



Spirited Summerlea



United Church of Canada

Newsletter

September 2015

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EDITORS:

Jane Cowell Poitras,
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OCTOBER CALENDAR

4	10:30am	World Communion Sunday
7	9am	Worship & Memb' ship Mtg.
11	10:30am	Thanksgiving Sunday
18	10:30am	World Food Sunday
20	7:30pm	Executive Board Meeting
22-23		Meat Pie Production
25	10:30am	Stewardship Sunday

NOVEMBER CALENDAR

1	10:30am	Communion Sunday (daylight saving time ends)
8	10:30am	Remembrance Sunday
15	10:30am	Food Sunday
17	7:30pm	Executive Board Meeting
21	9am-2pm	Bazaar & Book Sale
22	10:30am	Sunday Worship
29	10:30am	1st Sunday in Advent Communion

Elders' Corner:

World Communion Sunday is October 4th

A WORD FROM AN EDITOR:

For several weeks already, we have been bombarded with political news as the longest Federal election campaign in history rolls on! I am a news junkie and I am interested in all points of view – but between social media, TV, radio and print media – I already feel saturated! That being said, like all of you, I know that I will ultimately have to make a choice and mark a ballot on October 19th.



Politics has always been somewhat of a taboo subject at church – even in such a liberal environment as the United Church of Canada. Not wanting to alienate members who hold rigid political views or cause upsets between members who hold opposing political views, are probably the main reasons this taboo has been perpetuated over several generations.

But there is also the question of our charitable status. As Canadian charities, United Church congregations need to be sure their “acceptable political activity” or participation in the public arena follows the rules and guidelines established by the Canada Revenue Agency (CRA). The most basic of those rules is that activity cannot be “partisan” as defined by CRA. In other words, actions such as seen during the Duplessis era in Quebec where the Catholic priests regularly told their parishioners “Hell is red but Heaven is blue” – could, today, put one’s charitable status in jeopardy.

There can be, however, a place where politics and faith can intersect – but our participation must be informed and responsible. Asking questions, promoting social justice ideals, etc. Most people want to do their due diligence prior to voting – reading pamphlets, consulting party platforms online, etc. I also believe that as people of faith, we have an

additional responsibility to ensure that questions of importance to us are answered by the candidates who are running in our ridings.

I was therefore thrilled to discover that the United Church of Canada has prepared a Federal Election Kit available online at <http://www.united-church.ca/getinvolved/takeaction/election>. This is an outstanding document that crystalizes the issues and provides suggested questions to be asked of candidates. There are 16 different topics ranging from Justice for Aboriginal peoples to Refugees and Immigration and from Climate Justice to Migrant Justice.

Happy reading and remember to do your civil duty on October 19th!

Jane Cowell-Poitras

A Word from the Minister

This is our first newsletter of a new church year! In fact, the very act of having to write a piece for our newsletter is part of what is (slowly!) bringing me “back to reality” after the summer break. Our last edition of “Spirited Summerlea” that came out last May was all about acknowledging the harsh, cold winter we had, and looking forward to the many ways that we could all enjoy the summer that was stretched out before us. My time at the cottage has come and gone for another year, but we now seem to be getting the kind of summer weather I had hoped we would have in July. It seems rather ironic that I had to have the heat on at the cottage on three different occasions during July, but I have also had the air-conditioning on at home in September! As I write this, I am hearing predictions of more hot weather to come within the next few days.

Despite this, however, there is no mistaking that the summer is over and we are back to our regular fall routines. I am enjoying this lingering warm summer weather to the fullest (and will continue to do so as long as possible), but it’s time to turn our attention to the blessings and opportunities of this autumn season. Even though many of us have had some much-needed down time over the summer, we discover, as always, that the world keeps turning and significant events keeps happening, drawing our focus away from vacation time and back to those things that need our attention.

Perhaps the most pressing thing on the minds of people the world over is the desperate situation of the Syrian refugees who are fleeing the war and violence in their homeland, their quest for a better life so often ending in tragedy. We have seen the images of Alan Kurdi and his family members who drowned after the boat that was to take them to safety capsized, and how the life jackets they were given could not even keep them afloat. The tragic deaths of the members of this family are on all of our minds, but we are reminded, of course, of the staggering numbers of others who face this same horrifying situation on a daily basis. Sadly, the Canadian government has been seen by many to be too slow in acting to help those who are affected by this crisis, although public pressure is beginning to change that. One positive step in that direction is that the Canadian government is now matching, dollar for dollar, all donations to help the Syrian refugees made to registered charities (of which the United Church of Canada is one).

In many ways, this situation is a classic example of how faith and politics come together. While I am aware that there are some who say that faith and politics should not mix, I am of the belief that, when we seek to live out our faith in our lives and in the world, our faith will be mixed with politics - and every other aspect of our living, for that matter.

With a federal election coming up in October, politicians seem especially interested in the views of Canadians on many issues. This can be a time for us to allow our faith to inform our decision-making when it comes to electing new political leaders. Barbara Lloyd, who is the Program Coordinator for Public Witness in the Church in Mission unit of the General Council of the United Church has sent out a package of information that is designed to help United Church members strengthen that connection between what we believe and how we vote. The following is an excerpt from her materials: “On Oct 19, Canadians will be called to vote in the 2015 Federal Election. An election is a key opportunity to evaluate political issues through the lens of our faith. It is also a time to help shape the leadership of our country by engaging in the political process. I encourage you to witness to our faith in a just and life-giving God by advocating for justice and peace with candidates in your riding. We urge you to read the non-partisan UCC 2015 Election Kit to gain more information about key issues and share it with other congregational members and neighbours.”

This UCC 2015 Election Kit can be found on-line at <http://www.united-church.ca/getinvolved/takeaction/election> and includes, among other things, background information on 16 election issues as they relate to United Church policy, questions you can ask candidates in your riding, election connections to worship, study groups, children and youth, and instructions for planning and participating in an all-candidates meeting. During September and October, the Rev. Dr. Jim Sinclair, former General Secretary of the United Church, will author a series of short reflections about the connection between faith and the politics of the 2015 federal election.

I hope you have all had a great summer, and as we begin a new fall season together, may we continue to deepen our understanding of what it means to be a person of faith amid the realities of today's world. As we seek to live our faith in all we do, may we continue to bear witness to God's loving presence among us.

Scott A. Patton



MARK YOUR CALENDAR!!

Summerlea's Annual Bazaar and Book Sale, November 21st, 9:00 a.m. – 2:00 p.m.

Request for Email Addresses for Newsletters

In the past few years, many Summerlea members have opted to receive the "Spirited Summerlea" Newsletters via email. If you receive a paper copy but would prefer to be on our email list, please contact Susan Ippersiel at summerlea_united@videotron.ca. We would love to hear from you.



Bazaar Knitting and Craft Table:

We are in need of new handmade adult slippers and mitts, children's mitts and sweaters (sized 4-6), aprons and any



other handmade items that you would like to make. If you need some, yarn and fabric are available. Please contact Barb Costello at 514-630-8098 or after church, or Elizabeth Wightman at 514-484-0722.

Sleeping Mats for Homeless Children

The making of these mats with the outer plastic milk bags continues as 184 mats are needed and each one uses at least 300 bags. Thank you for the ones already donated. Please continue saving bags and putting them in the box above the display case in the church hallway. More people are needed to crochet the mats and to cut the bags. If you are able to help, please contact Elizabeth Wightman at 514-484-0722.

Music Notes Fall 2015



Welcome back to all members of the choir! We began our new season with a bagel breakfast and are preparing our first anthems to provide you with something beautiful to listen to after the sermon, while you are meditating on Scott's words.

This spring we welcomed into the choir, Peter Jones, whom many of us know from his time in St. Lawrence Choir. Thank you, Peter, for joining with us!

If anyone has an interest in joining the choir, please contact me (634-6362). You do not need to be able to read music, just have an enthusiasm for singing! Come try us out!

Connie Osborne, Music Director

Pies

To date 1,000 mini tourtières and 95 large pies 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. The price for a large pie or a box of mini-tourtières (4/box) remains at \$9 like last year. There are still a few boxes from



last year's batch that are on sale for \$6 a box. But they're going fast. Call 514-634-2651 to reserve.

Volunteers will be needed for **Thursday October 22 and Friday October 23rd** when the process begins again to prepare the last batch of pies.

From Jane Percy

As we gear up to make our meat pies I am reminded of the poem our Mum recited to me when I used to return from cooking for Meals on Wheels. She learned it from the cook at Charter House Boys School in Surrey, England when she trained in the kitchen at 14years old. She still remembers most of it.

Kitchen Prayer

Kara Munkres. 1879-1971

Lord of all pots and pans and things, Since I've not time to be a saint by doing lovely things or watching late with Thee, or dreaming in the dawn light or storming Heaven's gates, Make me a saint by getting meals and washing up the plates. Although I must have Martha's hands, I have a Mary's mind and when I black the boots and shoes, Thy sandals Lord I find. I think of how they trod the earth what time I scrub the floor. Accept this meditation Lord, I haven't time for more. Warm all the kitchen with Thy love and light it with Thy peace. Forgive me all my worrying and make my grumbling cease. Thou who didst love to give men food, in room or by the sea, accept this service that I do, I do it unto Thee.

Green Tips – Recycling

Plastic bags (including toilet paper bags, paper towel bags, unsoiled food packaging, grocery bags, dry cleaning bags, and bread bags) can be recycled and are accepted by the curbside recycling program in Montreal. However: they must be clean with all their contents removed and then batched together and placed into one plastic bag which is then tied off. If bags are simply put in the recycle bin singly they will

most likely end up discarded and subsequently 'land-filled' (and your great-great grandchildren will be digging them up largely unchanged).

#6 Items: These include all styrofoam (polystyrene) from which much of the disposable containers and packaging materials are made and often used in disposable plates and cups. NO items marked with the number 6 inside the maddingly, small triangle can be put in your curbside recycle bins. However, all #6 items can be brought to the Church and placed in the special large recycle bin in the passageway between St Andrew's Hall and the back door. From there they will be taken to the Ecocentre in Lasalle which has a special program for the recycling of these materials.

John Osborne

The Book Nook

All the Light We Cannot See by Anthony Doerr. 2014.



I picked this book up at Costco but postponed starting it for a while as I thought I had better things to read. Learn from my mistake! It is a hauntingly beautiful story of a young blind French girl and a German boy soldier whose lives intersect in Nazi-occupied France near the close of the war. This wonderfully suspenseful book was ten years in the writing and I can well believe it. Each sentence is so achingly lyrical that readers can weep. I kept closing the book and perusing the jacket not believing that this novel hadn't won some prestigious award other than being a National Book Award finalist. I gave a satisfied sigh of relief, one week after I finished the book, when it won the 2015 Pulitzer Prize. Magnificent!

Susan Hawke

RECIPE CORNER

This salad was a big hit at the potluck supper/board meeting at Scott's house in June. Several attendees asked for the recipe....



ORIENTAL SALAD

1 Package coleslaw mix
3 – 4 Green onions chopped
½ Cup sunflower seeds

1 Package Mr. Noodles – any flavour (or any other make)

Sauce

½ Cup oil

3 Tbsps. Soy sauce

3 Tbsps. Vinegar (I used cider vinegar)

1 Tbsp. Sugar

Salt & pepper to taste

Discard flavouring in noodle package and crush noodles (easier to crunch before you open the package). Combine sauce ingredients and shake well. Add to salad mix just before serving and toss all together. You can also add ½ cup toasted sliced almonds (I do not usually add them because of allergies.) The sunflower seeds could also be replaced with sesame seeds.

Lorna Laviolette

Look on the Bright Side

Optimism is much more than seeing the world through rose-colored glasses. It is about approaching a problem or situation with faith in ourselves and bringing a positive attitude to work with us every day. Lucille Ball said, "One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself."

Being optimistic can also have many other side effects on your personal health and well-being. Optimists tend to struggle less with stress, anxiety, and depression. They also tend to cope better with illness and disease.

But the best part about being optimistic is that optimists generally enjoy life more. They accept failures and disappointments as part of life and not the end of the world. This allows them to fully embrace their successes and become truly grateful when they overcome obstacles. They don't necessarily expect that good things will come their way, but when that happens, they are fully open to receive the gifts that are provided.

Few of us are born with optimism. Generally, many of our world views are determined by our social

standing and what we learn from our families and friends. But even if you didn't learn how to be optimistic when you were younger, there's still time to change your attitude. Here are a few suggestions for developing an optimistic outlook on life.

Let go of the idea that you were born to have bad luck, and that this will continue all your life. Even if you have had some setbacks, you still have time to turn things around. It is very important to remember that the past does not dictate the future. Examine why you feel pessimistic about the future. Deal with the things you can do to change that prediction, and let the rest go.

You will also have to accept that life will throw you a few curveballs. It happens to the brightest, richest, and most successful people in the world every day. We may all be only one serious illness, automobile accident, or economic downturn away from disaster. These things may happen, and we may have to deal with them. But we can't live our lives in fear. An optimistic attitude will allow us to live our lives without worrying about these things and give us the capacity to believe that we will be able to deal with them if they do occur.

Someone once wrote, "You are what you eat," and we all know that to be true from examining our expanding waistlines. But we also control the "food for thought" that we put inside our heads. We can develop and maintain an optimistic attitude about life by putting more positive ideas into our brains. There are millions of positive thinking books and resources out there that we can access to improve our optimism. Positive affirmations are a great way to start our day, and if we start on the positive side of the ledger, we have a good chance of maintaining it throughout the day.

But the best way to maintain our optimism is to be thankful for the things that we already have. We are blessed to live in the best and safest country on earth. We have the freedom to practice any religion we want and, within modest limits, to say what we believe. We have jobs, families, and communities that care about us. Yes, things could be better, but we have much to be grateful for. That in itself should give us the hope that we will find a way to overcome whatever challenges are placed in our way.

NEWS AND NOTES

With Summer time almost behind us, the hustle and bustle of September activities has begun in the church halls with Badminton, Pickleball, Tai Chi, Square Dancing and Scouts and Guides; meal preparation for Meals on Wheels clients continues on Tuesday and Thursday mornings with a crew of lively volunteers. A sure sign of Fall is when the kitchen is filled with many helping hands busily preparing yet another batch of pastry, measuring out spices, and/or cooking up meat for our ever-popular tourtières. We welcome the beautiful season of Autumn!

Congratulations Betty! In July, **Betty Smith** celebrated her 97th birthday at her daughter Judy Leblanc's home with visits from her children, grandchildren, great-grandchildren and many dear friends. Betty thoroughly enjoyed her special day. Congratulations are also sent to **Judy and Andre Leblanc** who recently celebrated their 45th Wedding Anniversary!

Wedding Announcements Debbie & Alec Quinnell celebrated their son Tim's marriage to Samantha Du Cross on August 15th. Congratulations to the happy couple.

Engagements: Congratulations to *Ryan Closs and Michelle Wall*, (Lynn and John Closs), who will be married on October 11th; to *Kevin Romagosa and his fiancée Robin* who are planning an April wedding at Summerlea Church in 2016; to *Erin Moffat* (Rick & Sheri Moffat) and *Ryan Kelly* (Carol and Frank Kelly) who are planning a wedding next Summer; and to our son *Patrick Ippersiel & Tara Prokosh* who are planning a June wedding.

Our Sincere Sympathy is extended to Barbara Davidson and her family upon the sudden death of her son, Ian, on September 8th in Toronto. Ian was 63. Our sympathy is also extended to Sheri & Rick Moffat and their family upon the death of Sheri's father, Bill Devereaux, in August. Bill was a long time member of Summerlea. Our condolences are also extended to Brad & Barb and Rick & Sheri upon the death of Rick and Brad's mom, Ann Moffat, this summer. Our prayers are with these families as well

as with our shut ins and those who are going through difficult times this summer.

The office recently received a lovely phone call from **Edna Lee**. Edna and Beverly are well, and extend their love and good wishes to all their Summerlea family. Thanks for keeping in touch. We miss you too.

We also received a note from **Heather MacDougall** who now lives in Kensington, PEI. Heather has just started a 3 month, half-time appointment at Winsloe United which is just on the outskirts of Charlottetown. She has also accepted to be the chaplain at the psychiatric hospital in Charlottetown, 1 morning a week. Pix has accepted a call to the Margate Pastoral Charge – near Kensington, which is near Summerside.

Heather and Pix have been invited twice in N.S. and twice in PEI to speak to committees/congregations who are in the affirming process. In Heather's words "Each situation is different, but it is a privilege to be able to share our story, and some of your story too! You prepared me well to do this! Thank you."

For more news, please see Heather's email posted on our bulletin board.

Until the next time,

Susan Ippersiel

