



SouthWinds

OCTOBER 2024

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The Surprising Benefits of Going to Church

Adapted from an article by Ruth Soukup

1. Church Connects Us with God.

By coming to church, we're intentionally making time for God and physically allowing God into our lives.

2. Church Gives Us a Chance to Reflect on Gratitude.

Gratitude helps us to realize how blessed we are and how much we truly have.

3. Church Connects Us Socially and gives us a community.

Loneliness is an unseen pandemic. Deep connections can happen at church. A person can find a place where everyone will soon know their name. This does not happen immediately, but relationships develop over time through shared experiences.

4. Church Allows Us to Feel Reverence.

It's a chance to be still and know that God is God, and we are not.

5. Church Provides Plenty of Opportunities to Give Back.

A major role of churches is to serve and give, and it makes us feel good to be a part of that. Volunteers find a deep sense of meaning by helping out and giving to others. It's good to feel useful and everyone has gifts to share!

6. Church Helps Us "Find the Lesson" in life.

Sometimes it's a bible lesson, a sermon or hymn, or just something someone says that helps us make sense. Church can help us "get it,"

whether we are ready for it or not. One of the unexpected benefits of having a "break" between ministers this year has been the opportunity to hear messages of faith presented in different ways.

7. Church Teaches Us Forgiveness.

We start church service with recognizing the elephant in the room - we need God's forgiveness. Forgiven, our hearts can't help but soften. We pause and reflect on our own shortcomings and, forgiven, we can move forward.

8. Church Fills Our Hearts with Song.

Singing with others can give us joy, especially when we sing like nobody's listening. And listening to great music played and sung is an added bonus. Hymns and anthems can function like "sermons in song," adding another dimension to the message.

9. Church is Where We Find Deeper Meaning in our Lives.

Church helps us revisit the larger narrative of life - about God and what Jesus has done - and we are captured by the reasons to hold on and keep the faith.

10. "Faithful Song as Antidote to Fear."

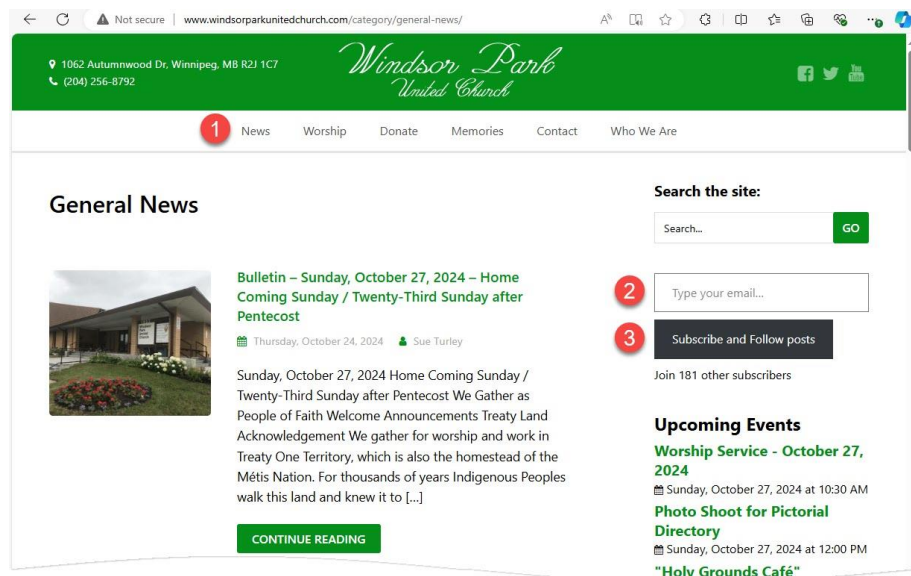
Spiritual communities bind us together to work through fear. In unsettled and unprecedented times, we hear the message that God is with us, and we are not alone. We have the opportunity to hear messages of God's faithfulness, and, in community, we build resilience to the storms of life.

See you on Sunday!

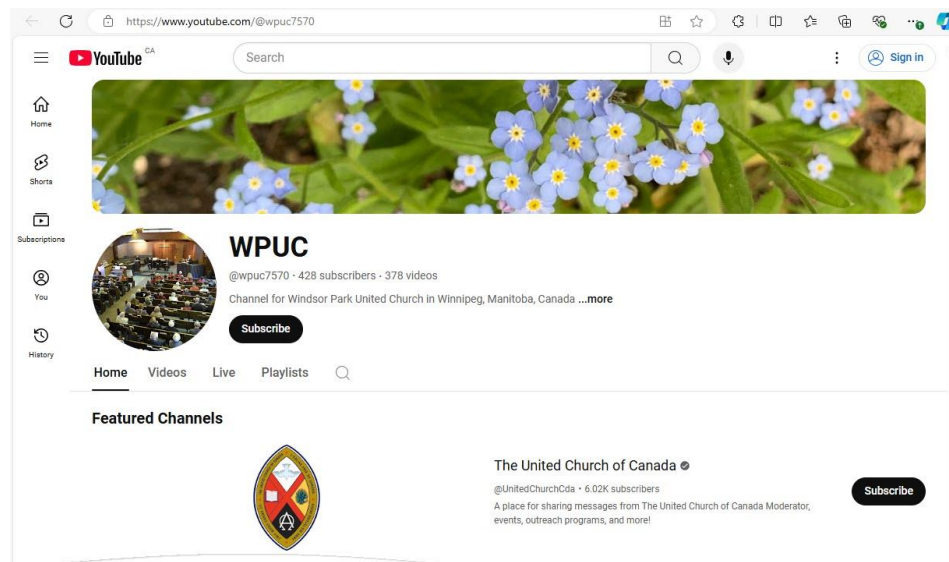
Stay In Touch with WPUC!

- 1 In order to stay up to date with things happening at WPUC, don't forget to call the church office to update your information (address, phone number, email) as needed.
- 2 To get the weekly announcements (E-blast) by email, call the church office to be added to the list.
- 3 To get e-mail notifications of new items on the WPUC website, visit windsorparkunitedchurch.com.

Scroll to the bottom of the page - or - click the **News** tab. Type your email into the box where it says "Type your email" and then click on the box below that says **Subscribe and Follow Posts**.



- 4 Visit our YouTube channel by typing <https://www.youtube.com/@wpuc7570> into your search bar. Our YouTube channel has videos of previous services and events at WPUC. There are also playlists of hymns and music for you to explore.



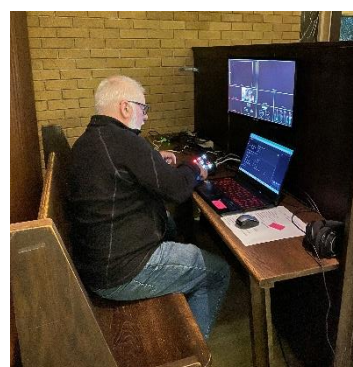
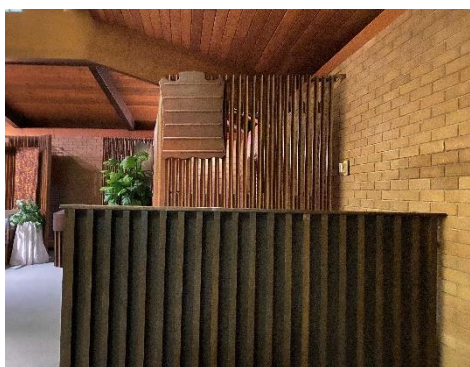
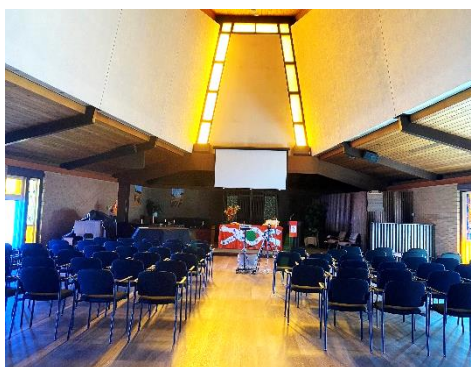
The MAL Report

Alana Davis, Caitlin Saindon, Dorothy Read, Howard Ashdown & John Lwiwski

Your Members At Large (MAL) unit from the Executive team have been busy. A lot has happened since our last Southwinds publication in May. Let's bring you up to speed.

Upstairs Renovations

The old pews are gone and the Sanctuary is adorned with new floors and individual chairs. The church office and old babyfold room were refreshed with a new coat of paint. The project started on May 13th with the removal of the pews. During the 2-week renovation, we used the downstairs South Room as our temporary place of worship. A new Technology Workstation (used for livestreaming worship services) was made with repurposed pews.



Kitchen Upgrades

There has been a lot of activity happening down in the basement at the same time there was renovations happening upstairs. Not by design, but due to Murphy's Law, where if anything could go wrong, it did. Within a space of 4 weeks, both the kitchen **Cooler** and **Double-Oven** broke down and had to be replaced.

True to form, Murphy's Law did not allow us to replace these appliances quickly or easily. The new cooler was about 1 inch taller than the old cooler that it replaced and would not fit going downstairs due to tight corners. To get around this issue, it was necessary to punch a large hole in the wall at the bottom of the stairs as well as open up the doorway to the kitchen. The cooler was moved in, and the wall and doorway were restored to the original condition. A **special thank you** goes out to the WPUC U.C.W. who generously donated the funds to purchase the commercial grade cooler.

About the same time, the oven was becoming unreliable with cooking temperature fluctuations causing havoc for our Kitchen renter. A new oven was purchased and delivered to the church. Unfortunately, when it was removed from the shipping carton, we found the oven door glass was shattered. Fortunately, the vendor was able to provide us a replacement door within a few weeks.

Another upgrade that was done in the Kitchen was something not tangible or visible. With the extreme summer temperatures we experienced this year, as well as the heat generated by both the cooler and the oven, it got "hot in the kitchen." Upon further examination, we found that the ventilation in the kitchen was below par and we had it upgraded to a better performance level.



Other Happenings

Just like the tag line from a popular Winnipeg Real Estate Agent, your MAL team "never sleeps" either. There are still a lot of activities happening in the background at "MAL Central". We are currently working on:

- ✦ Upgrading the Sanctuary lighting to LED lights (November timeframe)
- ✦ Looking for a New Minister (see How We Might SMiE article)
- ✦ Reviewing Church Security Protocols (see Marion Willis Speaks to Us on Safety article)
- ✦ Stay tuned for more happenings in the next Southwinds

Can You See Yourself in This Picture?

John Lwiwski & Doug Waldron



No, neither can we. But we would like to!

WPUC is creating a new Photo Directory for 2024 and we would like **you*** to be in it.

[*also includes your family and pet if desired]

We are currently taking photos after church on October 27th, November 3rd and November 10th from 12:00 noon to 2:00 pm.

You can either let the Church Office know the date and time you are available either by phone or email. You can also just show up after church and we will *squeeze* you in.

We look forward to seeing you in person!

How We Might SMiLE ☺

Doug Waldron

Our search for permanent ministerial staff has led us down a few paths.

- ★ We tried using *Technology* to share but found we like a live sermon better.
- ★ We sent out some invitations to *Collaborate* but had only one conversation. The other party chose a different direction.
- ★ We have had and continue to have some awesome *Pulpit Supply* but it lacks continuity and weekly pastoral visits and leadership.
- ★ The Faith Committee recently had another meeting with Prairie-to-Pine Pastoral Relations. They strongly suggested we explore **Supervised Ministry Education (SME)**. We did something similar with Patrick when he started out.

After consulting with the WPUC Executive it was decided to pursue this path. First, WPUC has to be approved to be a learning site.

- ☼ To quote from the SME handbook - "SME occurs at a learning site, a community of faith that has been approved as an appropriate setting for learning and meets the requirements for SME. This learning experience involves reflecting on the practice of ministry aided by feedback from a community of faith and progress on specific learning goals through the support of supervision and evaluation."
- ☼ The integrated learning experience is supported by a Learning Covenant and requires reflection and integration on the practice of ministry to take place with an Educational Supervisor (appointed by Prairie to Pine) and a Community of Faith Connection (WPUC volunteers).

The **Community of Faith Connection (CFC)** consists of representative lay people associated with the learning site who are committed to the mission and ministry of the church, to provide support and guidance to the candidate, to be active participants in the Learning Covenant, and to help the candidate to know how their ministry is being experienced. A minimum of two, preferably three (and up to five) people are assigned to this role so they can share the responsibility and offer a breadth of perspectives in assessing the community of faith's experience of a candidate's ministry.

The Community of Faith Connection is appointed by the governing body of the community of faith. It is recommended that if only a small team can take on this role, they commit to check in with others in the community of faith about the feedback they are offering the candidate. The CFC cannot be paid staff of the community of faith or a member of its Ministry and Personnel Committee (M&P).

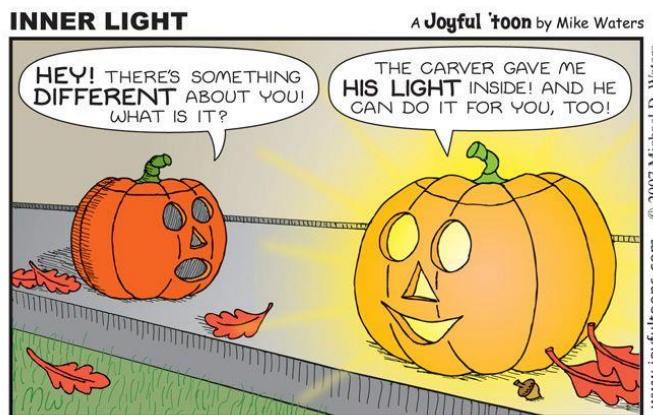
The Learning Covenant is a commitment to work, learn, and grow together for the sake of the church's ministry and, in particular, for this candidate's part in it.

The learning goals are created by the supervisor and the candidate and set in the context of the community of faith as the learning site. The goals are articulated and shared during the service with the community of faith to recognize the covenant between all parties in the Supervised Ministry Education learning experience: candidate, supervisor, Community of Faith Connection and community of faith as a whole. The Vocational Minister can provide additional resources on creating a Learning Covenant.

“The candidate is or becomes immersed in the life of the church as a primary place of learning, practice, and formation for ministry, reliant on the modelling of other ministers, the support and feedback from lay people, the relationship with a supervisor, and the oversight of employers. The church calls its leaders into service in ministry and forms them for that ministry.”

Once we have shown we have a Community of Faith Connection in place we can tailor a position description to attract student candidates. We have to be more flexible for students since they have specific learning goals for themselves. As expected, their pay scale is on the lower side and we can offer as little as ¾ time. We can offer up to a 2-year contract.

If you think you can help us **SMiLE** by being part of the Community of Faith Connection, please contact the office.



For God, who said, “Let light shine out of darkness,” made his light shine in our hearts to give us the light of the knowledge of the glory of God in the face of Christ. – 2 CORINTHIANS 4:6 NIV

Marion Willis Speaks to Us on Safety

Dorothy Read

Background

Upon giving an update of the Executive meeting at end of September, Howard Ashdown mentioned safety concerns that were brought forward here at the church, especially for staff who are often here alone.

Being greeted by the homeless gentleman sleeping on the bench at the front door as people were arriving for Sunday service, albeit he hasn't been a threat, started the conversations on the subject of safety. We are a church open to the community we serve.

However, we must also be aware of our surroundings and careful with individuals we encounter that we don't know around our building. Potentially, there could be drugs or other personal issues which could result in a dangerous and volatile situation. We obviously want to help but we need to ensure we go about it in a safe manner.

Based on concerns brought forward, we knew we needed to get a sense of what's going on in our area, in order to assess what needed to be addressed.

Enter St. Boniface Street Links



We contacted and invited Marion Willis, Executive Director of St. Boniface Street Links to our October Executive meeting last week.

She did a presentation some time ago with this congregation enlightening us on the important role St. Boniface Street Links plays in our community.

They are nationally recognized for their approach in helping Winnipeg's most vulnerable citizens in distinct and innovative ways. They focus on comprehensive recovery methods that address the root causes of homelessness with mental health and addiction supports. The tireless and dedicated team provides immediate, often life saving support to individuals grappling with homelessness, mental health issues, and many personal challenges on a daily basis.

Her first hand knowledge of what's really going on in the vast community areas they serve, proved invaluable.

As she said, the world has changed and times are different in our communities as many of us have noted.

The trouble currently is often with people under the age of 30. It should be noted that they are not always from this part of the city and in fact can be from anywhere. She indicated that Winnipeg is experiencing a very serious drug trafficking problem which includes high end drugs. In fact, this has resulted in an opioid and meth crisis and this plays out in the increasing crime rates.

Many homeless people live in encampments on riverbanks, empty lots or even residential space, and most are suffering from drug addiction and mental health. This has increased drastically over the last 5 years. Street Links has trained staff to deal with people living in these camps where it can be very dangerous. She strongly indicated that the general public wanting to help should not enter any of these encampments as they can be very unsafe.

So what are the key take aways from the meeting with Marion besides the general information I've already relayed:

Firstly and most importantly, we are not looking to make this an unwelcoming fortress, but nonetheless, we are taking heed of

information we received from her and assess our situation and implement whatever is deemed necessary.

Having said that, we want to ensure that anyone here in the building alone such as staff or anyone else with a key to the building, must ensure the doors are locked behind them, upon arrival or leaving. Consideration should maybe be given to groups using the building to ensure doors are locked after everyone has arrived. During church services we currently don't feel it necessary to lock the doors due to the number of people present. Besides there could be late comers arriving to the service.

We are currently looking at a few things to improve including to ensure ample outdoor lighting around all the outside doors to the building. As anything else of significance is implemented, you will be updated.

Please be aware of your surroundings when leaving the building especially when alone and at night.

We would ask that if you notice or experience anything concerning, to please advise the office or a member of the executive as soon as possible so that it can be dealt with in a timely fashion.

Some areas Marion spoke about also pertain to our personal lives and so I'd like to pass this info along to you:

She highly recommended that your doors at home are locked even when you are home. This also applies if you are out in the yard and especially if out of sight of your doors. It was indicated that there have been incidents of strangers trying to get into homes.

If you have a garage, park your car in it as there is an increase in break-ins looking for valuables

When going to an ATM machine at the bank, be aware of anyone around you. Maybe take someone with you if you would be more

comfortable. Also, if you drive up to an ATM machine, check around as your card could be taken from you.

Don't invite people into your home unless you know who they are. Strangers can be very manipulative in trying to get into the house sighting an emergency. Offer to phone for help for them. She indicated that seniors are very vulnerable as areas are scoped out to get a sense of the demographics living there. Young people working can also become victims to theft as their daily patterns can be noted.

Yes, times have changed which is challenging in many aspects of our lives. And they are changing quickly. Thinking say just 5-10 years ago, we'd never have believed what we are seeing on TV, the news, and in our community. But as Marion said, we just need to live smart and not in fear. I know some of these things I've relayed to you today, might be upsetting and/or concerning but they are the facts we need to know in order to take responsibility for keeping ourselves and those around us safe. Some of it probably isn't surprising as we have witnessed events or changes in our daily lives.

We all have a right to be safe. We definitely need to be aware of our surroundings and use common sense in keeping ourselves safe. Common sense plays a big part in safety. We don't need or want to become paranoid or fearful but rather be smart on the way things are and what may be needed to stay safe. Be rest assured that the executive at the church is taking safety for everyone seriously as we all should be.



(click above image to view website)

**Windsor Park United Church
is hosting a craft sale
Saturday November 30th
10am-3pm
1062 Autumnwood Drive**



**For Tables or Information, please
contact Jan at (204) 792-5798 or
jannazarko@gmail.com**

My Trip on the Eighth Seaway

Anne Thoroughgood



This month I cruised up the St. Lawrence from Quebec City to Kingston on the “Canadian Empress”. The Canadian Empress is a classic River boat with accommodations for fifty people.

The St. Lawrence Seaway is an engineering marvel with seven locks that enable even “Salties” to reach Thunder Bay. The seven locks make it possible for boats to climb the one hundred sixty feet that the river rises from Quebec City to Kingston.

We were entertained each evening with talent from where-ever we were docked. During the day there were numerous games / puzzles when we weren’t on a tour. Tours to historical sites, museums or restoration of regenerating plants.

Of course, there was great food as well as the scenery ever changing!

For more info on this trip, see YouTube “The Eighth Sea-Construction of the St. Lawrence Seaway” or click the image below.



Book Review

BY SUSAN TURLEY

Beauty is not only measured through the senses but also through inner feelings. Change and uncertainty often produce beauty if we stop, listen and embrace.

The Light We Carry by Michelle Obama seeks to help us develop a set of tools to aid us in piloting through changes in our life and the uncertain times that surround us. This book creates a basis for discussion and helps us deal with many questions that we all face: How do we create and nourish relationships with those around us? How do we unearth the strength and community that exist within our differences? What can help us face feelings of helplessness and despair. How do we cope and what can we do when we feel that the pressures and commitments of daily life become all too much to handle?

Obama provides a set of helpful reflections on challenge and change. She firmly believes that through our lighting up for others, we can shine on the beauty and potential of the world around us. Using her own life experiences, she provides guidance through the habits and principles that she has created to maneuver through the challenges and obstacles that mark the way through life. By asking us to "start-kind", "go high" and build a community of trusted individuals, she gives guidance via her most enduring best practices.

Michelle Obama pens "when we are able to recognize our own light, we become empowered to use it." The stories that Obama shares will inspire us to look at our own lives, name our sources of beauty, gratitude, and joy, and relate with meaning to others in this challenging and uncertain world.

The Light We Carry

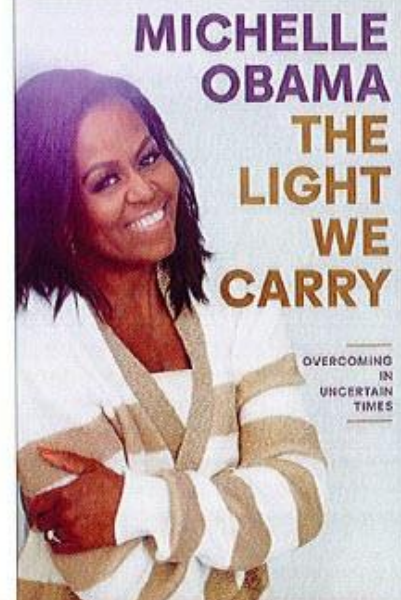
AUTHOR:
MICHELLE OBAMA

Published: 2022

Genre: Nonfiction -
Autobiography - Memoir

Pages: 336

Publisher: Penguin
Random House



Editor's Corner

John Lwiwski

Here are a few cartoons to put a smile on your face.

Thanks to Laura, Doug, Dorothy, Jan, Anne, and Sue for this month's contributions.

Watch for the December edition of Southwinds. Available late November.

