

Woodlawn United Church Newsletter

May, 2022

WORD IN MY HEART May 2022 - Isaiah 26:3 (NIV)

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Memorizing this short scripture can be helpful as it reminds us to trust in God. Being steadfast in seeking God, looking to God in all situations, and trusting God is the only way to have God's peace. May you have God's peace, always.

Blessings,
Rev. Mary Lynne



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06-28-2013

PLEASE GIVE ME THE WISDOM ... TO
FIGURE OUT HOW TO HAVE THE STRENGTH
... TO POWER THROUGH UNTIL I AM RICH
AND FAMOUS

RANDOM NOTES OF THANKFULNESS

We at Woodlawn realize that the church is the sum of its parts and the great work that each of us does for one another and for the community around us as we glorify God together. We also realize that we do not do this good work to be thanked but we do have the God-given opportunity to give thanks. With this in mind, each month will seek to offer a few well-deserved "random notes of thankfulness."

Thanks to Bob Watt for taking some great new photos of the church that are used as a part of our memorial cards, communications, website and Facebook postings.

Thanks to Peter Woods and his tech expertise that got the outdoor sign back into working order.

Thanks to everyone who has been able to help out with recent number of funerals at the church. Especially to ushers, greeters, tech support, and those involved in providing for and hosting receptions.

We realize we cannot thank everyone every month, but it is hoped we can raise up in a *Spirit of Thanksgiving*, a few well deserving souls each month.

Thank you Woodlawn United Church for all you do!

OUR MISSION OF MENTAL HEALTH

Submitted by Rev. Dr. Dale Skinner

May is a month associated with mental health awareness. Canada designates the first week, and the United States the whole month to an area of life that effects every one of us. Although we may believe mental health is handled exclusively through one-on-one counseling, there is a growing acknowledgement of how relationship-based communities like churches, can play a role.

By raising awareness and lifting up the importance of mental health, we as a church participate in the de-stigmatization of mental health issues. This is important since stigma, prejudice, and discrimination can further compromise mental health by impacting one's sense of self-worth and commitment to self-care as well as making it more difficult to reach out for help.

Care for mental health is rooted in Scripture. For example, the prophet Isaiah described part of the mission of the coming Messiah 'to bind up the broken hearted' (Isa 61:1). 'Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness (Matt 9:35). As "the body of Christ" the Church is meant to practice this ministry of healing and wellness.

Mental health problems are usually the result of a combination of many factors, including family environment, biology, personality, spirituality, and challenging community contexts, including poverty and violence. Increasingly, the impacts of traumatic events such as childhood abuse, interpersonal violence, natural disasters and the recent pandemic are being recognized as major causes of mental health problems including anxiety. Amongst the many conditions that can impact our mental health, anxiety is one of the most widespread. Anxiety is also on the rise as people find themselves threatened by the waves of uncertainty in the world around us.

Back in January, the Toronto Centre for Addiction and Mental Health noted in a survey that more than 25 per cent of participants reported feeling moderate to severe anxiety — up from 19 per cent in July 2021.

Consistent with previous surveys, Canadians between 18 and 39 years old reported the highest levels with 33.5 per cent for anxiety - **that's 1 in 3 people!** Anxiety that is usually accompanied by feelings of loneliness and depression. The numbers point to a different kind of pandemic. One that can be even more isolating for some of us.

In his book, *The Anxiety Field Guide*, Jason Cusick offers some valuable insight when it comes to understanding some of the spiritual dimensions of anxiety. Cusick underscores the importance of healthy relationships in long-lasting healing from anxiety. They are a way we can practice care for ourselves and others. They can encourage us, comfort us, and challenge us. Relationships with God and others are where we can feel accepted and known help us to move forward in the midst of uncertainty. Cusick names some characteristics of healthy relationships:

Vulnerability. Anxiety causes us to want to protect ourselves. As a result we withdraw from others since relationships can get messy. They are fragile and involve risk. Cusick suggests that rather than hiding what we're thinking or feeling, we should tell people what's going on inside of us. Instead of protecting ourselves from harm, we can tell people that we have felt harmed. We can let them know what triggers us and how they can help us in our anxious moments. We can also admit our anxious "push/pull" behaviors. We push people away ("You hurt me!") and then pull them closer ("Do you care about me?"). As we work on getting healthier we can confess how confusing this is to those who are closest to us. We feel safer and supported when taking responsibility for action.

(Continued on next page)



OUR MISSION OF MENTAL HEALTH (cont'd)

Submitted by Rev. Dr. Dale Skinner

Mutuality. Anxiety usually shows itself in imbalanced relationships. We are either the helpers or in need of others' help. But we need relationships where we care for each other equally. If we are helpers in the relationship, we can try expressing our needs and wants to the other person and let them help us. It may feel selfish, but it's not. We can also learn that listening is a form of helping. If we are continually seeking reassurance and comfort from the other person (or people), we can try letting unsolicited comfort and reassurance come naturally in the relationship. It's okay to ask for reassurance, but having questions, doubts, and some anxiety is normal in close relationships.

Playfulness. Anxiety causes us to see the world as a serious place. We may feel that every conversation must be deep and every interaction "productive." When what we need are relationships where we can laugh together, have fun together, and enjoy each other's company without having to solve a problem, analyze our feelings, or come to each other's rescue. Joy and laughter release tension and stress.

Finally, as a people of faith we raise up the most important relationship in life is our relationship with God. The health of this relationship will have an effect on every other relationship we have. Whether we feel or believe it, God is with us all the time. It is God's repeated promise throughout the Bible. It goes hand in hand with the most often repeated commandment in the New Testament "fear not; be thou not anxious." When we feel the most alone, misunderstood, and confused, we can ask, "Am I alone in this?" God says, "I am with you."

Appreciating God's presence has been something I've been trying to grow more to understand. In the past, I would come to God (or somebody) with all my successes and accomplishments seeking approval. Other times, I'd come to God with a list of problems hoping for a supernatural fix that would take away my problems. But I'm learning that in my most anxious times, I can come to God and experience something much more helpful—God's presence acceptance, and love. Let us pray that any person who comes to deepen their relationship with God as a part of Woodlawn United Church may experience these very things.





Last month we shared with you our Mission, and now we'd like to offer our newly created Stewardship Vision.

THE STEWARDSHIP COMMITTEE VISION:

Actively encourages and inspires congregation members to use the gifts that God has provided, and give from the heart prayerfully to care for others, the church, the earth and to create a peaceful, just society.

Educates congregation and community members to create awareness of the many programs and services WUC provides to others in our community and around the world.

Models and promotes living our Christian values through service and contribution.

We look forward to sharing more information with you as we continue our Stewardship Journey for Woodlawn United Church. If you have any questions for the Stewardship Committee please feel free to reach out to Co-Chairs Kelly MacNeil and Mike MacNeil.

Thanks,
Kelly MacNeil



MOTHER'S DAY PRAYER



Loving God, help us make Mother's Day more meaningful.

Help us make it a time of generosity through our Mission & Service that helps change the lives of families at home and around the world.

Help us make it even more of a celebration of those extraordinary people in our lives we call mom, who are like mothers to us, and to people of all genders, as well as trans and non-binary persons who offer mothering care.

Help us make it more supportive of mothers who have lost children, children who have lost mothers, women who long to be mothers, and those who choose not to be mothers.

Help us make it more open to those who don't fit the traditional model of family and feel left out during this holiday.

Help us make it more caring of single moms, new moms, and those looking after their moms during the pandemic without the social supports that are usually in place.

Help us make it more aware of those whose mothering responsibilities stretch across decades to span a lifetime.

Help us make it more loving for those who want to draw closer to their mother and more healing for those who need to keep a distance.

Help us make Mother's Day more, O God.

More generous...more open...more caring.

We pray this in your holy name.



Amen.



Who do you
say I am?

CONNECT WITH GC44

General Council 44 of the United Church of Canada is being held completely online for the first time this year. Below are some of the ways you can connect online with General Council 44 and follow the proceedings.

PHEEDLOOP

Observers, visitors, and those keenly interested in the work of the church are invited to sign up for access to all the public proceedings of GC44 on PheedLoop. PheedLoop is a Canadian-based virtual event platform that was selected for its accessibility and English/French translation features. You do not need to download or install anything to use it. Review the calendar of key dates for GC44 and complete your free registration today to reserve your spot.

PROPOSALS, REPORTS, AND OTHER DOCUMENTS

The best way to access the most up-to-date documents for the meeting ("the workbook") is to register for PheedLoop. We encourage you to sign up soon as there is a limit on the number of visitors we can accommodate. The documents are also available on the United Church Commons in the 44th General Council folder. The PheedLoop documents will be updated constantly as needed, while the ones on the Commons will be updated only when they are final, probably in June or July.

GENERALCOUNCIL44.CA

This site is the online hub for all news and information related to GC44, including latest updates, the agenda, Moderator nominees and election, breaking news, and more. You can also sign up to receive the latest news updates from GC44 in your inbox.

LIVESTREAM

Follow GC44 as it happens on the United Church YouTube channel, including worship, plenary gatherings, learning sessions, nominee speeches, the vote for the next Moderator, and more. You can also log in using your Google account to share comments and discuss the proceedings in real time with the community of followers.

FACEBOOK

The United Church Facebook page will feature ongoing news, commentary, video, and photos throughout General Council 44. Follow the United Church page to share your comments and keep up to date on all the proceedings. You can also join a discussion on the work of the council in the GC44 Conversations group.

OTHER SOCIAL MEDIA PLATFORMS

Join us on Instagram and Twitter for the latest updates, stories, and photos from General Council 44. Share your own posts using #UCCanGC44 and join in the conversation with others.



BIBLES FOR GRADE THREE STUDENTS

We have a decades long tradition at Woodlawn to present our Grade three students with a Bible as they leave this grade level! Please contact the office if you know of a Woodlawn United Grade 3 student who would like to receive a Bible during our worship on June 12th!

MAY 7th CHOWDER!

Our next Chowder will be on Saturday, May 7th hosted by **Friends of Accessibility**. Order process will remain the same. Please email or phone Ralph Sams at ralphsams@ns.sympatico.ca or (902) 434-7786. This will be a drive by pick up. Order desk will open on Friday April 29th. If you place your order by Wednesday May 4th at 8:00 PM, your chowder is guaranteed. After that date/time, it's subject to availability.

When you send Ralph your order, please indicate: Number of Chowders you are ordering, time of pickup (11:30-12, 12-12:30, or 12:30-1), type of roll (white or whole wheat), and your choice of dessert (apple or pumpkin pie or carrot cake).

If you are able to donate a pie or carrot cake for the Chowder, please let Ralph know no later than May 4th, and drop off your donation on or before Friday May 6th. Chowder Lunch: \$12.00 per meal. Exact change please.

MAKE A GIFT THIS MOTHER'S DAY



Your Mission & Service Ministry is offering this Mother's Day gift giving option. Your special Mother's Day gift will support the most vulnerable among us at home and around the world. Your generosity will help people in need by supporting homeless shelters,

community kitchens, refugee programs, as well as education programs and advocacy initiatives.

When you make a gift, you can choose to send a free e-card to honour or remember a mother, recognize the loss of a child or mother, or honour families who don't fit the traditional Mother's Day mould. Every gift will make a difference. Every card, a blessing.

[Click Here to get started.](#)

FRIENDS OF ACCESSIBILITY NEWS

In addition to our May 7th chowder we will be doing one more on Saturday, May 28. Much of our success with chowders is due to the tremendous support we receive from the folks at Seaside 105.9. One of those folks has been **Blain Henshaw** who also supported us by hosting concerts and holding his book launch here. Blain has encountered some challenging health issues in recent times which culminated with double bypass surgery last week. A number of his musical friends will gather at Woodlawn on Sunday, May 29 at 7:00pm for a gala evening to pay tribute to Blain for his contribution to the music industry and for his friendship. Performers onboard already are Georges Hebert, Garth Proude, Jo-Ann Newman and Floyd Spicer. We expect many more will come on board once word gets out. A freewill offering will be taken and presented to Blain to assist with medical expenses.

The event is being hosted by Woodlawn United Friends of Accessibility. For further info please contact Ralph Sams 434-7786 or email ralphsams@ns.sympatico.ca

UPCOMING GRADS



Do you know someone from our Woodlawn United family graduating this June? Maybe they are finishing high school, community college, or university? On June 5th we will be celebrating our graduates during worship.

Write up a short bio and send a photo to the office so we can celebrate them at our June 12th worship. Send it to: office@woodlawnunited.ca



Mission and Service Fund
United Church of Canada

Support Refugees from Ukraine



The devastating invasion of Ukraine has already caused over two million people to flee their homes for the safety of neighbouring countries. Many refugees have lost friends and loved ones, and struggle to meet basic needs while facing an uncertain future.

Mission & Service partner ACT Alliance is supporting the distribution of food baskets and hygiene packages to people whose lives have been turned upside down by the invasion.

Your Gift of \$25 will provide one hygiene package with items like toothpaste, laundry detergent, and disinfectant.

Your Gift of \$38 will provide one food basket with staples like cooking oil, buckwheat, canned fish, dried peas, and condensed milk.

Your Gift of \$40 will provide one hygiene package plus a supply of incontinence products for those who need them. Click this link to browse gifts. [GIFTS WITH VISION](#)

How it Works

The United Church of Canada developed Gifts with Vision in response to member requests to be able to give gifts to relatives, friends, and loved ones that are in direct support of the church's Mission & Service partners.



Browse the Gifts

Browse the Gifts and choose ones that suit those on your list. You will find a choice of dollar amounts as well as gifts that appeal to varied interests or commitments.



Choose your Gifts

When you find a gift, add it to cart. When you've added all your choices, click the cart icon to be taken to our secure donation checkout.



Share the Gifts

When placing your order you'll be able to add an eCard, including a delivery date, for each gift.

A MOMENT IN TIME

Contributed by Jane Twohig

This is a page from one of the minute books of the Woodlawn United Church's Young People's Union from 1942. Many of these family names from this document still live and worship here today. These are available for viewing at the Church office if you should have an interest. They will be sent to our archives in June.

September 20 1942
The opening business meeting
of the Y. P. U. was held Tuesday,
September 20th, with Mr Russell
acting as Chairman.
Hymn 245 "The Great Physician
is Near" was sung after which
Russell lead in prayer.
Our officers were elected which are
as follows:
President - Bernard Kuhn
Vice President - Marion Thomas
Secretary - Marion Settle
Treasurer - Ruth Patterson
We also decided that we would
follow our same method of
running our meetings by groups, and
Russell taking from ten to
fifteen minutes at each meeting
take up "Teacher's Study".
Group leaders were elected
which are as follows:

Celebrating You!

Are you celebrating a birthday, anniversary or other special occasion, and would like to share that with your Woodlawn United Church family? We would love to celebrate your special day with you.

Please call (902) 434-8302 or email Shelley or Ruth office@woodlawnunited.ca with your birth date information or your Anniversary date, and we will publish that in our weekly bulletin. There are many other special celebrations to share such as a graduation, adoption, marriage, birth of a child, retirement, purchase of a new home, perhaps you have received a special award, or received a job promotion. We would love to celebrate you by recognizing your special occasion, because your Woodlawn family cares about you.



*Make a joyful noise to the Lord, all the earth;
break forth into joyous song and sing praises!
Psalm 98:4*

I visited a monastery and as
I walked past the kitchen I
saw a man frying chips.
I asked him "Are you the
friar?"
He replied "No, I'm the chip
monk..."

FOOD BANK SUNDAY

The first Sunday of each month is Food Bank Sunday. We welcome donations of the following, as they are staple items: Instant Coffee, Orange Pekoe Tea, soup, beans, canned fruit and vegetables, spaghetti sauce, peanut butter, granola bars, cereal, pasta (spaghetti & macaroni), Kraft dinner and canned milk.

While these are staple items, all donations are gratefully accepted.

Questions about the food bank or donations you can make, please contact 902-434-5819.



Note: Please do not donate items that have expired or have passed their best before dates. Thank you.

GARDENING ENTHUSIASTS WANTED

GARDENING ENTHUSIASTS WELCOME.

Welcome All Gardeners! It's almost that time again when the Woodlawn gardens will need a spring clean up! And when it gets warmer, we'll plan for mulching, annuals, watering and so on. If you would like to help out with the gardening this year please contact either:

Adelia at adeliamholloway@gmail.com or 902-240-6897 or

Teri at tgiannou@herculessl.com or 902-456-3188

We will notify you when we are planning to do some work and you don't have to commit to all times, just when it works for you.

Thanks, from Adelia & Teri
(on behalf of the Gardening Group)



I can do
all things
through
Christ who
strengthens me

- *Philippians 4:13* -