

The Good Newsletter –

for Central United Church – Lunenburg

September 2016

Volume 1, Number 4

Upcoming Events:

Sunday, September 25th

10:30 am – Regular Service

Wednesday, September 28th

6:30 pm – Senior Choir practice (*weekly*)
The Senior Choir encourages anyone who enjoys singing to join with no experience or musical background required!

Saturday, October 1st

9:00 am – 12:30 pm – Music & Worship
Committee Workshop – At the home of Sherrie Carey



Sunday, October 2nd –

World Wide Communion Sunday

10:30 am – Celebration of Communion
Benevolent Fund Offering
Sunday School start-up



Monday, October 3rd

7:00 pm – Stewards' Meeting – Fellowship Room

Wednesday, October 5th

6:30 pm – Senior Choir practice
7:30 pm – Handbell Choir practice (*weekly*)
Anyone who would like to join the Handbell Choir would be most enthusiastically welcomed!

Thursday, October 6th

7:00 pm – Board Meeting – Fellowship Room

Sunday, October 9th –

Thanksgiving Sunday

10:30 am – Regular Service



Sunday, October 16th

10:30 am – Regular Service ;
CKBW taping of this service

7:00 pm – Workshop on United Church Remits (Church Hall)

Everyone welcome! Refreshments will be served!

For more information, call the church office (902-634-4035)



Monday, October 17th

1:30 pm – Central United UCW – Meeting in the League Room

Note: Rev. Grace will be on Study Break from Monday, **October 17th** to Tuesday, **November 1st**.

Tuesday, October 18th

1:30 pm – “Knit Together in Love”
Meeting at the home of Shirley Zinck

Sunday, October 23rd

10:30 am – Regular Service

Saturday, October 29th & Sunday, October 30th

Central United Church

YARD SALE

Saturday – 9:00 am to 2:00 pm

Sunday – 12:00 noon to 2:00 pm



Sunday, October 30th

10:30 am – Regular Service

Broadcast of CKBW taping on Oct. 16th.

Tuesday, November 1st

7:00 pm – Start-up of

“Living the Question” Study Group

(This is the Study Group that began in January 2016)

Thursday, November 3rd

7:00 pm – Session Meeting – Fellowship Room

Sunday, November 6th – Peace Sabbath/Remembrance Sunday

10:30 pm – Regular Service

Monday, November 7th

7:00 pm – Stewards’ Meeting – Fellowship Room

Friday, November 11th – Remembrance Day

The gathering at the Cenotaph will be held at 10:30 am.



Sunday, November 13th

10:30 pm – Regular Service

Thursday, November 17th

6:00 pm – United Church Service at Harbour View Haven
Everyone is welcome!

Friday, November 18th



Congregational Potluck

5:30 pm – Central United Church Hall

Sunday, November 20th – 131st Anniversary Sunday

10:30 am – Celebration of Communion
Benevolent Fund Offering

Sunday, November 27th – Advent I

10:30 am – Regular Service



Bridgewater Fire Department Band



Dates: November 6th and December 11th

Time: 7:00 pm

Where: Central United Church, Lunenburg

Tickets at the door.

Harbour View Haven Annual Tea and Sale



Date: Wednesday, October 19th, 2016

Tea: 2:00 – 3:30; Main Dining Room

Sale: 1:30 – 3:30, Floor Two Lounge

Admission: \$5.00 at the door

Join us for a fun-filled afternoon and bring a friend!!

Discover the Treasures



One August when I was in Alaska, I traveled to Hatcher Pass in the Talkeetna mountain range to visit the old Independence gold mine. There are many buildings at this historical site that are being restored so visitors can glimpse the miners' adventurous and challenging life. The following week I toured the Anchorage museum and looked at more photos and stories about the miners. As I walked through both places I was amazed at how tough their life was. Their rugged life demanded a tremendous endurance as they searched for the treasure of gold.

After I returned home from Alaska, I began thinking about how easy it is to gather certain treasures and how difficult it is to collect others. We can readily gather the things in our life that we enjoy: people, events, and situations that give us pleasure and satisfaction. For instance, it is natural to give thanks for "good health" but it's rare to hear someone give thanks for "bad health." Yet, there may well be a treasure in poor health if we look more closely. Perhaps such things as the kindness of others, certain insights about ourselves, or the strengthening of a relationship would not be known without the "bad health" situation.

There are some gifts we will only find when we dig deeply into our life, when we endure the hardship and the struggle as did the early gold miners of Alaska. Like some of the miners, it is possible that we will not find the treasures even though we go deep, far, and long in our search. But most of the time it is possible to glean something of value, some gift that helps us to grow or brings a return of meaning and joy to our life.

Recently I found myself whining and complaining about the continual packing and emptying of my suitcase, the irritation of airlines that either do not fly on time or never take off, the ceaseless stacks of mail, and the pressure of deadlines for writing assignments. Then I had the graced insight to see how I was focusing only on what I did not want in my life. I was failing to appreciate the blessing of each of those irritating things: my travel takes me to new people and allows me to invite them to spiritual growth, letters from both friends and strangers alike often affirm my life or expand my compassion; being able to write is a gift I dearly value and I love to see how words come together in spite of the crunch of deadlines.

I thought of others who also need to ask if there is any gold beneath their problems or irritations. Do parents who give their all to children forget the treasure that these children are? Do older people struggling with the waning of their bodily and mental energies remember the jewel of their wisdom and faith? Do younger people who grow weary and worn out from work realize the gift of having a job and of being able to use their talents? Do those who struggle with depression or other illnesses notice the kindness and care of counselors, physicians, and other medical personnel?

As each of us gathers our treasures into our **Thanksgiving** baskets, let us not only find the obvious gifts but also look more deeply. Let us look in the struggles, the weariness, the toil, the heartaches, the frustrations and irritations, and mine the gold that lies hidden deep within each of them.

Out of the Ordinary: Prayers, Poems and Reflections For Every Season – Joyce Rupp. (2000, 2010 – Avemaria Press – Indiana, USA



Fall Back 2016



November 6th, 2016

Daylight Savings Time Ends

When local daylight time is about to reach Sunday, November 6, 2016, 2:00:00 AM clocks are turned **BACKWARD** 1 hour to Sunday, November 6, 2016, 1:00:00 am local standard time instead.

Sunrise and sunset will be about 1 hour earlier on November 6th, 2016 than the day before.

There will be more light in the morning!

CKBW Sponsorship

Sponsorship (either in celebration, or in memory of a loved one), would be appreciated for the **CKBW** taping in **October this year**, as well as for the following months in **2017 – January, April, July, October and December.**

Please call the church office: **(902-634-4035)** for pricing details & dates.

Thank you!

Letter from First South Cemetery:

During the recent annual meeting of the First South Cemetery, the current financial situation was reviewed in terms of annual operating costs, our current investment portfolio and the ability to ensure that our financial obligations are met over both the short and long term.

Although the two main annual financial outlays continue to be liability insurance and property maintenance, the projected revenue for the coming year will not be able to cover these expenses. We will therefore be unable to address unforeseen expenditures without depleting the investment principal on which we depend for the annual interest income. Unfortunately, as we all know, interest rates have been very low for the past several years thus reducing our income from this source.

The purpose of this letter is both to explain our situation as well as to request your financial support. Your financial donation will assist with the efforts of the current executive, trustees and volunteers to make sure that the First South Cemetery remains a final resting place for our loved ones in which we can take pride.

The First South Cemetery is a registered charitable organization and all donations will be acknowledged with an **official receipt** for income tax purposes. **Donations can be sent to: Brenda Bachman, PO Box 1223, Lunenburg, NS B0J 2C0 or Sandra Walsh, RR#2, Lunenburg, NS B0J 2C0.**

I would like to thank you very much for any support that you are able to provide in this time of need.

Yours truly,
Lynn Wamboldt
Chairperson
First South Cemetery



A Thanksgiving Blessing

May an abundance of gratitude burst forth
as you reflect upon what you have received.

May thanksgiving overflow in your heart,
and often be proclaimed in your prayer.

May you gather around the table of your heart
the ardent faithfulness, kindness, and goodness
of each person who is true to you.

May the harvest of your good actions
bring forth plentiful fruit each day.

May you discover a cache of hidden wisdom
among the people and events
that have brought you distress and sorrow.

May your basket of blessings surprise you
with its rich diversity of gifts and its opportunities for
growth.

May all that nourishes and resources your life
bring you daily satisfaction and renewed hope.

May you slow your hurried pace of life
so you can be aware of, and enjoy,
what you too easily take for granted.

May you always be open, willing,
and ready to share your blessings with others.

May you never forget the Generous One
who loves you lavishly and unconditionally.

- Joyce Rupp

Thanksgiving Cranberry Bars



2-1/4 cups flour

3/4 cup sugar

3/4 tsp. salt

3/4 tsp. baking powder

3/4 cup butter

2 eggs

1/3 cup milk

1 tsp. almond extract

1 can cranberry sauce (not jelly)

1/2 cup seedless raisins

Method: Heat oven to 400°. Use 15 X 10 X 1 inch jelly roll/cookie sheet pan.

Sift the flour, sugar, baking powder and salt into a bowl. Cut the butter into the flour mixture until it looks like fine sand. In another bowl beat together the eggs, milk, almond extract. Blend into the flour mixture and stir until just mixed. Spread half of the mixture evenly on the pan.

Combine the cranberry sauce and the raisins and then spread the mixture over the dough already in the pan.

Drop the remaining dough by very small amounts over the cranberry mixture (there will be little spaces between the drops).

Bake for 1/2 hour and let cool in the pan.

While the squares are still a little warm drizzle with "Cran-Orange Glaze" (see below).

Recipe makes about 75 bars (2 X 1 inch size).

Cran-Orange Glaze

1-1/2 cups icing sugar

2 tsp. cranberry juice

1 tsp. fresh orange juice

1 tsp. Finely grated orange zest

Method: Combine all the ingredients to make a thin drizzle icing. (You can add or delete the amount of juice to make the desired consistency).

(From: "The Cranberry Connection" - Beatrice Ross Beszek)

Summer Visitors at Central United - 2016



Central United Church was open to tourists this summer from Monday, July 4th through Saturday, August 27th. On Fridays, our own **Graham Pearson** and **Jane Walls** were our tour guides, with **Graham** guiding in the morning and **Jane** in the afternoon.

For other days in the week, a Canada Summer Jobs – Federal Grant facilitated Central United in hiring a student guide. **Selena Corkum** was our tour guide for Mondays, Tuesdays, Wednesdays, Thursdays and Saturdays from 10 am to 4 pm. We had approx. 1,500 visitors from many different countries including: Belarus, Bermuda, Denmark, France, Germany, Holland, Northern Ireland, Italy, Japan, Korea, Netherlands, Saudi Arabia, Scotland, Spain, Switzerland, United Kingdom and the United States.

From the **United States**, we welcomed visitors from: Green Valley, Arizona; Hartford, Connecticut; Boca Raton, Florida ; Athens, Georgia ; Pittsburgh, Pennsylvania; Newton, Weston and Portland, Maine; Portland, Oregon; and Lakewood, Washington.

In **Canada**, tourists came from : Chilliwack and Vancouver, BC ; Calgary, Edson, Fort McMurray, Pavilion Lake, and Okotoks, Alberta ; Winnipeg, Manitoba ; Sussex, New Brunswick ; Belleville, Grimsby, Huntsville, Kingston, Ottawa, St. Catherine's, Stratford, and Toronto, Ontario; Montreal, Quebec City and Sherbrooke, Quebec ; as well as "staycation" visitors from Halifax & Sydney, Nova Scotia.

We made about \$450.00 in donations for this summer of 2016.

Selena is pursuing studies in Health Information Management at Nova Scotia Community College in Halifax. If possible, she is most happy to return in 2017.



