



THE UNITED CHURCH OF CANADA

Canadian Memorial Church
& Centre for Peace

Spiritual Pathways

Educational Programs,
Circles and Service Opportunities



Winter & Spring Offerings



THE UNITED CHURCH OF CANADA

Canadian Memorial Church & Centre for Peace

Who We Are —

We are called by God to be
an open-hearted, open minded community,
teaching and practicing *Evolutionary Christian Spirituality*

What We Do —

- Support each other to evolve spiritually
- Nurture loving community
- Celebrate the sacred mystery of life
- Respond compassionately to the suffering in all life
- Invite and welcome spiritual seekers of all backgrounds
- Communicate evolutionary Christian spirituality to the world

What We Are Committed To —

- Discernment: We open to sacred Wisdom in our decision-making
- Authenticity: We cultivate authentic, loving relationships
- Diversity: We embrace ecological, personal, cultural, and religious diversity
- Peace and Justice: We promote peace and justice for ourselves, in our relationships, in our world, and with all creation
- Sustainability: We strive to live ecologically and spiritually sustainable lives
- Creativity: We manifest Spirit through innovation and creative expression
- Generosity: We give abundantly of ourselves
- Joy: We cultivate joy in our relationship



Dear Friends,

Plato's goal for his academy in Athens was the "enlargement of the soul". In the language of the Christian tradition, St. Paul implored his fledgling communities: "Let this same mind be in you that was also in Christ" (Philippians 2:5).

The Programs, Circles, and Service Opportunities in this booklet are intended to both enlarge your soul and help you to evolve in and toward the mind of Christ. They are intended to educate and activate the heart and soul, more perhaps than the intellect.

For we live at a time in Earth's history when our ways of being are unsustainable and uncharitable. It is the heart's intelligence that is being summoned — a heart that when liberated from fear and ignorance is capable of great love and healing. We are fortunate to have such capable and skilled leaders for these courses. Please read the descriptions over carefully and sign up early to ensure your place.

Yours in Christ,

Bruce Sanguin



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Spiritual / Educational Opportunities

(In Chronological Order)

Jesus: Uncovering the Life, Teachings, and Relevance of a Religious Revolutionary

by Marcus Borg... *A Men's book study*

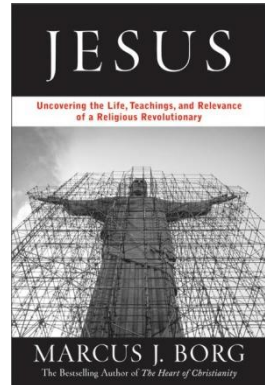
This is a six week book study group meeting weekly to read, discuss and contemplate the writing of Marcus Borg. Books are available at the church office and cost \$14.00 each.

DATES: Thursdays, January 19, 26, and
February 2, 9, 16, 23, 2012

TIME: 7:30-9:00pm

PLACE: Centre for Peace

CONTACT: KEN SULLY, lks3@telus.net, 604-733-5135



The Seven Whispers: Listening to the Voice of Spirit Workshop

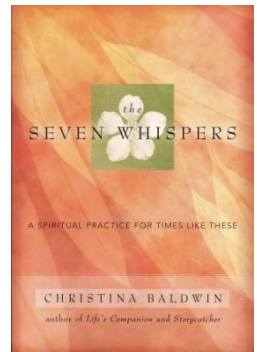
RAY MCGINNIS

How can we listen to the inner voice that originates from our souls-the voice of spirit? Though we may call this voice by whatever name has meaning for us - intuition, spirit, God, - hearing this voice is a universal human expression.

The workshop will offer a book study of the Seven Whispers, time for journal writing and discussion. This will be an intentional place for you to catch up with your own essential self and what it means to be a child of God at this time in your life. Spiritual practice in these times is based on noticing the subtleties of guidance as it appears in the midst of daily life: little intuitive hunches, warnings, and celebrations help us to stay attuned to that "something else" beyond our tasks and distractions.

In seven exquisitely crafted chapters of personal essays, Christina Baldwin offers a meditative phrase inviting us to attend to this guidance

- Maintain peace of mind
- Move at the pace of guidance
- Practice certainty of purpose
- Surrender to surprise
- Ask for what you need and offer what you can
- Love the folks in form of you
- Return to the world



Ray McGinnis is the author of the book, *Writing the Sacred*. He is a long-time member of Canadian Memorial and teaches writing workshops across North America. He is a graduate of the Self as Source of the Story program taught by Christina Baldwin on Whidbey Island, Washington.

DATES & TIME: Tuesdays, January 31 – March 13, 2012, 7-9pm

PLACE: Library, Centre for Peace

COST: \$95.00 (by donation)

CONTACT: Ray McGinnis, raymundo@writetotheheart.com

Leave for Change - Volunteering in Bolivia, Land of Pachamama, Quinoa and Cacao!

ANGIE GERST



In the spring of 2011, Angie Gerst travelled to Bolivia for two months to volunteer in recycling and composting education. As a UBC employee, she went through a CIDA-sponsored program called Leave for Change. She will talk about her work and travel experiences in Bolivia, one of the most interesting countries in South America.

Come and learn about the triumphs and challenges of volunteering in a developing country, the fascinating culture and spiritual beliefs of the indigenous people, and the spectacular scenery of Bolivia.

This event is by donation to the Carmen Pampa Fund, a non-profit organization that assists the growth and development of the Unidad Académica Campesina - Carmen Pampa (UAC-CP), a unique and internationally recognized college in rural Bolivia that serves poor families of Bolivia through education, research, production, and community service projects.

Angie Gerst is a member of the CMUC congregation. She was actively involved in the environmental ministry and currently serves as a member of the Townships Project and Taize teams.

DATE: Sunday, February 12, 2012

TIME: 12:30 -2pm (following coffee hour)

PLACE: Fireside Room, Centre for Peace

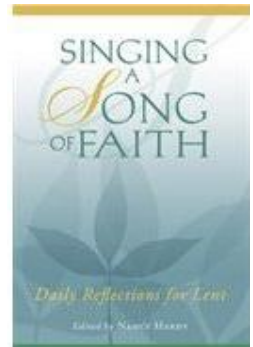
CONTACT: Angie Gerst at angie.gerst@ubc.ca

Singing a Song of Faith: Lenten Reflection Circle

SOPHIA DUCEY

You are invited into a Lenten pilgrimage to pray, reflect, meditate, and sing on this new United Church of Canada expression of faith, "A Song of Faith."

This new faith statement expresses some of the tenets and language of Evolutionary Christian Spirituality, in a lyrical, inspirational way.



*We speak of God as Creator, Redeemer, and Sustainer;
God, Christ, and Spirit; Mother, Friend, and Comforter;
Source of Life, Living Word, and Bond of Love;
and in other ways that speak faithfully of the One on whom
our hearts rely, the fully shared life at the heart of the universe.
We witness to Holy Mystery that is Wholly Love...*

*Finding ourselves in a world of beauty and mystery,
of living things, diverse and interdependent,
of complex patterns of growth and evolution,
of subatomic particles and cosmic swirls,
we sing of God the Creator, the Maker and Source of all that is.*

In 2006, the 39th General Council of the United Church of Canada voted overwhelmingly to welcome and acclaim this elegant and moving contemporary statement of faith created by the church's Theology and Faith Committee.

Throughout the Lenten Season, we will use the Daily Reflection book "Singing a Song of Faith" that was developed by the United Church in 2007. We will come together in the regular format of a Connection Circle, using these "Song of Faith" passages and reflections as our guide.

DATES & TIME: Wednesdays, February 22 – March 28, 2012, 6:30-8:30pm
(Other dates and times may be added if interest warrants it.)

PLACE: Centre for Peace

COST: \$12 for book: *Singing the Song of Faith*

REGISTER/CONTACT: Sophia Ducey, sophiaducey@gmail.com

If you register in advance by February 12th, I can make sure the books are available the first night of our Circle.

Clay, Spirit, and You

DIANE FAIREY

"The word came to Jeremiah from the Lord. "Come, go down to the potter's house, and there I will let you hear my words.' So I went down to the potter's house, and there he was working at his wheel. The vessel he was making was of clay was spoiled in the potter's hand, and he reworked it into another vessel, as seemed good to him. Then the word of the Lord came to me; 'Can I not do with you, O house of Israel, just as the potter has done?' says the Lord. 'Just like the clay in the potter's hand, so are you in my hand, O house of Israel.'"

~ Jeremiah 18:1-6

Let Spirit be your inspiration as you sculpt slab clay into a spirit infused, fired and glazed vase.

Diane Fairey, teacher and artist, will provide the necessary supplies and details about working with clay. During the second session she will provide the supplies and information on working with glazes and the glazing process. She will also fire your finished product and return it to you just in time for Easter!



Who can participate?

This class is intended for adults. Teens and children under 12 years can participate but must be accompanied by their parent.

DATES & TIMES: Sundays, March 4, 2012, 12:15-2:45 pm and
April 1, 2012, 12:15 – 2 pm

PLACE: Youth Room - Centre for Peace

COST: \$20.00 per person covers both sessions

Prior registration and pre payment for the course is mandatory.

Registration deadline is February 26.

To register, contact Diane Fairey at dfairey@nvsd44.bc.ca

Living into Wellness

ANNE BEER

What is health and what are the components of being healthy and living well?

Drawing on her work as a professional in the field of health care and her own personal journey into wellness, Anne Beer is offering a workshop that will be practical, informative and engaging, and will include the following:

- Considering what is "health"
- Understanding of 'nutrition and health'
- Exploring 'lifestyle' as our 'healthstyle'
- Eating whole, organic and local foods affordably
- Understanding how global issues relate to our individual health
- Considering our faith belief and practice related to our health

This program will be a season specific program and will include discussion, educational materials on nutrition, health, growing and preserving food, creative reflection time and sharing a meal together.

DATE & TIME: Monday, March 12th, 2012, 5:30 pm - 8:30pm

PLACE: Fireside Room, Centre for Peace

CONTACT: ANNE BEER at 604-322-0206

Phantom of the Opera

JOCELYN PRITCHARD

Canadian Memorial will host a showing of the PHANTOM OF THE OPERA, the silent movie from 1928 starring Lon Cheny. You will know the story because of the popular musical by the same name. A disfigured musical genius, hidden away in the Paris Opera House, terrorizes the opera company for the unwitting benefit of a young protégé, whom he trains and loves.



DATE and TIME: Sometime in March. Watch for more details soon!

Thomas Hubl Returns to CMUC!

Evolutionary Ways of Creating Community, Society, Spirituality

We are blessed to have Thomas Hubl return to CMUC as part of his third North American tour! Thomas brings evolutionary practices to cultivate a permanently unfolding field that encourages, stimulates and supports presence, awareness and compassion in the world and supports an encompassing understanding of human consciousness and potential.

This special evening includes a presentation by Thomas on the work he is doing world-wide in supporting the evolutionary impulse in individuals and communications. There will also be a selection of practices: Meditation, communication, the reading and understanding of fields of consciousness, toning, exercises in presence, training in intuition and inspiration.

DATE & TIME: Wednesday, April 4, 7:00-10:00pm

PLACE: Great Hall, Centre for Peace

COST: \$20 in advance; \$30 at the door.

FOR MORE INFORMATION: Sophia Ducey, sophiaducey@gmail.com

REGISTER ONLINE: www.integralvancouver.com (in March)

Dreams: The Language of the Soul

ANN EVANS & BRUCE SANGUIN

This is an opportunity for you to engage with the meaning of your night dreams. We will explore your dreams using various techniques with a view to gaining clarity and wisdom for your life. Dreams provide information about our lives that is usually hidden from our waking consciousness. By surfacing and decoding this information we gain access to a universal wisdom that is at work bringing wholeness and healing to our lives.

Course Requirements: You will need a willingness to practice dream recall, start a dream journey, and be willing to share your dreams with others. A week or two before the course begins, place a journal by your bedside and set an honest intention to record your dreams.

Enrolment: 10-12 (1 group) or 20-24 (2 groups). In the event of larger numbers we would divide the practice group sessions between us in an alternating fashion.

DATE & TIME: Wednesdays, May 2 - June 13, 2012, 7:30 - 9:30 pm

PLACE: Fireside Room/Youth Room, Centre for Peace

CONTACTS: Ann Evans, aevans@telus.net; Bruce Sanguin, bsanguin@telus.net

Faith & Community

Newcomers Luncheon

KAREN ARNASON

It doesn't matter if you have been coming to Canadian Memorial for a few weeks or if this is your first visit. As long as you feel like a newcomer you are welcome to join a newcomer's luncheon and get to know the staff and learn about what makes Canadian Memorial tick. Chat with staff and other newcomers before lunch and while eating share with others how we all found our way to CMUC. Others from the congregation are there to talk about programs and opportunities of interest. The food is always delicious and it's an easy, casual way to acquaint you with others!

DATES: January 22nd, March 18th, and May 13th

TIME: Following Sunday Service

PLACE: Fireside Room, Centre for Peace

CONTACT: Karen Arneson at Karen.Arneson@gmail.com

Living Your Spiritual Gifts

SUSAN DUMOULIN



Canadian Memorial's evolutionary culture encourages us to live into our spiritual gifts, to align how we serve others with what truly energizes us. Offering our gifts in joyful service builds community, links us to others in meaningful ways, and makes us feel at home in the world.

Have you ever wondered which spiritual gifts you have? Do you want to discover what future might be waiting to emerge through you? Then join Susan Du Moulin in this spring's **Living Your Spiritual Gifts** session.

In a process that involves small-group discussions, self-reflection and an interview with Susan Du Moulin, you will identify the cluster of spiritual gifts unique to you.

This knowledge can enrich your life and that of others around you – at home, work and in the wider world.

DATES & TIMES:

Discovering: Saturday, May 12, 2012 – 9:30am-12:30pm

Discerning: Saturday, June 2, 2012 – 9:30am – 11:30am

Declaring: Commissioning Service: Sunday, June 10, 2012

PLACE: Centre for Peace - Fireside Room

CONTACT: Susan Du Moulin at susan@canadianmemorial.org

Baptisms at Canadian Memorial

REV. BRUCE SANGUIN

Baptism is a public declaration of your intention for you or your child to grow in Christ and receive the support of Canadian Memorial in your Christian formation. We are delighted to be able to be the community of faith into which you are being initiated or into which your child is.

Parents attend a class on the meaning of baptism, at which we get to know each other and discuss the meaning and significance of the sacrament of baptism.

We will also have baptisms, if necessary, in the summer. These can be arranged by speaking to our minister, Rev. Bruce Sanguin.

DATES & TIMES

Parents Baptismal Class: Saturday May 12, 2012, 1:00 pm
Centre for Peace

Baptism Service: Sunday, May 13, 2012, 10:30 am
(During our regular Sunday service) in the church

CONTACT: Bruce Sanguin at bsanguin@telus.net

Membership Classes

REV. BRUCE SANGUIN

Becoming a member of Canadian Memorial indicates you are excited about taking responsibility to join with the community in living out our Vision, Mission and Values with intention and in the context of a committed community. These classes familiarize participants with the history of the United Church of Canada, the culture of Canadian Memorial, the programs we offer, and ways you can make your distinctive contribution. Members are entitled to vote at congregational meeting.

These membership seminars take place once in the Winter and the Spring. You can attend simply to explore your readiness. Reception of new members takes place during the Sunday morning service following the membership seminar.

DATES & TIMES

Membership Seminar: Saturday, February 11, 2012, 1-5:00 pm;

Reception of New Members: Sunday Feb 12, 2012 at 10:30 am

Membership Seminar: Saturday, May 5, 2012, 1-5; 00 PM

Reception for New Members: Sunday, May 6th, 2012 at 10:30 am

PLACE: Seminars in the Centre for Peace

Reception of New Members (during Sunday service) in the church

CONTACT: Bruce Sanguin at bsanguin@telus.net

Retreats

A Spirituality of the Heart Retreat

MICHAEL HIGGINS

At this retreat, we will explore the struggles of Henri Nouwen and consider them in relation to our own lives. Quiet time will be interspersed with presentations, reflection and discussion.

Henri Nouwen was a very successful spiritual writer (7 million books sold in numerous languages) whose appeal is profoundly inter-denominational. Some say Henri Nouwen was "a genius born of anguish."

Michael W. Higgins Michael is a writer, a radio documentarist, books columnist, and Professor of Religious Studies at Sacred Heart University in Fairfield, Connecticut. He is the official biographer of Henri Nouwen and is currently working on a CBC Radio One Ideas Series and book scheduled for airing and publication respectively in September 2012—the 16th anniversary of Nouwen's death. Michael serves on the Board of the Thomas Merton Society of Canada.

DATE & TIMES: Friday, March 23, 2012 from 7 – 9 pm and
Saturday, March 24, 2012 from 10 am – 4 pm

PLACE: Centre for Peace

COST: \$60 TMSC members; \$65 non-members

(Includes refreshments, lunch and reading material)

REGISTRATION

Susan Cowan, TMSC Community Relations Director, 604-669-2546 or susancowan@telus.net. Co-sponsored by the Thomas Merton Society of Canada and Canadian Memorial United Church & Centre for Peace

Meditation Retreat

Teachings, Techniques and Practice from Dhanur Veda

LINO LAURIE

With proper instructions, the practice of meditation can be an easy and effortless experience. It can provide great benefits and enrich life on many levels. With no prior meditation experience, this five day meditation workshop is designed to give you tools to incorporate a simple and effective meditation program in your life. Throughout the workshop, you'll experience an enlivening awareness of yourself as you release stored blockages in body and mind while strengthening and deepening the quality of your meditation experience.

The workshop will include:

- Several meditation sessions each day.
- Easy, comprehensive guided meditation instruction prior to each meditation session.
- Instructions in specific body movement techniques, gentle asanas (poses), mudras (stimulating energy points) and pranayama (stimulating energy currents).
- Group discussion of meditation experience throughout the course.
- Deliciously prepared meals three times a day

Facilitator: "Lino Laure has been practicing meditation for over 25 years. A year after learning meditation, he had a spontaneous spiritual awakening, as the surge of kundalini energy awakened within him prompting a whole new level of life, self-awareness and direction. For over 16 years he received guidance from his teacher, a Dhanur Vedic master healer from Kerala, India, learning aspects of yoga, meditation and healing arts. Lino enjoys sharing what he has learned, helping individuals gain a better understanding as they practice the art of meditation, yoga and wellness. Lino serves on staff at the Kalani Oceanside Retreat on the Big Island of Hawaii, where he also teaches meditation workshops." For more information about Lino Laure visit his website: <http://www.centerforsilence.com/>

DATE & TIME: March 27 to April 1, 2012

PLACE: Rivendell Retreat Centre on Bowen Island

CONTACT: Ray McGinnis at 604-408-4457 or rmcgjin@telus.net

A Reflective Writing Retreat

RAY MCGINNIS

In this peaceful setting you'll be invited to explore through poetry, Biblical story, reflective writing and small group discussion ways to reclaim your place in the world, and honour your relationship with God.

The atmosphere of Peter Hope Lake will beckon you to take time to honour your relationship with the land and consider how nature has often been a catalyst for deeper wisdom and connection with the world. You'll have time to write, play, relax, nap and enjoy the company of other seekers in a nurturing setting. No previous writing experience necessary. Bring sensible shoes.

DATES & TIMES: Friday, April 20, 2012, 6:00 pm
to Sunday, April 22, 2012, 1:00 pm

PLACE: Peter Hope Lake...Derek & Donna Nanson's Chalet... a half hour Northeast of Merritt

COST: \$275 per person rate includes accommodation, delicious meals made by Derek Nanson and workshop instruction by Ray McGinnis

INFO/REGISTER: Ray McGinnis, 604-408-4457 or rmcgin@telus.net

Ray McGinnis is author of *Writing the Sacred: A Psalm-inspired Path to Appreciating and Writing Sacred Poetry*. Visit his website at www.writetotheheart.com



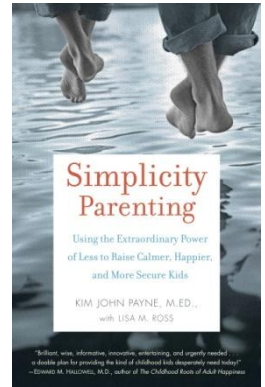
Nurturing Relationships

Simplicity Parenting as Spiritual Practice

KAREN NEUFELD

"Our Children come to us with a deep destiny the needs to be honoured." Kim John Payne, M.Ed., therapist, educator and author of ***Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier & More Secure Kids***

A deep destiny.... An evolutionary impulse.... We catch glimpses of it in our children's innate joy and wonder; in their creativity and inter-connectedness with nature and with human beings; in their unique way of being. We want to honour it, but inadvertently we become caught and disillusioned in the stress of the "terrible too's": too much, too soon, too fast.



In this small group, we'll support each other in the process of pulling back the layers and of growing in awareness of how to co-operate with the Sacred Life-force that is emerging through us and our children, to co-create the kind of world that we want all children to grow up in. We'll restore balance and connection in our families as we integrate the practice of evolutionary Christian spirituality with the work of simplicity parenting: making mindful, self-chosen sustainable changes in our home environments, in our daily rhythms and weekly schedules, and in filtering our children's access to adult information and media. We will create space to become ourselves and to let our children do the same.

DATES: Every third Saturday starting January 28 –mid June, 2012

TIME: 9:45 am-12:15pm

PLACE: Kerrisdale

COST: \$150/person or \$250/couple

CONTACT: Karen Neufeld karen.neufeld@yahoo.com for address, information or alternate times.

Pre –Marriage Workshop: The Two Shall Be One

DR. ANN EVANS & REV. BRUCE SANGUIN

This workshop is designed for those who are getting married, considering marriage, or thinking about entering into a long term-relationship. Topics covered include family of origin, communication, and sexual intimacy, fair division of household tasks, financial management and establishing a relationship vision.

DATES & TIMES: Friday, April 13, 2012, 7:00 pm - 10pm
and Saturday, April 14, 2012, 9:30am – 4:00pm

PLACE: The Centre for Peace

COST: \$200.00 per couple

CONTACT: Dr. Ann Evans at aevans@shaw.ca

Connection Circles

Connection Circles create an opportunity for interested individuals to come together for connection, dialogue, and spiritual practice. Our vision is that all CMUC members will participate in at least one Circle in 2012.

Connection Circles are weekly gatherings that meet for a specific eight week time period (semester) for 1.5 hour each week. Typically, they meet in host homes and use the weekly sermons to further their understanding of Evolutionary Christian Spirituality and to share and experience that journey with others. There is a standard format for Connection Circles, with some variance on tone and focus.

Circles are facilitated by leaders within the congregation who have made a commitment to leadership and have some previous experience within/or in leading small groups.

**If you would like to host or facilitate a Circle
this Winter or Spring, we'd love to hear from you!**

Winter Dates: Weekly, February 13 – April 6, 2012 (8 weeks)

Spring Dates: Weekly, April 30 – June 22, 2012 (8 weeks)

Place: Various locations around Metro Vancouver (see insert for details)

Contact: Anita Kilberg, anita.kilberg@gmail.com

Contemplative Connection Circle – Starts Soon!

Thursday, February 2, 9, 16, 23 and March 1, 8, 15, 22, 1:30-3:00pm

W. 6th Ave, Vancouver (near UBC, between Blanca and Drummond).

The 1.5 hours will be divided between a silent meditation, sacred chanting and/or lectio divina, discussing how the sermon informs our relationship to Silence, and the ways we are challenged to abide by these deeper insights when choosing a contemplative lifestyle.

Facilitator: Laura Madsen completed her Masters of Arts in Theology from V.S.T. in May 2011. Her research thesis title was Surrendering to Silence: A Heart-Centred Practice. Laura was one of two V.S.T. students to receive the "Rev. George and Mabel Fallis Prize" for excellence in Pastoral Theology for her Silence thesis.

Weekly Circles/Activities

Tuesday Afternoon Bible Study

SUSAN DU MOULIN and BRUCE SANGUIN

The scripture readings for the upcoming Sunday is the basis for stimulating reflection and discussion, as Bruce and Susan, and those who attend, share their insights and perspectives. This Circle includes some time in contemplative reading of the scriptures in Lectio Divina style. This is a drop-in group. No prior study is required, so feel free to come whenever you feel inspired. All are welcome.

DAYS AND TIME: Ongoing, Tuesdays, 1:30 - 3:00 pm

PLACE: Fireside Room, Centre for Peace

CONTACT: Susan DuMoulin, susan@canadianmemorial.org

Meditation

SAM WYATT

This Canadian Memorial United Church Meditation Group meets weekly on Tuesday evenings from 7- 8:30pm, upstairs in the Meditation Room (Room 201) in the Centre for Peace. The time is spent mostly in silent meditation, but also includes some reading and singing of simple spiritual songs. From 7-7:30pm, Sam Wyatt, meditation leader will introduce some simple techniques and philosophy on meditation. There is no cost and all are welcome.

Samuel (Sam) Nirahadhi Wyatt is the son of two United Church ministers. He first formally learned meditation from Buddhist monks in a world religion class in high school. He later rediscovered meditation while studying as a celibate disciple of contemporary Indian Guru Sri Chinmoy and for more than a decade has served by teaching free “learn to meditate” workshops to others. He is currently employed as a realtor and is an avid mountaineer.

DATES & TIME: Ongoing, Tuesdays 7:00-8:30 pm

PLACE: Meditation Room (201, Centre for Peace

CONTACT: Sam Wyatt at sam@samwyatt.com for information

Chancel Choir

Our choir is versatile, fun and open to all levels of singers. We sing at Sunday worship services using the accompaniment of a historic pipe organ, grand piano, and harpsichord as well as with our worship band, comprised of drums, bass and guitar. We perform music from all eras and all areas of the world. We sing gospel, classical, baroque and renaissance music and enjoy performing works by Bob Marley, John Lennon and music composed for us. We sometimes perform with a full symphony, brass quartet and individual musicians from CMUC.

If you are interested in singing, able to commit to weekly Thursday rehearsals and Sunday morning performances we'd love to have you join us. Reading music is not a requirement, but musicality, passion and commitment are. A voice placement session (not audition) with Neil/Heather is a requirement if you are interested in joining the choir.

Neil Weisensel is our Minister of Music. He is a published composer, an orchestral and choir conductor, and multi instrumentalist who insures our music and choir performances are top notch. Neil is on Sabbatical until May 1st, 2012. Other amazing conductors will support the choir during this time. If during this time you wish to join the choir please **contact Heather Olson at musicholet@gmail.com.**

DATES & TIME: Ongoing, Thursdays, 7-8:30 pm in the church



Monthly Circles/Activities

Taizé Contemplative Service

JOCELYN PRITCHARD & SUSAN COWAN

Please join us in the sanctuary for this very special candle-lit service featuring music and song, interspersed with brief readings from scripture, held on the third Sunday of each month, September – June.



Singing is one of the most important forms of prayer. A few words, lines or chants sung repeatedly to instrumental accompaniment reinforce the meditative quality of the prayer. This expresses a basic reality of faith, quickly grasped by the intellect, which gradually penetrates our hearts and entire being.

Taizé is an ecumenical community in France whose members live out the gospel through reconciliation. Their form of prayer, now practiced throughout the world, introduces people to meditative praying with simple melodies woven in succession into a tapestry of continuous prayer. The underlying aim is to enter together into the mystery of God's presence.

DATES & TIMES: 3rd Sunday of the month, 7:00-8:00pm

January 15, February 19, March 18, April 15, May 20 and June 17, 2012

PLACE: Canadian Memorial United Church Sanctuary

CONTACT: Jocelyn Pritchard at JocelynPritchard@shaw.ca or Susan Cowan at susancowan@telus.net

If you would like to join in serving for this service, in presiding, reading scripture (in English or other languages), music leadership, set-up or greeting, please contact Jocelyn or Susan.

Young Adult Circle

FRANCES KITSON AND SHAWNA LITTLE

Attention Young Adults! Join in this amazing circle. We come together to reflect on the sermons, discuss their relevance in our lives, and to share our evolutionary journey together in connection and prayer. There are no hard and fast rules about who qualifies as a young adult; we're thinking anyone between 20 and 40! Hope to see you there!

DATES & TIMES: 1st Wednesday of the month, 7:00-8:30pm

PLACE: Room 201, Centre for Peace

CONTACT: Shawna Little, 604-355-0222 or shawna.little@hotmail.com, or Frances Kitson, 604-872-3020 or fkitson@fastmail.cn with any questions.

Maple Group

EDITH MATTHEWS

This is longstanding fellowship of women usually meets on the second Monday of each month for meditation, keeping informed on various community services and opportunities, and for planning fund generating events like a mini bazaar, pie sales, bake sales, play reading etc. Funds raised from these events are generously donated to various organizations and services such as VST, Naramata Centre, Camp Fircom, In from the Cold, CMUC operations etc. New members are welcome.

DATE & TIME: 2nd Monday of each month, 10:00 – 12:30 pm

PLACE: Fireside Room, Centre for Peace

CONTACT: Edith Matthews at pmatt@shaw.ca

Women's Circle

MARY LOU WHITTAKER

This group of women meet in the Centre for Peace to share their spiritual and life journey. There is support, laughter, tears, discussion, prayer and friendship. We explore the principles of Evolutionary Spirituality, catch up on the last month's happenings in our lives and share thoughts on the monthly topic. All women are welcome.

DATE & TIME: 2nd Wednesday of each month, 1:00 – 3:00 pm

PLACE: Fireside Room, Centre for Peace

CONTACT: Mary Lou Whittaker at Marylou@canadianmemorial.org

Couple's Circle

This couple's circle has been meeting regularly to explore their relationship with God as it manifests in their daily lives. We welcome new couples. Come join us!

DATE & TIME: 3RD Friday of each month, 7:00-9:00 pm

PLACE: Centre for Peace

CONTACT: Manfred and Marie Stenzel, manmar@telus.net, Kirsten and Meguido Zola, knowak@sfu.ca, Doug and Alice McGinnis, dougmcg@shaw.ca

Heart and Soul

SUSAN DU MOULIN

Heart and Soul is a monthly, daytime gathering for all ages that nourishes the whole self. It includes a bag lunch, social time, gentle exercise and a variety of programs (educational, entertaining, creative, spiritual, etc) and concludes with afternoon tea and cookies. The program runs from September through to June.

The Heart and Soul Planning Team plans the annual schedule, arranges transportation as required and hosts the gatherings.

DATE & TIME: 4th Wednesday of the month, 12 noon to 3pm

PLACE: Great Hall, Centre for Peace

CONTACT: Susan DuMoulin at susan@canadianmemorial.org

Parent's Circle

SOPHIA DUCEY

We are looking at ways to bring the families of Canadian Memorial together on a regular basis. Watch the bulletin and e-newsletter for details, or contact Sophia Ducey with your ideas and interest: sophiaducey@gmail.com, 778-316-4780. Also, check out the Simplicity Parenting listing earlier in this booklet.

Service Opportunities

Canadian Memorial wouldn't be the amazing church that it is without the self-less service of so many of its members. We rely on lay volunteers to perform many of the duties, and coordinate many of the events that happen each week. Below are some of the ways you might be able to share your gifts in serving this amazing spiritual community.

Worship

Lay Readers

HEATHER READ

People who love reading aloud are invited to read weekly scripture to the congregation during Sunday service. This is a wonderful way to experience scripture, to share it with many and to increase your connection with the congregation. If this is one of your gifts and you are open to joining the team of readers, please contact **Heather Read** at 604-266-5759.

Prayer Leaders

ALAN MACLEAN

Prayer leaders are people who feel called to write and then deliver the prayers of the people; a 3-4 minute prayer, from the lectern. Prayer leaders reflect deeply on current events, congregational concerns and bible readings for the week and /or what the natural world means to them, then let their heart guide their interpretation into words for delivery. Anyone interested in talking about or taking part as a prayer leader for the week should contact **Alan MacLean** a 604- 734-5202

Church Decor

LORRAINE KLIMEK

Express your spiritual gifts of creativity as a member of the Church Decor Team. Decorate the sanctuary and the Centre for Peace for special, seasonal occasions, and services throughout the year. Participate in discussion regarding any upgrades and changes in building needs. The team is open to new members and fresh ideas that express the spirit, joy and love of the sacred spaces. If you would like to be part of this team contact **Lorraine Klimek** at lklimek@shaw.ca

Flower Donation

ANITA KILBERG

Floral arrangements are placed in the sanctuary for Sunday service by individuals who honour special occasions, or events, remember family member who have passed, or just to say "thanks" to someone special. If you would like to donate a floral arrangement please contact Anita Kilberg akilberg@telus.net

Hospitality

MARY LOU WHITTAKER

Greeters - Welcoming visitors and congregants to Sunday Service is one of the responsibilities of greeters. Helping those new to the congregation make contact with others and assisting to develop an open and inclusive congregation is suited to those with the spirit gift of hospitality. If this is you, **Mary Lou Whittaker** would like to hear from you. Contact her at Marylou@canadianmemorial.org

Sunday Morning Coffee Service – We all enjoy coffee and conversation following Sunday Service. For this to continue and to not be a burden on a few, we need more participants. The task is well organized and individuals work in teams. It is a great opportunity to get acquainted with most all of the congregation. **Mary Lou Whittaker** is the person for you to contact at marylou@canadianmemorial.org

Children, Youth & Family

*Every child has known God.
Not the God of names, Not the God of don'ts,
Not the God who ever does anything weird,
But the God who only knows four words, and keeps repeating them,
saying: "Come dance with Me."*

–Hafiz, 14th Century Persian Poet and Mystic

The CMUC Children, Youth & Families ministry is about learning, sharing and having lots of fun! Through storytelling and singing, art creations, fun and fabulous Sunday morning gatherings, our children and youth are centered in the GOD presence, dance in their unique essence, and grow in a space of unconditional love.

New and exciting visions and plans are in the works. If you would like to be a part of what is emerging for our Children, Youth & Families, please contact **SOPHIA DUCEY, Interim Children, Youth & Family Minister**, sophiaducey@gmail.com, 778-316-4780

Themes for the Winter and Spring:

- January and February: The Diversity of God
- Lent (Feb 26 – April 1): Exploring the United Church *Song of Faith*
- April 15 & beyond: Evolutionary Christian Spirituality: cosmology, principles, stories and practices

Each Sunday morning, children and youth join the whole congregation in worship time in the sanctuary at 10:30am. About 15 minutes into the service, those ages 4+ are invited to go with their leaders to Children's Church in the Centre for Peace for age-appropriate lessons and activities. Following the service, parents are asked to pick up their children in the Youth Room at the Centre for Peace.

Infants & Young Toddlers, 3 mo. - 2 yrs: Nurturing the One Life

Children ages 3 months to 2 years are consciously nurtured in a safe and loving environment. We have nursery care available in the Vestry, just to the left of the front of the church. You may stay with your child, or we will have a volunteer available to care for your child. Audio of the service is made available through a speaker system in that room.

2-4 years: Exploring the One Life, As Me!

Preschool children learn that there is no spot where God is not. In a fun, play-filled environment, our little ones find a way to experience the joy of being alive! You may drop off your pre-schooler upstairs in the Centre for Peace from 10:15am, and then pick them up immediately following the service.

K – Grade 7: Recognizing the One Life-Creator and all Creation:

School Age Children recognize the qualities of God within themselves and all creation through the learning, practice, and sharing. We create sub-groups of our school age children to provide age-appropriate lessons and activities.

Youth Grade 7 & above – Evolving in the One Life of God:

We are in the process of designing a program for our Youth to learn and practice spiritual concepts of Evolutionary Christian Spirituality with confidence and support. As our program evolves, our plan is to create a forum for our older Youth to connect on a deeper level, explore and practice spiritual concepts of Evolutionary Christianity as their spiritual foundation.

Pastoral Care

Identified below are many of the ways the Pastoral Team serves the congregation. Susan Du Moulin, Minister of Pastoral Care develops, coordinates and nurtures the various teams that deliver the many services. There is always a need for help with these ministries.

If you can share some time and love with any of these ministries, or if you are in need of any of these services, please contact Susan DuMoulin, susan@canadianmemorial.org (unless otherwise specified).

Card Ministry

JOANNE DUMA and GLORIA BREault

Joanne coordinates the making of the cards for this ministry, using congregational member's artwork and photography.

Gloria, along with others, writes and sends cards on behalf of the congregation to congregation members and/or family members when they are ill, bereaved, or going through major transitions. Cards are also sent acknowledging celebratory times.

Contact: Joanne Duma, jduma@shaw.ca, Gloria gbreault@telus.net, 604-738-5430

Healing Ministry

MARGIT OSTERMANN

Members of the Healing Ministry include practitioners of Reiki, Healing Touch, and other modalities of healing. Sessions are available on the second and fourth Sundays after church, from 12:15 to 1:15 pm.

For sessions at other times, please contact the coordinator, Margit Ostermann, margit@telus.net

Prayer Team

ELEANOR JACKSON

This team engages in daily intercessory prayer for members or those close to the congregation who have specific needs. Eleanor Jackson coordinates this team, receives prayer requests, and is the contact person for this team. She can be reached at eleanorjackson@shaw.ca

Flower Delivery

SUSAN DU MOULIN

The floral arrangements you see in the chancel on Sunday mornings are donated. After the service they are divided into smaller bouquets which are then delivered to congregation members in hospitals, residential facilities, confined to home and no longer able to attend church, or to someone who just needs a “pick me up” gesture.

Contact Anne Sainas, 604-733-2227, if you'd like to help brighten someone's day with a bouquet of flowers.

STORIES

(Seniors Telling Our Rare, Experiences Sacredly)

MARY LOU WHITTAKER

This ministry was formed to enable seniors to have their special stories heard and recorded one-on-one by an individual or to write their own stories in a facilitated group setting. Mary Lou Whittaker coordinates this ministry and can be reached at divineml@shaw.ca.

Transportation

SUSAN DU MOULIN

This team provides members of the congregation with transportation to and from worship services, a church event, a medical appointment, or a drive to the beach, around the park, etc. There is always a need for this service.

Visiting and Teleministry

SUSAN DU MOULIN

Pastoral care visitors meet regularly with senior members of the congregation (especially those who are not longer able to regularly attend worship services) in their homes, residences or hospitals, to bring the spirit and love of Christ to them.

Teleministers have telephone visits with others who benefit from this contact, to help them feel included in the life of the congregation

Our Community

JILLIAN JACKSON

This column is written each week by Jill Jackson and appears weekly in the announcements section of the Worship Service bulletin to give messages to our faith community from those visited or someone who is unwell or about a birth, a new job, an anniversary or a condolence.

If you have a message about someone in our community that you would like us all to know about, such as a birth, a new job, anniversary, condolence, a message from someone you've visited, or someone unwell, with permission of the person involved, please inform Jill Jackson, runningjilly@gmail.com or 604-877-1659, so we can all share it in our Sunday bulletin.

Knitting Ministry

KATHERINE MANSFIELD

The Knitting Ministry provides a tangible way to give comfort to members of our congregation, relatives, and friends who are ill, and to recognize important celebrations in peoples' lives. Since April 2006, 115 shawls and lap robes have been knitted, crocheted, and blessed before being given away. They experience the joy of giving when they see the recipients' eyes light up with pleasure in their handmade gifts.

Team members meet on the 2nd Sunday of the each month for a few hours after church and are always open to new members.

DATES & TIMES: 2nd Sunday of each month, 12noon – 2:00 pm

PLACE: Meditation Room (201), Centre for Peace

CONTACT: Katherine Mansfield at kathlyne100@yahoo.ca

Over Ninety Club

SUSAN DU MOULIN

Unfortunately this “exclusive” club is only open to nonagenarians. (Octogenarians will have to wait their turn, so hang in there.) The privileges of being a member are having your photograph (taken by Louise DeLancey) on a special bulletin board, receiving an annual birthday card from the congregation, and being held in prayer by the prayer team for the rest of your life. We currently have 23 nonagenarians (one over 100yrs). Several are actively involved in the life of our faith community.

Building and Garden

Property Team

DAVID MACVEY

The mandate of the property team is the care and stewardship of CMUC’s physical assets (buildings and contents). This means:

- Protection against loss (insurance, alarm systems)
- Regular maintenance for cleanliness, safety and usefulness
- Long-term maintenance of the church and Centre for Peace
- Implementing policies to ensure that fair rental is charged for facilities when and where appropriate

Accomplishments of this team include the new roof on the church in 2010 and the new sign on 16th Street this winter. The property team is always looking for volunteers with expertise in one aspect or another of maintaining our physical facilities. If you would like to lend your skills to this team they will welcome you.

Gardening Team

DAVID MACVEY

Lovely gardens surround the church and Centre for Peace. There is a wide array of trees, evergreen shrubs, ground cover and flowers, mostly perennials, supplemented with annuals for seasonal color.

If you have experience with gardening or would like to gain some, you are encouraged to join this team. The work involves light pruning, weeding, fertilizing, planting annuals, watering and shooting the breeze! We try to work in groups, as needed, for an hour or two at a time. You may also work on your own, as your schedule permits. The fresh air and exercise are additional benefits.



To volunteer for the Property or Gardening teams, contact **David Macvey** at dmacvey@telus.net

Library

LIBRARY LEADER NEEDED

The library is located on the second floor of the Peace Centre. There is a wide collection of books with topics of interest, to this church community, to deepen theological knowledge; support personal lives; goals, decisions in time of joy, and of grief and difficulty; and to help understand the issues that confront us as Christians in the 21st century.

Resources are selected from suggestions made by staff and congregation members and by the team of caretakers of the library. From time to time books are displayed in the Great Hall at coffee time. Books can be signed out there or at anytime from the Library and are on loan for up to 4 weeks.

If you are interested in books and would like to help keep the Library organized and operational please contact **Catherine McPherson** at chmcperson@shaw.ca

Administration and Finance

Board of Directors

The role of Board members at CMUC is to determine what end results and set priorities for we want to see as a Congregation. The Board does not act directly to achieve those results but gives direction to and monitors the executive (minister) in carrying out the means to achieve them. The Board represents the Congregation and work done by the Board is meant to reflect the best interests of all stakeholders (Congregation, Staff, Mission Partners). Being a good listener helps get a better understanding of what the needs and wants are within the Congregation.

The main job of Board members is to establish policy and monitor outcomes. This is done using a governance model known as the Carver Model. We meet monthly for two hours to discuss what's going on in the church and determine what needs to be done. We receive a written report from the minister, have a spiritual reflection as it relates to the ministry of the church and review various reports. In the Fall there is a Retreat for planning and to get to know one another again after the two-month summer break.

Being on the Board is a great way to be involved in forging the future direction of Canadian Memorial. If you'd like to learn more about serving on the board, contact **Russ Quinn, Board Chair**, russq@telus.net.

Stewardship

MARILYN KERNAHAN

The Stewardship Team's objective is to faithfully support the growth and financial well-being of the congregation. They help the congregation to understand how the generous giving of the congregation supports the church operations, programs and other outreach ministries. They encourage members to use pre-authorized giving and make special effort year round to keep congregational income consistent and growing.

If you see a role for yourself in maintaining the growth and financial well-being of CMUC, let **Marilyn Kernahan at mkernahan@shaw.ca know**. Although, some financial management or fundraising skills would be an asset, they are not necessary for serving on this ministry team.

Finance Team

The finance team is a committee of volunteers with financial acumen. This team is responsible for preparing and presenting the annual budget to the Board of Directors for their approval, before the presenting it at the Congregational meeting in June each year. This team reviews and approves the monthly financial statements and allocated funds accounts. If being part of this team interests, you, **contact Manfred Stenzel, Chair of the Finance Committee, manmar@shaw.ca.**

Ministry and Personnel

KELLIE LAWSON

The Ministry and Personnel Team oversee staff relations and ensure that positions are staffed supported and evaluated. If you have experience in Human Resources this would b a ministry where you could utilize your experience. If you require further information, please contact **Kellie Lawson at kellie@kellielawson.com**

Office Hospitality

PETER TURTON

Do you enjoy talking with people, helping them find answers to their questions, doing office related tasks? If so , and if you have time to give either morning (10:00am – 1:00pm) or afternoon (1:00 – 4:00 pm) once a week, or even every two weeks, then this may be an opportunity for you. You will interact with staff, members of the congregation, and a variety of onsite user groups. For more information, please contact **Peter Turton** at peter@canadianmemorial.org or call the office at 604-731-3101.

Communications/Publicity

RUSS QUINN, BRUCE SANGUIN and TOM LITTLE

Canadian Memorial is forming a Communications team to up-level all communication - internal and external. This includes the bulletin, event flyers, information booklets (like this), as well as our website and social media. We hope to hire a BCIT intern for 9 weeks this Winter/Spring to support us in creating a vision and plan for 21st Century media and communications.

CMUC needs volunteers for a variety of tasks and activities to help publicize events and activities for the church. If you enjoy and have the skills for the following you're invited to join this team:

- Composing and designing posters, pamphlets, and flyers
- Printing materials
- Distributing/posting posters and flyers
- Forwarding PR information via e-lists, networks, Websites, etc
- Producing videos for uploading on platforms like You Tube
- Occasionally writing/designing ads (budget permitting).

If you have interest and experience in this, please contact Russ Quinn, russq@telus.net, Bruce Sanguin, bsanguin@telus.net or **Tom Little**, Atomik@shaw.ca to join in this amazing ministry.

Service to the Wider Community

In From the Cold

ANITA KILBERG

In from the Cold is a volunteer outreach program that supports First United's shelter for homeless and marginalized people. Congregation members can become involved by making stew and/or chilli, baking cakes/pies and helping to prepare and serve the dinner on the second Friday of every month year round. Involvement in this program brings you to the heart of homelessness and gives you a special opportunity to get to know and share conversation with some of the residents in the shelter; as well you get to work closely with others from CMUC.

Come and join this group, and experience some of the positive work occurring in the Downtown Eastside. It's a very needed community program. For more information and to volunteer, contact **Anita Kilberg** at anita.kilberg@gmail.com or 604-731-2399

Street Meals

JOANNE HAUSCH

Street Meals is a community outreach program, founded in 2006 and continues to provide support with food, clothing, and scholarships to street involved youth. Support is channelled through Direction Youth Services, a program of Family Services Vancouver. Volunteers gather on a Saturday morning at the Centre for Peace to make sandwiches and chilli, spend time being updated on the effects and successes of their program and to enjoy some time in spirit infused friendship.

The scholarship program benefits many youth who have turned their street involved lifestyle toward careers in psychiatric nursing, substance abuse counselling, criminal justice/probation services etc. There are already many successes being reported.

If you would like to be involved with this energetic and rewarding program, contact **Joanne Hausch** at jhausch@deloitte.ca

Afternoon Service at South Granville Park Lodge

SOPHIA DUCEY and SHEELAH MEGILL

Each month we share our hearts, hymns, bible readings and a short message with our elders. This is a beautiful way of sharing the beauty that we have at Canadian Memorial with those unable to travel to attend our Sunday service.

DATE & TIME: Third Sunday of the Month, 3:00 PM

PLACE: Meet at the Centre for Peace at 2:30pm and drive over to the Lodge together

CONTACT: For more information contact **Sophia Ducey**, sophiaducey@gmail.com or **Sheelah McGill** at laughalways@shaw.ca

Environmental Team

The environmental Team promotes awareness of a spiritually principled approach to planetary sustainability. We work to:

- Increase awareness of our interconnection with the natural world
- Develop a deep understanding with our congregation and community of spiritual connection to the planet
- Honour and celebrate the diversity in the universe
- Pass on a clean and abundant planet to present and future generations of all species
-

For further information, please contact **Maureen Jack-LaCroix**, Maureen@bethechangeEarthAlliance.org or **Rosemary Cornell**, cornell@sfu.ca

One of the easy but important things this group could do is to participate as a CMUC entity in collaboration with Be the Change Earth Alliance in the many public demonstrations in the Vancouver area organized by other groups, such as Earth Day marches, Burns Bog pilgrimage, 350.org events, NoTankers campaign, etc.

Be the Change Action Circles

Be the Change is part of a growing movement of people like you who want to create a better tomorrow. We can make our lives reflect our values by coming together in Be The Change Action circles. An action circle is a group of 10 – 12 people who meet weekly or bi-weekly to explore personal values and establish new habits in a fun and personal way. Circle membership is free, but there are some modest costs to cover materials. In Circles we discuss readings and ideas, share stories of challenge and success, laugh, connect, have a snack, and choose one action or two each week to try out. As we track our action from week to week, we feel the momentum of our collective intentions.

For more information, contact Maureen Jack-LaCroix, Maureen@bethechangeEarthAlliance.org or visit, www.bethechangeearthalliance.org/circles

Canadian Peace Initiative

The Canadian Peace Initiative works toward a culture of peace at home and abroad, non-violent conflict resolution, and a revitalization of Canada's role as a global peace builder. Now that Bill C-373 has been introduced, there is work to be done to keep people informed, monitor situations, seek strategies, gather opinions, ask questions, etc.

This group meets on the second Monday of every month, in room 201 in the Centre for Peace, **7-9pm**. All are welcome. For more information, contact vancouvercpi@yahoo.ca

The Townships Project

JOCELYN PRITCHARD

The Vancouver Chapter of the Townships Project is a fund raising organization, supporting the Project that headquarters in Toronto, under the leadership of, Martha Deacon, CEO. Funds generated throughout the country support women and men in several Townships in "South Africa, to create and maintain businesses that generate income for their families. The project is now in its 12th year of operation and continues to grow and enjoy success. If you wish to join this group contact Jocelyn Pritchard at JocelynPritchard@shaw.ca

Explore
your evolutionary journey
Engage with others
in spiritual practice and reflection
Experience
the culture of Canadian Memorial

Canadian Memorial United Church

1825 W. 16th Avenue, Vancouver, BC V6J 2M3
www.canadianmemorial.org
604-731-3101

If you have questions regarding the Programs, Retreats, Circles and Service Opportunities in this booklet, please feel free to contact the Circles Team at circles@canadianmemorial.org