

# Easter *Spirit* Newsletter

## MINISTER'S MESSAGE

### “Aren't you with the Galilean?”

Before Easter comes what some call “the dark night of the soul.” For Jesus, it is Good Friday and the Cross, but others in the story, even as dawn breaks, live through their own “dark nights.” Think of Peter, and the words that leapt from his lips in what must have been a moment of panic. It was very same moment on Good Friday, as Jesus was on trial - shuffled between the Temple authorities, King Herod, and Pontius Pilate.

Can you imagine the moment? Peter sits in the Temple courtyard when someone recognizes him. “Aren't you with the Galilean?” asks a servant. “I do not know what you are talking about” he says to her. Twice again, in similar words, Peter denies knowing Jesus. When the cock crows, as we know it must, the story says Peter went out and wept bitterly.

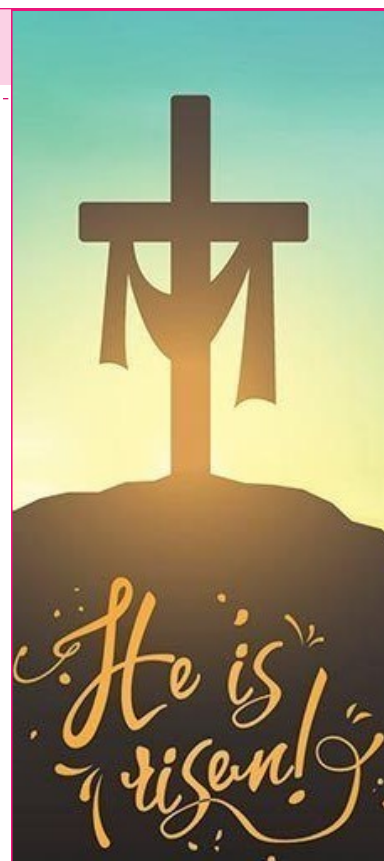
We can only speculate why Peter says he doesn't know Jesus. Fear perhaps? Or embarrassment of some kind? How he must have regretted his words! Even more to the point, perhaps he regretted what he failed to say. Did he convict himself (in words we might in our time express) of a lack of “moral courage?”

This year, in various contexts in which I move, I find people talking about important issues – issues which need a good dose of moral courage to decide what is the right thing to say or do or the right path to take. In the world today, wars rage, climate disaster continues to approach, elections with significance loom abroad and closer to home, the opioid crisis threatens the vulnerable near and far in Canada and beyond, the cost of food, housing and other essentials still skyrockets, and, well, I could go on about the current state of things affecting all of us.

So, when it comes to the price of food and the affordability of living, how do you respond to the question, “aren't you with the Galilean?” What about the Israel-Hamas war – aren't you with the Galilean? Or the attempted military annexation of Ukraine by Russia – aren't you with the Galilean? It could be a host of other matters – aren't you with the Galilean?

The last thing I would do is suggest how any *should* respond. Rather it is my vocation to point to the Galilean. Jesus is the soul of compassion the moment we utter, “I do not know what you are talking about.” Having shed his share, it is Jesus who understands and forgives our bitter tears too.

I say this because the witness of the gospels is that all the people Jesus ever knew and loved, and all who in his Risen presence he loves to this very day and moment, are people like Peter! We get tongue-tied, make poor decisions, and get in way over our heads. He loves them and us, anyway and in every way – never stops – as he never for a moment stopped loving Peter and calling him to follow.



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### EASTER WORSHIP

#### March 29 Good Friday Service

10:00 a.m. in the Sanctuary

#### March 31 Easter Sunday

8:00 a.m. “Sunrise” service at Stewart Park (Bandshell)

8:30 a.m. Breakfast in the Fellowship Hall

10:00 a.m. Easter Sunday Service

## CHURCH COUNCIL DIRECTORY 2024

### Council Chair

Reid Kilburn

### Vice Chair

Arlyce Schiebout

### Council Secretary

Sue Upham

### Treasurer

Terri Henderson

### EOORC Reps

Wayne Harris

Karen McLean

### Ministry Reps

Barb Guthrie

Gerda Van Wingerden

Steve Cowie

### UCW President

Valerie Bowes

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### Children & Youth Team

Anna McLean

### Communication & Tech

Lana March—TBC

### Congregational Life

Pat Bertrim

### Finance Team

Terri Henderson

### Ministry & Personnel

Bill Elgie

### Mission & Outreach

Wanda McNea

### Music Team

John Gill

### Property Team

Elaine Scott

### Sustainability Team

Tom Bowes

### Trustees

George McLennan

### Worship & Arts Team

Wanda McNea

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## MINISTER MESSAGE CONTINUED ...

Part of the Easter gospel includes its witness to Peter's continuing call. "Peter, do you love me?" asks the Risen Jesus. "You know I love you" replies Peter. "Feed my sheep," says Jesus. Again, Risen Jesus asks. And again. And thrice tells Peter, "Feed my sheep." (Odd advice from a carpenter to a fisher, but it is what it is.)

As are uncertain navigating the storms of our times, take heart in the fact that we *are* with the Galilean. We always have been and always will be. Or rather, the Galilean is faithful to us, always has been and always will be, through our dark nights and unknowing; always with us as we find moral courage to speak or act.

And even when, like the fisher, we utter "I do not know him" and the cock crows and all we have left is bitter tears, he will let us know how to carry on. Listen, for Risen Jesus says to the fishers, and to us, "throw your net on the other side."

Rev Don McLean

## Y&R NEWS

It has been a busy start to 2024 for Y&R. In January we enjoyed a potluck at Perthshire, hosted by Tony & Jeanne Nichols and Reid & Christine Kilburn.

Y&R hosted a Spaghetti Dinner on February 17th in the Fellowship Hall. We had a wonderful turnout of approximately 75 people. Many stayed to play games after dinner. \$844 was donated to our church. No rest for the weary, the next morning Y&R hosted Fellowship Time.

Pledges were collected for the Annual Big Brothers Big Sisters (BBBS) of Lanark County Bowl-A-Thon. Thanks to everyone who supported the team. On February 24th fifteen bowlers enjoyed bowling and \$1831 was donated to BBBS. Afterwards the bowlers were joined by other Y&R members for lunch at The Red Fox .

All are welcome to participate in Y&R activities. Watch the bulletin for Y&R events.



Y&R Members raised over \$1800 for BBBS Lanark County!

# FEBRUARY 17<sup>TH</sup> SPAGHETTI DINNER



**Everything I need to know about life, I learned from Noah's Ark...**



1. Don't miss the boat.
2. Remember, we are all in the same boat.
3. Plan ahead, it wasn't raining when Noah built the Arc.
4. Stay fit, when your 600 years old someone may ask you to do something really big!
5. Don't listen to critics, just get on with the job and get it done.
6. Build your future on high ground.
7. For safety sake, travel in pairs.
8. When you're stressed float awhile.
9. Remember the Arc was built by amateurs, the Titanic by professionals.
10. No matter the storm, when you are with God there is always a rainbow!

## HEALING PATHWAY MINISTRY

Healing Pathway is a ministry that promotes self-care and assists in restoring wholeness, balance, and harmony at all levels of being – physically, emotionally, mentally, and spiritually through grounding techniques, meditation, and a series of healing sequences.

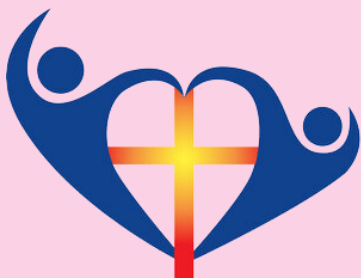
The foundation of the program lies in the tradition of healing within the Christian faith but is open to people of all faiths and spiritual paths.

Sessions at St Paul's are by appointment on the third Wednesday of the month from 1:00 to 3:00 pm.

A session is approximately 1-hour long

**For more information** speak to Barb Loynes or email:

st.paulshealingpathway@gmail.com



## FINANCE TEAM NEWS

The Finance Team bids a fond farewell to Christine Kilburn on her retirement from our team. We want to give her thanks for the years and untold hours she's given to the finances at St Paul's, as former Treasurer and very active member of the team. We're sure that she will find other activities to embrace with her customary enthusiasm, but first of all, "Have a nice break, Christine."

We would also like to welcome a new member of the team. Leslie Hoyle will be a familiar face from singing tenor in the choir, and acting as front-of-house in the recent production of Jesus Christ Superstar. We are very glad to have Leslie join us with her energy and fresh ideas for managing our finances.

Here is the current team in the Fellowship Hall and please, no comments about "dirty dishes"!



L-R: Tom Ennis, Leslie Hoyle, Terri Henderson, Malcolm McDiarmid

## MUSIC TEAM NEWS

The music team is pleased to announce some exciting events coming up soon, and we have two new members to help! Patty Greer and Rick Comrie are heartily welcomed by current members John Gill, Ann Hawthorne, Barb Guthrie, and Brad Mills (ex officio). We have three excellent concerts lined up:

**"The Bells of St. Paul's"** will be performing their spring concert on April 21 (Sunday) at 2:00 pm in the sanctuary under the continuing leadership of Ann McMahon. Enhancing the program are special "guests" Don McLean, cello; Brad Mills, piano; Lynne Morrison, flute; and High Octane, barbershop octet. A free will offering will be accepted at the door to support the work of the bell choir.

The long-awaited return of the **Regimental Band of the Governor General's Foot Guards** will follow one week later on April 28, at 2:00 pm. The afternoon's repertoire features music for brass, woodwind, and percussion, including military marches, and pieces by Holst, Stan Rogers and a "Disney Favourites" number. A reception will be held downstairs in the fellowship hall to allow attendees to meet and greet the musicians and enjoy light refreshments. Children (and children at heart) will have the fun opportunity to pose for photos wearing a scarlet tunic and bearskin hat. There is no charge for the concert but freewill offerings will be accepted at the door to support the music program at St. Paul's.

We are also happy to welcome the return of the **UniVox Choir** from Toronto which was so successful last year. This will take place on Friday, June 21st. We hope to see you there!

# SOLAR ECLIPSE 2024



On April 8, 2024, from 2:00 PM to 4:30 PM, parts of Leeds & Grenville will experience a total solar eclipse. All other areas of Leeds, Grenville & Lanark will experience a partial solar eclipse. During an eclipse, the Moon passes in front of the Sun (completely or partially) blocking the sun and casting a shadow on the Earth's surface. This event will affect daylight.

## Protect Yourself & Others

- Looking at the Sun with your naked eyes during the eclipse could burn your retinas, blur your vision or cause you to lose your eyesight.
- ***The only safe way to view the eclipse is with glasses that are ISO-certified and meet the ISO 12312-2 international safety standard.*** To find suppliers of safe eclipse glasses visit: <https://eclipse.aas.org/eye-safety/viewers-filters> or check your municipality's website.
- Ensure that eclipse glasses fully cover your eyes and that the lenses are not scratched or wrinkled.
- It is not safe to view the eclipse through regular sunglasses, a camera/phone lens, telescope, binoculars, or any other optical device.
- Watch those you care for closely during the eclipse to make sure they don't look at the Sun without proper eye protection.
- If appropriate eye protection is not available, consider viewing the eclipse indirectly:
  - Using an eclipse projector. Learn how to make one: <https://www.asc-csa.gc.ca/eng/youth-educators/activities/fun-experiments/eclipse-projector.asp>
  - Live stream through NASA's website: <https://plus.nasa.gov/scheduled-video/2024-total-solar-eclipse-through-the-eyes-of-nasa/>
- If driving during the eclipse, turn on your headlights, watch out for pedestrians, and do not stop on the shoulder.

## Getting Help

If you experience blindness after viewing the eclipse, go to the Emergency Department.

If you experience any changes in your vision during or after the eclipse, call Health811, your health care provider or visit a virtual care clinic: [www.virtualcareontario.ca](http://www.virtualcareontario.ca).



For more information visit:

<https://healthunit.org/health-information/emergency-preparedness/total-solar-eclipse/>

# EarlyON

EarlyON's Playgroup for young children and Baby Time for infants, continue to attract many local families each week.

St. Paul's plays host!

Submitted by Joyce Buckley

The downstairs's playroom is designed to encourage interactions between adults and children so that friendships are made and community is built. The well provisioned room stimulates curiosity, invites exploration, supports creativity and engages the minds and bodies of children while providing a welcoming, comfortable place for parents, grandparents and caregivers to meet, mingle, play, and get support during the week.

## GYM TIME!

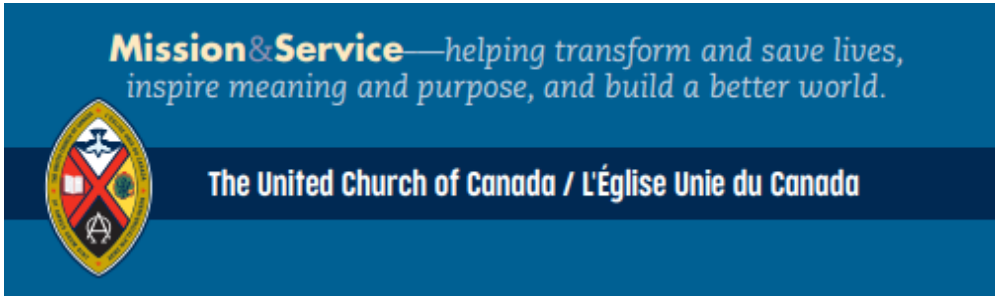
St. Paul's was recently enjoyed on the weekend by many families in our neighbourhoods who may not be able to participate during the week.

EarlyON offered active playtime in the Fellowship Hall on a Saturday morning and 48 people attended. Moving and exercising bodies is essential for children's health and well being. Fellowship Hall's bright, open space was a perfect setting for running, kicking, skipping, throwing, balancing, jumping and riding wheeled vehicles of all sorts. Moms, Dads, Grandmas, Grandpas, Aunties and Uncles were all there, playing, laughing ... celebrating family, community, healthy activity and childhood.

Thank You, St. Paul's United Church!

Let's do it again soon.





## YOUR GIFTS TO MISSION AND SERVICE SUPPORT EDUCATION IN CANADA AND AROUND THE WORLD.

Christians are called to be disciples of Jesus, and the noun “disciple” comes from the Latin word *discipulus*, which means student, learner, or follower. In other words, we are called to be learners, people who are constantly educating ourselves and helping others to learn.

Your support for Mission and Service is helping others to learn. Education and learning take many forms, but they are all important, and some are essential. Education can be transforming and even life-saving.

### MECC Provides Children the Opportunity to Learn and Grow Safely

For children attending schools in Aleppo, Syria, the start of the academic year in September 2023 brought a welcome sense of normalcy after months of uncertainty.

In February 2023, earthquakes left people in parts of Türkiye and Syria facing the devastating loss of loved ones, homes, and communities. And within their communities’ schools were damaged or destroyed, children had nowhere safe to learn.

Mission and Service partner The Middle East Council of Churches (MECC) was able to rehabilitate five school buildings in Aleppo before the start of the September 2023 school year. In the face of significant struggle, MECC is providing children with the opportunity to learn and grow safely.

Your gifts to Mission and Service support partners like MECC as they help children and families rebuild and recover in the wake of disaster.

St Paul’s appreciates your support of the M&S Fund . Special M&S envelopes are found in the pews if you would like to contribute or give an additional gift on top of your regular M&S offering.

*Thank you for your generosity!*



Photo Credit: Middle East Council of Churches

# WORLD DAY OF PRAYER



## What is World Day of Prayer?

The World Day of Prayer is a global ecumenical movement that brings Christians of many traditions together to observe a common day of prayer each year. Through preparation and participation in the worship service, we can learn how our sisters of other countries, languages and cultures understand the Biblical passages in their context. We can hear their concerns and needs and can join in solidarity with them as we pray with and for them. In this way, it is possible to enrich our Christian faith as it grows deeper and broader in an international, ecumenical expression.

Locally, Perth churches take turns each year hosting a World Day of Prayer Service. In 2024, Asbury Free Methodist Church hosted this ecumenical service on Friday, March 1st. Mary Kilgour represented St Paul's United Church.



## WORSHIP & ARTS TEAM

We have been well nourished this Lent & Easter season by Rev. McLean's spiritual leadership and by a bountiful breakfast prepared by the Worship & Arts and Music Teams.

All groups at St. Paul's celebrate National Volunteer week April 14-20, 2024. We would not be a church without the volunteer stewardship of our congregation – in the past, present and future. Thank-you, volunteers.

As we share faith and friendship with congregation members who are familiar to us, let us notice the new worshippers in the Sanctuary and ensure they feel they belong. They will enrich our faith and discipleship if they are welcomed.

On Sunday, May 26, 2024 we will appreciate the music of the St. Paul's Handbell Choir during the service. This group practices at St. Paul's and shares their music at events and care residences in the community.



The Worship & Arts Team and Sunday School made their own colourful palms for Palm Sunday Service this year.



## St Paul's Welcomes Back the Univox Choir!

St Paul's is happy to be hosting the youthful Univox Choir on Friday, June 21 at 8:00PM. Univox Choir is a mixed-voice community choir for young adults based in Toronto. The non-profit music organization promotes the core principles of musical excellence, social responsibility, and relationship building. They bring spirited performances of choral music, both old and new to their audience

If you attended last year's concert, you will know what a wonderful and uplifting experience it was for both choirs as well as those in attendance. The Senior Choir members are looking forward to joining them again this year for several songs in their program.



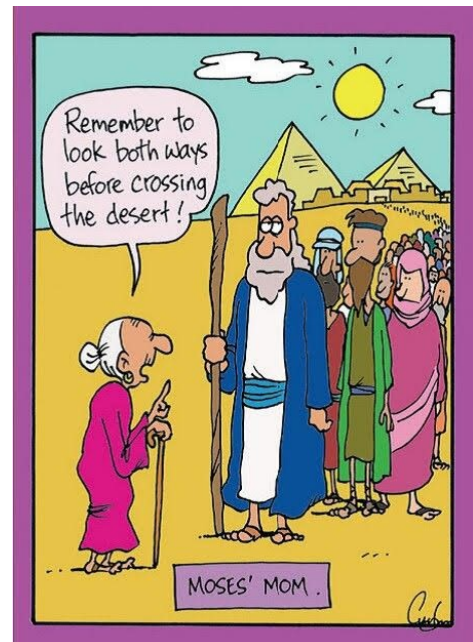
## SUNDAY SCHOOL NEWS

After a few hiccups in the last month due to an injury and some familial responsibilities, Sunday school is back in action.

Join us for some Spring fun on Sunday mornings. We continue to use the One Room curriculum.

Thank you to Stephanie, Dawn, Susan, Matthew and especially Mary Jane for all your help these past months. We couldn't have made it through without you!

Keep an eye on the Sunday school bulletin board in the hallway outside the Gathering Room. We will continue to pass on inspiration, news, and possibly some special treats!





## UCW UPDATE

UCW hosted a **Soup and Sandwich Lunch** after church on March 17th that not only provided a delicious meal but also an opportunity for fellowship. Check out the church website for pictures. ([www.stpaulsperth.ca](http://www.stpaulsperth.ca))



Mary Young enjoying the March 17th UCW lunch

The **Spring Rummage Sale** returns on the week of April 22nd. Donation days are Tuesday, April 23 and Wednesday, April 24. Gently used items, housewares, clothing, collectibles, glassware, etc. No footwear please. Sale days are Thursday, April 25 from 9:00AM to 3:00PM and Friday, April 26 from 9:00AM to noon. Helpers for Friday afternoon clean up are appreciated.

**Chicken pies** will continue to be made in April, May and June. The pie makers will take a summer break in July and August.

Watch the weekly *“What’s Happening”* email blast and the Announcements sheet for UCW activities.

### SHUFFLEBOARD

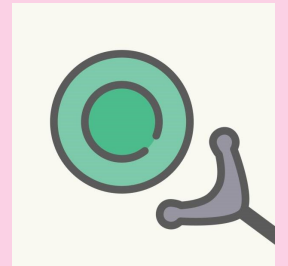
Are you looking for a new way to stay active and get some light exercise?

Would you like to meet new people and have fun?

*Join us for Shuffleboard!*

**Wednesdays at 1:00pm in the Fellowship Hall**

No experience is necessary.



## CALLING ALL CONCERT ENTHUSIASTS!

Sharing our building with renters has been an excellent way to increase our revenue. However, renting the sanctuary for concerts involves extra planning and the need for people who are familiar with our building to help with **each concert**. As a volunteer you will play a crucial role in ensuring the success of the event, and help create a welcoming atmosphere for guests to our church. Plus you get to enjoy a *FREE* show!

To continue renting our space for concerts it is critical that we have a list of volunteers to call upon for support. Detailed job descriptions are available from the church office. For each concert we require:

**ST PAUL’S ATTENDANT (one person):** Unlocks and locks doors, assists renters with building orientation, touches up and restocks washrooms, is familiar with power sources, etc. The Attendant must be very familiar with the building and is paid by the renter for their time.

**USHERS PROVIDED BY THE RENTER (four people):** These Ushers may be unfamiliar with our building and concert procedures (i.e. seating arrangements, washroom locations, entrances/exits, etc.) and will be assisted by St Paul’s Ushers.

**ST PAUL’S USHERS (two people):** St Paul’s people who are familiar with the building and concert procedures to assist and give instructions to the renter’s ushers. (Greet and assist guests with seating, provide direction to washrooms, help with crowd control at intermission time, etc.) This is a volunteer position and if you have never ushered before training can be provided. No experience necessary!

The Sustainability Team oversees rentals and welcomes your comments, suggestions, and support. To be connected with a member of Sustainability Team or to find out more about volunteering at concerts contact the church office. We have some great shows coming up in 2024 and we need your help!

## THE BELLS OF ST PAUL'S



St. Paul's, Handbell Choir, will ring out on Sunday, April 21st at 2pm in our sanctuary at St. Paul's United Church.

Thrill to the melodious harmonies of bells & chimes performing a variety of genres.

Adding to the enjoyment of the occasion will be special guests featuring on Cello, Piano, Flute, and a Barbershop Octet.

Admission is by freewill offering.

Front Row (L-R): Leslie Hoyle, Grace Armstrong, Ann McMahon (director), Liz Theobald, Barbara Bolte

Back Row (L-R): Joanne Winslow-Spragge, Barb Guthrie, Jan Haskin, Terri Henderson, Katie Ladd, Susan McCuan-Harron, Margot Finn, Jane Pickard

## THE BELLS OF ST. PAUL'S

Under the direction of Ann McMahon

### In Concert

With special guests

Don McLean, cello

Brad Mills, piano

High Octane, barbershop octet

2:00 PM, SUNDAY APRIL 21, 2024

ST. PAUL'S CHURCH, 25 GORE ST. W., PERTH

[stpaulsperth.ca](http://stpaulsperth.ca)



Wheelchair Accessible

Freewill Offering

Photo by David Zimmerty

### Phyllis Hepton's 100 Cookies Recipe

A fast selling and favourite treat at UCW Bake Sales has always been Phyllis Hepton's cookies. In memory of Phyllis we are printing her recipe for your family to enjoy and share, because a 100 cookies recipe is surely meant for sharing!

In your mixer place the following ingredients and mix well:



- 1 cup brown sugar
- 1 cup white sugar
- 1 cup margarine or butter
- 1 cup rolled oats
- 1 cup rice Krispies cereal
- 1 cup coconut
- 1 egg
- 1 tsp vanilla

In a separate bowl sift together 4 cups all purpose flour, 1 tsp baking soda, 1 tsp cream of tartar, 1 tsp salt and combine both bowls, stir until well blended.

Drop 1 tsp of cookie dough on parchment lined cookie sheets. Bake at 350 degrees for 8 minutes, rotate cookie sheet and bake another 8 minutes or until they start to brown.



If you would like to add a name of a loved one in need of prayers to our Prayer Circle list requests can be made by contacting Norma: (613) 267-4241

**Ephesians 6:18**


*“And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.”*

**VOLUNTEER APPRECIATION WEEK**


April 14 to 20, 2024 is National Volunteer Week. If faith is the foundation of St Paul's Church, then volunteers are the building blocks! Your generosity of time and spirit are appreciated. The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and well-being of our community of faith.

During National Volunteer Week, we recognize and celebrate the importance of each and every volunteer’s impact. Thank you to ALL of our incredible volunteers!





**To stay up to date on What’s Happening at St Paul’s ...**

- Subscribe to our weekly E-newsletter by contacting the office
- Check out our church website: [www.stpaulsperth.ca](http://www.stpaulsperth.ca)
- Follow us on Facebook 



**St. Paul’s Welcomes the Regimental Band of the Governor General’s Foot Guard**  
 🎵 Sunday, April 28 2:00 p.m. 🎵

Enjoy a rhapsody of brass, woodwind and percussion as the Regimental Band presents an afternoon of entertaining music for audiences of all ages!

A freewill offering may be made at the door to support St Paul’s Music Ministry.

# LET'S TAKE A STROLL DOWN MEMORY LANE ...

## UCW Victorian Luncheon—May 2004



Becky Poole & Helen Ferrier



Elizabeth McKinnon & Muriel Code

## UCW Executive - 2008



Front (L-R): Stephanie Everitt, Ella Coulthart  
Back (L-R): Mary Kilgour, Roberta Sargeant, Jeanette Crimes, Bev Crosbie, Betty Faith, Muriel Code, Alice Greer

## Bell Ringers - 1995



Front (L-R): Virginia Steele, Shirley Jones, Edith Currie, Eva Trew, Sheila Spence (director), Sylvia Parsons  
Back (L-R): Mary Fish, Pierette Lindell, Gwen Robinson, Kay Sinclair, Irene Spence

## Y&R Bowling for Kids - 2001



Front (L-R): Sharon Purdon, Kirk Lidbetter, Lorna Peden, Rev Joan Stinson, Lynn Hunt  
Middle (L-R): Len Bolton, Linda Cuthbertson, Mary Kilgour, Gerda Van Wingerden, Ike Van Wingerden, Debbie Wilson  
Back (L-R): Jim Peden, Anne Bolton, Bill Cuthbertson, Andre Arcande



# THE EASTER STORY

## WORD SEARCH

Find the words listed below and mark them.

Y	E	B	R	A	B	A	G	C	E	D	I
A	L	J	E	S	U	S	O	E	M	I	G
D	E	A	S	D	I	S	T	O	M	L	E
N	P	A	U	O	A	F	I	C	N	S	R
U	H	A	R	I	M	A	R	Y	K	N	A
S	A	K	R	A	L	I	L	I	E	A	F
A	N	G	E	L	O	T	O	K	I	N	G
K	I	J	C	O	D	H	C	R	U	H	C
E	M	P	T	Y	T	O	M	B	S	E	R
A	N	D	I	S	C	P	L	E	S	K	F
M	G	O	O	D	N	E	W	S	U	H	C
Y	E	K	N	O	D	S	A	R	E	T	X

- JESUS
- GOOD NEWS
- RESURRECTION
- MARY
- SUNDAY
- DISCIPLES
- ANGEL
- DONKEY
- CHURCH
- EMPTY TOMB
- KING
- FAITH



## All Through the Town

(Mark 11)

As Jesus rode the donkey through Jerusalem, people shouted, "Hosanna."

Help Jesus finish His ride through the city.



## THE EMPTY TOMB

Spot 8 differences between the two pictures.



THE EMPTY TOMB