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the epistle

ST. PAUL'S UNITED CHURCH, AJAX
www.stpaulsajax.org

MINISTER'S MESSAGE

As the hymn reminds us, *"Hallelujah, Hallelujah, give thanks to the Risen Christ."*

With joy and thanksgiving, we proclaim the Good News of Christ's resurrection at Eastertime. As creation begins to bloom in all her glory, we can't help but feel God's Spirit of life stirring all around us and lifting out hearts to praise God's holy name. Easter is the time for joy, the time for hope, and a time for gratitude, and I give God thanks for each and every one of you because you bless my life.

How can I begin to thank you for all you do; for me and for St. Paul's. Were I to mention you all by name it would overflow these pages. But, that being said, there are a few people to whom I would like to express my gratitude. First, to **Sarah Wood**, who so prayerfully and capably led the Explorations Group this spring; thank you Sarah for your creativity and leadership. These past weeks were a wonderful time of learning for all.

Second, to **Lois Craig**, members of the choir, and guest chorusters; thank you for your gift of beautiful music on Palm Sunday. The cantata made the day extra special, and what a loving tribute to our dear friend **Terry Wilkins**.

Thank you to **Anna Lynn Murphy** and the choirs of Young Singers for their concert at St. Paul's on April 10th. What a treat to enjoy your gift of song. It was a delightful afternoon and we were so pleased to have you in our midst.

Last but not least, thank you to my teammates on staff – **Lorne**, **Lois**, **Sharon**, and **Cathy** for all your extra efforts around the Easter

MINISTER'S MESSAGE *(CONTINUED)*

season. It is a joy to work with all of you in this ministry that we share. And at the risk to forgetting anyone, a special thank you to our many wonderful volunteers who give so generously and graciously of your time in Christ's service here at St. Paul's United Church. May the Spirit of the Risen Christ fill your heart with all joy and peace this Easter.

WORSHIP AND MUSIC COMMITTEE SURVEY

Submitted by Linda Westendorp

The results are in, and we would like to take this opportunity to thank all those who participated in our recent survey. We had 31 responses in total and were gratified to learn that we are on the right track.

In regards to the question of creating an additional service on Sunday, only 3 people were in favour of an earlier service, while 28 are happy with the 10:30 am time slot. Most do not feel that an additional service will benefit the congregation, but instead might divide it. The majority feel that it is not financially feasible, given our current situation.

Most of you placed worship and preaching as of primary importance on the rating scale, with music coming in second. There was much praise for our minister and the diversity of the worship services. The use of lay readers, the interaction with the congregation, and the introduction of technology create a wide variety of services offered by Rev. Cathy Dilts.

Lois Craig and the choir have been praised for their variety in music, selections in music and the addition of a variety of musical instruments. Lois has clearly demonstrated that she is equally adept at both the organ and the piano.

Specific requests / concerns will be forwarded to our worship team and thank you for your continued support.

FARMER'S MARKET

SEPTEMBER 18th at St. Paul's. Be there!

50,000 TIMES MORE DEADLY THAN A JAPANESE TSUNAMI

Submitted by Sharon Eagleson

While there is no rumble, no huge waves, no crumbling buildings, the AIDS epidemic in Africa has claimed more than 50,000 times the number of lives than the recent horrific earthquake and tsunami in Japan. The good news is that after many years of effort by organizations such as the Stephen Lewis Foundation, the rate of deaths due to this deadly disease is dropping dramatically. Hopefully, in the upcoming weeks the Canadian government will expedite the availability of low cost generic drugs to health agencies which will greatly help in their struggle to slow AIDS deadly advance.

COFAA (the Community of Faith Against Aids in Africa) has in a few short years raised in excess of $10,000 in support of health agencies in their struggle to bring medicine, education and training to the people of Africa. This year, we continue our efforts by joining with the Whitby chapter of Grandmothers to Grandmothers (GForce) in raising funds for the Stephen Lewis Foundation. On **Saturday, May 14th** at 9:30 am, we will join with other COFAA congregations to participate in the "Stride To Turn the Tide".

The "Stride to Turn the Tide" is the official fund raising walk of the Stephen Lewis Foundation but here in Durham Region it will take on special significance. Along with Grandmother organizations in neighbouring Scarborough; Hindu, Christian, Islamic, Sikh Bahai and Jewish congregations will meet at the Pickering Town Hall to walk to raise funds for this important humanitarian cause. The five kilometer walk will be supervised by the Durham Regional Police auxiliary and the route will be on sidewalks in the area.

Once you have obtained your sponsor sheet (check the table in the Narthex.) please collect pledges and bring the sponsor sheets and funds to the Pickering Town Hall esplanade prior to our 9:30 am start time on Saturday, May 14th. (There will be entertainment prior to the start of the walk and refreshments at the conclusion of the day.)

Now all we need is some sunshine and your support. Please contact **Sharon** or **Cathy D.** at 905-683-4740 if you will be participating.

WHY NOT JOIN THE CHOIR!!

Submitted by Joyce Dawson

When we started attending St. Paul's, our girls were with us for the first part of the service before they went to Sunday School. They were rather embarrassed because I was singing so 'noticeably'. I thought if I like singing so much, maybe I should join the choir. At this point¸ Lois Craig had just been hired as our organist/ choir director. How timely for me! I have now been with Lois and the choir for 16 great years of 'free' singing lessons, many challenges, and so much fun and fellowship.

Lois suggested my voice range suited alto and since I had always sung soprano, I didn't realize to sing this lower range I was expected to blend with the other groups - soprano, tenor and bass. When she asked "How do you breathe?", I thought this must be more involved than I had bargained for. I thought I knew how to breathe but I found I was doing the exact opposite to what I should be¸ to get the best benefit from my lungs. (Tummy and chest should rise breathing in, fall breathing out, not the other way. After much practice, I can take a full breath, right from my toes, and it gives a much fuller pure sound as well as more sustained. It is really amazing how much proper breathing can affect the quality of your sound, not to mention your health. Using only 5 pure vowel sounds, lengthening them and only using consonants to complete the words, makes such a difference. Lois also passes on tips for warming up and exercises from Anna Lynn Murphy, director of The Young Singers. Lois is their pianist.

Lois expects each one of us to strive for our best and encourages us to try small groups or solos to increase our confidence. I still find it hard to believe I have sung in a quartet, duets, and even a solo as Jesus' mother in the Easter Cantata – Once Upon a Tree. "Now it's time to rest" was such a 'moving' part.

Large Performances with extra voices such as the above, or Born a Saviour, Born a King, The Prince of Peace, The Shadow of the Cross, to name a few and this recent Palm Sunday – No Greater Sacrifice, make us feel so proud and we love the compliments. BUT even gentle anthems, with smaller choir, sung at regular Sunday worship, comfort and inspire us

WHY NOT JOIN THE CHOIR!! *(CONTINUED)*

each week. We are privileged to be presented with many different types of music to try, as a change of character for us and the congregation.

We practice on Thursday evenings 7-9, taking about 6 weeks for anthems, and several months for a cantata. This provides time if you have to miss some practices. We have a meeting/get-together after practice every 3rd Thursday, with tasty snacks. We have Christmas and Easter parties. You have options for being part of the choir - You can try it out for a few weeks, join full time, part time or only for special performances. We welcome newcomers (Bring a friend night in the fall is a good time). You, who always believed you could not sing, find out you can. Lois and other members are always willing to help individually, in groups or providing practice tapes or CD's for those who cannot attend all practices. We work hard, have fun and if you like singing, who wouldn't want to be the best they can be.

As you can gather, I will find it very difficult to leave the choir when we move to Grimsby. Other than missing my loving church family, I will so miss the choir and Lois's guiding hand. All I have gained from this experience I will treasure always.

HATS FOR CHARITY

Submitted by Graham B. Oswald

For those of you that do not know, about a month ago I collected donations and sold hats for a charity. The charity was run through Home Based Housing focusing on assisting homeless youth. Thanks to your absurdly generous contributions we were able to raise over $600 and counting. I would like to extend my deepest thanks to all of you that helped contribute to this wonderful cause.

Did You Know?

The muscle that lets your eye blink is the fastest muscle in your body.
It allows you to blink 5 times a second.
On average, **you blink 15,000 times a day**.
That's about 10 times per minute, or more than five million times a year.
Women blink more than men.

WHAT IS KAIROS?

Submitted by Gail Young

(Information taken from the United Church of Canada website)

July 1, 2001 – The birth of KAIROS – Canadian Ecumenical Justice Initiatives

KAIROS is a coalition of Canadian churches (including the United Church of Canada), church based agencies and religious organizations dedicated to promoting human rights, justice and peace, viable human development and universal solidarity among the peoples of the Earth. It is a decisive and faithful response to God's call for respect of the Earth and justice for all its peoples.

KAIROS brings together ten previously independent inter-church coalitions, whose concerns and work increasingly overlapped, given the realities of globalization. The former inter-church coalitions included:

- The Aboriginal Rights Coalition
- The Canada Asia Working Group
- The Ecumenical Coalition for Economic Justice
- Inter-Church Action for Development, Relief and Justice
- The Inter-Church Coalition on Africa
- The Inter-Church Committee for Human Rights in Latin America
- The Inter-Church Committee for Refugees
- PLURA
- The Taskforce on the Churches and Corporate Responsibility
- TEN DAYS for Global Justice

The new ecumenical organization provides continuity to the work of these coalitions and their more than 30-year history of highly respected research, policy development, advocacy and grassroots mobilization on a range of justice issues in Canada, Latin America, Asia and Africa. KAIROS will also continue to partner with local ecumenical social justice networks across the country and provide funding to help build the capacities of partner organizations in the Global South.

The name KAIROS refers to moment of transformation through faith. Priority areas for the new ecumenical organization have been expressed in six thematic program committees that will have oversight for the work and make recommendations to the Board. These six priorities areas are: International Human Rights, Global Economic Justice, Environment/ Ecological Justice,

WHAT IS KAIROS? *(CONTINUED)*

Canadian Social Development, Aboriginal Peoples, and Animation/ Education/ Communication.

KAIROS reflects a re-organization and consolidation of the ecumenical justice work of the Canadian churches and church-related organizations. The intention is to ensure continuity and enhance coordination of research, advocacy, education and social mobilization. Given time, grace and opportunity, KAIROS hopes to become a partnership organization that serves the ecumenical justice community and its many partners well into the next thirty years.

For more information visit KAIROS on the web at www.kairoscanada.org. KAIROS is supported by your donations to the Mission and Service Fund.

NEW ALARM CODES

Submitted by Sharon Eagleson

In the coming weeks, you will be receiving either an e-mail or a letter from me regarding the alarm system here at St. Paul's. We will be implementing a new code system for the end of September and the old codes will no longer be valid. If you do not receive a letter or e-mail, please contact me ASAP to avoid any problems after this change over.

Thanking you in advance for your co-operation.

PIANO PLAYER WANTED

Submitted by Gail Young

Play the piano? Check!

Looking for an opportunity to perform? Check!

Available the evening of November 6? Check!

If this sounds like the perfect fit for you, please speak with a member of OSAC. We are looking for a piano player for our Down East Kitchen Party and we know you will not want to miss this wonderful opportunity.

Your Remuneration: laughter, fellowship, food (don't forget the food), the opportunity to "shine" = Priceless!

ST. PAUL'S LAY VISITOR TEAM

Submitted by Susan Reed

What happens when you've reached the stage in life when you can no longer get to church because you are physically unable to get out, house-bound, in a seniors' residence or nursing home? You call in St. Paul's Lay Visitor Team!

The eight members of the team maintain the connection between St. Paul's and members of the congregation who are unable to come to church services. Contact is made on a regular basis through scheduled visits or phone calls. Team members are always willing to keep the member up-to-date on what is new at the church, read the epistle, read the Bible or pray during the visit. Four times throughout the year, the lay visitor team serves communion during the visit.

If you or someone you love are no longer able to attend St. Paul's and would like a visit from a member of the lay visitor team, please contact Sharon at the church office.

SEEMS LIKE EVERYBODY'S ON-LINE

When was the last time you checked your FaceBook page?

When was the last time you were on Twitter?

When was the last time you shopped on-line?

When was the last time you used your favourite recipe website?

When was the last time you checked the latest scores on-line?

When was the last time you visited the United Church's website?

I bet most people visit their favourite site at least once a week, if not daily.

Why not make the United Church website a favourite of yours?

The address is **www.united-church.ca.**

The site contains a wealth of information including "How to Get Involved", "Faith and Education", "Worship and Renewal" and "Social Justice".

The site is updated frequently, so there is always something new to read.

If you have never been there, you should check it out.

If you haven't been there recently, maybe it is time to get re-acquainted.

CAR RALLY

Submitted by Gail Young

Now is the time for all good men (and women!) to….register for the Car Rally on September 24. OSAC member, Brian Sheppard has been busy organizing this wonderful event which is one you will not want to miss! The rally will start at St. Paul's and end at Nestleton United Church in the north-east corner of Durham with a home-cooked dinner and prizes. The destination points will be local farms that are members of Durham Farm Fresh, and the only map that participants will be allowed to use is the Durham Farm Fresh map. (Translation: Forget the fancy GPS for this one!) So get back to nature, hone your navigation skills, explore the fresh food available in your neighbourhood, meet your local farmers, enjoy a fall afternoon discovering the back roads of Durham---all you have to do is REGISTER…NOW! The price is $20.00 per person and we encourage you to have 4 participants per vehicle in order to not "earn" a "penalty" in the competition! So invite your friends, co-workers, neighbours, fellow farmer's market shoppers, family, one and all…we hope to see you there! For more details or to register, please speak to a member of OSAC! Let's make this happen! REGISTER NOW!

PALM SUNDAY SERVICE – NO GREATER SACRIFICE

Submitted by Diane Fleming

The presentation "No Greater Sacrifice" provided us with a most moving and spiritual message.

Thank you **Lois** for your dedication and professional direction.

Thank you to the **Senior Choir members** for your beautiful voices, and thank you **Karen** and **Winston** for the inspirational readings.

We at St Paul's, are very fortunate to have such dedicated and talented members within our congregation.

Dedication is not what others expect of you, it is what you can give to others.

JAPAN RELIEF

Submitted by Gail Young

The United Church of Canada is accepting donations in response to the earthquake and tsunami that devastated north-eastern Japan on March 11. Funds received will be transferred to United Church partners in Japan for their work of relief and reconstruction. If you are interested in making a donation to this fund, please indicate Japan Relief and the amount designated, on your offering envelope. Donations to the Japan Relief fund are above and beyond regular Mission and Service monetary donations.

SPRING CLEAN UP – SATURDAY, MAY 14TH AT 9:00AM

Submitted by Wilma Brown

Bring your buckets, bring your rakes. Let's keep St. Paul's looking good inside and out.

LADIES SOCIAL LUNCHEON

Submitted by Julia Godfrey

We will have our last ladies social luncheon on May 17, 2011. Great fun was had by all the ladies and they gave generously to St. Paul's mission service and monthly bills. I know this will be greatly missed and is very much needed for our church.

IN MEMORIAM

Barbara Pickell,
loving wife of Larry,
mother of Janet and husband Ted, Karen and husband Ron
and grandma of Graeme, Drew, Cory and Bridget

Margaret Miller,
loving wife of Keith

WHEN GOD MADE MOMS

By the time the Lord made mothers, he was into his sixth day of working overtime. An Angel appeared and said "Why are you spending so much time on this one"? And the Lord answered, "Have you seen the spec sheet on her? She has to be completely washable, but not plastic; have 200 movable parts, all replaceable; run on black coffee and leftovers; have a lap that can hold three children at one time and that disappears when she stands up; have a kiss that can cure anything from a scraped knee to a broken heart, have six pairs of hands and three pairs of eyes."

"And that's just on the standard model?" The Angel asked.

The Lord nodded in agreement, "Yes, one pair of eyes are to see through the closed door as she asks her children what they are doing even though she already knows. Another pair in the back of her head, are to see what she needs to know even though no one thinks she can. And the third pair are here in the front of her head. They are for looking at an errant child and saying that she understands and loves him or her without even saying a single word."

"This is too much work for one day. Wait until tomorrow to finish." said the Angel

"But I can't!" the Lord protested, "I am so close to finishing this creation that is so close to my own heart. She already heals herself when she is sick AND can feed a family of six on a pound of hamburger and can get a nine year old to stand in the shower."

The Angel moved closer and touched the woman, "But you have made her so soft, Lord."

"Yes, she is soft", the Lord agreed, "But I have also made her tough. You have no idea what she can endure or accomplish."

"Will she be able to think?" asked the inquisitive Angel.

The Lord smiled and replied, "Not only will she be able to think, she will be able to reason, and negotiate."

The Angel then noticed something and touched the woman's cheek. "Oops, it looks like you have a leak."

"That's not a leak." The Lord objected. "That is a tear!"

"What's the tear for?" the Angel asked.

The Lord said, "It is her way of expressing her joy, her sorrow, her disappointment, her pain, her loneliness, her grief, and her pride."

The Angel was impressed. "You are a genius, Lord. You thought of everything! Truly, You do all things well... **Moms are truly amazing!**"

WORSHIP SCHEDULE

May 1st	10:30 am	New Member Sunday and Communion
	7:00 pm	Taize Service
May 8th	10:30 am	Baptism
	11:30 am	Prayer Ministry
May 15th	10:30 am	Worship
May 22nd	10:30 pm	Worship
May 29th	10:30 am	Worship / Congregational Meeting

GAPP (GOD'S AWESOME PEOPLE PLACE) SCHEDULE

May 1st	Intergenerational Service
May 8th	Regular GAPP classes
May 15th	Regular GAPP classes Books of the Bible Rotation: Crossbuster Video
May 22nd	Regular GAPP classes Books of the Bible Rotation: Good News Room
May 29th	Regular GAPP classes Books of the Bible Rotation: Garden of Eatin'
June 5th	TBA
June 12th	Year End GAPP Celebration Service

Deadline for the Epistle

Deadline for the June Epistle is Wednesday, May 25th.
Courier pick-up will be Sunday, June 5th.
Submit articles via e-mail to jeffshaw@sympatico.ca