

Connections Winter 2017



COMOX VALLEY PRESBYTERIAN CHURCH

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A MESSAGE FROM THE MINISTER

When I was younger I don't recall Advent and Christmas being so busy! I remember the wonderful get-togethers with family and friends, the excitement and anticipation of Christmas morning and the lazy days of the school break in between, but I don't remember feeling anxious about all the "to do" and "needs to get done" lists. I am sure they existed!! My parents probably felt that stress and just did a good job of not showing it.

Upon reflection there is something special about the care-free childhood Christmases gone by. Now there seems to be all kinds of things that pull on our time, whether it is for business or pleasure! Having good time-management skills helps in this department, as I like to get things like services done well in advance, which allows me to be a little more spontaneous with

other events over the season.

We also seem to talk a lot more about self-care than we ever did. There is an acknowledgement that taking time for ourselves is not a selfish thing, but rather an important part of healthy living. Any self-care guide will tell you that "giving yourself permission" is one of the most important steps in self-care.

What this means is that you give yourself permission to say yes or no to whatever is being asked of you. In many ways this is good advice, but let's be honest, we often don't feel we can say yes or no to a particular request because this time of year is driven by traditions. If we say no to a particular request we might feel guilty that we are giving up on a tradition. Probably one of the best pieces of advice is "do things in moderation".

And this advice is not simply related to the food or drink at this time of year but for all things. Moderation, however, is not as easy as simply watching what we consume!

I have been thinking more deeply on the importance of self-care during a busy season like advent, and have realized that sometimes the best self-care happens when we are supporting each other. Here are some words of advice for you over the season. Let us care for one another! It seems simple enough, but what I am really suggesting is that we as a congregation try to find a way to balance all of our traditions, tasks, and responsibilities by offering to help where we can.

Perhaps it is by encouraging the upcoming Advent Bible Study or volunteering at the Joy to the World weekend. We will be looking for helpers to assist with the Christmas Tea or lead something at our Christmas Eve service. The more we support one another the less burdened others may feel by the various tasks and traditions. And the season is a lot more fun when we do things together. This is a gifted and talented congregation, and all these events and opportunities are our gift to the community.

Here are a few opportunities for us to participate in the anticipation of advent and take moments to care for ourselves during a very busy season.

Guess Who's Coming to Supper Nov. 24th at 6 pm: Join Pastoral Care in this fun event! You are invited to sign up as either a host (listing how many you could host) or a guest. Then guests are randomly matched with hosts and told on the day of the event where

they will be going. Hosts will only know how many to expect a few days before. Guests will arrive for an informal supper at 6 pm at the host's house. This is a great way to get to know people in our congregation!

A Christmas Carol: Advent Bible Study: We will use Charles Dickens' classic tale to help us tell and hear the Advent story in a way that helps us experience it. Come on this journey of transformation with us! Starting Thursday Nov. 30-Dec 21 from 1:30-3pm. Please speak to Rev. Jenn if you need a copy of A Christmas Carol (audio books are also available)

Advent Communion on Sunday Dec 3rd.

Begin the season of Advent with communion at our regular Sunday service.

Service of Hope and Healing on Dec. 5th at 4:30 pm: This prayer service is for everyone who is searching for something a little deeper during Advent. It is a contemplative healing service.

Christmas Eve Service Dec. 24th at 5:00 pm. All are welcome to this family friendly interactive service which will include many carols, readings and prayers to help us celebrate the reason for this season!

Rev. Jenn Geddes

CONGREGATIONAL BUDGET MEETING

Please join us on Nov. 26th for a congregational meeting to approve the 2018 budget. The budget will be available a week in advance for review. All are encouraged to think and pray deeply about upcoming costs and income expectations.



CHRISTMAS TEA

Tues. Dec. 19 1:30 pm

The Fellowship group will host a Christmas tea, inviting local community and care home residents to join us. There will be musical entertainment and traditional refreshments. So come and share Christmas treats and hospitality with our Comox Valley neighbours.

PASTOR APPRECIATION

Thank you so much for the wonderful words of encouragement, cake and card that were shared on Oct. 22nd as part of Pastor Appreciation Month. Mike and I feel very blessed to be here, sharing in ministry with you! **Rev. Jenn Geddes**



Al Wedel directs our choir at the *Sing Sankey* fundraiser Nov. 8. Elvera Penner and Barb Tease accompanied. Jessie Schut's quilt is on the screen in the background.



JOY TO THE WORLD!

This year our congregation will host our fourth display of Nativity Sets (also known as crèches) from around the globe as our Christmas gift to the Comox Valley. We've been calling this event "Joy to the World" but this year the poster is headlined "Nativity: Crèches of the World" for clearer communication with the public, with whom it has been very well-received.

Last year, the event featured over 200 crèches, live music, a dark room with lighted sets, children's activities, and a special afternoon for people with mobility issues, including light refreshments. About 400 people visited the display, and left heart-warming comments: "Who would know unless they visit!" "I don't want to leave." "Magnificent! Sent shivers! Beautiful, many countries." And more: "It gets better every year." "A beautiful tradition for our family." "A wonderful experience for our Lodge residents, and your hospitality was lovely."

Volunteers from both inside and outside our church membership have been invaluable to put on this display. Volunteers set up and took down the display, lent sets, acted as hosts and greeters, served tea, delivered posters and invited their friends and neighbours. This year, five women have put in many hours sewing tablecloths to enhance the settings. This event could not have happened without your input. Thanks! If you haven't been involved yet, but are interested, please let us know.

This year there will be a few changes. The dates of the event have moved up by two weeks: Dec. 8 and 9. Also, we will be setting up the display the day before, Dec. 7. Please mark these dates on your calendar and start spreading the word. As well, we have invited a few school groups to come on Friday morning to view the sets and participate in activities. Please pray that the beautiful story of Christmas told by way of these crèches will bless many, young and old.

Watch the bulletin for more details.

The Committee: Al and Jessie Schut, Peg MacMillan, Sheila MacLellan, Lois Lupkoski, Nerissa Thomas, Dixon Edwards and Rev. Jenn.

Nativity: Crèches of the World



**Friday December 8, 1:00 to 3:00 PM
(for seniors and those with mobility challenges)**

Friday December 8, 3:00 to 7:00PM

Saturday December 9, 10:30 AM to 3:30 PM

Comox Valley Presbyterian Church
725 Aspen Rd., Comox

Children's Area

Free Admission

Live Music

www.cvpc.ca

LUTHER 500! GERMAN SOUP SUPPER

Thank you to the Fellowship Group for the Luther 500! German Soup Supper event. Thank you also to Ruth Dickson for her artwork! It was a wonderful sold out event that brought in 92 people and raised \$1732 for our Furnace and Roof fund. The food was hearty and delicious, and the colours from the German flag gave the table decorations a festive air.



Above: Bob Mortimer with members of Shepherd of the Valley Lutheran Church.

Right: Jenn Geddes and Mike Werth (as Martin Luther) dressed for the event.

Below: l-r Janet Goodacre-Bullock, Nelson and Laura Cheyne, Neil McLeod and Pat Douglas.



Advent at CVPC

Fri. Nov. 24	2:30 pm	Centering Prayer
	6 pm	<i>Guess Who's Coming to Supper</i>
Sun. Nov. 26		<i>Congregational Budget Meeting</i> after service
Tues. Nov. 28	9:30 am	Tai Chi
Thurs. Nov. 30	1:30 pm	A Christmas Carol: Advent Bible Study
Fri. Dec. 1	2:30 pm	Centering Prayer
Sat. Dec. 2	8:30 am	<i>Church Breakfast</i> White Spot "Sonshine Lunch Club"
Sun. Dec. 3	10:30 am	<i>Advent Communion Service</i>
Tues. Dec. 5	9:30 am	Tai Chi
	5 pm	<i>Hope and Healing Service</i>
Thurs. Dec. 7	1:30 pm	A Christmas Carol: Advent Bible Study <i>Set up, Joy to the World</i>
Fri. Dec. 8		<i>Joy to the World</i> see schedule below
Sat. Dec. 9	10 ³⁰ - 3 ³⁰	<i>Joy to the World</i>
Tues. Dec. 12	9:30	Tai Chi
	noon	<i>Ladies Circle Christmas Lunch</i> White Spot
	7 pm	Session
Thurs. Dec. 14	1:30 pm	A Christmas Carol: Advent Bible Study
Fri. Dec. 15	2:30 pm	Centering Prayer
Tues. Dec. 19	9:30 am	Tai Chi
	1:30 pm	<i>Christmas Tea</i>
Thurs. Dec. 21	1:30 pm	A Christmas Carol: Advent Bible Study
Fri. Dec. 22	2:30 pm	Centering Prayer
Sun. Dec. 24	10:30 am	Worship Service
	5 pm	<i>Christmas Eve Service</i>
Sun. Dec. 31	10:30 am	<i>Joint worship</i> CVPC will host the United churches

Joy to the World

Drop off: Dec. 3 - before/after church Dec. 5, 6, 7 - 9 am-noon Set up : Dec. 7 9am—1 pm	Open: Dec. 8: am—Schools 1-3 pm -Seniors 3-7 pm -all Dec. 9: 10:30–3:30	Take down: Dec. 9 4-5 pm Pick up: Dec. 9 - 5 pm Dec. 10 - before/after church
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