

# The Delivery

Sharon-Hope United Church  
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## **Just Breathe**

As I approach the 11th Anniversary of ordination, it seems to me that life in ministry has been an interesting ride. Some things I was well-prepared for; others....not so much.

I expected that the pace of my days and weeks would have a pattern. As you probably could predict, I should be busy around the Christmas and Easter seasons and less busy following the holidays. But it more often those quiet times don't arrive. We are - thank goodness - an active congregation. There is always something more I could be working on, someone who needs my attention.

I say this not as a complaint. (I have heard from many of my colleagues who have seen their churches dwindle down to the point where they have too much time on their hands or even had their hours cut.) But I do need to remind myself to take time and just breathe.

Breathing is so important. In John 20 we are told that following Jesus' crucifixion - while the disciples were hiding in fear - he appeared to them:

*And Jesus breathed on them, and said, "Receive the Holy Spirit."*

This is something we need to hear personally and in our churches. The Spirit blows where it wills and wherever it blows, it brings new life and vitality. We need that spirit-filled experience just as those women and men gathered in an upper room needed not only to hear that Jesus was risen, but rise themselves through spiritual resuscitation. God's breath brings us back to life and sets us on a path of healing and spiritual transformation.

So, I invite you to take time to breathe, inhaling and exhaling deeply. Simply breathing your prayers has been shown, according to medical studies, to reduce stress and enhance immune system functioning. It also awakens your connection with creation, breathing in, around, and through you. When we breathe in God's Spirit, we are contemporaries with Jesus' first followers, and we can imaginatively – and realistically – hear Jesus say to us as he breathes in us, "Receive the Holy Spirit." In return, we can affirm, "I breathe God's Spirit and share God's energy of love with all creation."

Shalom,  
Rev. Kathi

## Noah's Ark

We are accepting registrations for September 2014.  
Children age 3 by December 31, 2014 are invited to join us for a Christian based preschool program of fun and learning operating Monday and Tuesday mornings. Registration packages for the coming year are available from the Church Office or by contacting Dale Knight-Mannell or Cheryl Telford for more information. (905-478-2231).

## Camping Big Canoe Rap 2010

If you youth need something to do  
Send them this summer to Camp Big Canoe  
There is FOOD and crafts and swimming in the lake  
And a bunch of good friends they are going to make  
They will learn new skills and co-operation  
While they enjoy an "intents" vacation  
If good character qualities you wish to instill  
Take time at lunch to talk to Bill.

For more information check out their web site: [www.campbigcanoe.ca](http://www.campbigcanoe.ca)  
Registration forms are available at Sharon- hope Church.

Submitted by Laurie Cook

## Messy Church - Come and join us.

Life isn't always tidy, why does church have to be? Have you ever wondered what church would look like if we didn't have the ritual and the rules? A church without the restrictions on moving around and making noise might look pretty "messy" to some people.

If this interests you come and try Messy Church at Sharon-Hope United on the third Friday of the month, from 6 -7:30 pm.

We will have crafts, games, music and family-friendly worship and - of course - food.

Take a night off from the kitchen and come have dinner with us.  
Bring along the whole family and meet with other people who are looking for a place to belong, a place to create community and learn about faith.

This is an all-ages event, everyone is welcome and we especially want to reach people who have difficulty making it to Sunday morning worship.  
Please let us know if you are planning to join us so that we can prepare for you.

Call 905-478-2231 or email the church at [sharonhope@rogers.com](mailto:sharonhope@rogers.com).

## Sharon Hope Choir

The choir practices on Thursdays from 7:30 – 9 pm to prepare for the Sunday Service. We actually have 2 choirs at Sharon Hope – one choir prepares and leads the congregation every Sunday and the 2<sup>nd</sup> choir is called the Celebration Choir and consists of the choir that meets every week and those who like to be involved in special church services like Easter and Christmas. Celebration choir members attend for about 6 weeks before the event. All are welcome at choir. Our choir director is Bob Leonard. If you like to sing just come out on Thursday at 7:30 pm.

## Ministry and Personnel Committee (M&P)

The M&P Committee supports the staff of the church. This includes the Minister and the Office Administrator. At this time the M&P Committee has a Chairperson and one member. The Triune Board and the Chair would like 2 more members for this important committee. If you feel that you are able to help then please contact Ray Mark at 905-478-2032 or [raymondmark@rogers.com](mailto:raymondmark@rogers.com).

## Caring and Support

Rev. Kathi Phillips is assisted in Pastoral Care by Donna Corbett and the Health Committee. An active and dedicated Health Committee chaired by Lynn Mitanoﬀ advocates for the health and wellness needs of SHUC congregation and provides guidance & support for the Parish Nurse. The Health Committee meets the 1st Sunday of every month after service.

If you have a prayer need, or if you, or someone you know would like a visit at home, or in the hospital, please contact us at (905) 478-2231 or [sharonhope@rogers.com](mailto:sharonhope@rogers.com) so that we may direct your request appropriately.

## Parish Nursing

Sharon-Hope also supports physical, emotional and spiritual health with a Parish Nursing and Health Ministry. Donna Corbett is a Registered Nurse who will graduate with a Parish Nurse specialty in Nov. 2014. She is present at most Sunday services and can also be reached for individual appointments through a call to the church office. Her business cards are available on the door of the Parish Nurse office (at the entry to the sanctuary) and the adjacent bulletin board. The Parish Nurse provides confidential formal and informal health and spiritual ministry to parishioners through education, counseling, referral, advocacy, and support during crisis events.

We traveled to Jerusalem – During Lent Dianne kept track of the steps (from pedometers) of many of the congregation. Each week Dianne reported back to the congregation with a location that the walkers have reached. On Maundy Thursday or Good Friday we got the news that the church had reached Jerusalem. Good work! Are you returning using the same path or continuing around the world?

## Retired Men's Group

Wednesdays at 10 am until noon – a group of retired men from the church meet and talk, drink coffee, and usually snack on a treat from Bloise's family (thanks). These are not Grumpy Old Men but are active, caring church members. As the weather improves this group will try to help the church by completing a few minor repairs and also by helping with the outside gardens. If you are a retired gentlemen or a man between jobs then consider coming out and sharing with the group.

Youth Group – Friday May 2<sup>nd</sup> – 7 pm – at the church

Progressive Dinner – Saturday May 3<sup>rd</sup> – this is an annual event where couples (or individuals) share a 4 course meal by traveling to several houses and eventually meeting at the church for dessert. This is an excellent way to meet others in the church. This year's event is already arranged but try to join the dinner next year.

Visioning Workshop – on Saturday April 12<sup>th</sup> several members of our congregation participated in a Visioning Workshop in order to talk about the future of our church. Not everyone could attend on a Saturday so Rev. Kathi will be repeating the workshop on Sunday May 4<sup>th</sup> after church. Please try to assist our process by attending.

Memorial Fund - The Memorial Fund Policy was approved at the Annual General Meeting (AGM). One of the actions from this document is the establishment of a suggestion box so that you may provide input, ideas and suggestions regarding the use of the Memorial Fund. This box is now available and it is located on the wall by the mail centre in the hall.

On – Line Auction – last year we were able to raise several thousand dollars for the church by having an online auction. We would like to do this again. If you have an item that you feel can be auctioned off please email Pearce at [pearcethomas377@rogers.com](mailto:pearcethomas377@rogers.com). We can only post 15 items for free on the website that we use so we may not be able to put all donated items in the auction.

## Websites you should check out:

Sharon Hope United Church – [www.sharonhopeunitedchurch.ca](http://www.sharonhopeunitedchurch.ca)

Sharon Hope Facebook [https://www.facebook.com/SharonHopeUnitedChurch?ref=br\\_tf](https://www.facebook.com/SharonHopeUnitedChurch?ref=br_tf)

United Church of Canada - <http://www.united-church.ca/home>

Moderator Gary Paterson's Blog - <http://www.garypaterson.ca>

## Sharon Hope United Church

### 2014 Board Positions

Position	2013 Position Holder	2014 Position Holder	Elected Position
<b>Board Chair</b>	Cathleen Carrel	Cathleen Carrel	Yes
Treasury	Anna Parkin	Anna Parkin	Yes
Secretary	Gay Vancaeyzeele	Gay Vancaeyzeele	Yes
Presbytery	Laurie Cook Mary Belyea Gay Van Caeyzeele, alt. Keith Carson (life)	Laurie Cook Mary Belyea Gay Vancaeyzeele Keith Carson (life)	Yes (1 vote)
Trustees	(Ideally 5 including minister)		Yes (1 vote)
	Jim Greig	Jim Greig	
	Terry Evans	Terry Evans	
	Kent Beattie	Kent Beattie	
		John Parkin	
Financial Review	Vacant	Vacant	No
Member at Large	Bob Patterson	Bob Patterson	Yes
Committees Reporting to the Board (Committees with a defined end date report directly to the board).	Capital Campaign – Chair Cathleen Carrel		
	Memorial Fund – Chair Lynn Jewell		
	Memory Garden – Chair – Bloise Thomson		
<b>Spiritual Ministry</b>			
<b>Vice Chair</b>	Marg Fox	Phil Mannell	Yes
Committees Reporting under Spiritual Ministry	Congregational Life – Chair Linda Coyle		
	Membership – Chair Cathy Sweezie		
	Worship –Co-Chairs Phil Mannell/Steve Robertson		
	Christian Education – Rev Kathi		
	Sunday School Chair Wendy MacEachren		
	Pastoral Care – Chair Kathi Phillips		
	Health – Chair Lynn Mitano		
Memorial Funds – Chair Lynn Jewell			
<b>Mission Ministry</b>			
<b>Vice Chair</b>	Laurie Cook	Laurie Cook	Yes
Committees Reporting under Mission Ministry	Communications – Chair Pearce Thomas		
	Out Reach – Chair Dyanne Marlok		
	Mission and Service- Laurie Cook		
<b>Business Operations</b>			
<b>Vice Chair</b>	Rod Fullerton	Todd Telford	Yes
Committees Reporting under Business Operations	Property – Chair Munro Armstrong		
	Ministry & Personnel – Chair – Ray Marks		
	Finance – Chair – Rod Fullerton		
	Stewardship & Fundraising – Chair - TBD		
	Harassment– Chair -		
	Accessibility – Chair - Rod Fullerton		
Facilities Committee- Chair			

## Committees Reporting to the Triune Board

<b>COMMITTEE</b>	Capital Campaign – A three year committee to raise capital for church repairs including roof, driveway, accessibility, insulation and other minor repairs. Kicked off September 2013 and after 3 years or sooner if complete.		
<b>GOVERNING BODY</b>	Triune Board		
<b>CHAIR</b>	Cathleen Carrel		
<b>COMMITTEE MEMBERS</b>	Tom Pilkington		
	Jon Anderson	Rod Fullerton	Glen Langford
	Dale Pettit	Kim Pettitt	Lynn Jewell
	Laurie Cook	Gay VanCaezyeele	Carolyn Greig
<b>COMMITTEE</b>	Memory Garden – A committee established for a limited duration to establish a plan for the Memory Garden. Once the work of this committee is complete, the ongoing work of the Memory Garden will fall under Property.		
<b>GOVERNING BODY</b>	Triune Board		
<b>CHAIR</b>	Bloise Thomson		
<b>COMMITTEE MEMBERS</b>	Lynn Jewell	Melanie Pilkington	Munro Armstrong
<b>COMMITTEE</b>	The Dream Team - Committee to determine and establish the future Vision for Sharon Hope United Church		
<b>GOVERNING BODY</b>	Triune Board		
<b>CHAIR</b>	John Parkin		
<b>COMMITTEE MEMBERS</b>	Lynn Jewell	Jill Southwell Brennagh	
	Laurie Cook	Donna Corbett	Rev Kathi
<b>ADVISORY MEMBERS</b>	Tammy Ferguson	Heather Vaz	Gay VanCaezyeele
	Glenn Langford		

## Committees Reporting to the Spiritual Ministry

<b>COMMITTEE</b>	Congregational Life – Church socials, catering of event lunches, and other church life events. Ideal size 6 members.		
<b>GOVERNING BODY</b>	Spiritual Ministry		
<b>CHAIR</b>	Linda Coyle		
<b>COMMITTEE MEMBERS</b>	Gwen Pottage	Diane Pegg	Susan Wagner
<b>COMMITTEE</b>	Membership –Maintenance of the Historic Roll and the Official Membership file. Database owner and recording of new members. One person.		
<b>GOVERNING BODY</b>	Spiritual Ministry		
<b>CHAIR</b>	Cathy Sweezie		
<b>COMMITTEE MEMBERS</b>	Cathy Sweezie		
<b>COMMITTEE</b>	Worship – Committee responsible for baptism, sacraments, communion and service advisory, greeters and ushers, Sanctuary Decoration Includes Music director and Minister plus ideally 4 other members.		
<b>GOVERNING BODY</b>	Spiritual Ministry		
<b>CHAIR</b>	Steve Robertson/Phil Mannell		
<b>COMMITTEE MEMBERS</b>			
<b>Worship</b>	Susan Brown Krueger	Jane Vale	
<b>Church Decoration</b>	Laurie Cook		



<b>COMMITTEE</b>	Outreach – Local Community Support and Giving
<b>GOVERNING BODY</b>	Mission Ministry
<b>CHAIR</b>	Dyanne Marlock
<b>COMMITTEE MEMBERS</b>	Fiona Stevenson      Maryann Patterson

### Committees Reporting to Business Operations

<b>COMMITTEE</b>	Property – Look after all property matters regarding the church and Hope House. Ideal size 6 members
<b>GOVERNING BODY</b>	Business Operations
<b>CHAIR</b>	Munro Armstrong
<b>COMMITTEE MEMBERS</b>	Bloise Thompson      Terry Evans      Jim Greig Bob Patterson
<b>GARDENING CHAIR</b>	
<b>COMMITTEE MEMBERS</b>	Bloise Thompson      Melanie Pilkington      Jan Fullerton Jill Southwell-Brennaugh
<b>COMMITTEE</b>	Ministry & Personnel – Support the church staff. Ideal size 4 members.
<b>GOVERNING BODY</b>	Business Operations
<b>CHAIR</b>	Raymond Marks
<b>COMMITTEE MEMBERS</b>	Mary Belyea
<b>COMMITTEE</b>	Finance – Includes finance matters, financial statements, envelope counting, collections etc.
<b>GOVERNING BODY</b>	Business Operations
<b>CHAIR</b>	Rod Fullerton
<b>COMMITTEE MEMBERS</b>	Tom Pilkington      Mike Kelly
<b>COMMITTEE</b>	Stewardship & Fundraising – Helping to create the fundraising event plan on an annual basis. Does not necessarily mean running the event but rather planning the event calendar. Stewardship addresses congregation giving. Ideal size 4 members.
<b>GOVERNING BODY</b>	Business Operations
<b>CHAIR</b>	
<b>COMMITTEE MEMBERS</b>	Karen Armstrong
<b>COMMITTEE</b>	Harassment – Accountable for dealing with harassment complaints according to our harassment policy. Ideal size 4 members.
<b>GOVERNING BODY</b>	Business Operations
<b>CHAIR</b>	
<b>COMMITTEE MEMBERS</b>	Gay VanCaeyezeele      Claudius Zujew      Mary Belyea Margaret Shropshire
<b>COMMITTEE</b>	Accessibility – Identifying needs for the church. Ideal size 4 members.
<b>GOVERNING BODY</b>	Business Operations
<b>CHAIR</b>	Rod Fullerton
<b>COMMITTEE MEMBERS</b>	Pearce Thomas      Doreen Howard
<b>COMMITTEE</b>	Facilities – Looks after long term rentals.
<b>GOVERNING BODY</b>	Business Operations
<b>CHAIR</b>	
<b>COMMITTEE MEMBERS</b>	Susan Wagner