

Connections Summer 2016



725 Aspen Rd. Comox, BC V9M 4E9 250-339-2882
email: office@cvpc.ca web: cvpc.ca

In this issue:

Message from the Minister	1
Important dates	2
Summer services	3
10 Guidelines from God	4
Bereavement	6
A Senior's Alphabet	7
Meet Our Newest Elders	8
Picture Gallery	8

A MESSAGE FROM THE MINISTER

I recently discovered that the United Nations declared 2016, "the year of the Pulses." Pulses are part of the legume family and the name refers only to the dried seed of peas, edible beans, lentils and chickpeas. Pulses are high in protein and fibre but low in fat. At a recent Seedy Saturday event I picked up a large book by a Salt Spring Island farmer all about the joys of growing, harvesting and cooking pulses. As a result I have become rather overly enthusiastic about growing and cooking pulses. Our plot at the community garden currently has Windsor Beans, Pink Pods, Shelling Peas, Bush Beans, Kidney Beans, Black Turtle Beans and Chickpeas. I was pretty excited to see the seedlings and was rather impressed at the size of the Chickpea plants. That was, until the pea weevil began to eat at my pea plants and something large came and just bit off the top of all the Chickpeas. As a result I currently have six pea plants and four jars of beans growing in our

spare bedroom in the hopes that the plants will be strong enough to transfer a little later in the year. I should mention that I have no clue what I am doing. I know that many of you know the joys and tribulations of growing gardens, be it in your garden plot in the community garden or the backyard. There are numerous metaphors about growth and gardening within Scripture. The story of the Mustard Seed or the image of the Vine come to mind. But with my poor little pulses struggling to grow, the parable of the barren fig tree stands out.

In the parable the vineyard owner demands that the gardener cut down a fig tree that has not born fruit for three years but the gardener says that he will tend to it for a year in the hopes of giving the tree another chance. We are privileged to live in a fertile area and know that gardening is not as demanding and the growing season is much longer than in other places in this country but

it still takes work. First of all, we have to plant the seeds in order for them to grow. Do you have an idea for a ministry or program within the church and community? I would love to hear about it! Perhaps it is the seed that will bring about further growth. Then of course, we have to tend to the soil. Think about existing opportunities within the church. Perhaps there are committees, groups, or events that you would like to get involved in. I know everyone in this congregation has talents and gifts. Finally, you have to care for it. Over the summer things around the church seem to slow down a little. But remember, we must take ownership over our responsibilities and continue to contribute to the life of the church. Everything we do, all that we give, the prayers and praise we express are a reflection of God's blessings to us.

I look forward to some of the roles I will be taking on this summer, including as one of the preachers for the Canada Youth Conference. There will be 500 participants of all ages, but mostly between 15-18, gathering for worship every evening. Rev. Reid Chudley of Trinity, Victoria and I will be leading them. While it is often exhausting, it is also energizing. Mike and I will also be hosting a Camp VIP weekend at French Beach, August 18-22 . If you have a tent/trailer/RV you are welcome to join us. To register, go to vipresbytery.net.

For now I have put netting over my pulses and diligently spray the seedlings with a cayenne pepper-soap mixture. Hopefully in the Fall I will be able to give you an update or even a sample of the various pulses!

Re. Jenn Geddes

Rev. Jenn's IMPORTANT DATES

May 30-June 6	Holiday (June 5 Charlie Scott)
June 14	CanAssist Fundraiser and Tea 2-4pm
June 19	Presbytery Pulpit Exchange with John Green
June 21	Presbytery in Campbell River
June 26	Congregational Lunch and BBQ
July 1-10	Canada Youth
August 18-22	Camp VIP at French Beach (Presbytery Pulpit Exchange with Gordon Kouwenberg)

NEW Christian Education Committee

We are looking for interested members of the congregation to join our Christian Education Committee. The mandate of this committee is to assist and provide Christian Education within the congregation for ALL ages. This includes adult bible study ideas as well as things like Sunday School and Nursery Care. Looking after the Library will also be part of the responsibilities of this committee. We will also work to envision future programs, ministries and opportunities for the congregation and community with regards to Christian Education and Spirituality. The committee would meet on average 4 times a year. If you are interested please speak to Rev. Jenn.

SHARING OUR JULY SUNDAY SERVICES

Following the successful and very moving joint Good Friday Service, with Comox United, Cumberland United and St. George's United, we were invited to join them in their July Sunday Service rotation. This is a wonderful way to pool resources in the summer, to reduce pulpit supply costs, and most importantly to get to know other churches within our community. For the first four Sundays in July a service will be held at one of the four churches. We look forward to hosting everyone at our Service on July 17th!! What a wonderful way to share our music, ministry, and prayers with others in the Valley, and certainly that is true as we visit the other churches as well. With regard to offerings, we will use our own offering envelopes and they will be sorted and distributed to the proper congregation. The open offering will go to the host church. Cumberland United has especially expressed how much this service means to them as their numbers jump and their budget is met all thanks to this one service. What an honour to support and encourage other congregations!

The rotation will be as follows:

July 3: Comox United (250 Beach Drive; Comox) or St. George's United (505 6th St. Courtenay)

July 10: Cumberland United (2688 Penrith, Cumberland)

July 17: Comox Valley Presbyterian

July 24: St. George's United (505 6th St, Courtenay)

Carpooling and rides will also be coordinated. Please see the bulletin for further information.

TEN GUIDELINES

From: God

To: All His Children

Effective: Immediately

Please be aware that there are changes you need to make in your life. These changes need to be completed in order that I may fulfill my promises to grant you peace, joy and happiness in your life. I apologize for any inconvenience, but after all that I am doing, this seems very little to ask of you. I know, I already gave you Ten Commandments. Keep them, but follow these guidelines as well.

1. QUIT WORRYING

Life has dealt you a blow and all you do is sit and worry. Have you forgotten that I am here to take all your burdens and carry them for you? Or do you just enjoy fretting over every little thing that comes your way?

2. PUT IT ON THE LIST

Something needs done or taken care of. Put it on the list. No, not YOUR list. Put it on MY to-do-list. Let ME be the one to take care of the problem. I can't help you until you turn it over to me. And, although my to-do-list is long, I am, after all, God. I can take care of anything you put into my hands. In fact, if the truth were ever really known, I take care of a lot of things for you that you never even realize.

3. TRUST ME

Once you've given your burdens to me, quit trying to take them back. Trust in me. Have the faith that I will take care of all your needs, your problems and your trials. Problems with the kids? Put them on my list. Problem with finances? Put it on my list. Problems with your emotional roller coaster? For my sake, put it on my list. I want to help you. All you have to do is ask.

4. LEAVE IT ALONE

Don't wake up one morning and say, "Well, I'm feeling much stronger now, I think I can handle it from here." Why do you think you are feeling stronger now? It's simple. You gave me your burdens, and I'm taking care of them. I also renew your strength and cover you in my peace. Don't you know that if I return these problems to you, you will be right back where you started? Leave them with me and forget about them. Just let me do my job.

5. TALK TO ME

I want you to forget a lot of things. Forget what was making you crazy. Forget the worry and the fretting because you know I'm in control. But there's one thing I want you to never forget. Please don't forget to talk to me - OFTEN! I love you. I want to hear your voice. I want you to include me in the things going on in your life. I want to hear you talk about your friends and family. Prayer is simply you having a conversation with me. I want to be your dearest friend.

6. HAVE FAITH

I see a lot of things from up here that you can't see from where you are. Have faith in me that I know what I'm doing. Trust me, you wouldn't want the view from my eyes. I will continue to care for you, watch over you, and meet your needs. You only have to trust me. Although I have a much bigger task than you, it seems as if you have so much trouble just doing your simple part. How hard can trust be?

7. SHARE

You were taught to share when you were only two years old. When did you forget? That rule still applies. Share with those who are less fortunate than you. Share your joy with those who need encouragement. Share your laughter with those who haven't heard any in such a long time. Share your tears with those who are mourning. Share your faith with those who have none.

8. BE PATIENT

I managed to fix it so in just one lifetime you could have so many diverse experiences. You grow from a child to an adult, have children, change jobs many times, learn many trades, travel to many places, meet thousands of people, and experience so much. How can you be so impatient then when it takes me a little longer than you expect to handle something on my to-do-list? Trust in my timing, for my timing is perfect. Just because I created the entire universe in only six days, everyone thinks I should always rush, rush, rush.

9. BE KIND

Be kind to others, for I love them just as much as I love you. They may not dress like you, or talk like you, or live the same way you do, but I still love you all. Please try to get along, for my sake. I created each of you different in some way. It would be too boring if you were all identical. Please know I love each of your differences.

10. LOVE YOURSELF

As much as I love you, how can you not love yourself? You were created by me to be loved, and to love in return. I am a God of Love. Love me. Love your neighbors. But also love yourself. It makes my heart ache when I see you so angry with yourself when things go wrong. You are very precious to me. Don't ever forget that!

With all my heart, I love you,

GOD

-Adapted from varietyreadings.carlesguides.com, contributed by Linda Kennedy

COPING WITH LOSS

*Excerpts from materials used in Bereavement sessions guided by **Marion Carmichael** every Thursday from 10 am to noon.*

PART 1 Guilt and Regret:

Self blame: As part of your grief journey, you may experience guilt and self blame: thoughts like “I should have gotten him to the doctor sooner”, or “If only I had insisted she take better care of herself”, or “I shouldn’t have let him drive that day”. If you are having these kinds of thoughts, be compassionate with yourself. It’s natural to think of what could have been done differently, and being in close relationship always involves saying or doing things you later wish you could change. Don’t allow others to explain away these thoughts— it isn’t helpful.

Survival guilt: Still being alive after someone you love has died can cause guilt feelings.

Relief-guilt syndrome: Feeling relief after someone dies may make you feel guilty. There may have been a long illness with frequent trips to the hospital or demanding care responsibilities. There may have been irritants in the relationship that you will not miss, like chronic lateness, untidiness, never closing cabinet doors. You do not have to miss everything about the person who has died.

Guilty personality: You may have learned in childhood to feel responsible for everything that goes wrong. If this is all encompassing, find a professional counsellor to work on the cause and extent of your feelings.

Feeling joy again: As you progress in your mourning, a day will come when you laugh, feel happy. It may be followed by feeling guilt. This is not being disloyal to or betraying the person who has died.

Magical thinking: You may feel your thoughts somehow caused the death, like at some point thinking “I wish you would go away and leave me alone”. In a very difficult relationship, you may even have wished it to end. All relationships have periods where negative thoughts occur, but thoughts do not have the power to inflict death.

Feelings of regret and guilt are a natural part of your journey. Do not allow them to go on unexpressed. Find someone understanding and talk it out.

Second installment coming in the next newsletter

A SENIOR'S ALPHABET

A GLOOMY ONE		A SUNNY ONE
Anxiety	A is for	Ardour
Bitterness	B is for	Blessing
Criticize	C is for	Courage
Desperation	D is for	Delight
Elderly	E is for	Effort
Fearful	F is for	Feelings
Grumble	G is for	Goodness
Hopeless	H is for	Hopeful
Insecurity	I is for	Inspiration
Judgemental	J is for	Joy
Killjoy	K is for	Kindness
Lonely	L is for	Love
Miserable	M is for	Marvels
Negative	N is for	Nature
Obstinate	O is for	Open-minded
Prejudiced	P is for	Peace
Quarrelsome	Q is for	Quiet
Resistant	R is for	Rest
Suspicious	S is for	Stoic
Tedious	T is for	Tenderness
Unhappy	U is for	Unafraid
Victim	V is for	Vision
Withdrawn	W is for	Willing
eXcuses	X is for	eXtraordinary
Yearning for Yesterday	Y is for	Young at Heart
Zone	Z is for	Zone

CHOOSE YOUR OWN ZONE—IT'S ALL UP TO YOU!



MEET YOUR ELDER: HEIDI HYSER

Heidi is one of two elders called in the fall of 2015. Heidi grew up in a small town south of Cleveland Ohio and attended the University of Alaska in Fairbanks. She played professional basketball in Austria for 3 years, and became a history teacher and university basketball coach. She currently teaches social studies and coaches girls basketball at Vanier Secondary. Heidi took many bicycle trips of 1 year or longer through Europe, Africa, North America and South America, and married during a trip through Australia and New Zealand. Her last major bike trip was a six-week trek through Mongolia in 2013.

Heidi and her family lived in Germany for 7 years before moving to Comox in 1998. Her twin sons Alexander and Mackenzie are now 23 years old, and a third “like a son” Joss, is 19. Her Scottish-Irish Presbyterian family background made joining CVPC feel like coming home. Her sons loved the Children In Worship program and she felt embraced by the friendly congregation and D’Arcy Lade's energy. We are fortunate to have her serving us as elder.

Our choir director **Al Wedel** is a man of diverse skills and interests. He is as passionate about skiing as he is about music, and has been teaching on the slopes of Mount Washington for 28 years. On his 86th birthday this March 26, the ski resort honoured his service by naming one of their runs after him.

In the summer Al is also up the mountain every week, volunteering at the Paradise Meadows Trailhead hut. Here people can get maps and information for shorter hikes and check in for longer hikes.

Since there is another Mount Washington in New Hampshire, maybe we can start a campaign to have ours renamed Mount Wedel in time for Al’s 87th birthday next March!

