

Open to Spirit, Open to You!

Opening to the Wisdom of Earth

April 23rd 2017 at 10:30 a.m.

Earth Sunday

We welcome you to our Sunday Worship. Help yourself to a cup of coffee and a name tag, at the back of the sanctuary, prior to the service starting.

Following the service, everyone is invited for an informal time of conversation and refreshments in the parlour. Our members will be happy to assist you with any questions or needs you may have.

Gathering

**Indicates to stand if able.*

Gathering Music: All Things Bright and Beautiful VU 291

Words of Welcome and Announcements

Acknowledgement of Traditional Territory

Lighting the Christ Candle

Call to Worship:

One: Come, friends of the Cosmic Christ,
let us give thanks for creation.

**All: We gather to praise God
for the miracle of the earth.**

One: Come, friends of Sophia, Wisdom of God
who delights in creation's goodness.
We open our hearts to wonder.

**All: We gather to praise God
for the miracle of our lives.**

One: Come, co-creators, the hands and feet of God,
who is in all and through all,
who is above all and below all.
We open our hearts to mystery.

All: Let us worship the God of all creation.

*Hymn: Touch the Earth Lightly VU 307

Children are invited to join Mark, on the stairs, during the last verse.

Young At Heart Time

Children's Hymn: Tubwayhun Nertun Arha

Good news candle

Lord's Prayer

Walking With God

Opening Meditation: Elemental Breaths

First Reading: David Abram "Between the Body and the
Breathing Earth"

Second Reading: Rainer Maria Rilke, *Book of Hours: Love Poems
to God*

Third Reading: Matthew 5: 3-10 (in two voices: traditional
translation and a rendering from the Aramaic)

Sermon

Holding the Light for Others

The Offering is Given

*The Offertory Hymn: Called by Earth and Sky MV 135

*Prayer of Dedication

GOING FORTH

*Closing Hymn: O Beautiful Gaia MV 41

*Commissioning and Benediction:

Tubwayhun P'makikhe d'hinnon nertun arha.

Mark Hathaway is Vanier Canada Graduate scholar currently finishing his doctoral dissertation which explores life-long learning experiences that cultivate a practical, ecological wisdom. Mark has experience as a popular educator in Peru as well as working on justice and ecological issues both with Canadian ecumenical coalitions and at the national offices of the United Church. Together with Brazilian theologian Leonardo Boff, he wrote *The Tao of Liberation: Exploring the Ecology of Transformation* (Orbis Books, 2009) which has since been translated and published in Portuguese, Spanish, Italian, and German. More recently, he has published academic articles on permaculture and on transformative ecological learning. Mark has taught courses on ecological worldviews at the University of Toronto and at the Earth Charter secretariat in San José, Costa Rica. Mark holds an M.Ed. in adult education as well as a graduate certificate in creation-centered spirituality.

ANNOUNCEMENTS

SOUTH WEST PRESBYTERY EXPO AND MODERATOR'S VISIT

**Moderator's Visit
&
Presbytery Expo**

May 13, 2017 4 p.m. - 8p.m.



See You There

Mark your calendar on May 13, 2017 for the Presbytery Expo and Moderator's Visit. Come and visit, explore the displays, hear our

Moderator, enjoy the food and fabulous entertainment.

Windermere United has already reserved a table where they will be sharing their ministries with attendees.

Our Moderator, The Rt. Rev. Jordan Cantwell will speak during the evening event.

South West Presbytery Expo, May 13, 2017 4 p.m. to 8 p.m.

Presbytery Office, 65 Mayall Avenue

Meals \$15 per person (For meal tickets e-mail Donna Rutz (drutz@united-church.ca))

A Minute for Mission: The United Church of Canada is launching an Extreme Hunger Appeal as the humanitarian crisis in Kenya, Nigeria, Somalia, South Sudan, and Yemen reaches grave levels.

Starvation and extreme hunger are rapidly reaching a scale the world has not seen before in Nigeria, Somalia, South Sudan, and Yemen. There is also extreme hunger, malnutrition, and starvation in Kenya. Vulnerable people are most impacted, including children.

Visit [the website](http://www.united-church.ca/hunger-appeal%20) at <http://www.united-church.ca/hunger-appeal%20> to donate or write a cheque to Windermere United Church with "Extreme Hunger Appeal" in the memo line and we'll send it on your behalf.

Making A Noise More Joyful: The Windermere Church Council has asked Arian Marchuk to work with a small group to assess our music ministry needs going forward. This working group includes Paulina Derbez, Susan Hinchcliffe, Alexa Gilmour and Doug Tindal.

Susan has conducted informal conversations with a number of Windermere congregants spanning various age groups and terms of membership. She found consistent support for the role of music leader; appreciation for the variety of musical styles we use; interest in occasional choir participation (but caution about too great an ongoing commitment); and no strong feelings about the use of the organ.

During the recent annual general meeting, music ministry was one of the topics for small group discussion, and about half a dozen people participated. Based on this discussion:

We place a very high value on the role of music in worship:

- It must be *integrated* with the theme of the worship: scriptures, prayers, music and homily all reinforce each other (implies coordination, planning)
- It should *enable participation and engagement* by the congregation; the cantor (music leader) role is important
- It embodies a deliberate *variety* of musical forms and styles (from Celtic combo to conga line)
- We value choir and other music that uses skills present in our congregation.

We lean toward the contemporary:

- Traditional hymns are beloved *and*
- We'd also like to see more contemporary music
- We welcome soloists and performance groups such as the Celtic music leaders
- We're not sure the organ should continue to have an important role.

We understand that music also has a role in Christian formation and community outreach

- Ideally, the "stage" area should be remodelled to make it more flexible as a performance space
- Ideally, those responsible for Christian education would also have capacity for leading children in music.

In other words, between the informal conversations and the small group discussion, there was broad agreement.

The working group is now preparing some recommendations for the next meeting of council, April 26. Anything you'd like to contribute?

- Do the observations and recommendations listed above seem accurate and appropriate to you?
- Are we missing anything?
- Did we get anything wrong?
- Do you have suggestions, hopes or concerns for the future of our music ministry?

Please email your thoughts to Adrian, adrianmarchuk@gmail.com, or speak to any member of the working group.

APRIL ORAL HEALTH MONTH

National Oral Health Month, is supported by the Canadian Dental Health Association and is held each April.

By promoting better oral health, this month-long event encourages Canadians to have a better quality of life.



Why This Event?

Compared to other parts of the body, people often ignore problems with their mouths. Bleeding and tender gums, oral pain, and mouth infections, are common problems which are often ignored but can affect a person's quality of life.

Oral problems can affect the way a person eats, speaks and even socializes. Quite often people who consider their teeth to be 'poor' will not consciously smile with their mouth open. In some cases people with oral health problems avoid social interactions.

Oral Problems May Be A Sign Of Serious Disease

If there are problems with your mouth, it is important that medical assistance is soon sought as problems could be a sign of serious disease such as oral cancer. In Canada, over 1000 people die from oral cancer each year. Often, the cancer is diagnosed when it is at a late stage and treatments are not effective. By visiting a dentist on a regular basis, any problems can be diagnosed earlier when there is better treatment outcome.

The Canadian Dental Health Association have published '5 Steps To Oral Health'.

1. Visit Your Dentist On A Regular Basis - your dentist will advise on how frequently you should see them. Depending on individual circumstances, regular checkups may be every 3,6 or 9 months.
2. Keep Your Mouth Clean - brush your teeth at least twice a day and use floss. Floss helps to remove food and plaque which gets lodged or forms between the teeth and gums. Flossing helps to reduce bad breath and gum disease. Using a mouthwash can help reduce plaque from forming, reduces infection and eliminates bad breath.
Eat, Drink But Be Wary - healthy, unprocessed nutrient rich foods help the body fight any infection. Reduce sugar intake. Sugar is a major cause of dental problems. It's advised to brush your teeth after consuming sugary drinks and food.

Check Your Mouth Regularly - gum disease (periodontal disease) is the most common cause of tooth loss. Warning signs include bad breath, sensitive gums which are red, sore, shiny or swollen, and gums which bleed after brushing or flossing.

Check also for the warning signs of oral cancer. Oral cancer normally occurs on the sides of the mouth, on the floor of the mouth and on the lower side of the tongue.

3. Oral Cancer Warning Signs Include:
 - o small lumps or thickened areas in the mouth
 - o red or white patches in the mouth
 - o a feeling of tingling or numbness in the mouth
 - o bleeding in the mouth with no obvious cause
 - o sores in the mouth which do not heal

Avoid All Tobacco Products - using tobacco (chewing or smoking) can cause minor and major oral health problems.

Minor problems include bad breath and teeth staining. Major problems include heart disease, oral cancer and other cancers.

As part of National Oral Health Month, and also to promote oral health year-round, the Canadian Health Association distribute posters which highlight these 5 points. Promotional materials & resources for this event include:

- Fact Sheets & Posters
- Adult Educational Tools
- Children's Activities
- Prepared Questions And Answers About Oral Health
- Newspaper Articles For Media Campaigns

For more information visit the Canadian Dental Associations dedicated [National Oral Health Month website](#).

Anne Marie Mohler, Parish Nurse

OPPORTUNITIES TO MAKE A DIFFERENCE

Stone Soup Network Announcement: On March 14th, Chris Rotolo took the helm of the Stone Soup Network. And, much like the monks in the story, he takes a positive view of our opportunity to act as a catalyst in the transformation of our community.

“The Stone Soup Network is a bright spot in our community, that empowers and connects people by rewarding cooperation,” said Rotolo. “Joining the Stone Soup Network presents me an opportunity to practice my values daily while using the full breadth of my skills and experience. I hope to form a strong presence in the community. As Executive Director, I look forward to further developing the support available to recipients,

creating greater access for social connectors, and strengthening our relationships with contributors. No one alone has *everything* they need, but the potential of having abundance for everyone is a stone's throw away.”

For those interested in building a stronger, happier community, Chris encourages you to get involved. He can be reached at director@stonesoupnetwork.com

“There for You” Project - “when I was hungry, you fed me” these are the words of Christ but also the words of some of us who have needed a helping hand and received it from folks in this congregation. In light of the fact that we all need help from time to time when the unexpected happens we have the “There for You” project. There is a sign up list in the parlour that you can add your name to. It means that you'd be willing to help out when someone's life takes a turn and help is needed. If you are preparing dinner, please consider making a little extra to add to our church freezer that is used to store emergency meals. We are pleased to let everyone know that your generous contributions have helped many families over the last six months. See Rev. Alexa for more information or sign up in the parlour if you want to be part of this project.

TWERP Good News! - We are happy to announce that Hamza has signed a work contract with Freedom Mobile, and begins working for them this week as a systems analyst. Thanks to all volunteers who provided Hamza with contacts in Toronto's IT sector to help him in his job search. He is very pleased to be working in his field of expertise, and grateful for all the support of this congregation.

Lay Readers and Fellowship Time Volunteers – We are recruiting volunteers to be Lay Readers and to help with offering Fellowship Time. If you can help with lay reading

and/or fellowship time, please sign up on the sheets in the Parlour. Lay Readers are needed for May 14 and 28. Fellowship volunteers are required for all of May 14 and 21. Mary McConnell is available to help you with the details of set-up for Fellowship. Please speak to Rev. Alexa if you have questions about being a Lay Reader.

UPCOMING EVENTS

East meets West Tuesday Morning Drop-In Yoga classes
Rev. Alexa and yoga teacher, Lorna Roberts, are inviting you to share in a healing journey of scripture, poetry, and restorative yoga for the body and soul. **Every Tuesday from 9:30-10:45 am.**

Book Studay - starting Thursday, April 20 to May 25 from 7-9 pm in the Parlour. The book you will be studying is “*Embers: One Ojibway’s Meditations*” by Richard Wagamese.
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Join us for “A Spirited Conversation” a Monthly Drop In event for a small group discussion in one of our local pubs. What we discuss will be up to you! Send your conversation topics questions to minister@windermerechurch.ca. **Please note the next ‘Spirited Conversation’ is on Tuesday, May 9th at 7:30 pm at THE DARK HORSE on Bloor Street. A warm welcome to everyone who would like to join our discussion group.**

HIP HOP Youth Group – Weekly drop in every Friday from 7:30 – 9:00 p.m. starting Friday, January 13th. Our Instructor Edz welcomes everyone from 12-15 years of age to join the fun! Free 1 hour dance class followed by ½ hour snack and hang out time

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Let's Make a



The next **Messy Church**
will be celebrating ***EARTH DAY!***
on **Wednesday, April 26th**
5:30 – 7 pm in the parlour.

There will be crafts, games, and activities!
Complimentary Dinner: 6:30-7pm
Arrive when you can, leave when you have to.

Upcoming Services

Sunday, May 7th, 10:30 am – Rev. Alexa preaching.

Sunday, May 14th, 10:30 am - Kristine Greenaway, congregant at Windermere, and staff person at the National Office of the United church of Canada will be sharing her deeply moving experiences from her time in Haiti with the Methodist Church in Haiti and with peasants who are dealing with the aftermath of Hurricane Matthew. It is a great story of the United Church in active partnership with people in a country struggling with multiple challenges but who have deep faith.

Sunday, May 21st, 10:30 am - Baptism Sunday. Come and celebrate the baptisms of Evan Consack, Brianna Bennett, and Tyra Charles.

WELCOME

Windermere United Church (1912-)

356 Windermere Avenue
Toronto, Ontario M6S 3L3 416-769-5611



Ministers: All of Us

Worship and Pastoral Care Minister:

The Reverend Alexa Gilmour

Parish Nurse: Anne Marie Mohler

Sunday School: Jenny Eum

Church Administrator: Katie Mior

Office Hours: Mon. to Fri. from 9:00am - 3:00pm

windermerechurch@bellnet.ca

Look for Windermere United on Facebook

Follow us on Twitter: @wind_uc

www.windermerechurch.ca

www.OpenToSpirit.org

