

MARCH
2022

CHURCH @ HOME

staying connected with God,
each other, and ourselves



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hey friends,

I hope this finds you doing well and knowing that you are loved and enough, just as you are.

I also hope this finds you well because there's a lot going on in our world. Still. It feels like I've been saying that every time I write one of these. And it's not like any of the things I've named before - racial injustice, COVID, and division - have gone away. Now we're adding war into the mix. There's a lot to break our hearts. As we lament it all and pray about it, I do hope we're doing well, or as well as we can be, within it all.

It's now snowing and is pretty gray outside. That feels fitting because we've entered into the season of Lent - that season of journeying towards Easter,

... continued

... continued from Page One

of reflection and repentance, of remembering we are mortal, and of doing what we can to make the most of this one life we get. Cold and gray seem appropriate for that because while the result of that work is joy and resurrection, it's not easy and draws us into some tough questions and tensions. But it is where we are invited to go over the next 40 days and as we enter into it, know I'm sending you lots of prayer, love, and courage your way. I do hope you're enjoying the devotional we sent out.

We are finding our legs here at RDLUC as we continue to gather again in person and discern where God's Spirit is calling us to go in this new world that's rising up. In a lot of ways, it's a whole new ball game. People are online. People are in-person. People are doing both. It's actually kind of fun to take it all in and discover how it's all still church. Some things are different, and some things are familiar, but it's all church. There's some hope in that, isn't there? As long as we're moving towards love, growth, and transformation, we'll always be the church together.



So may this magazine be a form of church to you. May it remind you that you are connected with a community that loves you. May God speak and move through it. May it be a source of hope and comfort. May it be all those things and more.

As always, if you need anything, we're here for you. Just reach out.

grace and peace,
n.



Dear Friends,

We are well into our Lenten journey as I write this and I pray that you are finding the quiet inner spaces that are much needed for self-reflection and gentle conversations with ourselves and with the Holy One. It is also a time of stirrings on many levels, isn't it...we are moving towards growth and promises of renewal, of spring and new beginnings internally and externally. There is so much hope entwined in all of this and right now our world needs hope more than ever as the chaos and hurt of our outer world continues in Ukraine and many countries.

I find great strength in the vision of us joining together, united in heart and prayer for the emergence of healing, hope, peace and justice for Ukraine and for our world. This is testing for us, but it is also comforting to feel the power of belonging to our church family, anchored in the love of God, joining together as one.

Please don't hesitate to contact us if you wish for some support through this time, especially after already going through 2 long years of the pandemic.

Since Katherine's retirement (she compiled the magazine, created the cards, took beautiful photographs & wrote various articles) at the end of February, Charlee MacLean has generously volunteered to compile our magazine for us in the interim. This month's magazine is a "trial run", so it will be slimmer than usual but hopefully no less engaging. Thank You Charlee!

There are always many "Thank-You's" to express to the dedicated volunteers and staff who contribute in various ways to the food, this magazine and the packages. Thank You Everyone, we are very grateful to you!

As we continue onwards through Lent, I pray the following Celtic Blessing, "Deep Peace" for each of you (written by John Rutter):



*Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the gentle night to you
Moon and stars pour their healing light on you
Blessings of Deep Peace to you*



A Lenten Prayer

(Joyce Rupp)

In the passing of the seasons, phases of the moon, rising and setting of the sun, and the stars glowing in the universe,
may my love deepen and expand.

In the twisting, turning, and tumbling of everyday comings and goings,
in the joys and sorrows that visit me,
may my love deepen and expand.

In the voices of people who have become central in my heart,
who tame the rough edges of my hidden self,
may my love deepen and expand.

In the faces of strangers and passersby, in each human
whose spirit joins invisibly with my own,
may my love deepen and expand.

In the lonely, distraught, and disdained persons longing to be
respected and treated compassionately,
may my love deepen and expand.

In the unity that resides among everything that exists upon
and within this beloved planet we call "our Earth,"
may my love deepen and expand.

In the moments when the truth of my inherent goodness reveals itself
and sends me forth to be kind to others,
may my love deepen and expand.

In the silent prayer of my heart when I pause to be in deliberate relationship
with you—the Holy One who guides my life,
may my love deepen and expand.



continued ...

...A Lenten Prayer continued

In graced situations when the truth of my unfinishedness and the lack of being all I could be comes to greet me, may my love deepen and expand.

In the motivation found inside the journey of Jesus, his compassionate life, and the generous way he responded to others, may my love deepen and expand.

In the heartbeat of hope coming from stories of the Risen Christ, a steady Light-filled presence living on within me, may my love deepen and expand.

In this moment, this day, this place, this time, this body that is mine, when I repeatedly open my mind and heart to you, may my love deepen and expand.

Guide of my life, may I be as present to you as you are to me. In giving myself to the process of spiritual growth, I trust you will show the way to live as my truest self. In all I am and all I do, my heart rests in your abiding love.



HELLO AGAIN EVERYONE! IT'S SCUBA DAVE!

THE RAINBOW WARRIOR

I have another underwater adventure story that you might find interesting! This one is about another famous shipwreck with a little twist. This shipwreck story has some peaceful protesting, nuclear bomb testing, international spy intrigue, conspiracy, bombing, murder and a scandal too! And I got to dive on the shipwreck!

While Jocelyn and I were on our Australia and New Zealand trip in 2007, I was able to do some diving in New Zealand. I was fortunate to be able to dive on another of the world-famous top 10 wreck dives!

The shipwreck is the Rainbow Warrior which was owned by the environmental organization Greenpeace. They were in the south pacific to protest against France's nuclear bomb testing at the French Polynesian Island called Mururoa Atoll. The plan was to anchor the Rainbow Warrior near the atoll so that the French government would not test their nuclear bomb and destroy the atoll environment.



The French government wanted to stop the Rainbow Warrior from sailing into their test area, so the French Defence Minister Charles Hernu came up with a plan. The Rainbow Warrior was moored in the Auckland harbour in New Zealand on July 10, 1985, preparing to sail to the test area to start the protest when an explosion rocked the ship. It was a small limpet mine (magnetic bomb) that was set on the hull at the stern, by the French foreign intelligence service (DGSE) to scare the crew off of the ship. The crew did evacuate but one of the crew, a Portuguese-Dutch photographer, went back on board to rescue his cameras and exposed film. Then ten minutes later, while he was below deck a larger limpet mine set amidships exploded, killing the photographer and sinking the ship.

French agents had used scuba equipment to attach the mines set the timers and escaped without a trace, or so they thought.

Jocelyn's cousin Chris, whom we were visiting in Auckland, told me an interesting story when he learned that I had made plans to dive on the Rainbow Warrior. Chris was a member of the Auckland Yacht Club. On the night of the explosions, a group of his buddies were at the Yacht Club late in the evening. His friends witnessed three people approaching in a rubber dingy from across the harbour to the docks next to them. Two were dressed in black scuba suits and the third was dressed in black street clothes. Having heard the explosions they realized that the people they were seeing were likely responsible. Chris's buddies saw the terrorists escape in a van and were able to get the licence plate number.

With that information, the New Zealand Police (their equivalent of our RCMP) were able to capture the French agents and charged them with a multitude of crimes including murder.



So, as you can see in the second photo (above left) the Rainbow Warrior sank to the bottom of the harbour right beside the dock and obviously in the way! A salvage company was hired to raise the wreck and place it in a dry dock so that the holes from the explosion could be repaired (you can see in the third photo above right how large the hole in the hull was). Once the holes were repaired the Rainbow Warrior went on its last voyage. It was towed up to the north end of the north island and sunk again in a marine reserve at Matauri Bay in the Cavalli Islands. The wreck has become a beautiful living reef that has attracted the local marine life and it is a wonderful place for recreational divers to explore.

Watch for the next episode when I will tell you about the diving part of the adventure and all of the marine life the repurposed Rainbow Warrior is supporting, a fitting end for a non-violent peace promoting icon.

Dave Churchill

Be at peace. Do not look forward to the changes of this life with fear. Rather, look to them with full confidence that, as they arise, God to whom you belong will in His love enable you to profit by them. He has guided you thus far in life. Do you but hold fast to His dear hand, and He will lead you safely through all trials. Whenever you cannot stand, He will carry you lovingly in His arms. Do not look forward to what may happen tomorrow. The same Eternal Father who takes care of you today will take care of you tomorrow, and every day of your life. Either he will shield you from suffering or He will give you unfailing strength to bear it. Be at peace then, and put aside all useless thoughts, all vain dreads and all anxious imaginings. Amen

Prayers of St. Francis de Sales

Our thanks to Cathy Schlosser for this submission.

WHY DAFFODILS?

I am sitting here, yet another day, watching the news in HORROR and witnessing the atrocities that have become Ukrainian's daily life; a maternity hospital was just bombed, people in tears leaving loved ones behind, people being killed or injured in the streets, bombs exploding, children crying and crossing the border unaccompanied, women dragging a single suitcase as they struggle to carry a small child, or in some cases carrying their few belongings stuffed into a couple of grocery bags. How would you even decide what 10 items to take?

They are desperate, thirsty, hungry, grief-stricken, and terrified, not knowing if they will ever see their homes, their loved ones, their husbands or fathers, their friends, their livelihoods, their belongings, or even their homeland again. And what will it even look like IF they can return? I watch feeling HOPELESS, HELPLESS, and POWERLESS knowing that I live on another side of the world wanting to but not knowing how I can help.



I watch the next few stories. All of the Covid mandates are lifting but Covid's not gone; "We need to learn to live with it", "FEAR" – I know more people will die. The price of fuel is increasing again to record highs, "WORRY" – drive only for emergencies. The cost of living is skyrocketing, "CONCERN" - turn down the heat and wear a sweater. The inflation rate is at a 30 year high, "ANXIOUS"– only buy when it's on sale and eat less? In general, "STRESSED". Then the good news. The fuel tax will be lifted 'Temporarily', "RELIEF" and a little bit of "HOPE"; at least it's something. Still STRESSED though.

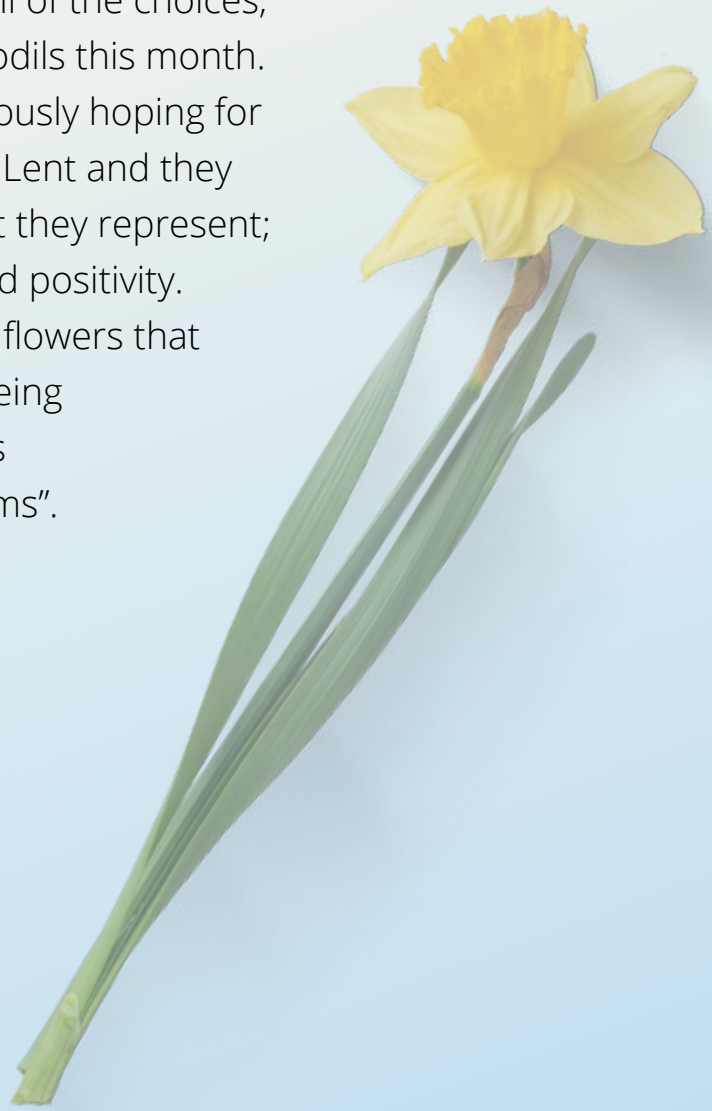
A story comes on where a man started a Facebook page where he has opened a room in his home for somebody to come and stay when the refugees finally arrive. He is welcoming others to join him in opening space in their homes; preparing for when we finally receive the people. Are we ready? He only has twenty so far.

I sit here with all of my mixed EMOTIONS and think of how I can change the way I feel. I think about all the things I am GRATEFUL for. I live in a home where I have heat, I have power, I have food and I am safe. I have family and friends and they are fed, safe and warm as well. We have plenty of masks that my sister gracefully made to keep us safe in public spaces for as long as I feel they are needed. I have toilet paper, all the toiletries I need, and privacy and warm water to take a shower. I can sit down when my feet are sore and I have a warm cozy bed in a cold room, just the way I like it.

I have a car; actually, I have two, and enough supply to fuel them, which affords my daughter and myself the ability to get to and from the places we want to go. And we have a right to an education and the freedom to not only exist but to express our frustrations and dislikes. Hopefully peacefully. In comparison, my stresses seem insignificant and petty.



As I am deciding on the colours and designs for this month's magazine and playing with all of the choices, I don't know why I was drawn to daffodils this month. Maybe it's the season and subconsciously hoping for spring. Maybe it's because we are in Lent and they are the Lenten Lilies. Maybe it's what they represent; strength, hope, resilience, rebirth, and positivity. They have been described as "happy flowers that signify joy and the appreciation for being alive" as well as "strong little survivors who have weathered the winter storms". Maybe it's because they are just so pretty. I think maybe subconsciously it's the colour, with the bright yellow flowers against the blue sky which seems to be the colours displayed all around us. I imagine that is what is resonating with me, especially this month.



I know the colours are different in this magazine this month and I hope that's ok. I find myself GRATEFUL to be able to add this submission and think of the things I can do. How can I contribute? How can I give back? I don't have any ties to Ukraine outside of sharing the same colour of blood, the same basic anatomy, and the love of Ukrainian cuisine, but I believe having EMPATHY, and COMPASSION, and showing solidarity against the atrocities been done to the people is all I have. Outside of that, I can only pray for peace and resolve and maybe open a room or two for someone to stay.

Charlee M.

Dare to stand before those you fear,
and speak your mind,
even if your voice shakes.

MAGGIE KUHN





TEST YOUR KNOWLEDGE

There are only nine questions.

*This is a quiz for people who know everything!
I found out in a hurry that I didn't. These are not trick questions.
They are straight questions with straight answers...*

- 1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.*
- 2. What famous North American landmark is constantly moving backward?*
- 3. Of all vegetables, only two can live to produce on their own for several or more growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?*
- 4. What fruit has its seeds on the outside?*
- 5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?*
- 6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.*
- 7. There are 14 punctuation marks in English grammar. Can you name at least half of them?*
- 8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.*
- 9. Name 6 or more things that you can wear on your feet beginning with the letter 'S.'*

ANSWERS



1. *The one sport in which neither the spectators nor the participants know the score or the leader until the contest ends:*

Boxing.

3. *Only two vegetables that can live to produce on their own for several growing seasons:*

Asparagus and rhubarb.

5. *How did the pear get inside the brandy bottle?*

It grew inside the bottle. The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.

6. *Three English words beginning with dw:*

Dwarf, dwell and dwindle..

8. *The only vegetable or fruit never sold frozen, canned, processed, cooked, or in any other form but fresh:*

Lettuce.

2. *North American landmark constantly moving backward:*

Niagara Falls ... The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.

4. *The fruit with its seeds on the outside:*

Strawberry.

7. *Fourteen punctuation marks in English grammar:*

Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellipses.

9. *Six or more things you can wear on your feet beginning with 'S':*

Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.

Did you know

Why St Patrick's day celebrated in Canada:

St Patrick's Day is a public holiday in the Canadian province of Newfoundland and Labrador on the nearest Monday to March 17 each year. It remembers St Patrick, a missionary who converted many of Ireland's inhabitants to Christianity in the 5th century. His feast day also celebrates Irish culture.

How the shamrock become associated with St. Patrick:

The three-leaf clover, a type of trefoil plant, has been considered the unofficial national flower of Ireland for centuries. Irish legend says that Saint Patrick used the shamrock as an educational symbol to explain the Holy Trinity to nonbelievers as he converted the Irish to Christianity in the fourth century.

The shamrock's importance began to converge with religious celebration of the saint's feast day: Those living in poverty still wanted to look nice at church, and luckily for them, an appropriate adornment was growing on the ground outside their homes.

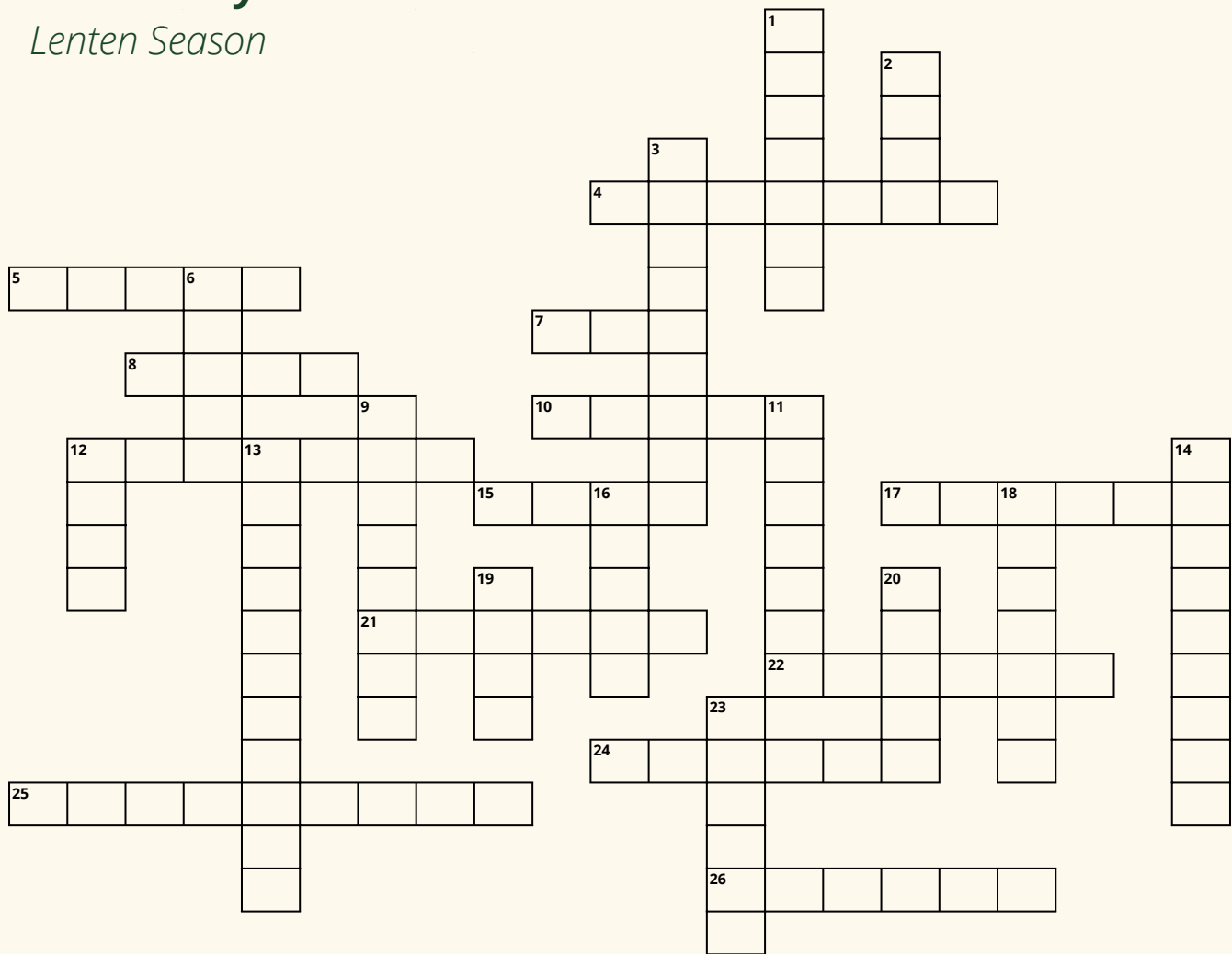
Why we wear green on St Patrick's day:

The St. Patrick's Day tradition was popularized by Irish immigrants in the United States, who believed that wearing green made them invisible to leprechauns—the classic fairy creatures who pinch anyone they can see.

Happy St. Patrick's day to all those of Irish descent and all those who celebrate it.

The Brain Gym

Lenten Season



Down

1. Sunday before Easter
2. Began Mar 02, 2022
3. Ash _____, Beginning of Lent
6. Upright post with a transverse bar
9. Festival of Unleavened Bread
11. Daylight _____ Time
12. Type of leaf for Lent
13. Killing of Jesus
14. Remorse or regret
16. Made from palm leaves
18. Start of Spring
19. _____ Friday
20. Day of Lent
23. The Last _____

Across

4. New Beginnings
5. Third month
7. After a prayer
8. Week leading up to Easter
10. Disloyal and betray
12. Full moon to mark Easter
15. Talk to God
17. Seated at the table
21. Colour of understanding and insight
22. March is the start of it
24. Holy Thursday
25. Christ's offering of himself
26. Yearly Christian celebration of the Resurrection of Jesus Christ

RDLUC PASSAGES

Brian Veale

August 31, 1934 - February 21, 2022

Brian Veale passed away at age 87 after living a life rich with friends, family, love, laughter and endless curiosity. Mildred ("Millie") Veale, Brian's partner and wife of fifty-three years, lovingly cared for him at home during the past eighteen months as he fought lung cancer. Brian will also be dearly missed by his sons, daughters, their partners and granddaughters, Bruce Veale (Michelle); Barbara Veale (Paul); Graham Veale (Kimberly), along with their children Victoria, Naomi, and Geneva; and Nancy O'Hare (Chad). Brian kept a close relationship with and will be remembered fondly by his siblings and their partners, Alan Veale (Janet), Ken Veale, Dave Veale (Mary) and Mary Mackie (Tom).

Brian was born and grew up in the rural community of Silver Creek near Salmon Arm, BC. In 1971 he earned a Bachelor of Commerce with a specialty in transportation from the University of British Columbia. Before graduating, his brother Alan and wife Janet, introduced Brian to an adventurous nurse named Millie. They were married in Lambeth, ON during a winter ice storm, on December 28, 1968 and started their life together in Vancouver. In 1974, Brian and Millie relocated to the Calgary area where they became integral and valued members of the community and lived on an acreage in the Red Deer Lake area for 46 years.

Brian, like Millie, had a passion for travel, cultures and an endless curiosity about the world. Whether working in Kuwait or Hungary, rebuilding his 1946 Buick, exploring India, attending talks in Mexico, or flying in his brother Dave's plane, Brian lived life to the fullest. Not only did he love to do things himself, but he also generously helped others. Brian was actively involved with the United Church, volunteered for Habitat for Humanity and regularly donated blood. He will be greatly missed by many.

A private service will be held. Condolences, memories, and photos can also be shared and viewed at www.McInnisandHolloway.com.

WALKING WITH GRIEF

GIFTS OF GRACE

Gifts of grace come to all of us. But we must be ready to see and willing to receive these gifts. It will require a kind of sacrifice, the sacrifice of believing that, however painful our losses, life can still be good – good in a different way than before, but nevertheless good.” -Gerald L. Sitter

In the beginning, we're often not ready and willing to receive gifts of grace. We're too smothered by the darkness of our loss. We're appropriately wallowing in and befriending our pain, and we're not yet prepared to acknowledge glimmers of goodness and hope.

But over time, to actively mourn is to open our eyes to goodness and hope. We have to work to cultivate grace. It is not a passive achievement; it is an accomplishment borne of effort and sacrifice.

Our lives can be good again- good in a different way than before, but still good.

Dr Alan Wolfelt “Grief one Day at a Time”

Our thanks to Jackie Walters for this submission



RESOURCES FOR SENIORS

TELUS now offers its 'Internet for Good' program to seniors in Alberta and B.C.

The program, first launched in 2016, provides low-income families and people with disabilities access to the internet at a reduced rate.

The seniors program gives those receiving the Guaranteed Income Supplement two options for unlimited data: Internet 25 with speeds up to 25Mbps for \$10 a month or Internet 50 with speeds up to 50Mbps for \$20 a month.

The program focuses on helping seniors access resources, staying connected with loved ones, and other aspects that can assist with their mental health, which has become increasingly difficult throughout the pandemic. Data from Statistics Canada shows 33 percent of seniors reported a decline in their mental health since the pandemic began.

Those eligible can apply for the program on **[telus.com/InternetForGoodSeniors](https://www.telus.com/InternetForGoodSeniors)**. A copy of your Old Age Security must be provided to confirm eligibility. Qualifying customers already with TELUS can also partake in the program.

“Our country’s seniors have contributed significantly to the fabric of this nation, having built and supported the infrastructure, economy and social services that we enjoy today,” president and CEO, Darren Entwistle, said in a statement.

Customers partaking in this program can also access to the LivingWell Companion Home for \$5 a month. This service offers 24/7 support to seniors at the push of a button.

YOUR SMILE FOR THE DAY

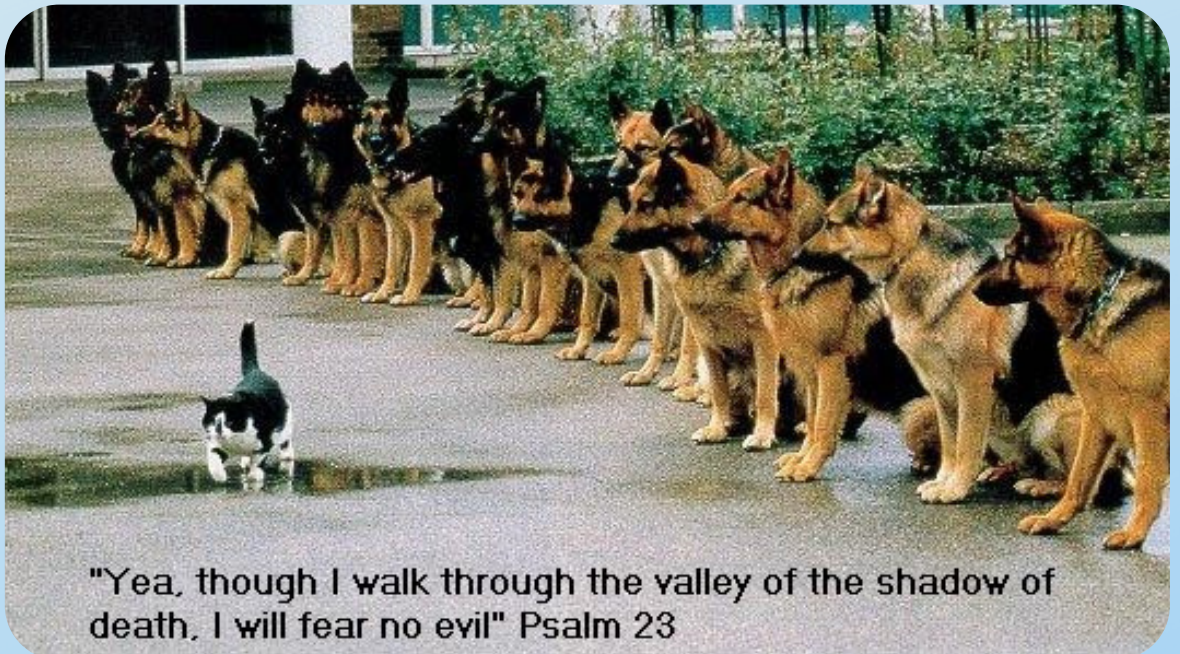


YOUR SMILE FOR THE DAY

Yikes



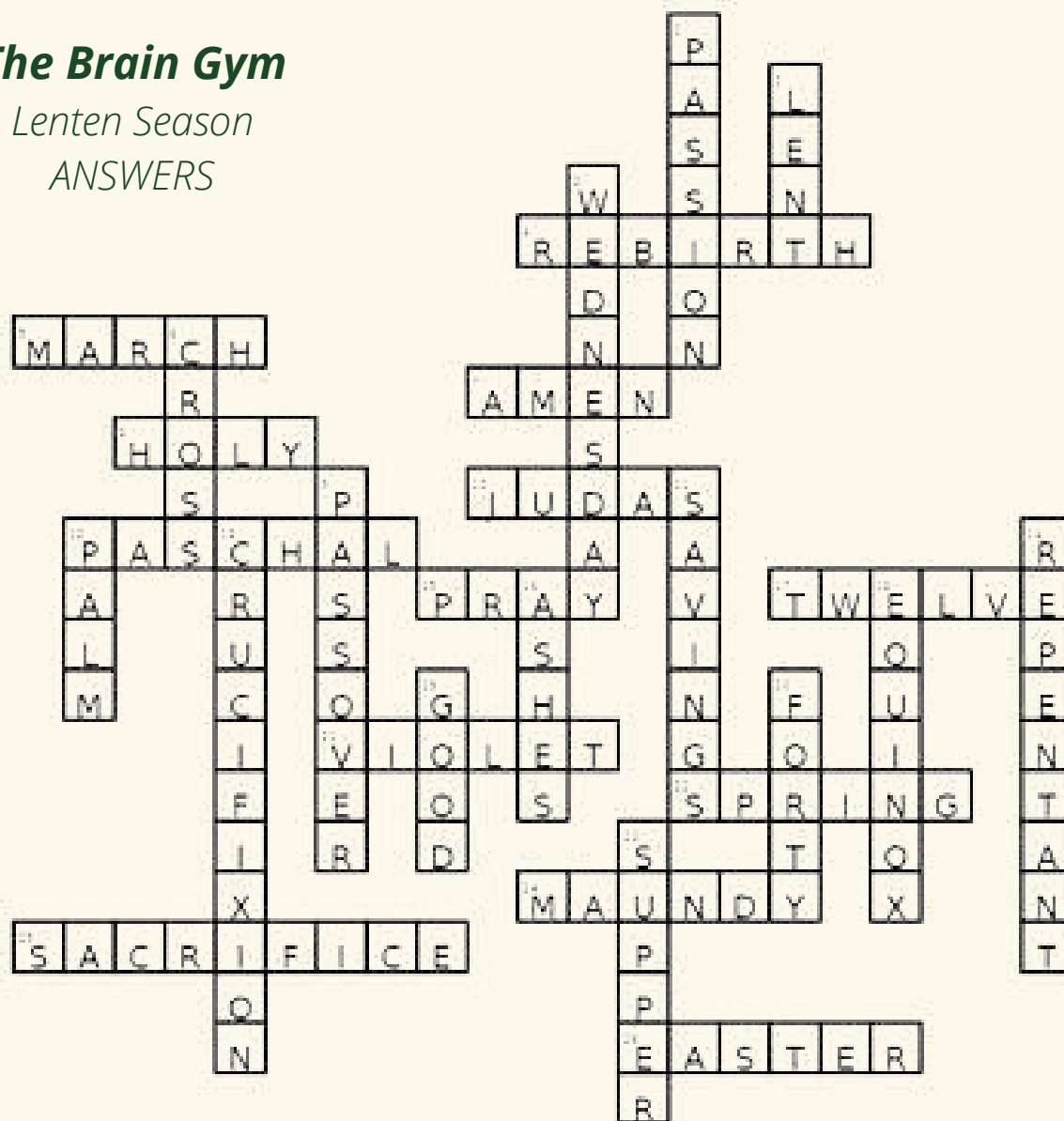
NOW THAT'S CONFIDENCE



The Brain Gym

Lenten Season

ANSWERS



According to a University of Exeter study, older adults who regularly did word and number puzzles had increased mental acuity. A 2011 experiment with members of the Bronx Aging Study found that a regular regimen of crosswords might delay the onset of cognitive decline.

Older adults who regularly take part in word and number puzzles have sharper brains, according to the largest online study to date.

The more regularly adults aged 50 and over played puzzles such as crosswords and Sudoku, the better their brain function, according to research in more than 19,000 participants, led by the University of Exeter and King's College London.

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.**

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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

March 29, 2022.

This will be our Easter issue.