

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.

## National Church Changes?

**Sundays May 7 or May 28 (repeat program)**  
**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)

The early churches after Jesus' death can be examples of strong, healthy communities. *The Presents' Presents* is an inspiring book about how we can focus on the wrong things and learn to give to others.

## 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: Don McInstosh & Wendy La Salle

Scripture Reader: Geoff Messier

## Mother's Day Tea

**Saturday, May 13, 11:00 am**  
**2:00 pm Ticket \$7.00**



Includes light lunch, tea, desserts, and craft sale  
presented by The Wild Rose Youth Group

## Common Cup Concert

Mark June 10th 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 of-



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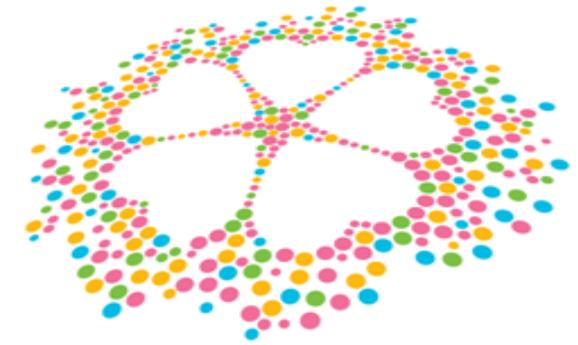


Rev. Dr. Geoffrey Simmins, Minister  
Pat Shier, Family Minister, DLM  
Kim Holmes-Younger, Youth Leader/Communications  
Carle Duguid, Music Director  
Dan Sommerville, Organist/Accompanist  
Jane Wittstock, Office Administrator  
Bill Aitken, Security  
Caryn Salageanu & Judith Hissen, Kids' Zone Workers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

May 7, 2017



## Welcome to Worship at Wild Rose

Imagine packing for a trip. Preparing for a week spent on the beach doesn't require much in the way of formal clothes. A week in a big city, with dinners out and concerts, would require a different set of clothing.

What would you pack for a "journey of life?" In the next couple of weeks, we are going to undertake a mini-series called the Wardrobe of Easter. This series (inspired by the Calvin Institute of Christian Worship) invites us to consider whether Easter has changed us, and, if so, what are the key elements that we want to pack as we move forward.

This idea of putting on the clothing of Easter stems from Paul's letter to the Colossians (3:12ff), where he writes: "as God's chosen people, holy and dearly beloved, clothe yourselves with compassion, kindness, humility, gentleness, patience. " Dress up daily in your dazzling "Easter best," so to speak, in apparel which shows forth and proves the fact of your new aliveness." (Dale Cooper, Calvin Institute of Christian Worship).

If values such as kindness, compassion, and humility could be compared with clothing, what clothes would we pack into our Easter Wardrobe? How do we become an Easter People?

### Order of Service

#### GATHERING AND CREATING SACRED SPACE

##### MUSIC FOR ARRIVING

##### WELCOME AND OPENING WORDS

\*SINGING TOGETHER: MV 33 "Jesus Came Bringing Us Hope"  
(one verse)

##### LIGHTING THE CHRIST CANDLE

\*SINGING TOGETHER: MV 1 "Let Us Build a House"

##### SPIRITED WORDS

##### GREETING ONE ANOTHER IN THE SPIRIT OF JESUS

##### FAMILY TIME

(Children and Youth stay in worship for Communion)

#### LISTENING AND RESPONDING

**CHOIR ANTHEM:** Invitation. w/m Ian MacDonald

##### HOLY COMMUNION

Music for Communion  
Holy, Holy, Holy, my heart, my heart adores you... (VU 951)  
Can We Find Our Way Back? - I MacDonald & G Light

**SCRIPTURES:** Acts 2:42-47, John 10:10

**MESSAGE:** "The Wardrobe of Easter: Compassion"

##### MOMENT OF SILENCE

##### PRAYERS OF THE PEOPLE

##### CARING AND SHARING THROUGH OUR GIFTS

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

##### NEWS FROM OUR COMMUNITY (ANNOUNCEMENTS)

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

##### MUSIC FOR LEAVING

\*invited to stand



### WEEKLY HAPPENINGS

Bible Study – Tue 1–3:30 pm

Handbells – Tue 7–9 pm

Quilting – Wed 9 am–3 pm

Choir Practice – Thurs 7–9 pm

### Hymn Sign

Thank you for the fabulous response for hymn requests for this Thursday's Hymn Sing. It will be a faith filled evening singing our favourite hymns! Bring your whole family! Singing will start at 7pm in the sanctuary (free-will offering gratefully accepted!). Join the choir following the Hymn Sing in Wild Rose Hall for Timbits, coffee, tea, juice and conversation. See you on Thursday!



### Our New Administrator, Jane Wittstock

I was born and grew up in Manitoba. After university I moved to Calgary for a Dietetic Internship at the Calgary General Hospital, then worked there for about 10 years.

I grew up in the United Church and became a member at Pleasant Height in the '80s until a move took us to New Orleans in the mid '90s. Returning to Calgary in the late '90s we joined St. Thomas United Church in Hawkwood. I started volunteering in the office there and eventually took on the office job until a move took us to Houston and Kuwait. Upon returning to Canada I lived in Golden, BC.

I was married for about thirty years and have three wonderful children, all young adults now pursuing their dreams. My daughter Morgan, lives in Calgary still; the boys, Drew and Peter, are in Vancouver and Kelowna, respectively.

I love to travel, hike, cross-country ski, quilt, and read, not necessarily in this order and sometimes combining them!

Highlights include a family trip to France where I discovered Canada's war contributions, a trip to Iran where I learned about ancient Persia, participating in the Kuwait International Quilt Show, hiking at Lake O'Hara, and a cross-country ski trip to Skoki.

I am really excited about being a part of the Wild Rose team and helping the congregation and staff to achieve their goals.



### WHAT'S HAPPENING

**National Church Changes Discussion**—May 7, 11:30 am

**Choir Hymn Sing**—May 11, 7 pm

**Mother's Day Tea**—May 13, 11:00 am

### 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. Anyone interested in making a donation, registering for the Walk/Run, or for more information about ALS can contact Keith Fewster or Mona Lutfy. We have lost three members of the Wild Rose congregation to ALS since 2009. May Paul, Ken Bundy, and Christine Fewster.

ALS website: [www.alsab.ca](http://www.alsab.ca)

Register online at: [www.bettysrun.ca](http://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 gala celebration a wonderful evening!

