

# The Good Newsletter – for Central United Church - Lunenburg

March 2015

Volume 3, Number 2

## Upcoming Events:

### Sunday, March 15<sup>th</sup> – Lent IV

10:30 am – Regular Service

*Distribution of Lent/Spring Newsletter*

### Monday, March 16<sup>th</sup>

1:30 pm – Central United U.C.W.

League Room

### Wednesday, March 18<sup>th</sup>

**Lenten Café Fellowship & Worship (See box)**

11:00 am – 11:45 am

Where: Zion Church Hall

**Host: St. Barnabas**

### **SOUP LUNCH – CENTRAL UNITED UCW**

11:30 to 1:30 pm (\$8.00)

Central United Church Hall



### Friday, March 20<sup>th</sup> – 1<sup>st</sup> day of Spring



### Saturday, March 21<sup>st</sup> (See box)

6:00 pm – Men's Social Supper

Central United Church Hall

### Sunday, March 22<sup>nd</sup> – Lent V

10:30 am – Regular Service

### Wednesday – March 25<sup>th</sup>

**Lenten Café Fellowship & Worship (See box)**

11:00 am – 11:45 am

Where: Zion Church Hall

**Host: Central United**

### **SOUP LUNCH – ST. NORBERT'S**

11:30 – 1:30 pm

Central United Church Hall



### Sunday, March 29<sup>th</sup> – Palm Sunday

10:30 am – Celebration of Palm Sunday

Celebration Sunday

**Note: Session Meeting to be held immediately after the Service in the League Room.**



### Friday, April 3<sup>rd</sup> – Good Friday

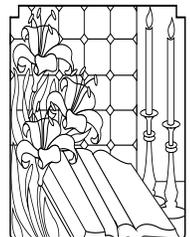
11:30 am – Ecumenical outdoor "Walk with the Cross" starts at St. John's Anglican Church

### Sunday, April 5<sup>th</sup> – Easter Sunday

10:30 am – **Easter Celebration**

Celebration of Communion

Benevolent Fund Offering



### Monday, April 6<sup>th</sup>

7:00 pm – Stewards' Meeting – Fellowship Room

### Thursday, April 9<sup>th</sup>

7:00 pm – Board Meeting – Fellowship Room

### Saturday, April 11<sup>th</sup>

6:00 pm – Men's Social Supper – Church Hall

### Sunday, April 12<sup>th</sup> – Easter II

10:30 am – Regular Service

Holy Humour Sunday

### Sunday, April 19<sup>th</sup>

10:30 am – Regular Service

### Monday, April 20<sup>th</sup>

1:30 pm – Central United U.C.W. – League Room

**Sunday, April 26<sup>th</sup>**

10:30 am – Regular Service

**Sunday, May 3<sup>rd</sup>**

10:30 am – Regular Service

**Monday, May 4<sup>th</sup>**

7:00 pm – Stewards' Meeting – Fellowship Room

**Thursday, May 7<sup>th</sup>**

7:00 pm – Session Meeting – Fellowship Room

**Sunday, May 10<sup>th</sup> – Christian Family Sunday**

**Mother's Day**

10:30 am – Regular Service  
Sunday School Closing



**Saturday, May 16<sup>th</sup>**

6:00 pm – Men's Social Supper  
Central United Church Hall



**Sunday, May 17<sup>th</sup>**

10:30 am – Regular Service

**Monday, May 18<sup>th</sup> – Victoria Day**

1:30 pm – Central United U.C.W. – League Room

**Sunday, May 24<sup>th</sup> – Pentecost I**

10:30 am – Regular Service  
Celebration of Communion

**Please wear red.**



**Saturday, May 30<sup>th</sup>**

**Dreamers' 9<sup>th</sup> Annual Bazaar**  
(See Box)



**Sunday, May 31<sup>st</sup>**

10:30 am – Regular Service

**Sunday, June 7<sup>th</sup>**

10:30 am – Regular Service

**Monday, June 8<sup>th</sup>**

7:00 pm – Steward's Meeting – Fellowship Room

**Sunday, June 14<sup>th</sup>**

10:30 am – Regular Service



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**Lenten Café – Fellowship & Worship**

Where: Zion Church Hall  
When: Wednesdays in Lent  
Beginning February 18<sup>th</sup>  
Time: 11:00 am – 11:45 am

**Host:**

**March 18<sup>th</sup> – St. Barnabas**  
**March 25<sup>th</sup> – Central United**

*Offering: Lunenburg Food Bank*

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**ST. JOHN'S ANGLICAN CHURCH IN LUNENBURG**

announces:

**LENTEN MUSIC AND MEDITATION SERIES FOR 2015**



**Music and Meditation for Lent, 2015, begins on Wednesday, February 18<sup>th</sup> at noon at St. John's Anglican Church, 81 Cumberland Street in Lunenburg.**

Each half-hour presentation features musical friends of St. John's music program.

The series will contain seven presentations, **ending on Wed., April 1<sup>st</sup>.** The public is cordially invited to attend.

Wednesday, **March 18<sup>th</sup>** at noon – David Findlay, organ

Wednesday, **March 25<sup>th</sup>** at noon – Judith Burdett, *soprano*;  
Barbara Butler, piano & organ

Wednesday, **April 1<sup>st</sup>** at noon – Sharon Gow-Knickle, *piano*

I Information: [barbara.butler@ns.sympatico.ca](mailto:barbara.butler@ns.sympatico.ca) or the church office: 634-4994.

## Spring-Clean Your Mind

Spring is here ... although someone forgot to tell the weatherman. I don't know about you, but where I live, I still need to use my fireplace at night.

Nevertheless, according to the calendar, it's spring. Time to open up the house and let the sunshine in. Grab a few dozen trash bags, go through all the closets and the attic, and throw away everything that has cluttered up the house.

I decided this spring I needed to clear the junk out of my head first. Only a few months into the New Year, and I already had too much on my mind.

I still had a lot of questions built up from last year. *God, why did this happen? Why did I pray for this, and it still fell apart? Why, God, why?* The questions were piling up, and no answers were in sight to help with the mess.

I can be the ultimate pity party planner. Just give me one problem, and I'll sulk on it all day. I could feel myself going there one morning and suddenly realized I needed to get with it. Thankfully, God sent me a gentle reminder that He was more than willing to help.

The same day I got on the elevator with a heavy-set woman who had a medical boot on her leg. Thinking that she's probably been asked a thousand times what happened, I instead asked, "Is it easy to walk in that thing?"

I fully expected her to start complaining about how painful and difficult it was with this contraption strapped to her leg. However, she looked up at me and said matter-of-factly, "No, it's quite easy. I've had this on for about a year".

Then, she explained to me how she's had surgery on that foot many times, and it didn't really bother her.

I know it sounds superficial but the first thought I had as I walked away was, *A whole year not being able to walk on your right foot. No fun shoes. Wobbling all the time ...* I truly felt sorry for her. Yet, while it made me sad, she seemed perfectly fine with it.

Walking down the long hallway to my office, the situation started unraveling in my head. Here I was with the imaginary world on my shoulders, yet I was walking on both feet with breath in my lungs towards a job that I enjoy.

I started to pray, "God, I gotta get rid of this annoying habit of feeling sorry for myself when the most miniscule thing goes wrong in my day. I mean, I have so much to be thankful for, I should be skipping to work every day. But how do I do this? Where do I begin?"

I must admit that I am the queen of unfinished projects. I'm a great starter. Following through is a different story. Cleaning out the pesky demons of jealousy, ungratefulness, and general pessimism would not be easy. I wondered, *How do I start cherishing my life?*

I was being rhetorical, but as I turned the key to my office door, I heard that still small voice say, "you can start with every moment".

I had to pause and laugh at myself. Of course! The journey of a thousand miles begins with one step, as does any big spring-cleaning job. If I could take every moment and enjoy it to its fullest, letting tomorrow take care of itself, in no time I would look back on a life of laughter and love.

So I sat at my desk, turned on some cool jazz, and let a smile creep across my face as I began the work I so enjoy. The day looked better already.

I can't say that I completely understand how or why my life got so cluttered, but at least I know how to clean it up. And it may never be finished but as God continues to perfect the work He started, I can at least enjoy the process.

(Submitted by Adult Study Group)



## *Holy Week & Easter Services*



*March 29<sup>th</sup> – Palm Sunday*

*April 5<sup>th</sup> – Easter Sunday*

*April 12<sup>th</sup> – Easter II  
Holy Humour Sunday*

### Central Men's Supper



Seeking all those men in our congregation who would like to join us for a delicious meal once per month. We meet on Saturday at 6 pm and there is always a SIGN-UP sheet at the back of the church. It is only \$10 and three participants volunteer to make the meal for the next get-together. One of the guys is responsible for a short program. **It has been quite delicious, successful and we sure would like to have you join us!**

Submitted by: Edgar Blinn

## SOUP LUNCHEONS



**DATES & TIMES:**  
Central United UCW:  
11:30 – 1:30 pm

**WEDNESDAY, MARCH 18-**  
**St. Norbert's Soup Lunch:**  
**WEDNESDAY, MARCH 25-**



### Central United Dreamers

It is hard to believe but – we are doing the 9<sup>th</sup> bazaar in 2015 and trust everyone is looking forward to this wonderful project again this year. Lots of fun, food, action and the biggest – the generous participation of our congregation. There will be lots of announcements for the booths and events but just as a reminder – put all those great items aside for the sale and we will be glad to pick them up or you can drop them off at the church. **Just give us a call at 902-634-3307 (Shirley) or 902-634-3885 (Thelma).** Our project this year is to cover the repair cost of one of our beautiful stained glass windows.

Mark this on your calendar for:

**Saturday, May 30<sup>th</sup> –  
9:00 am to 2:00 pm**

# Desiderata



Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant, they too have their story. Avoid loud and aggressive persons; they are vexations to the spirit.



If you compare yourself with others, you may become vain or bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.



Exercise caution in your business affairs, for the world is full of trickery. But let not this blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth.



Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.



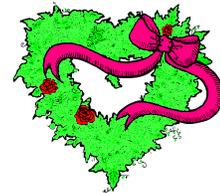
Therefore, be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams; it is still a beautiful world. Be cheerful.

Strive to be happy.



Submitted by: Shirley Zinck

### Christmas Families



Central United sponsored two families at Christmas, one with three children ages 16, 5 and 3, and the other with one boy, age 7. Barbara Gerhardt and I were in charge of co-ordination and delivery. My living room was filled with presents waiting to be wrapped and delivered in time for Santa's arrival. Elves Diana Lohnes-Mitchell and Brian Jobb assisted us with wrapping presents. It is interesting to note that neither Mother asked for gifts for them but gave suggestions for gifts for the children. Had you been there when Barbara and I delivered the gifts, you would have been delighted to see the appreciation expressed. It was the true spirit of Christmas!

When we made our second delivery of generous food baskets, the 7-year-old was home. He took us into the trailer and showed us the artificial tree that had belonged to his Grandmother who had passed away the previous year - it brought tears to our eyes.

A quote from the Grinch -

*"Maybe Christmas he thought, doesn't come from a Store  
Maybe Christmas, perhaps, means a little bit more!"*

All who contributed exemplifies "the little bit more". Your generous support made Christmas extra special for these two families.

Thank you! Submitted by Roxie Smith