



# Spirited Summerlea

United Church of Canada

## Newsletter

February 2016



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### CALENDAR

#### March

04 Fri 11am World Day of Prayer  
Resurrection of our Lord Church

06 Sun 10:30am 4<sup>th</sup> in Lent

12 Sat 7pm Lakeshore Sax Quartet  
Fundraising Concert

13 Sun 10:30am 5<sup>th</sup> in Lent – Food Sunday

15 Tues 7:30pm Executive Board mtg.

20 Sun 10:30am Palm Sunday with  
Communion & Baptism

24 Thu 6pm Maundy Thursday

25 Fri Good Friday

27 Sun 10:30am Easter Sunday

#### April

03 Sun 10:30am Worship with Baptism

09 Sat 10-3pm Artisan Fair & Book Sale

10 Sun 10:30am Sunday service

17 10:30am Food & Soup Sunday

19 7:30pm Executive Board Meeting

24 Sun 10:30am Musical presentation

30 Sat 7pm Musical presentation

*Elders' Corner:*

**Next Communion:**

**March 20<sup>th</sup>**

*The  
Season  
of  
Lent*



#### EDITORS:

Jane Cowell Poitras,  
Susan Hawke & Lynn Closs

By the time you receive this newsletter Lent will have started. Perhaps some of you will have

decided to “give up” something for Lent - others not – some people will have undertaken a Lenten project – others not. After all, it’s a very personal decision!

I recently read a book by a young Catholic woman – Kerry Weber – entitled *Mercy in the City: How to Feed the Hungry, Give Drink to the Thirsty, Visit the Imprisoned, and Keep Your Day Job*. Yes, Kerry did give up sweets and alcohol for Lent; but she also decided to complete the “Seven Corporal Works of Mercy” during the Lenten season.

Not being Catholic, I had no idea what these corporal works of mercy were! It turns out that they are generally attributed to the Gospel of Matthew when Jesus says “Whenever you do one of these things for the least of my brothers, you do them unto me”. The seven works of mercy (as the title might suggest) are feeding the hungry, giving drink to the thirsty, sheltering the homeless, clothing the naked, visiting the imprisoned, visiting the sick and burying the dead.

In this book, Kerry tries her hardest to complete all of these good works in 40 days - all the while living a busy life that included a full-time job and even on-line dating! Just reading of her exploits - at early morning breadlines in New York City, spending the night in homeless shelters, visiting prisoners, etc., - made me feel tired! While Kerry’s heroic acts might be considered “over the top” by many, the feats described in her book did get me thinking about Lent, which in and of itself is not a bad thing!

At the beginning of this text I mentioned the words “a very personal decision”. Perhaps for me, prior to reading this book, Lent was personal – because I was looking at it strictly from a self-deprivation or self-

improvement perspective. I now wonder if that approach is not somewhat self-indulgent – because, after all, Lent is not just about me! And while Lenten projects of social justice (or mercy) are not new, I am beginning to think that they are the best Lenten project of all. If I give up sweets for Lent, I am, perhaps, likely to lose a pound or two - but I am the only one who benefits. If I volunteer at a homeless shelter or raise money to help those less fortunate, others will benefit from my labours. My reflections continue...for while I would like to donate my time during the Lenten period, time is running out and I should have planned this earlier!

But I did find something that I could do – that will benefit not only me - but others as well. A Facebook contact suggested getting a large plastic garbage bag, and each day of Lent, placing in it one thing I no longer need or use. At the end of the forty days of Lent, I can then donate those items to a worthy cause. After only a couple of weeks, I have filled a garbage bag and I have started a second bag! I have found it both cathartic and satisfying.

*Jane Cowell-Poitras*



### A Word from the Minister

Just a few days ago, I returned from my study leave time, having spent a week at Five Oaks Centre near Paris, Ontario. Five Oaks is a United Church education and retreat centre, a place that has been near and dear to my heart for many years. I attended a spiritual retreat for men that I have been a part of for fifteen years now, and this most recent event was everything I needed it to be in terms of spiritual renewal and personal development. I know this is already sounding like those essays we all wrote when we were in grade school, entitled “What I Did on My Summer Vacation”, but my goal is not just to report to you how I spent my official leave time. I’m telling you this because I would like to share with you in some small way what a profound and renewing time this was for me, and to encourage you all to take advantage of the many opportunities we have to “feed our souls” and deepen our relationship with God.

This is essentially what the season of Lent is all about, and I believe we can observe this season in a way that can lift us beyond ourselves and our everyday routines, and into a fuller and deeper experience of God’s presence in our lives. These opportunities are always before us, yet it is surprising how many of us miss them on a regular basis. One of the reasons we miss this opportunity has to do with our preconceived notions of what Lent is all about. For too many of us, Lent has not been a welcome observance because it has too often been associated with images of not being good enough, not being faithful enough, and not being worthy of the love of God (which means that we have to somehow earn it).

Mental health experts have long told us about the devastating effects of low self-esteem. Sadly, some people can only see the season of Lent in a way that makes them feel badly about themselves, or they ignore it all together because they do not want to spend time making a “laundry list” of their spiritual faults and shortcomings. Still others feel that denying themselves in some way will help bring them closer to God, but I’m not sure that most people find this a helpful exercise. I know that, when I deny myself something I really like, I usually just become cranky, not closer to God.

Ironically, the greatest benefits I gleaned from my spiritual retreat time was not in the group as we shared insights and personal reflections with each other, but rather it happened for me more between group sessions when I would go for long walks on the nature trails that meander through the woods on the Five Oaks property. It was there, with nothing but trees and birds and my own deep thoughts to spend time with, that I found myself transported to a place where I could feel the real presence of God in my life in a way that is all too rare for me. I know most people erroneously think that because I am a minister, I can spend all day with God in a way that brings me closer to God than anyone else. I must confess to you that however much I may wish this to be true, my days are as full of workaday routines and distractions as anyone else’s. Like most of you, I also need to intentionally set aside time to work on my faith and maintain a close connection with God, because most of us do not have the luxury of spending all of our time focusing on our walk of faith.

This, I believe, is why the season of Lent came into being in the first place – to take time, at least once a year, to re-focus and re-turn to God; not because we have been bad people and only God can pull us out of our badness, but because doing this reminds us of God’s great love for us, and God’s desire to be with us through all the events of our lives. During my walks through the woods at Five Oaks, I had some of the best conversations with God I have ever had. I was able, with God’s help, to sort through some of my own personal issues and struggles, and I came away from that with a renewed feeling of how much God loves me, and indeed, how much God loves us all. Conversations with God, of course, do not happen in the same way that we talk to people around us, but I am thankful that I have learned how, not only to share my inner self with God, but also to listen for what God is saying to me. Mother Teresa of Calcutta was once interviewed by a reporter who asked her what she says to God when she prays. She said, “I don’t say anything, I just listen.” The reporter then asked her, “If you just listen when you pray, what does God say to you?” She responded, “He doesn’t say anything, he just listens”, then she added, “and if you don’t understand that, I can’t explain it to you.” Indeed, this kind of connection with God cannot be explained. This kind of prayer was the experience of Mother Teresa herself, and not everyone is meant to copy it. Each of us must find our own way of communicating with God, and like my experiences at Five Oaks, they cannot always be adequately explained to others.

All I know is that opening myself to God’s loving presence in my life in my own way led to a profound experience of God, and an assurance of how much I am loved as a child of God. It is my hope that all of you can find your own path to deepening your faith and your connection with God, because I know that, whatever path you may take to get there, the destination is a fuller experience of the God who will always go to great lengths to let us know that we are loved beyond measure, and that each one of us is a beloved child of God.

*Rev. Scott A. Patton.*

World Day of Prayer will take place at Resurrection of our Lord, Lachine, on Friday, March 4 at 11am. This year’s theme



is “Cuba 2016”. Luncheon will follow the service.

### Lenten Loonies for Haiti

Haiti is the poorest country in the Americas, and has the highest infant and maternal mortality in the Western Hemisphere. It is widely recognized that midwives play an important role in improving child and maternal health. The Canadian Association of Midwives has a close link with Haiti and in particular with the University Midwifery Education program in Port-au-Prince. Our “Lenten Loonies” are put in a fund that helps buy educational materials for the midwifery school, and helps Haitian midwives attend international meetings and conferences. Please contribute the cost of a coffee, chocolate bar, or donut when the “Loonie” bucket is passed around.



### Fund-raising concert to support refugee family

The Lakeshore Saxophone Quartet, and the Trio Chalumeau, are presenting a concert to raise funds for our soon-to-begin sponsorship of a refugee family. Join us for a great evening of music - classics, jazz, blues, pop, etc. - and help us jump-start the funding we need to give them a great start to their new life in Canada. Mark it on your calendars - **Saturday, March 12th at 7:00 pm** in the sanctuary here at Summerlea United Church.

The concert is free, but we would appreciate a donation of \$10 per person, or \$25 per family, to the cause. All proceeds will be in aid of the Summerlea Refugee Sponsorship Coalition (SRSC) efforts for the sponsorship and support of a Syrian refugee family

### Artisan Fair and Book Sale

**Saturday, April 9th  
10 am – 3 pm**

Mark your calendars! Sponsored by the Girl Guides & the Outreach Committee. There will be over 30 artisans offering wonderful hand-made crafts ideal for



home decorating or gifts for Mother's Day perhaps, or a child's birthday. Also there will be a wide selection of slightly used books. Come by and browse. The menu in the Lunchroom includes Soup, Quiche, salad and dessert. Call Sue McKenzie 514-637-7605 to rent a table.

## Maundy Thursday Potluck

**March 24, 6 pm.**

On Maundy **Thursday, March 24**, we will gather at 6pm in St. Andrew's hall for a potluck supper, followed by Maundy Thursday Worship with stripping of the Sanctuary. There will soon be a sign-up sheet available on a Sunday morning for the potluck supper.

## Good Friday Walk & Worship

**- March 25<sup>th</sup>**

The annual Good Friday Walk where Eastern Lachine and Western

Lachine meet at Resurrection of our Lord Church will commence at 9am from Summerlea Church.

This is a time of silent worship. All are welcome.

Following a brief service at 10:15am, there will be a reception of Hot Cross Buns and water in the Resurrection church hall.



## Easter Services - March 27<sup>th</sup>

**Easter Service** will take place at 10:30am in the Sanctuary.



## Family Life Centre

In celebration of its 30th anniversary, the Family Life Centre is hosting a FREE afternoon tea on April 16 at Cedar Park United. Watch for details. Do you have any china teacups you'd like to donate? Please call 514 630-7794.

## RECIPE CORNER

### Egg & Bacon Hash Brown Nests

<http://tiphero.com/egg-bacon-hash-brown-nests/?ref=cmts>

**Ingredients - Hash Brown Nests**

20 oz bag refrigerated shredded hash browns



4 Tbsp vegetable or olive oil  
1 tsp kosher salt  
½ cup grated sharp cheddar cheese  
pinch ground black pepper

### Instructions

- Spray a 12 cup muffin tin with non-stick spray. Spray generously to keep the cheese from sticking.
- Preheat the oven to 400 F.
- Mix all of the ingredients together in a large mixing bowl until combined.
- Scoop about 1/3 cup of the hash brown mix into each muffin tin. Press the hash browns down into the tin and up the sides. Let it come up over the top a little bit, as they will shrink down once baked.
- Bake in preheated oven for 25-30 minutes until golden brown on the bottom.

### Ingredients - Filling

6 large eggs  
3 Tbsp heavy cream or half and half  
pinch of kosher salt and ground pepper  
½ cup cooked and crumbled bacon  
1 cup shredded Swiss cheese (or melting cheese of your choice)  
1 packed cup of chopped fresh spinach leaves

### Instructions

- Scramble the eggs together with the cream and salt and pepper in a large measuring cup with a spout.
- Divide the egg mixture evenly among the muffin tins, filling each about ¾ of the way full.
- Sprinkle on a handful of bacon, then spinach, then top with the cheese.
- Bake at 400 for 12-15 minutes, until the cheese has melted and the egg is no longer runny in the middle.

### Music Notes

There are several music events going on at Summerlea this spring. Do consult the calendar elsewhere in this newsletter.



The **Lakeshore Saxophone Quartet** and the **Clarinet Trio Chalumeau** will be returning on **Sat., March 12<sup>th</sup> @ 7:00pm** to give a fundraising concert

in aid of our project to sponsor a Syrian Refugee family. The concert is free, but we would appreciate a donation of \$10, or \$25 per family. Come and listen to a wonderful programme of classics, jazz, blues and pop, all while helping a worthwhile cause!

Also, my talented cast and set designers have stepped forward once again to help me put on another **musical**. This year's presentation is called "**The Rock Slinger and His Greatest Hit**". Guess what that's about!! Join us on **Sunday, April 24<sup>th</sup> @ 10:30am** and again the following **Saturday, April 30<sup>th</sup> @ 7:00pm** for a riotous look at the story of David and Goliath (if you hadn't guessed already!). Come and watch your friends and neighbours ham it up on stage! You won't be disappointed.

Lastly, **Elias-Axel Pettersson**, pianist, and **Roland Arnassalon**, violinist, will be returning to Summerlea on **Sunday, May 15<sup>th</sup> @ 3:00pm** for a chamber music concert. These two musicians are very talented and always give a terrific performance. I love the way Elias describes the music we are about to hear--it perks up our interest! Tell everyone you know to join us for a great afternoon's listening.

*Connie Osborne, Music Director*

### A Circle for Men

Beginning Feb. 24, 2016, and continuing bi-weekly, there will be an opportunity for men to gather and discuss those things that affect men's lives. Sponsored by the ManKind Project, our intention is to provide a safe, confidential place for men to be authentic, honest and open, to explore their issues and to share their feelings.

You want to know more? Join us for an evening and see for yourself.

Circles of men welcome you.

When: 7:15pm-9:30pm, alternate Wednesday evenings, beginning Feb. 24th in the Chapel at Summerlea.

Contact John: 514-984-8370 or [jcloss.mkp@gmail.com](mailto:jcloss.mkp@gmail.com).

"The ManKind Project of East Canada is a committed, diverse and vital community empowering men and women to live in integrity, authenticity and service. We create a world of love, healing and growing consciousness."

### Healing Pathway Training

Rev. Sharon Moon and Rev. Howard Clark will lead a Phase 1 Healing Pathway Workshop at Cedar Park United on June 3 (7 pm-9 pm), June 4 (9 am-5 pm) and June 5 (1 pm-5 pm). Cost is \$210. Register with Janice Barnes at [melton.l@videotron.ca](mailto:melton.l@videotron.ca)



### A little chuckle....

#### Show and Tell

A kindergarten teacher gave her class a "show and tell" assignment. Each student was instructed to bring in an object that represented their religion to share with the class.

The first student got up in front of the class and said, "My name is Benjamin and I am Jewish and this is a Star of David."

The second student got up in front of the class and said, "My name is Mary. I'm a Catholic and this is a Rosary."

The third student got in up front of the class and said, "My name is Tommy. I am Baptist, and this is a casserole."

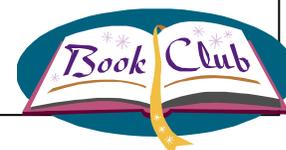


### Meals on Wheels

Are you available 2-3 hours a month to contribute your time to a local organization? Meals on Wheels takes place at Summerlea United on Tuesdays and Thursdays. We are presently looking for assistant cooks, or help to load up the dishwasher and wash a few pots and pans after preparation of the meals. If you prefer delivery of meals, that can certainly be arranged. If this interests you, please call Susan Ippersiel at 514-634-2651 or 514-634-4827, and I can provide you with more details. Our volunteers are a very friendly bunch, and most are from the Lachine community or Dorval area. You might just come across an old friend or two.

### The Book Nook

By Jane Cowell Poitras



### **Clementine: The Life of Mrs Winston Churchill**

by *Sonia Purnell*

We have often heard the expression that "behind every great man is a great woman". This biography of Clementine Churchill sets out to prove that the iconic Winston Churchill would never have become the legendary historical figure we know, without the love, support and practical good sense of his wife.

Clementine came from a middle-class family. Her parents divorced when she was young and she lived with her mother for many years in a small town in France, where the cost of living was much lower. Ironically, she did not impress Winston's family when they met her, because she came from a lower class. But it was this very fact that made her such a political asset - she could relate to everyday people.

Like any marriage, the Churchills encountered good times and bad. It would seem that Clementine was, at times, overwhelmed by it all. Unique for a woman of her era, she often took off for holidays alone in Europe. It was almost as if she needed this time to recharge her batteries for the next political battle. Even if you are not a fan of biographies, this book is a must-read. Not only does it shed new light on a well-known couple, but it does so while contextualizing the times in which they lived. From the Suffragette movement to Winston's last days in office in the 50's, to their last decade together as a retired couple, this is a fascinating story. And, I suspect, far better for my spiritual life than giving up chocolate!

### **News and Notes - "Spring Ahead"**

One sure sign of Spring is that it will soon be time to change our clocks to Daylight Saving Time. Remember to spring ahead on **March 13<sup>th</sup>**. March 13<sup>th</sup> is also our next Food Sunday.

Congratulations to **Jeanne Moore** who celebrated her **100<sup>th</sup> birthday** on February 6<sup>th</sup>. Wow!

Wedding bells will chime for **Kevin Romagosa** and his **fiancée, Robin**, on April 16<sup>th</sup> at Summerlea United. Our congratulations to the happy couple.

Some Summerleaites unexpectedly found themselves in hospital this winter; some are still convalescing. We would like to extend our good wishes and speedy recovery to each and every one of you.

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 each Sunday's 10:30am 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. Thanks to John Osborne who keeps it up to date each week.

*Until the next time.*

*Susan Ippersiel*

