

EASTER
2022

CHURCH @ HOME

staying connected with God,
each other, and ourselves

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Happy Easter, friends!

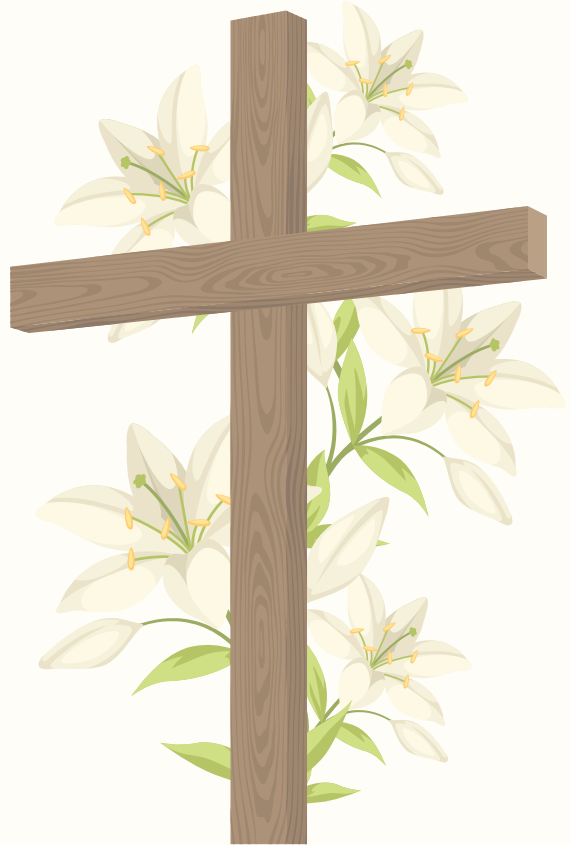
Christ is risen! Love is alive! The worst thing isn't the last thing! Death is not the end! God is here, with us and for us, making all things new!

That's some good news, isn't it? Just take a sec to let those go to work. With so much going on in and around us it can be hard to feel the joy Easter brings. Sometimes it gets lost in the noise of despair, loneliness, and suffering. So, take a sec ... can you feel it? Can you focus in on it? Can you hear it saying, "hey, those things don't win? You don't need to live like that. Christ is here. Love wins. God is making all things new - including you." Take a second - maybe a whole day - to hear that voice speak to you, to let that joy rise up, and to be drawn into a new life and a new world.

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And to help with that, we have this month's Church @ Home and care package. I am so proud and excited to know we're sending you all another care package. As I write you, people are creating the magazine, people are making food (it looks soooo good), and people are dropping off their own letters and gifts. That, along with the sun shining outside, makes it feel like Easter around here. I hope it feels that way when you get this. I hope you can feel the thought, intention, and loving labour that went into it. I hope it makes Easter become that much more real.



And so my friends ... as we head into Easter:

May you know resurrection happens, may you let it happen in and through you, and may you, however it happens, rise up and experience new life.

grace and peace,
n.



Easter Greetings Dear Friends!

We have travelled through the journey of Lent into the celebration of new life and resurrection of Easter! Many of you are expectantly awaiting new beginnings for many things... the end of this tiresome pandemic, having questions about the future, how will our church and lives evolve, etc.

The thing we do know for sure is that Christ has indeed arisen! We know for sure there is resurrection, we trust in it, so that the meaning of new life, renewed hope and the many blessings of Christ's love abound as we wrestle with these ongoing challenges.

We are getting 2 for 1 this Easter as we have also officially welcomed Spring, accompanied by its delightful warmer temperatures and stirrings of new life! This is personal for our family as we have warmly welcomed our first grandchild, a boy into our midst. It is a time of great happiness to hold him in my arms. All around us new life is indeed pulsating, as we remain mindful of the intricate balance of Creation, of life and death, of new and old. I would like to share a prayer that touched my heart, written by Jess Swance, candidate for Ministry of the Indigenous Pathway (printed in March "Living Into Right Relations", United Church of Canada)

Our gratitude to Bob Boyko for contributing his bookmarks, to Larry Stilwell for his two art cards this month, also to all our many very dedicated volunteers and staff. Thanks once again to Charlee MacLean for volunteering to compile this magazine. I think we would all agree that she does an amazing job.



Please let us know how we can continue to support you.

Easter blessings of love,

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... continued



Creator God,

With a breath of fresh spring air overflowing our lungs, awakening our Spirit with the sureness of Spring. Winter, though necessary, was a hard season for many in our communities. We give thanks for the change of season, for bringing balance and the cycle of creation to our lives.

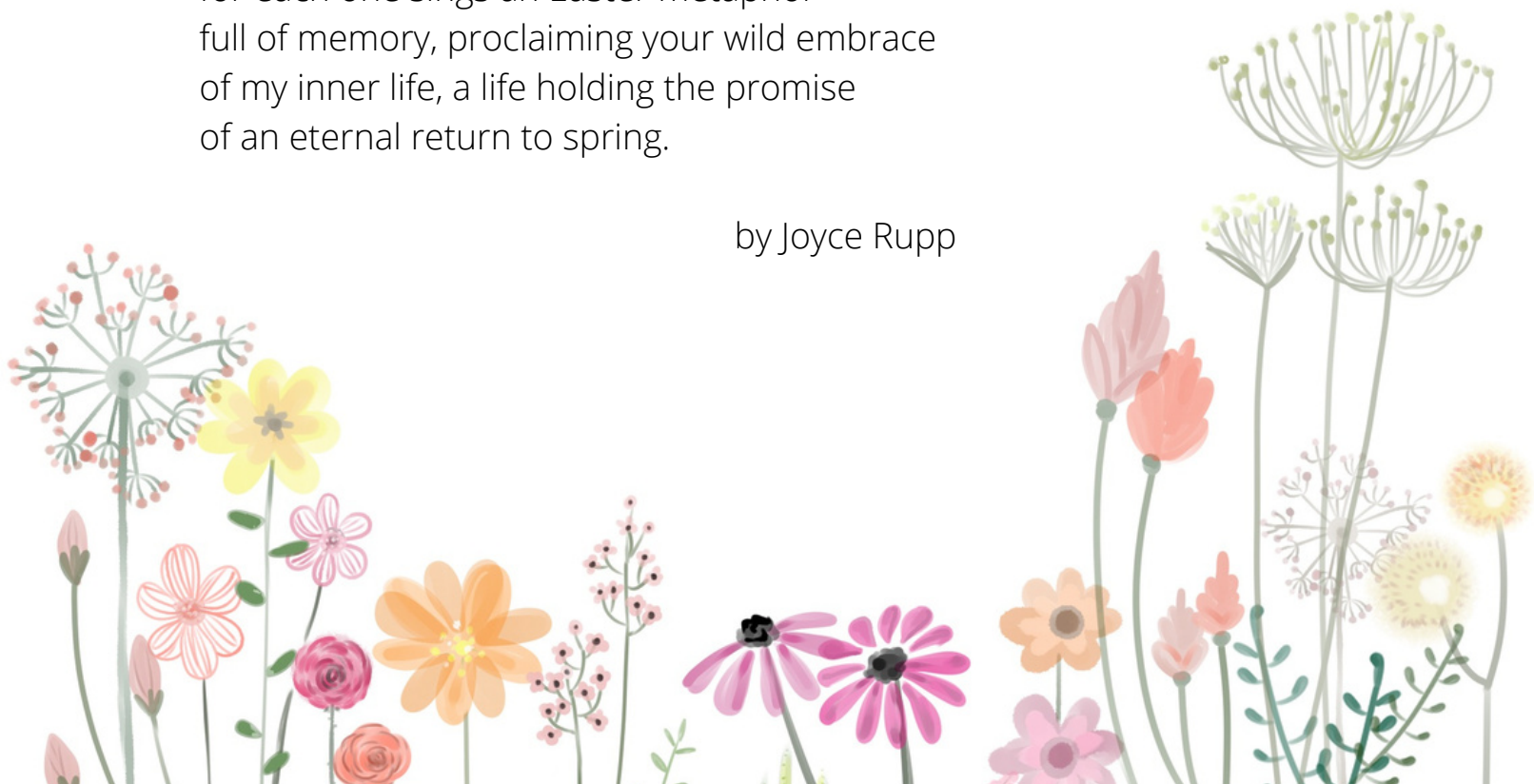
Creator, we ask that you put in our hearts a song of peace, understanding, and comfort for a world that is experiencing so many heavy things. May the arrival of Spring lambs, robin song, and peeking tulips be a sign of hope and renewal.

Amen

Easter Metaphor

Creator of springtime, For Easter
how can it be that every year
I forget the miracles visiting
the land in the form of fresh leaves,
laughing flowers, greening grass.
Winter holds a strong power over me.
I lose the memory of vibrant vigor,
the unseen energy raising
dead earthen things to awakening life.
Risen One, dwelling within me,
how can it be that I forget you,
your passionate grace tending my soul,
your constant stream of hope
rising up through the dead ground
of my brown, barred prayer.
I turn to you in this season of spring,
bowing gratefully
to every growing plant, every flourishing flower,
for each one sings an Easter metaphor
full of memory, proclaiming your wild embrace
of my inner life, a life holding the promise
of an eternal return to spring.

by Joyce Rupp



“EASTER & THE WORST THING ISN'T THE LAST THING” - A SERMON BY REV. NICK

Christ is risen!

I can't tell you how many times I wrote and deleted that line. Every time I wrote it out, I found myself smirking. Smirking! Smirking is not how us ministers are supposed to react to one of the biggest most foundational truths of our tradition, this truth that says,

“Love is alive! It's here for you! This is God's world and they're not finished with it yet!”

How beautiful and wonderful and amazing is that?! That's the best thing that could happen!

But there I was, smirking every time.

As I thought about it, I realized what my smirk was saying.

It was saying, **“Yeah, but it doesn't really feel like it.”**

With everything going on in the world it feels more like the worst thing that could happen is happening.

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It's a phrase we use a lot, isn't it?

When death and devastation hits us,
when everything seems to fall apart,
our world,
our lives,
our relationships,
it certainly does feel like the worst possible thing is happening.
And if you've ever been in that place,
if the worst thing has ever happened to you,
you probably know the kind of life it creates

It creates a life of despair, doesn't it?

Which is, literally, a life without hope.

Despair is a pretty homicidal thing.

Life, after all, is progressive and forward-moving.
It's about becoming and growing;
and not simply in the physical sense of getting older,
but in the spiritual sense too,
of moving deeper and deeper into a life that's whole, transformed, and
connected with the Divine.

**What despair does is stop life in its tracks by stealing our hope.
It kills us by keeping us rooted in the past,
carving out a little tomb for us to live in,
making us fearful to step out because we're convinced that the worst thing
has happened,
and we know the worst thing is always the last thing so why even bother to
try to move on!**

Anyone feeling that?
I'm sure a lot of us are feeling right now.
I'm there for sure.
I think that's why I smirked.

But then I read the Easter story.

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It all went down early on a Sunday morning.

Just over a day ago the world had said 'No' to Jesus in a way that epitomes its
brokenness.

Instead of saying 'yes' to lives and a world of love, justice, and peace
it said 'yes' to lives and a world of fear, hate, greed, and division.

And Mary, one of Jesus' disciples, in the thick of despair was pacing around her kitchen trying to wrap her head and heart around the fact that the worst thing that could happen had happened:

Jesus was dead.

But hoping and praying maybe it's just a bad dream, she heads up to the garden where Jesus had been buried and discovers she was wrong.

It was worse than she feared.

Jesus wasn't only dead, but someone stole his body.

And so ran to tell the other disciples the terrible news and upon seeing the empty tomb they became overwhelmed with despair too, and they did what we all do when everything falls apart: they headed home. Not their houses, but back to the lives they used to live - back to the things they were doing before they met Jesus - all of them giving up on the hope and life that had been growing inside them.

But Mary, for whatever reason, went back to the tomb, not only weeping for Jesus' death

but also the death of the vision for new life he gave her,

the identity and purpose he gave her,

the new connection to God he gave her,

all of it gone.

As Mary wept a stranger comes up and asking her why she's crying,

and Mary lets it all out:

"oh, the worst thing has happened!" she says,

and tells him the news that Jesus has died and how she can't imagine life without him.

And maybe a smile creeps across the stranger's face,

a smile that looks vaguely familiar to her yet one she can't place,

until, that is the stranger says her name,

'Mary.'

And hearing the love in his voice Mary realizes that the stranger in front of her is actually Jesus,
and suddenly overcome with joy,
suddenly experiencing death and despair loosening their grip on her,
and what does she do?

She leaps - she leaps - out of the tomb and into the new day and a new life.

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After reading that, I found myself writing out "Christ is risen" in a totally new way.

Instead of a smirk, I don't really know what it was.

Joy? Gratitude? Wonder? Awe?

Probably all of those things.

Whatever it was, it hummed with reverence.

Cause that's the thing about Easter:

If Easter is meant for anyone, it's people like us.

It's for those of us who are in the midst of despair,

it's for those of us who have had our hope stolen by worst things,

it's for those of us who feel like we're living in tombs.

What Easter says to us is:

the worst thing is never the last thing, so you don't need to live like that.

You don't need to live like that.

You don't need to live like that.

You don't need to live like that.

Take a sec to hear that because this is beautiful and liberating stuff!

Easter isn't just a thing we celebrate, it's a truth, it's a whole new way of seeing and being in the world.

Easter invites us into the truth that resurrection happens.

It invites us to see the light that is shining behind the darkness,

**to see the cracks forming in the walls,
to see the life emerging out of death,
to see the love overcoming the hate,
and seeing that,
in seeing that the worst thing is not the last thing,
to leap out of our tombs,
and be people who have the courage, the audacity, the boldness to
proclaim:**

**'No. This is not how it ends. We don't have to live like this. Nobody should
live like this. Let's build a new world, one without tombs and fear, but of
life, love, and justice for all.'**

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"Christ is Risen" should feel reverent because it reminds us of that truth.
It's something we say because it changes everything.

So may we rise up,
may we experience resurrection,
and be joyful say together:

Christ is Risen.

Amen.



He's on the Loose!! - A Sermon by Rev. Nick

So, I'm here at a friend's cabin and I'm here thinking about Easter.

Cause I don't know if I should tell y'all but Easter's hard to preach.
This is one of those Sundays a lot of us ministers feel a little bit of dread over.
Cause what do we say that hasn't already been said?
How do we speak to that truth of resurrection and hope?
How can we make this 2000-year-old story new again?

So, I'm here thinking about that,
and I remembered this one time when I was out at a bar trying to figure out
the same thing.
It was a slow night and the bartender wandered over and asked what I was
working on.

Which is always a weird question for me to answer.
It's like when I get asked, 'what do you do for a living?' on an airplane.
I don't know how to answer it because I don't really know where that
conversation will go.
But I told her, I said I'm trying to figure out what I'm going to preach about at
Easter.

And she replied, "oh cool. Ya know, I don't think I actually know the story of
Easter.
Like I know the whole came back to life thing, but what is the actual story?"

And so, I gave her the rundown of it,
and as I was telling her about the part of the story where the only thing in the
tomb is Jesus' burial clothes,
she interrupted me and said,

"Wait. Wait. Wait.

So not only is Jesus naked, but he's also on the loose?!"

And I couldn't help but think:
"OMG. YES.
That's EXACTLY what he is:
He's on the loose."

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Cause here's the thing about Easter ...

It's great and all to talk about how Jesus rose from the dead.
There are all kinds of really beautiful truths wrapped up in that:

Death has been defeated.
The worst thing is never the last thing.
Every ending is a new beginning.
Love will always win.
Christ - the very essence and energy of God - is alive.

There's so much good stuff and wisdom in that.

But the thing is ...
if we leave it there, I think we'd be missing out on something.

Because the power and truth of Easter,
the everything-changing and everything-transforming meaning of it,
isn't just that Jesus is alive ...

it's that he's on the move.

The truth of Easter isn't that Jesus is alive and hanging out in the tomb.
The truth of Easter is that Jesus is alive and he's on the loose.
yeah ...

That's the truth of Easter.
Jesus is alive and he is on the loose.

That's what we need to celebrate and hold onto today.

And hearing it that way changes things for us, doesn't it?

It gives us a new question we have to ask:

"Well, if he's on the loose and on the move, then, where is he?

Where does one go after rising from the dead?

If he's not at the tomb hanging out, what's he up to?"

And if you look at the other stories in the Bible, it seems like he's all over the place:

He's showing up to Mary as a gardener ...

He's showing up on a beach making breakfast for a friend who betrayed and hurt him ...

He's showing up to people travelling from one place to another, these people in the midst of chaos and grief ...

Yeah, he's all over the place.

And those are just the stories we have.

Who knows where else he showed up?

But that seems to be the point.

He's everywhere.

He's showing up to everyone.

But my favourite place he shows up is in the middle of a locked room.

It's the room all the disciples are in.

And it's locked because they think they are about to die.

They saw what happened to Jesus and because they're his followers, because they challenged the status quo and order of the world, because they stood up for love and justice, because they said 'yes' to a new way of being human ...

they knew that was going to happen to them too.
They knew that if they left that room they'd probably be killed too.

I mean ... Imagine that.
Imagine what they're feeling.
There'd be a lot of emotions going on in there:
That air would be thick with fear, despair, regret, resentment, anger, and disbelief.

And it's right in the middle of all that that Jesus shows up.

And let's just pull over here for a sec because this is where it gets weird.

As if it's not weird already!

And as we hear this next bit, let's remember that whenever things get weird and strange,
and this is a tip for reading the Bible and for life in general,
whenever things get weird and strange,
that's our cue to stop and pay attention,
that's our bodies saying, "hey, there's something going on here."

So, Jesus shows up in the middle of that locked room and what's he do?

He says, "peace be with you" and he breathes on them.

He comes back from the dead and out of ALL the things he could do ...
He says, "peace be with you" and he breathes on them.

Weird, right?!

Now it's easy for us to imagine the disciples being either freaked out or underwhelmed by it,
going, "Really, Jesus? That's what you got? Come back when you have a cooler entrance."

But for those guys in that locked room,
for those in the middle of that tension,
for those who were breathing in that air full of all those emotions,
for those who just had their lives and world shaken up and turned upside
down ...

it would have changed everything.

Cause here's the thing ...

Here's the thing that changes everything:

When Jesus says 'peace,' he's saying shalom.

It's this Hebrew word that means the peace of God:

it's that peace that, in the creation story, quieted the chaos so life could begin.

It's a peace that,

even in the midst of all our fear and tension,
calms, grounds, and reassures.

It's the peace that,

when everything is cranked up to 11,
quiets the noise in and around us.

It's the peace that,

when everything is falling apart,
gives us a chance to catch our breath.

Yeah ... that's shalom.

THAT's the peace that Jesus shows up with.

And when Jesus breathes on them, the Hebrew word here is ruah.

It means the breath of God:

it's that Animating Force that brought the Universe to life;

it's the creative Energy that moves creation forward and expands it outward;

it's that Spirit that renews, repairs, and reconciles;

it's that deep soulful breath that,
in the midst of fear, stress, loss, and anxiety,
lets us know God is with us and for us, and that we are here.

Yeah, that's ruah.
Jesus shows up and gives that breath.

Have you ever been in a situation where it's just so chaotic and so
overwhelming and you're paralyzed by fear,
but then someone says something to you and suddenly you feel your feet on
the ground,
suddenly you realize you're not alone,
suddenly the noise quiets down,
suddenly a bit of space gets created in your lungs,
and despite it all,
you feel better?

Yah, that's shalom. That's peace being with you.

Have you ever been just freaking out about something and it feels like
everything is falling apart
and you are vibrating because the anxiety is just too much,
but then you take a big deep breath and everything seems to settle a bit and
you realize that you're still here
and that you're going to be okay?

Yah, that's ruah. That's the breath of God being in you.

Peace and breathe....
they change everything.
We know this, don't we?
That story is our story too.

What Jesus is doing in this story is what he's doing in all those stories and all of our stories,
it's what he's been doing since he's been on the loose:

He's showing up in all the places,
those places in us and around us,
those places where death, despair, and darkness are at work,
where we have surrendered to the reality that those things are just too big,
too much, and too powerful to overcome,
where we've given up and surrendered,
and he's giving peace and breath.

He's showing up in all those places, saying:
"It doesn't need to end this way.
You don't need to live like this.
Those things don't have to win.
I am here.
God is with you and for you,
renewing, repairing, and restoring everything and everyone.
Do not be afraid.
may you have peace,
may you breathe deep,
and may you rise up into something new."

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That's why Easter matters
That's why it's such a big deal.

It isn't that he's simply alive, it's that he's on the loose.

It's that Jesus is still showing up wherever there is death and despair
wherever life, light, and love are being challenged,
wherever there is evil, corruption, and oppression,
wherever people are being separated from God,
and he's showing up with peace and breath

liberating everyone and everything into a new life and world,
a life of love, joy, and beauty,
and a world where everyone has enough and everyone has a place.

Right?!

That, my friends, is good freaking news.
That's why the resurrection matters.
Love is on the loose and nothing, not even death, can stop it.

So, to you who are mourning and grieving ...
to those of you who are in the middle of travelling from one place to another ...
To you who are locked in rooms ...
to you who have surrendered to death, darkness, and despair ...

Peace and breath.
Peace and breath.
Peace and breath.

Yah ... it changes everything doesn't it?

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But here's the thing about that ...
as good as that is,
as liberating as that is,
as powerful as that is,
here's the thing we can't talk about.
Here's why we can't just leave it there.

The work isn't to just find where Jesus is showing up in us and around us.
It's not just to let him in when he pops up.
It isn't to just let that peace and breath go to work in us.
The work is to join in on it and become people on the loose.

The work is to experience that peace and breath and knowing it does change
everything, go and give it to others.

It's to look for all the other places where death, despair, and darkness has taken a hold,
where people have given up thinking this is simply how it is,
and go into them offering peace and breath,
being a source of love,
doing what we can to renew, repair, and restore ...

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So, I'll leave you with two questions for us all to ask ourselves ...

Where is Jesus showing up in and around you? Where do you need that peace and breath to go to work?

and

Where do you need to go? How can you offer that peace and breath to the world around you?



PEACE

An Easter Prayer:

God of Indiscriminate and Extravagant Love,
who is moving in us and around us,
pulling everyone and everything into new life,
we take some time now to pray,
asking you to keep moving and pulling and making all things new.

For the sick and troubled, for the fearful and alone,
For those called less-than, dismissed, belittled, and forgotten,
For those caught in oppressive, broken, and corrupt systems,
and for those who suffer in silence,

may you be with them and for them, reminding them that they are not alone.

for the front-line workers,
the grocery store clerks,
the people hustling to keep us nourished and fed,
and for all the people who are stepping up to hold the world together,

let them know we see them, that you see them, and may you keep them safe and strong.

for all those cut off from the things that
bring them life,
those who have lost loved ones they
can't celebrate,
and those who have too much on their
plates,

**may you bring them rest, peace,
joy and comfort.**



God,
Help us to be resurrection people -
people who are your presence in the world,
people who are answers to these prayers,
people who say 'no' to fear, scarcity, hate, and death,
and 'yes' to a world of joy, love, and peace, where everyone has enough, and
everyone has a place.

Through all we do, help us to join in on Easter and to embody resurrection
truths:

The worst thing is never the last thing.

Love is stronger than fear.

Christ is risen and God isn't finished with us yet.

Amen.



5 Reminders for When You Feel Overwhelmed



To state the obvious, there is a lot happening in the world right now. It feels like we are being emotionally pulled in so many directions, and yet, we are still expected to keep it all together. In turbulent times, feelings of overwhelm can rise to the surface, even if we aren't in the heart of suffering. In deeply troubling times, remember that your feelings are valid. Remember that you are not responsible for solving all the world's problems. Remember that caring for yourself is crucial. Here are some tips for managing the overwhelm that you might be feeling.

1. Carve out some time for silence and stillness. It is in these moments that we can see and hear clearly. That we can know what's true for us, that we can understand the actions to take, and that we can cultivate the strength and bravery to take the next step.

2. Cultivate positive self-talk. It is even more important in these moments, to be your own cheerleader. Remind yourself of your capabilities, that you can handle so much, that you already have handled so much, that you are always stronger than you think. In these make-or-break moments, we tend to flounder when our minds give up on ourselves. Give yourself the leg up, and train your brain to be your best advocate in these times.

3. Remember that you don't have to have it all together. I keep telling myself that, there is no handbook for handling life. And it's true. Each new day presents unique obstacles, so why would we ever expect to be perfect and maneuvering through it! It's okay if you're a mess, we are all a mess! It's okay if you mess up, we all will. Trying to be perfect in life is like trying to stay dry in a hurricane. It's impossible. Release the need to be everything, and focus on one thing, and then the next thing.

4. Make your tasks manageable. In times of uncertainty and change, it always feels like there's so much to do and not enough time. That frantic energy of scarcity and lack makes us feel worse than we already do. Make a schedule for yourself if that gives you peace of mind. Dole out tasks for each day. Give yourself bite-size chunks so that tasks feel easier to swallow. No one is asking for us to be superheroes during this time, they're just asking for us to be human, and to remember our humanity. We can't do it all and be it all, all it once. But we can get a lot done when we know ourselves enough to give us the tasks in a manageable way.

5. Be a source of strength for others. Sometimes we get wrapped up in our own dramas and we feel like there's nothing we can do. One of the biggest sources of energy and strength for me at this time is being of service to those in my personal life and in my community. Reach out to a friend who might be having a hard time and offer an ear. Offer to bring over some groceries to someone who might not have the time to make the stop. Get creative with how you can be helpful. When we reach out to those we care about, we are also reaching back in to care for our souls. I do truly believe that we are all in this together, and so when one of us thrives, we all will thrive. We can be that source of love and happiness for one another.

I want to close by reminding you that there is no map for these uncharted waters. Remember that we are all just doing the best we can with what we've been given. Remember to be kind, be patient, and understanding with others. Be compassionate towards those around you, but also for yourself. Remember your strength and resilience, and know that it will take you far.

Written by Michelle Maros

Our thanks to Jackie Walters for this submission

HELLO AGAIN EVERYONE! IT'S SCUBA DAVE!

THE RAINBOW WARRIOR - THE DIVING PART

The diving part of this story is the best part! Jocelyn and I headed north from Auckland to explore the north peninsula of the north island. I made arrangements to meet the Paihia Dive charter at the little town of Matauri, which is just a short boat ride from the Rainbow Warrior wreck site. The wreck is located at 35o South so you would think that the water would be 'tropical" (Canada's west coast where I dive most is at 49o North and the Caribbean is 20o North). The water around New Zealand was quite cool at 64o F so I definitely needed a wet suit.

The Rainbow Warrior was originally a trawler built in Scotland in 1954. It wasn't a large ship by any means, with a gross tonnage of 418 tons and a length of only 131 feet. It had two engines and three masts. Unfortunately, we were not allowed to penetrate into the engine room to see the engines and they had removed the masts so that divers wouldn't get entangled. This made it easy to explore the shipwreck safely and in one dive.

The dive boat was tied to a permanent mooring buoy that was attached to a large block of concrete. The marine park staff had installed this anchor and mooring line to protect the wreck from possible damage from dive boats trying to anchor to the wreck by dragging their anchors across it.



Once we were all in the water we submerged and descended to the stern of the wreck (see the **first photo** of the view of the stern from the 85-foot depth). The visibility was similar to our west coast and the water also had a slightly green tinge from the suspended nutrients. We started the dive along the seafloor following the hull forward. I noticed the area amidship where the salvage team had repaired the gaping hole caused by the second explosion. They had done a really good job of repairing the hole considering that it was only temporary, but they did need to make sure it made its last voyage (some 140 nautical miles) without sinking again.

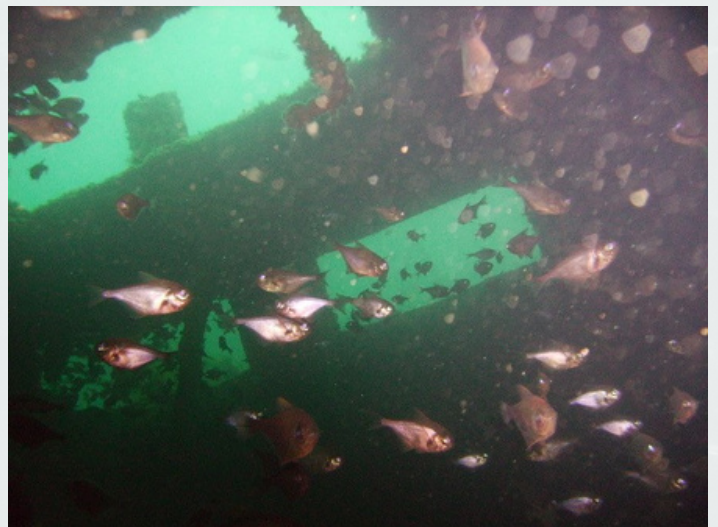


When we arrived at the bow (see the **second photo** of the bow from 85 feet below the surface, this is an iconic photo of the bow you can see it on all of the Rainbow Warrior websites) we ascended to the deck at 60 feet and we all had a close look at the memorial plaque (see the **third photo** with the dove and the rainbow) that they attached before they re-sank the ship at her resting place.

There was a lot of marine growth of mostly soft but very colourful coral (see the **fourth photo**). The harder coral doesn't grow as well in the cooler water temperatures. There were also a lot of fish that were attracted to the shipwreck which was now acting as an artificial reef (see the **fifth photo** that I took from inside the wreck looking back through the school of fish).



After the 45-minute dive on the Rainbow Warrior we had a 5-minute safety stop at 15 feet to "air off" the nitrogen that our body tissue had absorbed during the dive. Then we took a surface interval of an hour and 10 minutes to allow some of the remaining nitrogen to leave our bodies so that we could do a second dive.



The second dive was on a rock reef just off one of the nearby Cavalli Islands just outside of Matauri Bay. This dive was a shallow dive of only 45 feet (it's standard practice to do the deep dive first and then dive shallower on each consecutive dive) as a precaution against getting the bends or decompression sickness. One of the unusual fish that we saw was what the locals call the Mick Jagger fish! It's actually very similar to the codfish that we have on our east coast, but it has these large blue lips (see the **sixth photo** to see if you agree with the nickname). We also saw a few resident octopi (see the **seventh photo**) that were out of their hiding holes hunting for crabs.



The last dive was just a little longer than the wreck dive at 47 minutes with a 3-minute safety stop at 15 feet. Both dives were very memorable and I have many more photos to share sometime.



That's all for now but standby for more stories about cave diving and ice diving (yes under the ice on Lake Minnewanka in ice cold water)!

Dave Churchill

Foothills Excursion Six: Millarville Monochrome

What to do when the trees are limned with beautiful rime ice but the light is flat and the sky dull?

I was in that dilemma recently. I wanted to photograph the glory of the trees and the magic of a foggy day in the Alberta foothills, but wasn't sure if my camera was up to the job. Some things just can't be captured by a camera.

Time to get out there and find out! After my usual stop at the Millarville General Store to say hello, I headed west to explore the countryside along Priddis Valley Road. I knew there would be no mountain vistas today and, until I began to shoot in black and white, I didn't think the outing would be successful.

But as you will see, monochromatic was the best way to capture the moodiness of this early March day.



Thousands of birdhouses on fence posts throughout the Foothills patiently await spring and the return of the songbirds. Wisely, the birds will not set up household for several more months.



I've learned that rime ice differs from hoarfrost. Rime ice happens in times of dense fog when water drops in the air come in contact with a surface below freezing. Those liquid water droplets then freeze on contact. Hoarfrost is similar to dew and happens on cold and clear nights when water vapor freezes onto a below-freezing surface.

That was your meteorological lesson for the day. You're welcome.



The towering and majestic coniferous trees in this part of the world can take your breath away in any season. When painted with white, they are spectacular.



The next photos were taken on a less-frosty day. I thought I'd share them because black and white photography enhances the stark beauty of these common rural scenes.



I turned the colour back on for this shot, taken from my back door in that brief moment after the fog begins to clear but before the sun touches the frosty trees.



These horses in their multi-coloured coats were the bright spot in a grey day. Take heart, all those who long for the warm hues of spring. We will soon be living in a Kodachrome world!



Until next time,
Katherine

RDLUC PASSAGES



Amanda Chinelo Uwaga
December 27, 1986 - March 25,
2022

Amanda Chinelo Uwaga passed away unexpectedly on Friday, March 25, 2022 in Calgary Alberta, Canada at the age of 35 years old. Amanda was born on December 27, 1986 in Calgary Alberta, to parents Maxwell and Carol Chinyelu (Efoagui) Uwaga and survived by her brothers Ndubisi and Kanayo "Ani" Uwaga.

Amanda was currently one of the longest-serving staff members at the Society for Treatment of Autism (STA), she will be missed by the Autism community as this is a void that will be hard to fill. Amanda was also passionate about the Mental Health community and would help in the family business of running community homes for people with mental health issues.

A Memorial Service for Amanda will be held on Saturday April 9, 2022 at 1:00pm at the Red Deer Lake United Church, 96187 Spruce Meadows Green SW, Alberta T1S 2R9.

To send flowers to the family or plant a tree in memory of Amanda Chinelo Uwaga please visit our Tribute Store.

RDLUC PASSAGES



Margaret Jean Davidge
November 19, 1942 - March 4,
2022

Margaret Davidge (nee Butler), age 79, passed away peacefully on Friday, March 4, 2022, in Calgary, AB. She was born November 19, 1942, in Belleville, Ontario, to Frank and Ellen (Sprung) Butler. After graduating high school, she trained as a Registered Nurse in Belleville and began a long career caring for others, working for the most part with seniors until she retired in 2004.

She moved out west in 1976, at first to Winnipeg, MB. She also lived in Dauphin and Brandon before returning to Winnipeg in 1992. In 2016, she moved to Calgary to be closer to her daughter and family. She actively maintained family ties and the many friendships she made wherever she lived, by travelling, and above all, through the telephone. She was quick to make friends and is remembered by them not only as a bright spark who laughed and was a lot of fun but also as someone who cared deeply about them.

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Margaret Jean Davidge
November 19, 1942 - March 4, 2022



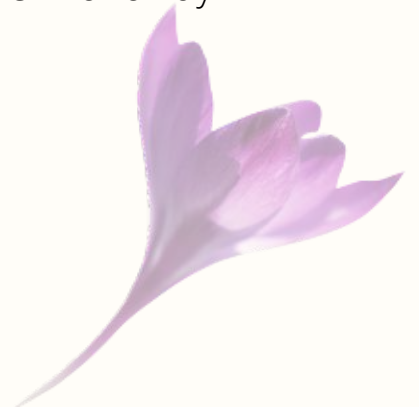
Margaret often said, "Life is an adventure." She faced many challenges in her life but overcame them with strength and good humour. She was strong-willed and determined to live life to the fullest, despite Parkinson's disease and other health issues, and always remained young at heart.

Margaret often said, "Life is an adventure." She faced many challenges in her life but overcame them with strength and good humour. She was strong-willed and determined to live life to the fullest, despite Parkinson's disease and other health issues, and always remained young at heart.

Margaret will be greatly missed. She is survived by her two children, Marianne (Patrick) Keogh and Michael Davidge (Jennifer Covert); her grandchildren, Ryan, Hayden, Nolan, and Bryn Keogh; the father of her children Stephen Davidge; her sisters Judy (John) Hill, Melanie (Robert) Barnes, and Jacqui (Mark) Buchholz, and her nieces, nephews, and friends.

Margaret's life will be celebrated in Winnipeg at the Charleswood United Church in the afternoon of June 24, 2022, and internment in the summer date to be announced in Belleville, ON. Condolences, memories, and photos may be shared and viewed here.

In lieu of flowers, please make donations to the Parkinson's Foundation of Canada. In loving memory of Margaret Davidge, a tree will be planted in the Ann & Sandy Cross Conservation Area by McInnis & Holloway Funeral Homes.



RDLUC PASSAGES



**Henrietta McGregor
McKenzie**
August 30, 1923 - March 12, 2022

Henrietta MacKenzie passed away on Saturday, March 12, 2022, at the age of 98 years.

Henri was born in Staten Island, New York, USA on August 30, 1923. After the death of her mother in 1932, Henri and her sister moved to Ullapool, Scotland to live with her father's family. She met Dugald in Scotland during WWII, they married in 1949 in Calgary and began their long farming life in Priddis, where she cared for all her family, friends, and animals. Henri made generous and delicious meals and was famous for her white cake, raisin scones and Scottish Oatcakes. Henri was a dedicated member of the Red Deer Lake United Church, beginning in 1955, where she made many true and lasting friendships. She also supported many events in the Priddis Community and will be sadly missed by all she met.

Henri is survived by her loving children, Morah Fletcher (Jerry) and John MacKenzie, her brother-in-law Henry, nieces Janet and Nancy and their families.

continued ...

Henrietta McGregor McKenzie
August 30, 1923 - March 12, 2022

She was predeceased by her husband Dugald in 2000, sister Jean in 2006 and her sister-in-law Shon in January 2022.

A family service will be held at a later date. Condolences, memories, and photos may be shared and viewed here.

If friends so desire, memorial donations may be made directly to the Rising Sun Long Term Care, c/o Sheep River Health Trust, <https://sheepriverhealthtrust.ca/> or to Red Deer Lake United Church, <https://reddeerlakeuc.com/>.

The family would like to thank the staff at the Rising Sun Long Term Care in Black Diamond for the wonderful care they showed towards Henri during her time there.



WALKING WITH GRIEF

Fred Rogers said "Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone."

Many of us were raised in families and cultures in which death and grief are not openly discussed. If we were hurting, we were met with unspoken and spoken rules such as "suck it up," "keep our chins up," and "move on."

But Mr. Rogers is right. Anything that's human is mentionable, and what is more human than grief that follows loss?

Grief is normal and necessary. And talking about it with others, which is perhaps the most fundamental way to mourn, makes it less overwhelming, less upsetting, and less scary. So, anytime we want to feel less overwhelmed, upset, and scared, let's remember to mention away.

I will mention my grief. I will find others who are good at listening and empathising without judgement, and I will trust them with my important talk.

-Alan D. Wolfelt

*Footnotes from Vi:

-There will be a free webcast by Dr Wolfelt on Understanding Your Grief on Tuesday, April 19 at 4-4:30p.m or Wed. April 27, 7-7:30p.m. Contact the McInnis & Holloway Funeral Homes website or phone them for registration.

- Fred McFeely Rogers, also known as "Mister Rogers," was an American television host, author, producer, and Presbyterian minister. He was the creator, and host of the children's TV series "Mister Roger's Neighbourhood," which ran from 1968-2001.



YOUR SMILE FOR THE DAY

A Vicar and His Son

Andrew was watching his father, a Vicar, write a sermon for the Easter service.

'How do you know what to say?' Andrew asked.

'Why, God tells me', the father replied.

'Oh, then why do you keep crossing things out?'

Maria Told Her Mother Gladly

Maria came home from Sunday School on Palm Sunday and told her mother that she had learned a new song about a cross-eyed bear named Gladly.

It took her mother a while before she realised that the hymn Maria had been singing was really: "Gladly The Cross I'd Bear."

Easter Quotes:

- Easter Peace: It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart. - Author unknown
- Easter spells out beauty, the rare beauty of new life. - S.D. Gordon
- Never look down on anybody unless you're helping him up. - Jesse Jackson
- I ask not for a lighter burden, but for broader shoulders. - Jewish Proverb
- At the end of the day, love and compassion will win. - Terry Waite
- Easter tells us that life is to be interpreted not simply in terms of things but in terms of ideals. - Charles M. Crowe

WE ARE RED DEER LAKE UNITED CHURCH



We are an inclusive and affirming community of faith – people of all ages, perspectives, and stories, who gather to connect with God, each other, and ourselves, and find in Jesus a new way of being human and alive in the world.

**you're welcome, wanted,
and accepted. join us on
the journey.**

Red Deer Lake United Church
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CHURCH OFFICE HOURS:

Monday - Thursday
9am - 3pm

Do you have a story to share? A memory? A poem? A photograph? We would love to publish it in the next issue of this magazine.

Please call us at **(403) 256-3181** or send your submission to **info@reddeerlakeuc.com**

**The next submission deadline is
April 29, 2022.**