

It's **CMHA Mental Health Week!** May 1 – 7, 2017

Now GET LOUD for mental health

<http://mymentalhealth.ca/>

HOW TO GET LOUD FOR MENTAL HEALTH

1. GET LOUD BY SPEAKING UP!

We often suffer silently. One of the ways to Get Loud is to speak up. Talk openly to someone you feel safe with; a loved one or a friend. If they're informed and supportive, they won't judge or shame you about your mental health concerns. They may even have their own concerns, and you'd be opening a dialogue. Either way, talking about it can end the silence.

2. GET LOUD BY BEING THAT FRIEND

You can be that friend who opens up the conversation. You can start by simply asking "How are you, really?" Offer to listen without judgment, and to do what you can to help.

Northminster Men's Breakfast: Saturday May 20 at 8:30 am. A time of friendship and if anyone has a story to tell should be fun. Please RSVP to Ron at 403 273-1825 or email rhieb@shaw.ca or Ernie at 403 274-9742 or email boardchair@northminster.ca.

National Church Changes?

Sunday, May 28, 11:30 am - 12:30 pm

Join us for explanations and discussion about the potential changes in funding, restructuring of the church and its ministry personnel. Voice your opinions and concerns to help the Official Board of Wild Rose represent the congregation when it votes on four "remits" or motions about church structure that are put forward to every congregation in the United Church of Canada. Note that May 28 is a repeat of the May 7 discussion.

Kids' Zone

(Welcoming kids ages 4-12)

A Lego lesson this week builds on the idea that we can be the cornerstones or building blocks of a healthy, strong church that lives out its faith through our kind and generous ways. On May 21 children will be with their families for intergenerational worship.

Spiritual Health Practitioner Joins Wild Rose!

Hello, I am Barbara Grant.

For most of my life, I worked as a teacher and a high school principal. I received my Bachelor of Education from University of Toronto and my Masters of Education from the Ontario Institute for Studies in Education in the field of adult education. I am a certified teacher in Ontario, British Columbia and Alberta. In 1993, I established a learning centre and employment centre to educate and train immigrants for the Calgary work place. Employment and Immigration and Alberta Human Resources and Employment generously sponsored that program. I retired from teaching in 2006 and worked as a sessional in the Faculty of Education at the University of Calgary.

After my retirement from teaching, I felt called to ministry. First, I went to Naramata to study in the Pacific Jubilee Program to become a spiritual director and during that period began to work in Campus Ministry at the University of Calgary. The United and the Presbyterian Churches contracted me to work under a grant from the St. Andrews Foundation.

At that time, I discerned that Chaplaincy was my ministry. More recently the term, chaplain, has been altered to Spiritual Health Practitioner (SHP). The intention of spiritual health is to accompany others by concentrating principally but not entirely on spiritual practices. Each person has a particular worldview and meaningful life concerns. The practice consists of awakening contextual and ultimate meaning in life. Effective spiritual health has therapeutic outcomes. Spiritual health practitioners provide a non-anxious presence and seek to promote health and wellness while appreciating that the human condition has multiple complexities including challenges, crises, illness, suffering, pain and grief. As a consequence, an effective intervention may facilitate symptoms of spiritual distress towards acceptance, inclusion and transcendence so that healing can take place.

In order to become a certified SHP, I entered the Master of Theological Studies in the Spiritual Care option at St. Stephen's College at the University of Alberta. I am approaching the end of that process. I have chosen 1000 hours in congregational spiritual health at Wild Rose United Church to complete my requirements for certification. I look forward to meeting each of you over the course of the next few months as we work together to provide a healthy spiritual environment in which to learn and grow together in community and in faith.



OUR THANKS TO THOSE WHO HAVE
MINISTERED TO US TODAY!

Candle Lighter: Janice and Shannon Clark

Scripture Reader: Barbara Grant

May Newsletter: please submit items to Kim at kim@wildroseunited.ca by May 19. The newsletter will be published on May 28.

Common Cup Concert

Mark June tenth on your calendars and come out to the farewell concert by Common Cup Company, Canada's foremost Christian music ensemble. This will be your last chance to see and hear Common Cup live! They sing Songs of Life and Faith - come hear the stories behind the songs, and then sing along to your favourites. Following the concert, meet the musicians personally in Wild Rose Hall for coffee and conversation. Tickets - \$20 - on the Wild Rose website, or contact the



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Rev. Dr. Geoffrey Simmins, Minister
Pat Shier, Family Minister, DLM
Kim Holmes-Younger, Youth Leader/Communications
Carle Duguid, Music Director
Dan Sommerville, Organist/Accompanist
Jane Wittstock, Office Administrator
Bill Aitken, Security
Caryn Salageanu & Judith Hissen, Kids' Zone Workers
Lauren Bergeson, Isabella Haynes, Rebecka Hocesvar, and Adrian Rumson, Nursery Workers
Teresa Trimble, Custodian



An Affirming Congregation Within the United Church of Canada

Whoever you love, and however you identify, you are welcome in this place.

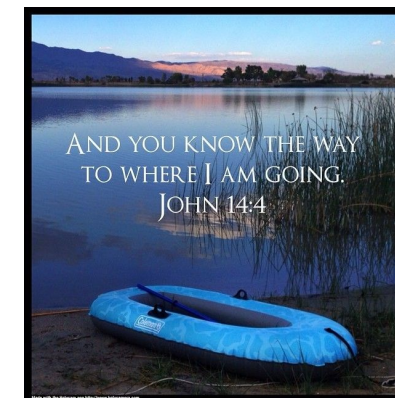


wild rose
united church

YOU MATTER

Easter Wardrobe: Humility

May 14, 2017



Jesus' Teachings Help us Row Our Boat

Welcome to Worship at Wild Rose

The Wardrobe of Easter: Humility

We continue in our mini-series on the "Wardrobe of Easter." Today, we look at one essential packing item for this wardrobe: Humility. In a world that values pride more than modesty, where and how can humility be valued? We can learn much about humility when we think about Jesus; this is the goal of today's service.

We are pleased to welcome Alberta folk-music legend Barry Luft as a guest musician in today's service. The Foothills Acoustic Music Institute website has this to say about him: "Barry Luft's singing has woven rich, colourful threads into the fabric of folk-style music in Alberta for more than fifty years. Barry presents Canadian, British, and American songs and ballads with instrumental accompaniment or a cappella arrangements. He engages his audiences in these musical performances and gives a healthy lift to minds, hearts, and voices...."

"A variety of instruments perks up Barry's performances and his intricate style on the five-string banjo is his trademark. He was taught at age five to play the harmonica by his dad. Other instruments now include guitar, autoharp, English concertina, and Appalachian dulcimer. However, to this day, Barry claims he's not able to read music well enough to hurt his playing."



Order of Service

GATHERING AND CREATING SACRED SPACE

MUSIC FOR ARRIVING

WELCOME AND OPENING WORDS

***SINGING TOGETHER:** MV 115 "Behold, Behold, I Make All Things New"

LIGHTING THE CHRIST CANDLE

HOLY WORDS FOR HOLY INTENTIONS

SPECIAL MUSIC: Barry Luft, "I Come Like a Beggar"
w/m. by Sydney Carter

GREETING ONE ANOTHER IN THE SPIRIT OF JESUS

***SINGING TOGETHER:** VU 92 "Like a Rock"

FAMILY TIME

(Children and Youth go to their programs)

LISTENING AND RESPONDING

CHOIR ANTHEM: "Spirit God, Be Our Breath"
w/m. Bruce Harding, solo - Linda Ellis.

SCRIPTURES (Reading from the Contemporary English Version [CEV]): 1 Peter 2:2-10 John 14:1-4.

MESSAGE: "The Wardrobe of Easter: Humility"

MOMENT OF SILENCE

PRAYERS OF THE PEOPLE AND THE LORD'S PRAYER

CARING AND SHARING THROUGH OUR GIFTS

SPECIAL MUSIC: Barry Luft, guitar & Carle Duguid, violin
"Somewhere to Begin" w/m. T. R. Richie

***SHARED OFFERING SONG:** VU 182 "Grateful" (chorus only)

LIFE AND WORK OF OUR COMMUNITY (ANNOUNCEMENTS)

***SUNG BLESSING:** MV 213 "Take Up His Song"

MUSIC FOR LEAVING: Barry Luft, "God Who Stretched the Spangled Heavens" w. Catherine Arnott, m. Brethren We Have Met to Worship (William Moore)

***invited to stand**

WEEKLY HAPPENINGS

Praise Band Practice	Mon 7 - 9 pm
Bible Study	Tue 1 - 3:30 pm
Handbells	Tue 7 - 9 pm
Quilting	Wed 9 am - 3 pm
Choir Practice	Thurs 7 pm - 9 pm
Praise Band	Sat 10 am - 12 pm

Rev. Paul Walfall, Conference President, reminds us that

"Our United Church of Canada marks May as Asian Heritage month. It is a time to acknowledge the contribution of the peoples from Asia to the life, witness, and mission of the church. The histories of peoples from Korea, China, and Japan in Canada has been marked by periods of discrimination and during World War II. ... They came to Canada with the one intention of working to make a better day for themselves and their children. In so doing they have worked hard in this country and have contributed to the development of the Canadian society.

"We in The United Church of Canada have been the recipients of the gifts and graces of the peoples from Asia in their witness and ministry to the church. ... At the end of Asian heritage month, our Conference will install a woman of Japanese descent as President of the Conference. **Dr. Kathy Yamashita** was elected President-elect at our last Conference meeting and will take over as President at the upcoming Celebration of Ministry service in Olds, Alberta. Kathy has served the people of Lethbridge faithfully as a medical doctor for many years. She is a leader in her home congregation and South Alberta Presbytery. I was privileged to be at the South Alberta Presbytery spring meeting when she stepped down from Presbytery responsibilities to be ready to take on the role of Conference President. It was clear at that meeting that Kathy had served that presbytery selflessly and given her best at all times.



"I have no doubt that Kathy will be able to guide us through the times of transitions ahead. She said at the Conference in 2015 that one of her gifts she brings to the office is to be able to perform cardio-pulmonary resuscitations. Who knows that gift may well be useful as we contemplate the future. I would ask that we uphold her in our prayers and work with her. For my friends, it is only when we work together that we can truly be witness of the grace of God to the world."

WHAT'S HAPPENING

Minimalism Video - May 17, 7 - 9 pm

National Church Changes Discussion - May 28, 11:30 am

Common Cup Concert - June 10, 7 pm

Campbell Soup Labels

The Campbell soup labels program that helped support some of our community schools has been discontinued.

Thank you to all the folks who have faithfully saved these labels for many years.

Betty's Run for ALS

The twenty-first annual Betty's Walk/Run for ALS (Lou Gehrig's disease) takes place on June 11 at North Glenmore Park. To donate, register, or for more information about ALS contact Keith Fewster or Mona Lutfy.

ALS website: www.alsab.ca

Register online at: www.bettysrun.ca

Donate at: <http://christine.fewster.net>

Minimalism: A Documentary About the Important Things

Wednesday, May 17, 7:00 — 9:00 pm

How might your life be better with less? *Minimalism: A Documentary About the Important Things* examines the many flavors of minimalism by taking the audience inside the lives of minimalists from all walks of life—families, entrepreneurs, architects, artists, journalists, scientists, and even a former Wall Street broker—all of whom are striving to live a meaningful life with less.

THANK YOU CORNER

Thank you to everyone who worked to make our Mother's Day Tea a wonderful celebration!

