

Growing  
Together



Reaching Out

## Morning Messenger

### Southminster-Steinhauer United Church

*an Affirming Congregation within the United Church of Canada*

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## Easter 6

May 21, 2006

### Welcome One and All!

#### TODAY:

- Worship, Small Hall Event and Baby Care  
Worship Leader: Bob Hetherington
- Seniors' Luncheon, 11:30 am, Small Hall
- Mens' Breakfast Fellowship Planning Meeting  
11:30, Lounge

#### THROUGH THE WEEK:

##### Monday

- The church office will be closed.
- Healing Pathway, 7:00 pm, Lounge

##### Sunday, May 28, Easter 7

- Worship, Learning Circles and Baby Care  
Worship Leaders: Men's Group



### Thank You

We warmly thank Bob Hetherington for providing worship leadership today. Nancy is concluding a week of study leave. Next Sunday the Men's Breakfast Fellowship group will provide leadership while Nancy attends the Alberta Northwest Conference meetings of the United Church. If you require pastoral assistance this week, please contact the church office at 435-2028. Nancy will be returning to her office on Monday, May 29th.


### Heartbeats

Our sincere sympathies and prayerful thoughts are with Cliff and Rosemarie Cunningham and their family following the death of Rosemarie's mother, Doris Dalglish. A memorial service will be held at Garneau United Church on Tuesday, May 30 at 2:30 pm.

### Seniors' Luncheon

Today, 11:30 am, Small Hall

A prepared luncheon is available at a suggested donation of \$4.00.

 **Choir Practice - Men's Chorus**  
Sunday, May 28, 9:15 am, Practice & Sing during service.  
Great job men! See you in the fall!

### Silvertones Barbeque Monday, June 4

Details to be announced  
Well done choir! See you in the fall!

### Edmonton & District Council of Churches AGM Sunday, May 28, 7:00 pm St. Andrew's Presbyterian Church 8715 - 118 Avenue

The public is invited to the 64th AGM of the E.D.C.C. Guest speaker will be Lewis Cardinal, Aboriginal Relations Consultant with the City of Edmonton, who will speak about the Urban Aboriginal Accord. Refreshments will be served after the meeting.

### Care for the Caregivers Follow Up & Planning Meeting Tuesday, May 30, 7:00 pm, Lounge

If you are caring for a loved one, please join us as we continue to strategize supporting caregivers. For further information, please call the church office at 435-2028. Sign up sheet in the foyer today.

### National Day of Healing & Reconciliation Friday, May 26, at 12:00 Noon City Hall, #1 Sir Winston Churchill Square

Join elected representatives and community members on a path of understanding and acceptance in a journey towards a collective healing as a community and nation.  
RSVP to Miranda at 447-9342 or [info@ndhr.ca](mailto:info@ndhr.ca).

### Men's Breakfast Fellowship Planning Meeting Today, 11:30 am, Lounge

A meeting to plan the May 28 worship service.

### The Willan Chorale Director: Warren Mack "Ave Verum Corpus"

A concert of Sacred Cathedral Music  
Friday, May 26, 7:30 pm, Southminster-Steinhauer

All are welcome to attend.

Tickets: \$10 at the door.

### YOSS News

- Sun. June 4 - Depart from church at 9:45 am for Bissell Centre to assist with Inner City Worship Service and Lunch
- Sun. June 18 - Meet at Hawrelak Park to help organize activities for the Family Picnic
- Aug. 4 - 7 Spirit Moving On Water - canoe retreat  
This weekend retreat will offer an opportunity to reflect on the wonder that is God's creation and to grow in community as we travel the Red Deer River downstream.
- Aug. 14 - 18 Summer Drama/Music Camp for grades 7 - 12  
details to be announced
- Aug. 25 - 27 Mountain Adventure to Shunda Creek and Bow Hut,  
details to be announced
- Sept. 15 - 17 Into the Wilderness - Back-country backpacking retreat - This trip led by Karen Larter will be an opportunity to consider the concept of wilderness and to witness the beauty of Waterton National Park.

### rEvolvE Concerts

Wednesday, May 24, 7:30 pm  
Grace Lutheran Church, 4218 - 56 Avenue  
Wetaskiwin

Saturday, May 27, 7:30 pm  
St. Andrew's United Church, 924 Heritage Drive SW  
Calgary

These concerts will include a blend of church and secular tunes as well as our own compositions. Please visit the website for more information at <http://revolve.eaglewingmusic.org>

### Children's Clothing/Toys Swap Meet Sunday, June 4 and June 11, 11:30 am Basement Level

Everyone is welcome to participate in this annual event. Your donations can be dropped off at the church office weekdays between 9:00 am and noon. If you wish more information, please contact the church office at 435-2028.

### Family Camp Commencing Friday, September 15 and Saturday, September 16

Watch for details!

### Bridge Wind-Up Saturday, June 3, 7:00 pm, Small Hall



To all persons who played bridge this past year in the church bridge club, regularly or as a spare, or who may be interested in playing next year, please join us. We will have dessert and then play a few rounds of bridge. Please contact the church office at 435-2028 if you have any questions or are planning to attend.

### Morning Messenger Via Email?

If you would like to receive this publication via email, please use our sign-up sheet in the foyer. Please note that hotmail addresses are not usually capable receiving a large document. You may also contact Pat in the office at 435-2028.

**AN AFFIRMING CONGREGATION**

Southminster-Steinhauer is an **Affirming Congregation**, a designation that signals our commitment to be a Christian community that is inclusive of all people, including lesbian, gay, bisexual and transgender people, their families and friends.

For more **information**, please call **Charles Bidwell, 436-8774, or Mieke Wharton, 435-1219.**

On the second Sunday of the month, a special opportunity for fellowship is offered, referred to as the **"Second Sunday Brunch."** All are welcome.

**Set-up Teams**

May 28/June 4 (Team 6)  
June 11/18 (Team 7)

**Baby Care Teams**

May 28 Ann Simard, Aurora Allison, Wendy Adams  
Jun. 4 Vivian Dougan, Tanis Eaker, Fran Chase

If you are unable to make your dates, please call someone else on the schedule and make a trade. We are looking for that special person to be our Baby Care Coordinator. Please contact the office if you can help.

**Help Wanted  
Saturday, September 2**

We are in need of volunteers to help move tables and serve lunch at the wedding reception for Karen Simonson and David Cheoros. If you are able to help us on this special occasion, please contact the church office at 435-2028.

**From Your Outreach Committee**

**Camperships:** Please consider helping sponsor a child (or a family) to attend a summer camp at Wohelo or Maskepetoon (United Church Camps on Pigeon Lake). In past years we have had children referred from McKee School. If you have contacts with children who need financial assistance, please call Carol Allen at 434-1294 or Camp Wohelo at 430-4062. If you are able to donate, please clearly mark your cheques "Campership Donation" and add to your regular offering. Camp fees range from \$250-\$300 per week.

**Project Ploughshares Edmonton  
& Earth's General Store Present:  
"Lord of War"**

**Tuesday, May 23, 7:00 pm  
Stanley A. Milner Library  
7 Sir Winston Churchill Square**

This is a film about a clandestine arms dealer, starring Nichols Cage and Ethan Hawke. Did you know that small arms are used to kill approximately 800 people a day? Help stop an arms trafficker. Fight against the uncontrolled global arms trade. Join Amnesty International and act to save lives. Admission is free. Donations appreciated.

**A Taste of Africa  
Friday, June 2, St. Andrews United Church Hall  
9915 - 148 Street  
Cocktails: 6:30 pm, Program & Dinner 7:00 pm**

Come experience a taste of Africa through story, music and food! Raffles, auctions and items available to purchase throughout the evening.  
Tickets: \$45 each (tax receipt for \$25). All proceeds to support the "Face to Face with Zambia" visit to Alberta in March 2007. For more information or to purchase tickets, contact Colleen at 455-9650 or Debbie at 458-9286.

**Kirk United Church 50th Anniversary  
Saturday, June 10, 1:00 pm - 4:00 pm, Open House  
6:00 pm, 50th Anniversary Dinner,  
8:00 pm, Program, 13535 - 122 Avenue**

Kirk United Church is celebrating its 50th anniversary and the congregation invites former members and adherents to return and join in marking the happy occasion. On Saturday afternoon, there will be an open house with displays. A dinner will follow that evening. Sunday's events include a commemorative service in the morning, the planting of five trees beside the church and an informal coffee and cake get-together. Limited seating. RSVP by Saturday, May 27. To order tickets, please include your name and the number of people attending and make cheques payable to Kirk United Church Anniversary Committee. Tickets: \$20. For more information, please call Kirk United at 455-0453.

**SSUC Men's Fall Advance  
Weekend of September 22-24**

Shunda Creek Hostel (Nordegg)  
Contact the church office at 435-2028 for reservations.

**Hiking & Beach Time at Pigeon Lake  
Hosts: Annabel & Don Sheppard  
Sunday, June 11, 2:00 pm**

Join a hiking group or relax on the beach or deck.  
Potluck supper (salads, cold cuts, buns, desserts).

**Camp Wohelo Needs You!!**

- Volunteers for 5 days in July for Camp Mom, for a first-aider, LPN or registered nurse and leaders in training
- Team members and treasurer to work with bookkeeper

If you can help or donate, please contact Carol at 434-1294 or Danette at 430-4062.

Brochures are available in the foyer. Please note our new "Music/Drama Camp", July 29 - August 2, for girls 6-16 years old.

**Capital Health Helps Chronic Disease Sufferers  
to Live Better Every Day  
Program Starts at Southminster-Steinhauer  
Thursday, June 15, 9:30 am, Small Hall**

A new workshop series is now available to individuals in the Capital Health Region who live with a long-term condition such as arthritis, diabetes, asthma or heart disease. *Live Better Every Day* workshops help sufferers to take care of their chronic health problems, carry on with their normal daily activities, and manage the emotional changes that come with living with a long-term illness.

"The workshops help people to become active in determining their own care path," said Peggy Clarke, program coordinator. "They help people to accept their condition and make the best of it."

The workshops are based on a successful model developed at Stanford University. Patients learn how to solve problems and create solutions to live better. They are given the knowledge and resources to help them cope with their condition.

Furthermore, those who lead the workshops live with chronic diseases themselves. This peer-led format provides a safe environment for people to share their feelings and ideas.

During the six, 2.5-hour sessions, participants will also learn about nutrition, exercise, relaxation and breathing techniques. At present, the sessions are free and they include the book *Living a Healthy Life with Chronic Conditions* and a relaxation CD.

For more information on the sessions, please contact the church office at 435-2028 or check our bulletin boards.

**Outside Bookings**

Wed. May 24 Twin Brooks Moms, 1:30 pm, Small Hall  
Fri. May 26 The Willan Chorale, 7:30 pm, Large Hall