up something we really, really like, and we merely feel deprived, so that the motivation is lacking. Or, we successfully make it through the 40 days of Lent without whatever we have given up, only to return to it once the forty days it up. For example, for me, the classic item for “giving up” during Lent is chocolate. If you like chocolate but do not consider yourself a “chocoholic”, giving up chocolate for Lent is not really a challenge. If you are a chocoholic, the odds of you making it all the

way to the end of Lent without “falling off the wagon” are probably slim. And if you do make it successfully to the end of Lent without partaking of any chocolate, but then proceed to “make up for lost time,” you could end up consuming even more chocolate than you would have if you had not given it up in the first place!

I guess what I’m trying to say is that, if the making of new year’s resolutions or giving something up for Lent works for you, then run with it. My hope, however, is that the season of Lent can be embraced in a different way – a way in which we do not set ourselves up for failure. Far too many of us have seen Lent only as a time when we are reminded of how “off-track” we are in our lives of faith. The traditional view seems to be that we are bad, and depriving ourselves of something we really like is supposed to remind us of how bad we are, and to seek God’s forgiveness. Perhaps it is Lent, itself, that has gotten off-track. Our observance of Lent is meant to bring us closer to God, and to help us in our daily walk of faith. In order for this to happen, perhaps we need to be reminded that we are all beloved children of God. We are “made in God’s image”, as The Bible reminds us, and God made us as the imperfect, fallible human beings that we are, and God could love us no less because of that. We are not bad, because God created us in love and called us “good”, as the Book of Genesis reminds us. The problem for many of us is not that we should give something up for Lent, but rather that we seem to have a hard time really believing and accepting the love God has for us. People in modern society seem to be plagued by low self-esteem, and sometimes even feelings of worthlessness. Sadly, the church has sometimes been complicit in this.

I recently returned from my annual trip to Five Oaks, a United Church learning and retreat centre near Brantford, Ontario, where I spent a week at a men’s spiritual retreat. I go to this every year because it is one of those things that recharges my spiritual batteries. Apart from the group sessions in which we share, the Five Oaks property is also a very special place for me; a place where I can experience God’s presence in a very special way, and a place that truly helps me to talk to God and to hear God speaking to me. One day, when we were on a break, I went for a walk outside to a beautiful spot on the banks of the Grand River where they have a little covered bench facing the river. There was a little sign there

acknowledging the person in whose honour the bench was set up, and an invitation to enjoy the view, the quietness, and to notice “the thinness of the veil that separates the spiritual realm from the temporal.”

Come to think of it, maybe I WILL give up something for Lent this year. I resolve to give up all those things that keep me from having a sense of God’s closeness to me, and of truly knowing how much we are all God’s beloved children. Lent does not have to be a time of focussing on our faults and times of unfaithfulness, rather it can be a time of noting the thinness of that veil that separates God’s realm and our realm, in order to remind us that there is nothing in all creation that can separate us from God’s love.

*Rev. Scott A. Patton.*



### World Day of Prayer - March 6<sup>th</sup> at 11:00am

will take place at St. Stephen’s Anglican Church, 25 -12<sup>th</sup> Avenue, Lachine, on Friday, **March 6** at 11am. This year’s theme is “Women of the Bahamas”. Luncheon will follow the service.



### A Word from the Outreach Committee

#### Lenten Loonies for Haiti

We will once again collect Loonies beginning Sunday, February 22<sup>nd</sup>, the first Sunday in Lent and will continue each Sunday throughout the Lenten period. Your “Lenten Loonies” will be used for direct support to midwifery education in Haiti.



#### Looking ahead: Plant Sale May 23, 9-Noon

Soon our perennials will begin to emerge in our gardens. Please consider splitting and potting them for our fundraiser. Plant in clean pots, label, and bring them by Friday, May 22<sup>nd</sup>.

### Artisan Fair and Book Sale

**Saturday, April 25<sup>th</sup>**

**10 am – 3 pm**

Mark your calendars! Sponsored by the Girl Guides & the Outreach Committee.

Come shop for that unique handcrafted gift for a Mother’s Day present. Or, come by and browse through our slightly used selection of books.



The menu in the Lunch room includes Soup, Quiche, salad and dessert. Call Sue McKenzie 514-637-7605 for more information.

### Maundy Thursday Potluck Supper and Seder meal - April 2<sup>nd</sup>, 6 pm.

At the potluck, we will share in the traditional Seder, using symbolic foods and asking the same questions that are used in Jewish family observances. This reminds us of the Last Supper, and of the traditional Jewish meal that Jesus and his disciples shared before he was put to death. *Watch for a sign-up sheet during coffee hour in April for the potluck, and more information in the bulletin.*

### Good Friday Walk & Worship - April 3<sup>rd</sup>

Please watch for more information in the Sunday morning bulletin.



### Easter Services - April 5<sup>th</sup>

**Sunrise Service at 7:00 am**

Gather at Church for procession to Summerlea Park at the bottom of 55<sup>th</sup>. Then we return to the church for a breakfast of Hot Cross Buns, coffee and juice.



### RECIPE CORNER



I recently tried this internet recipe on a whim after having a slice of their lemon loaf with my coffee at Starbucks. I really enjoyed the results and wrapped in saran, it kept moist for several days.

### Starbucks Lemon Loaf

#### Ingredients

- 1 1/2 cups flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3 eggs, room temp
- 1 cup sugar
- 2 tablespoons butter, softened
- 1 teaspoon vanilla extract
- 2 teaspoons lemon extract
- 1/3 cup lemon juice
- 1/2 cup oil
- zest of one lemon

#### Glaze

- 1 cup powdered sugar
- 2 tablespoons whole milk
- 1/2 teaspoon lemon extract

#### Directions

Preheat oven to 350. Grease and flour a 9 x 5 loaf pan.

In a large bowl, combine flour, baking soda, baking powder and salt.

In a medium bowl, combine eggs, sugar, butter, vanilla extract, lemon extract and lemon juice with a mixer until blended.

Pour wet ingredients into the dry ingredients and blend until smooth. Add oil and lemon zest and mix well.

Pour into loaf pan and bake for 45 minutes until toothpick comes out clean. Remove from oven and cool on rack. Pour glaze over cooled loaf.

Glaze – whisk to combine.

Here is another internet discovery. This is quick to whip up and would be perfect for those occasions when friends call to visit on short notice because it uses only ingredients that you probably have in your

kitchen right now! It is very moist and can be served alone or accompanied with berries.

### Everyday Vanilla Cake

- 2 cups all purpose flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup butter, room temperature
- 1 1/4 cups sugar
- 2 large eggs
- 2 tsp vanilla extract
- 1 cup milk

Preheat oven to 350F. Grease and flour a 9x5-inch loaf pan.

In a medium bowl, whisk together flour, baking powder and salt.

In a large bowl, cream together butter and sugars until light and fluffy. Beat in eggs, adding them one at a time, followed by vanilla extract. Stir in half of the flour mixture, followed by the milk. Add in remaining flour mixture, stirring just until no streaks of dry ingredients remain. Pour into prepared pan.

Bake for 50-55 minutes, or until a toothpick inserted into the center of the cake comes out clean.

Allow cake to cool in the pan for 5 minutes, and then turn it out onto a wire rack to cool completely.

### Music Notes

At our Anniversary Dinner recently, everyone participated enthusiastically in singing some of the old and not-so-old familiar songs of the 1940's to the 1970's from Fly Me to the Moon to Fiddler on the Roof. I certainly enjoyed myself and I hope you did, too!



We are looking forward to listening once again to Elias-Axel Pettersson, pianist, when he comes to Summerlea on Saturday, March 7<sup>th</sup> at 7:00pm to perform works by Bach, Chopin and Scriabin. I

believe we are being treated to more than one Chopin Etude! Please spread the word among your friends and family. Suggested donation is \$12 at the door. We are so lucky to be able to listen to such a talented, engaging pianist right in our own church!

I am sorry to say that this year we will not be putting on a musical. We are all taking a break to do other things, and hope to bring you another performance next year.

I'd like to say thank you to all my choir members for their faithful participation in the church services in the depth of a particularly cold winter. You are troopers!  
*Connie Osborne, Music Director*

### A little chuckle....

Overheard during coffee hour was a discussion of the many folk affected by colds and or flu this past holiday season. One member said she coughed so much she was thinking of turning professional. When Scott heard this, he quipped: "I was thinking we should have a fundraiser to raise some more money for our coughers!"



### Out and About

I thought a day trip to Maxwell, Ontario might be of interest because of a recent discussion on Facebook. I belong to a group called "Lachine Then & Now." There are lots of really interesting posts about Lachine present and past. I love seeing the old pictures that bring back so many memories and it is also nice to see what old friends are up to now and where they are living.

Recently there was a discussion about Scottish Meat Pies. Since we used to sell them at the Christmas Bazaar I thought it might be of interest to some of you. Muir's Bakery, 6 Main St. S., Maxwell, Ontario was the most talked about place, especially when we found out that they deliver to Montreal. The cost was \$19.80 per dozen plus \$15 for delivery. Some people combined orders to save on the delivery cost. It seems there is a delivery about once a month which you can check out on Muir's Bakery Facebook Page.

At the same time the old timers talked about Mrs. Mellows Bakery on Notre Dame St. and also a

bakery on St. Antoine between 18<sup>th</sup> and 19<sup>th</sup> avenue, but no one could remember the name of this bakery, if you do remember the name could you please let me know.  
Lynn Closs

### News and Notes – "Spring Ahead"

Spring is just around the corner...Remember to change your clocks on **March 8<sup>th</sup>** when Daylight Saving Time begins.

Two babies were baptised this winter at Summerlea: *Alyssa Brenda Senecal*, daughter of Jeffrey Senecal and Jamie Benoit, was baptised on November 30; *Audrey Ann Lambert*, daughter of Jenny and Philip Lambert, was baptised on February 15<sup>th</sup>.

Summerlea United folks were saddened with the loss of some long-time members. Our Sympathy is extended to the family and friends of Mildred Tait upon the death of her husband **Alan Tait** on January 18th. The Tait's were very active at Summerlea United for many years before moving out to Stittsville, Ontario.

Longtime member **Evelyn Hawkins** died peacefully on January 18th after a brave battle with ovarian cancer. Our sympathy is extended to her daughter Joan (Colin Boyle), and their children Kevin and Kristen Boyle and their families.

Longtime member and Elder, **Reid Marshall**, died on February 1st in his 92nd year after a brief illness. Reid passed away peacefully with his family at his side. Our sympathy to Denise, Blair & Diane and their family.

Please continue to keep in your prayers those listed in our Prayer Circle in each Sunday's bulletin. 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](http://www.summerlea.ca). You might even recognize some faces of many Summerlea members posted on the website.

*Until the next time.* Susan Ippersiel

### 15 Scientific Reasons Spring is the Most Delightful Season

Summer, winter, and fall may have their fans, but spring is clearly the best season. Even science agrees!

### 1. TEMPERATURES ARE MODERATE

Spring marks the end of blistering winter and the transitional period to scorching summer. The Earth's axis is angled between its closest and furthest position from the Sun, when temperatures are the most extreme. You can finally ditch the winter layers.

### 2. THERE ARE MORE HOURS IN THE DAY

Following the spring equinox, when the Earth's horizon is perfectly aligned with the Sun, the days begin lasting longer and the nights get shorter. That means you have more time in the day to get things done.

### 3. ALL THE ANIMALS COME BACK

Many species of animals migrated south to follow their food supply during the winter. Once the spring returns, these animals do too. There is no better indicator of spring than birds chirping outside your window.

### 4. THERE ARE BABY ANIMALS EVERYWHERE

Animals reproduce in the spring when food is plentiful. Farms are overrun with adorable chicks, bleating kids, and frolicking calves.

### 5. YOU'RE ACTUALLY HAPPIER

Exposure to sunlight increases the hormone serotonin in your brain, which makes you feel happy.

### 6. YOU FEEL ENERGIZED

Exposure to sunlight decreases the chemical melatonin in your body during the day and increases it at night, which helps you sleep better.

### 7. TREES SUDDENLY HAVE LEAVES

Spring brings growth back to plants and trees. A successful spring leaf growth ensures a cool canopy to relax under during the hot summer.

### 8. PLANTS TURN GREEN

It's amazing what a little sunlight, moisture and warm soil can do for plants and grass. Plants convert sunlight into energy and produce the pigment chlorophyll, which turns them green. And it's not just nice to look at—a 2012 study found that people who saw green before a challenge came up with more creative solutions. Spring's green plant life will hopefully do the same!

### 9. FRUITS AND VEGGIES ARE READY TO EAT

After staying dormant all winter and conserving energy underground, many fruits and vegetables sprout in the spring. There is nothing more pleasant than eating a peach right off a tree or a string bean from the pod.

**10. FLOWERS BLOOM** After months spent conserving energy, colorful flowers bloom in the spring, signaling to the bees that they are ready for pollination. And science has proven that looking at buttercups can make you happy. A 2007 study found that people in yellow rooms at cocktail parties were more lively and talkative. Spring's yellow flowers could also lift your mood.

### 11. THE SNOW IS GONE

Increasing temperatures means that snow and ice will no longer plague your commute or lawn.

### 12. YOUR PETS SHED

Pets grow extra thick fur to keep themselves warm during the winter. As messy as it can be, when pets shed their winter coats, they are lighter and more full of life.

### 13. NO MORE DRY AIR

More moisture in the air means more precipitation in the form of rain. Sit under a metal roof during the rain for a relaxing evening.

### 14. YOU CAN OPEN YOUR WINDOWS

With warm weather comes warm air. Open your windows to allow the breeze to refresh your home.

### 15. YOU CAN GET YOUR VITAMINS NATURALLY

Sunlight triggers your body to produce the vitamin D3, which keeps your bones strong.

*<http://mentalfloss.com/article/55573/15-scientific-reasons-spring-most-delightful-season>*