



Spirited Summerlea

United Church of Canada

Newsletter

February 2017



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CALENDAR

March

- 04 Sat 11am World Day of Prayer
Resurrection of our Lord Church
- 05 Sun 10:30am 1st in Lent Pancake Sunday
- 12 Sun 10:30am 2nd in Lent - Communion
- 19 Sun 10:30am 3rd in Lent Food Sunday
- 26 Sun 10:30am 4th in Lent

April

- 02 Sun 10:30am 5th in Lent
- 08 Sat 10-3pm Artisan Fair & Book Sale
- 09 Sun 10:30am Palm Sunday
- 13 Thu 6pm Maundy Thursday Supper
followed by Service
- 14 Fri Good Friday
- 16 Sun 10:30am Easter Sunday
with Communion
- 23 Sun 10:30am Sunday Worship
- 30 Sun 10:30am Sunday Worship

Elders' Corner:

Next Communion: Sunday March 12th

*The
Season
of
Lent*



EDITORS:

Jane Cowell Poitras,
Susan Hawke & Lynn Closs

As some of you may know, last year I undertook a personal decluttering Lenten project. After many years in the same home, three children and a dog, I have accumulated – for want of a better word – lots of “stuff”! Every day during Lent, I put one item in a box or plastic garbage bag destined for Renaissance or the thrift shop at Union Church where I work.

Decluttering can be a very daunting task. It is tied up with psychology. Many women such as myself hold on to clothes that are in smaller sizes and it is hard to part with not only the item of clothing – but also the unrealistic dream that once again those perfectly fitting size six jeans – will fit once more. I have also been holding onto books that take up a lot of room. For those of us considering downsizing, books are an item that have to go entirely or at the very least, be severely triaged. While an avid reader, I rarely read books twice and all they do is collect dust! They are definitely going to be a target this year!

The kitchen can also be a difficult place to declutter. I remember last year getting rid of some French onion soup bowls I had received as a wedding gift. It was really hard sentimentally to let them go - even though I could count on one hand the number of times I had made French onion soup in 35 years! I came to the conclusion that if I had not used an item in 5 years, it was time to let someone else enjoy it! Paper can also challenge. Last year, just to get it out of the way, I filled a huge Rubbermaid

container with paper. This Lenten season, I plan to tackle that box!

But I am also taking my Lenten challenge in a different direction this year – food. I plan to place one non-perishable item of food in a box each day of Lent. This is a time of year when our food banks are often in trouble. After the generosity of the Christmas season, the shelves are often bare so I hope my little gesture will help.

Jane Cowell-Poitras



A Word from the Minister

The edition of “Spirited Summerlea” that comes out at this time of year is typically referred to as “the Lent/Easter edition”. It comes out at a time of the year when many of us are longing for springtime and a return to warmer weather. Easter is about “resurrection” in more ways than one: it is a time of year when we experience “new life” as the earth sends forth its budding greenery and we come out of our winter cocoons and breathe in the balmy, fresh spring air. What’s not to like about that! It’s what we wait all winter for, and it can also be a time to experience a renewal of our faith as well as we are reminded of the hope and new life that are ours through our celebration of the risen Christ. And if this newsletter was coming out on April 16, my submission to the newsletter would be all about these things and more. But this Lent/Easter edition of our newsletter is planned for March 5, the first Sunday in Lent, and as the minister, I feel it is my responsibility to make sure that we do not rush to our destination of Easter without spending some necessary time in the season of Lent. Lent is a spiritual journey that lasts 40 days, from Ash Wednesday (which is March 1st this year) to Holy Saturday (the day before Easter Day), excluding the Sundays. That

last part always seems to take people by surprise. Sundays, whether during the season of Lent or not, are always days of celebration, and are not included in the 40 days of Lent. I hope you will consider the Sundays in Lent to be a kind of “rest stop” on your Lenten journey.

This year, my own plan for the season of Lent is to spend some time reflecting on my beliefs about God and God’s interaction with us in this world. Part of this is my hope of deepening my understanding of who God is, and what it means to say that I believe in God. Many of us have seen the recent articles in *The United Church Observer* magazine about Greta Vosper, the Toronto minister who has revealed that she does not believe in God’s existence. Recently, a specially-appointed panel charged with the task of investigating Greta’s ministry found her to be “unsuitable for ministry within the United Church,” and the result of that for Greta remains to be seen. This has raised for many the question, “how can an atheist be a minister in a church?” For me, “atheist” and “minister” are anathema to each other, and without the benefit of a personal conversation with Greta, I would not attempt to claim any understanding of what all of this means for her. But I have seen other examples of those who seek to follow a secular path to the complete exclusion of anything faith-related, and I remain unconvinced of the validity of this. It seems to me that there are too many ulterior motives in claiming a secular stance. For example, the proposed “Charter of Quebec Values” was presented as a means of promoting a secular society. Some even went on to say that part of its purpose was to curb the oppression of women. This all sounds well and good, until one realizes that the creators of the Charter were simply assuming that any Muslim woman who was wearing a head covering was being forced to do so, and therefore was experiencing oppression. Many Muslim women in Quebec have told us that they wear their traditional head covering by choice, and have asked us to respect that choice. So it seems to me, in reality, that the Charter was not really about excluding

anything “God” or “faith”-related, but was really about the discomfort some had with the Muslim religion and its adherents in particular. What was masquerading as being “pro-secular” turned out to be nothing more than Islamophobia, which in itself is a form of oppression. We saw this in its most heinous form in the deadly shooting at the Mosque in Quebec City on January 29, an event that was motivated by pure hatred, and NOT someone seeking to promote secularism.

As I reflected on this reality, I began to wonder about the motivations of others who choose not to be a part of the faith community. We know that church membership has been declining for most of the last 40 years. I am also very much aware that, for many, the church was seen in the past as something you “had to” be a part of. For example, many years ago, if you wanted to be successful in business in the community, especially the smaller communities, you had to make sure you were an active member of the local church or else you and your business would be avoided. I am also very much aware that the church has misused the concept of “eternal damnation” to scare people into availing themselves of the “insurance” that church membership was seen to provide.

Thankfully, many churches have recognized that our job is not to “save souls” (saving us is God’s job), and it is certainly not to scare people into being religiously involved, but I cannot help but wonder if, for some, this letting go of fear has also led to a letting go of God. It almost seems that, if there is no need to live in fear of God’s punishment of us, there is really no need for God at all.

Sadly, there is a long history in the church of seeing the season of Lent as a time of “making sure we are right with God,” which, again, is a reaction based on fear of God’s punishment. But this is not, and should not be, the purpose of Lent, but rather, it is to allow ourselves to get more in-touch with the God who longs to be in relationship with us, and who calls us to be partners in the on-going work of creation and the

work of building a better world; one that is based on the principles of love and compassion. That is why I believe in God, and that is why I would like to spend this season of Lent deepening my understanding of what it means to live my faith in today’s world. May your Lenten journey bring renewal to your life and to your life of faith, and may you deepen your relationship with the God who loves us and is with us always.

Rev. Scott A. Patton

World Day of Prayer will take place at Resurrection of our Lord, Lachine, on Saturday, March 4th at 11am.



Summerlea Refugee Support Coalition

Regarding the continuing efforts of the Summerlea Refugee Support Coalition (Summerlea United, Merging Waters Pastoral Charge (Union and Beaurepaire United Churches) and Lakeshore Unitarian Universalist Congregation), we are still waiting on Canadian officials abroad to interview and perform the mandatory security checks of the family of six. They remain in Saudi Arabia under increasing financial strain while ten year old Abdallah continues to recover from the severe injuries suffered when he and his grandfather were struck by a car (see details at <http://www.summerlea.ca/RefugeeSupport/SRS C-NewsAsOfJanuary2017.htm>).

In the first of three fundraising concerts being planned by the SRSC, Summerlea will play host to Connie and the Octet Plus choir on Tuesday, April 25th. at 7:30 p.m. The proceeds will be fully dedicated to the SRSC fund and to help with the immediate support of Bilal and his wife and the four children. Two other concerts will follow later in the spring and summer at other venues. We are counting on your enthusiastic support of these events.

Music Notes

John Osborne



Following our successful performances of “The Rock Slinger and His Greatest Hit” last spring, the cast and crew (and director!) are taking a well-deserved rest, so there will be no musical this year.

However, **Octet Plus**, the other choir that I direct, will be giving a fund-raising concert this spring at Summerlea on **Tuesday, April 25th @ 7:30pm**. Several of Summerlea's choir members belong to Octet Plus which will be performing folksongs, gospel songs and jazz, among other numbers. Please join us for a fun evening and help us raise funds to support the Syrian refugee family that Summerlea and three other churches are sponsoring to come to Canada. They desperately need our help to survive until they get here.

Please help spread the word about this concert for this worthy cause.

Also, Summerlea has been invited to join the other three churches in the Refugee Coalition in a joint concert involving all the choirs and several musicians. This would take place in early May probably at Union Church in Ste. Anne de Bellevue. Again, this would be another fund-raising event in support of the Syrian family. Details are yet to be finalized, but I just wanted you to be aware that this concert is in the works.

Connie Osborne, Music Director

Lenten Loonies for Haiti

We will once again collect Loonies beginning Sunday, March 5th, 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.

Miles of pennies or kilometers of nickels. Please continue to put your nickels and dimes in the maple syrup bucket near the entrance to the church. The next mile has been completed as we work towards a 400metre dash or \$1000. Thanks to Marion McKinney who has taken the task of rolling the money. Thanks also to Barbara Davidson who has retired after many rolling years!

Dominique Literacy project in Haiti. Funds for this project are generated by donations made to various “Soup Sundays” and by contributions to the jar at the back of the church.

Looking ahead: Additional funds are raised via the **Plant Sale** that is tentatively scheduled for **May 27th**. Please consider splitting and potting them for our fundraiser. Plant in clean pots and label. More information will follow in the April Sunday bulletins.

William Hunter Memorial Fund Thank you for your generous support of our three overseas children. They are Santiago who is almost 3 years from Paraguay, Angelica a 12 year old girl also from Paraguay and 15 year old Naomi from Ghana. Currently it costs \$468.00 per child per year.

Through your generosity these children will receive an education, medical care, clothing and improved nutrition. We are making a big difference to children and their families in the developing world. They deserve a chance to succeed in life. We appreciate your continued assistance.

Artisan Fair and Book Sale

Saturday, April 8th

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.

Book Sale: In order to better serve our community, the folk who work at the Artisan Fair, and, hopefully to sell more books, the bi-annual Book sale will take place this Spring on 2 days! *Friday April 7th and Saturday April 8th.*

Maundy Thursday Potluck April 13th, 6 pm

On Maundy Thursday, April 6, we will gather at 6pm in St. Andrew's hall for a potluck supper, followed by a short service in the Sanctuary.

Good Friday Walk & Service - April 14th

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 Service with Communion will take place at 10:30am in the Sanctuary.

RECIPE CORNER

Here are a couple of quick easier recipes that work for our family



Baked Salmon Fillet

Topping

Dijon mustard

lemon juice

Mrs Dash's seasoning

Italian bread crumbs

Line an oven proof dish with aluminium foil. Place fillets skin side down. Spread fillets with Dijon mustard, then top with lemon juice, Mrs. Dash's seasoning and Italian bread crumbs.

Bake at 400 degrees for 10 minutes, then broil for 3-4 minutes.

Cucumber Salad

2 English cucumbers, thinly sliced

1 yellow onion

1 tsp salt

1 cup water

½ cup vinegar

½ cup sugar

½ tsp celery seeds

½ tsp mustard seeds

In a bowl, put the thinly sliced cucumber and onion. In a small saucepan combine the salt, water, vinegar and sugar, heating slightly to dissolve the sugar. Add the celery seeds and mustard seeds. Pour over the onion and cucumber. Cover and refrigerate for 24 hours.

Chewy Squares

½ cup margarine

2 cups packed brown sugar

1 tsp vanilla

2 eggs

1-1/2 cup flour

2 tsp baking powder

1 tsp salt

1 cup chocolate chips

Grease 9 x 13" pan

Melt margarine in saucepan

Remove from heat, add sugar and vanilla and stir well.

Add eggs one at a time beating after each addition. Stir in other ingredients

Spread in pan and sprinkle chocolate chips over mixture.

Press down lightly.

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.

Lent Around the World

While Lent is traditionally a time of fasting and penance, Christians around the world have managed over the centuries to find colorful ways to participate. Matthew Bunson OSV Newsweekly

Denmark

The last Sunday before Lent begins is called "Fastelavn." Cream- or jam-filled buns are eaten and children dress up in costumes. A barrel filled with candy is beaten, much like a Mexican piñata, and the two children who break the barrel are crowned the Cat King and Cat Queen (because the barrel used to contain a live cat instead of candy.)

Greece

The Monday before Ash Wednesday, called Kathari Theftera, or Clean Monday, is a national holiday in Greece. Families go to the countryside and beaches for picnics and kite-flying. Greek Orthodox Christians give up all meat and animal products during Lent, and eat beans, orzo and pastas. Cookies and cakes are permitted as long as butter is omitted.

England

The arrival of Lent is marked by making pancakes and also holding pancake races. The British Isles also have one of the most beloved Lenten customs of eating hot cross buns to symbolize the Cross. During the Middle Ages, the English traditionally marked Laetare Sunday with the celebration of "Mothering" Sunday, so-called because apprentices were given the

day to go and visit their "mother churches," the churches where they were baptized.

Newfoundland, Canada

Various items are baked into pancakes on Mardi Gras. The person who gets a coin will be rich; a ring, will marry; a nail, will become a carpenter; and a thimble, will become a tailor.

Poland

Shrove Tuesday is called "Sledziowka" ("Sledz" is the word for herring.) Various dishes of herring are typically served that day.

Goa, India

Catholics have their own version of Carnival with three days of music, dancing and feasting, culminating in a Mass. Notably, the Indian Catholics have traditionally been joined by Hindu and Muslim neighbors in the festivities. A similar festival is held in Kerala, where Catholics hold the Raasa parade on the day before Ash Wednesday. The name Raasa is derived from the Sanskrit for "fun," and the festival likewise includes music and dance as well as fireworks; it also ends with a Mass. There is no feast, although there is the Chembeduppu ceremony in which offerings of raw or half-cooked rice are placed in large copper vessels (chembu) at the churches. After the Mass, the copper vessels are carried in a procession, with golden and silver crosses, flags and bands.

Ireland

When it comes to abstinence on Fridays during Lent, the tradition in Catholic countries, of course, is that fish is eaten in place of meat. The Irish typically eat fish soup on Fridays. In the Caribbean, meanwhile, the seafood of choice is cockles.

Middle East

Among the Melkite Catholics of Jordan, Syria and other parts of the Middle East, fasting during Lent entails abstaining from meat, dairy products, eggs, fish, olive oil and alcohol.

Mexico

The final Friday of Lent is devoted to Our Lady. Known as *Viernes de Dolores*, "Friday of Sorrows," altars are set up in churches and homes in her honor. On the fourth Friday in Oaxaca, called *la Samaritana*, aquas frescas, fruit drinks and ice cream are given to passersby in honor of the Samaritan woman who gave Jesus water at the well.

Germany

In some parts of Germany, old Christmas trees are burned during Lent to welcome in spring (Lent being the old Germanic for “spring.”) Holy Week is also honored by the staging of processions and passion plays to remind the faithful of Our Lord’s suffering. The most famous of these is held every 10 years in Oberammergau, Germany, a custom that dates back to 1633 when the people of the town vowed to stage a passion play should God be merciful and end an outbreak of the plague. The first play was held the next year. Holy Thursday is known in Germany as “Green Thursday” (Grundonnerstag), for reasons that remain a mystery. The same name is used among the Czechs and the Slovaks. Normally, green foods are eaten, especially green salads and spinach.

Slovakia

On Palm Sunday, called *Kvetna*, or Flower Sunday, after the morning Mass, children in villages gathered behind a maypole and went through the town singing a song about Christ journeying to Jerusalem.

Bulgaria

The *Lazaroupane* festival is celebrated on the Saturday before Easter and honors spring and young girls. A beloved event every year, the *Lazaroupane* represents a kind of debut for girls. They gather on the Saturday before Palm Sunday, decorate the gates of the village with willow twigs, and then walk through the village singing. The next day, they make Palm Sunday wreaths. According to superstition, young girls who refuse to take part will never find a husband.

Needless to say, the day is also used for marriage proposals.

Philippines

On Good Friday some of the faithful in the town of San Pedro in the Philippines actually endure crucifixion as well as flagellation with sharp-tipped whips. The crucifixions do not last long enough to cause serious injury or death. Passion plays or *sinakulo* are also often performed during Lent. These plays are performed over several nights during Holy Week. On Holy Thursday, the most common activity among Catholics has been to visit three, seven, nine or even 14 churches. The custom of the churches is based on keeping vigil in the spirit of Christ’s journey to Gethsemane after the Last Supper. The practice likely began with the pilgrims who made their way to Rome to visit the seven great pilgrim churches.

Czech Republic From Holy Thursday night, the bells of churches fell silent across parts of Europe, such as in Slovakia, the Czech Republic and Luxembourg. Children were told that the bells were quiet because they had gone to Rome to make confession. As there were no bells, children would be sent out with wooden clappers to call the villagers and townspeople to services for the rest of the Triduum. With dawn on Easter morning, the bells began to ring once more. In the Czech Republic, the Thursday of Holy Week is called Soot-Sweeping or Black Wednesday because chimneys were traditionally cleaned this day to prepare for Easter.

Malta

The Wednesday of Holy Week is known as Drums’ Wednesday because children go to church and drum on chairs to create the sound of thunder. The tradition of *Visita Iglesia* (visiting churches) is popular. Some families will visit 14 churches, with each church providing one of the Stations of the Cross. A special almond and honey cake, called *kwarezimal*, is a Lenten highlight on the island. Honey-coated fried bread filled with spinach is another favorite.

Russia

Orthodox Christians give up all animal products, omit meat and forgo oil and wine on weekdays.

Sweden

Pancakes are also eaten on “Fat Tuesday,” traditionally accompanied by bowls of pea soup. On Holy Thursday, children dress as witches and receive candy and Easter eggs.

Italy

Bottles of holy water are traditionally passed out during Lent for use in blessing homes.

United States

In many Midwestern cities in the United States settled by Polish immigrants, *paczki*, a doughnutlike pastry, are eaten just before Lent, especially on Fat Tuesday.

Bermuda

Families fly kites made with wooden sticks on Good Friday to represent both the cross that Jesus died on and his Ascension into heaven.

In the Past (sidebar)

Rigorous fasting and abstinence during Lent was common in the past. In some areas, only one meal a day was taken during the entire 40 days. Other fasting practices included eating only bread and

water; not eating until 3 p.m.; and eliminating all meat, eggs, dairy and fruit.

Interestingly, in some areas of Ireland, Wales, Germany and the Arctic, beaver tail was considered “fish” and could be consumed during the fast.

Even today, in parts of Michigan, muskrat is among the food items approved to consume on days of abstinence, including the Fridays of Lent, because the mammal lives in the water.

Counting the Days

If you count the days from Ash Wednesday until Easter, you will realize there are more than 40. The reason for this is that Sundays are not included because they are always celebrations of the Resurrection and, since the Second Vatican Council, Good Friday and Holy Saturday are considered part of the Easter Triduum instead of the last two days of Lent.

This is not true for Eastern Orthodox and Eastern-rite Catholics. They begin Lent on Clean Monday, the Monday before Ash Wednesday, and include Sundays. Lent therefore ends on the Friday before Palm Sunday. Palm Sunday and Holy Week are considered separate from Lent itself.

Green Tip

Water Facts Testing of drinking water in Montreal is above and beyond those of many other municipalities in the country. Tests are regularly conducted to detect up to 75 drinking water contaminants identified by Health Canada. For instance, in Toronto tap water is tested every four to six hours! In sharp contrast an international study that included Canadian sources showed that 40 per cent of sampled bottled waters the bottles had bacterial or fungal contamination as well as chemical contaminants that can affect human hormone balance.

The Canadian Food Inspection Agency regulates the quality of bottled water in Canada and on average, a water bottling plant is tested only every two to three years. In 2010, only 6 per cent of bottled water factories were tested (16 of 282 factories) and since year 2000 a whopping 27 out of 49 bottled water products were subject to recalls by the agency! Add to this the fact the

untold millions of empty plastic water bottles are dumped in landfills every year and each of these take anywhere from 450 to 1,000 years to biodegrade!

I bought a bottle of Evian water (all the way from the French Alps!) and it is still in use as I am constantly refilling it with Good Ole Montreal Tap Water instead of paying a corporation anywhere from 1 to 2 thousand times the cost of glass of tap water. Think about it!

John Osborne

News and Notes

Daylight Saving time begins on Sunday March 12th. Remember to ‘spring’ ahead 1 hour!

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.

Our sympathy is extended to the families and friends of some very dear members who recently passed away; **Muriel Hill** passed away last July 25th in West Vancouver; **Betty Smith** died peacefully last November 26th surrounded by her family. Betty was 96 years old; **Ruth MacDonald** died on December 8th; Patricia Leggett, wife of John Cameron, died December 14th; **Stephanie Sirota** died December 20th at the age of 96; **Grace South** died December 17th, and **Bob Burley** passed away on January 17th. Bob was 90 years old.

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, please visit us at 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