

The Good Newsletter –

for Central United Church – Lunenburg

March 2016

Volume 3, Number 3

Upcoming Events:

Sunday, March 6th – Lent IV

10:30 am – Regular Service

Distribution of Spring/Lent Newsletter

Annual Congregational Meeting after church service today

Monday, March 7th

7:00 pm – Stewards' Meeting – Fellowship Room

Wednesday, March 9th

Lenten Café Fellowship & Worship (See box)

Where: Zion Church Hall

Time: 11:00 am – 11:45 am

Host: St. Barnabas Anglican

Offering to: Lunenburg Food Bank

Soup Luncheon

Where: Central United Church Hall

Time: 11:30 am – 1:30 pm

Cost: \$8.00



Sunday, March 13th – Lent V

10:30 am – Regular Service

No Sunday School today.

School Spring Break – March 14th through 18th

Wednesday, March 16th

Lenten Café Fellowship & Worship (See box)

Where: Zion Church Hall

Time: 11:00 am – 11:45 am

Host: St. John's Anglican

Offering to: Lunenburg Food Bank

Soup Luncheon

Where: Central United Church Hall

Time: 11:30 am – 1:30 pm

Cost: \$8.00



Sunday, March 20th – Palm Sunday

10:30 am – Regular Service

Celebration Sunday

Sunday School will be available.



First Day of Spring!

Monday, March 21st

1:30 pm – Central United UCW meeting

Fellowship Room

Wednesday, March 23rd

Soup Luncheon

Where: Central United Church Hall

Time: 11:30 – 1:30 pm

Cost: \$8.00



Thursday, March 24th – Maundy Thursday

Family Potluck Dinner

6:30 pm – Central United Church Hall

(see box)



Friday, March 25th – Good Friday

11:30 am – Ecumenical Walk of the Cross

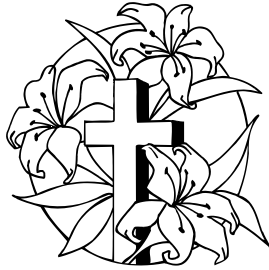
(Gathering at St. John's Anglican Church)

7:00 pm – Good Friday Service (Central)



Sunday, March 27th – Easter Day

10:30 am – Easter Sunday Service
Celebration of Communion
Benevolent Fund Offering



Wednesday, March 30th

Soup Luncheon
Where: Central United Church Hall
Time: 11:30 am – 1:30 pm
Cost: \$8.00

Sunday, April 3rd – Easter II

10:30 am – Holy Humour Sunday

Monday, April 4th

7:00 pm – Stewards' Meeting – Fellowship Room

Thursday, April 7th

7:00 pm – Board Meeting – Fellowship Room

Sunday, April 10th – Easter III

10:30 am – Regular Service

Saturday, April 16th

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



Sunday, April 17th – Easter IV

10:30 am – Regular Service

Sunday, April 24th – Easter V

10:30 am – Regular Service
Celebration Sunday

Sunday, May 1st – Easter VI

10:30 am – Regular Service

Thursday, May 5th

7:00 pm – Session Meeting – Fellowship Room

Sunday, May 8th – Easter VII

10:30 am – Regular Service
Christian Family Sunday
Mother's Day 2016
Sunday School Closing



Monday, May 9th

7:00 pm – Stewards' Meeting – Fellowship Room

Sunday, May 15th – Day of Pentecost

10:30 am – Regular Service
Celebration of Confirmation
Communion & Benevolent Fund
Offering
Wear Red.



Saturday, May 21st

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

Sunday, May 22nd

10:30 am – Regular Service

Sunday, May 29th

10:30 am – Regular Service
Celebration Sunday
CKBW broadcast

Sunday, June 5th

10:30 am – Regular Service

Lenten Café – Fellowship & Worship

Where: Zion Church Hall

Time: 11:00 am – 11:45 am

March 9th – St. Barnabas Anglican

March 16th – St. John's Anglican

Lenten Music and Meditation

St. John's Church, Each Wednesday
in Lent

Time: 12:00 noon – ½ hour or so

SOUP LUNCHEONS

DATES & TIMES:

March 9th, 16th, 23rd, and 30th

Time: 11:30 am – 1:30 pm

Cost: \$8.00



Holy Week & Easter Events



Sunday, March 20th – Palm Sunday

Thursday, March 24th – Maundy Thursday

Family Pot Luck Dinner

6:30 pm – Church Hall (see box)

Friday, March 25th – Good Friday

11:30 am – Ecumenical Walk of the
Cross

(Gathering at St. John's Anglican
Church)

7:00 pm – Good Friday Service
(Central)

Sunday, March 27th – Easter Sunday

Celebration of Communion
Benevolent Fund Offering

Sunday, April 3rd – Easter II

Holy Humour Sunday

Family Pot Luck Dinner

The Worship and Music Committee invites you to join us in the Church Hall on Thursday, March 24th at 6:30 pm for a family pot luck dinner. All are invited and guests are very welcome!

Let's begin the Easter weekend with a celebration of fellowship and friendship, and enjoy a delicious meal together. Mark this date on your calendar –

March 24th!

POTLUCK

12 things your dog can teach you



1. When loved ones come home, always run to greet them.
2. Allow the feel of fresh air and wind in your face to be pure joy
3. Let others know when they've invaded your territory.
4. Take naps and stretch before rising.
5. On a hot day, drink lots of water and lay under a shady tree.
6. When you're happy, dance around and wag your entire body.
7. No matter how often you're scolded, don't buy into the guilt thing and pout ... run right back out and make friends.
8. Delight in the simple joy of a long walk.
9. Eat with gusto and enthusiasm. Stop when you've had enough.
10. Be loyal.
11. Never pretend to be something you're not.
12. If what you want lies buried, dig until you find it!

Yesterday's Door

(Author Unknown)

I have shut the door on yesterday,
Its sorrows and mistakes.
I have locked within its gloomy walls
Past failures and mistakes.

And now I throw the key away,
And seek another room.
And furnish it with hope and smiles,
And every spring-time bloom.

No thought shall enter this abode
That has a taint of pain.
And envy, malice, and distrust
Shall never entrance gain.

I have shut the door on yesterday
And thrown the key away.
Tomorrow holds no fear for me,
Since I have found today.

Submitted by: Doug Drysdale, Adult Study Group



fully alive – written by dawna markova

I will not die an un-lived life.

I will not live in fear
of falling or catching fire.

I choose to inhabit my days,
to allow my living to open me,

to make me less afraid,
more accessible,

to loosen my heart
until it becomes a wing,
a torch, a promise.

I choose to risk my significance;
to live so that which came to me as seed
goes to the next as blossom
and that which came to me as blossom,
goes on as fruit.

When you were born, you cried
and the world rejoiced.

Live your life
so that when you die,
the world cries and you rejoice.

- *Native American Quote by: White Elk*

Fruit Crisp -- Recipe from Barbara Gerhardt



Topping: 1-1/2 cups oats
1/4 cup flour
3 tablespoons sugar
1/2 teaspoon cinnamon
1/2 cup butter – cold, cut into
pieces

Filling: 8 apples – peeled & sliced
2 cups, fresh or frozen
blueberries
3/4 cup sugar
1/4 cup lemon juice
1 tablespoon lemon zest
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg

1. Grease 9" X 9" baking dish
2. Topping: In a large bowl, combine oats, flour, sugar & cinnamon. Cut in butter with 2 knives until mixture is crumbly. Reserve.
3. Filling: In a large bowl, combine all ingredients. Transfer to baking dish.
4. Sprinkle reserved topping over fruit mixture.
5. Serve warm or cold with ice cream or top with whipped cream. Bake 375° - 1 hour. (To make individual crisps, bake in ramekins 45 – 50 minutes).



Chief Dan George



When Christ said that man does not live by bread alone, he spoke of a hunger. This hunger was not the hunger of the body. It was not the hunger for bread. He spoke of a hunger that begins deep down in the very depths of our being. He spoke of a need as vital as breath. He spoke of our hunger for love.

Love is something you and I must have. We must have it because our spirit feeds upon it. We must have it because without it we become weak and faint. Without love our self-esteem weakens. Without it our courage fails. Without love we can no longer look out confidently at the world ...

But with love, we are creative. With it, we march tirelessly. With it, and with it alone, we are able to sacrifice for others.

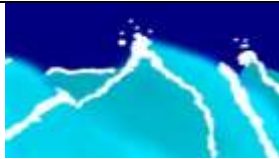
– Chief Dan George



The beauty of the trees, the softness of the air, the fragrance of the grass, speaks to me. The summit of the mountain, the thunder of the sky, the rhythm of the sea, speaks to me.



The strength of the fire, the taste of salmon, the trail of the sun, and the life that never goes away, they speak to me.



And my heart soars.

- Chief Dan George,
Chief of the Tsleil-Waututh
Nation on Burrard Inlet,
southeast area of the District of
North Vancouver, BC (1891-
1981)



Christmas Families

Once again, two families benefitted from the generosity of the Central United Church congregation. Our four boys ranged in age from 2 to 7. The requests were varied and a bit difficult for Barbara and I who were long past buying for this age group. We had a generous response so we were able to make the eyes of four boys glow and renewed their belief in Santa Claus. We had tears in our eyes when we left the families – they have so little while we have so much.

We will be sponsoring again next year. It is such a worthwhile part of our local outreach. Thank you to those who so generously helped!



Submitted by: Roxie Smith