

Pastoral & Spiritual Care



A Newsletter from Pastoral & Spiritual Care • Calgary Presbytery • The United Church of Canada



Community Building Lunch at Woodcliff United



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Healing Through . . . Hope

Don't miss out on the early bird discount!

Register by April 15th and save \$10. This promises to be an interesting day exploring the various facets of hope. Guest speaker, Wendy Edey, from the Hope Foundation in Edmonton, will talk about “Hopeful Leaders & Audacious Hoppers” and will present a workshop on discovering the hope in our lives.



Hope manifests itself in many ways — experience the hope in gardening with native plants and seeds, the hope in meditation by colouring a Mandela, or by creating beaded jewelry or a beaded talisman to carry your hope with you. Register at www.pastoralcareunited.ca or by calling (403) 294-0378.

Pastoral Care is on Facebook!

<http://www.facebook.com/group.php?gid=62016667767> — This link will take you to Pastoral & Spiritual Care's new Facebook group. It's probably an understatement to say Facebook is a popular social utility. Millions of people around the world use Facebook to stay in touch with friends and family or to connect with people with similar interests.

If you don't want Facebook — that's OK. But for those who use it, join the Pastoral Care group and find out about upcoming events, engage in a discussion about topics of interest, or share your thoughts and ideas on our wall.





Facilitators & Speakers

Do you need someone to speak at a conference? A facilitator for a workshop? Pastoral & Spiritual Care has a list of people with a variety of talents who are willing to share their passion with pastoral care groups. Some of the areas include meditation, centering prayer, coping with cancer, community, storytelling and poetry, aging, labyrinth, Mandela, grief, death and dying . . .

Call or email Colleen at the pastoral care office 403-294-0378 or ucpcare@telus.net for a copy.



Finding Help on the Net

www.informalberta.ca is a very useful source of information on community and social services in Alberta. Simply type in the type of service you need, your postal code or your city or town, and the website brings up a list of agencies in your area.

DIAL

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Calgarians can find information about community, social, government and health services just by dialing 211. It's free. It's confidential. It's open 24 hours a day and service is available in 150 languages!

Advice is available on a full range of services including:

- Emotional health
- Financial issues
- Coping with disabilities
- Death and Bereavement
- Employment skills
- Citizenship
- Parenting and child care
- Support for seniors
- Sexuality

& more

Information is available at www.211calgary.ca or you can call 211 to order copies of *Untangling Life's Challenges*, a brochure which describes the program in more detail.

Log In | Register | view list (0)

ALBERTA'S PROVINCE-WIDE SERVICE DIRECTORY

informAlberta.ca
BRINGING people & services TOGETHER

Find the information you need about community, health, social, and government services across the province.

DIRECTORIES

WHAT: enter a keyword, category or service name

WHERE: T3Z 1K8 enter your postal code limit to 75km radius Lookup Postal Code

Limit by City/Town: eg: Calgary limit results by city or town

SEARCH Clear all search fields

RELEVANT LISTINGS

LEGEND: Service Organization Location Services by Phone or Web Access Only

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Internet | Protected Mode: On | 100%

Once you fill in your area of interest above a list of resources in your community, websites, and other suggested searches appears here.

What's Up?

Here are the spring events hosted by Pastoral & Spiritual Care.

April 15th: 11 a.m. — 2 p.m.

Retired Ministers Luncheon

Retired ministers will gather to eat and catch up at the Chapelhow Legion.

April 25th: 8:30 a.m. — 3:30 p.m.

Healing Through . . . Hope

A day of learning about and experiencing hope at Deer Park United Church,

May 6th

Basic Arts of Pastoral Care

The second session of the Basic Arts of Pastoral Care course begins. Participants must have completed the first four presentations in February. If you have taken the course before and missed any sessions, please contact Pastoral & Spiritual Care to arrange make up classes.

May 9th: 9 a.m. — 5 p.m.

Same Gender Marriage Prep

Blair Collins will lead a same gender marriage prep course at Hillhurst United.

June

Pastoral Care Picnic

The annual picnic to honour pastoral care workers—information about the date and location will be sent out soon.

On-going

Basic Marriage Prep Courses

Pastoral & Spiritual Care continues to offer Basic Marriage Prep courses. Participants consistently rate these courses a 10/10 — they are popular and fill quickly.

Participants can register for these programs or events at www.pastoralcareunited.ca or by calling 403-294-0378.

Wellspring Calgary



Wellspring Calgary is a support centre for people and their loved ones who are living with cancer.

Wellspring Calgary aims to meet the social, emotional, informational and spiritual needs of individuals who have cancer and their loved ones by providing quality, person-centred, evidence-based support aimed at healing body, mind, and spirit.

All of Wellspring Calgary's services and resources are offered **free of charge and no referral is required.**

Services include:

- Peer support volunteers (trained cancer survivors or caregivers) who are available to support people on their journey.
- Programs ranging from expressive courses such as art and drumming, to movement and exercise such as yoga, tai

chi, exercise, or dance, and informational courses such as Chemo Brain, the Healing Journey, or Sleep Well Tonight.

- Individual energy sessions such as Healing Touch, Reiki and Therapeutic Touch.
- A discussion series featuring authors and experts who share current and practical information on the day-to-day considerations of living with cancer.
- A resource library and internet centre.

All programs are professionally facilitated and designed to offer practical sessions in a safe, confidential environment.

More information is available at www.wellspringcalgary.ca or by calling (403)521-5292.

Ethical Wills

"Dear Evy, I write this not expecting that I will die, but in case something unexpected happens. How can I tell you how important you have been to me – my first born, my only daughter, my quiet beauty. I have so many special memories of our life together."

So begins an ethical will, from a mother to her daughter on the eve of a major operation.

Anne Selby, a spiritual director and facilitator, offered an introduction to ethical wills at a recent seminar at Deer Park United.

Ethical wills are a way for people to pass on their values, beliefs, life lessons and love to their families and friends. Originally an oral tradition, ethical wills have their roots in the bible (See John 13—15 for the values Jesus passed on to his disciples). Today, these wills are a way to honour the past, capture the present and inform the future.

www.ethicalwill.com offers a comprehensive look at the what, when, why and how of writing an ethical will. Anne has also donated a book, "Ethical Wills: Putting Your Values on Paper" by Barry Baines, to presbytery — please call or email Pastoral & Spiritual Care if you would like to borrow a copy. Another excellent book on the subject is "Nothing Left Unsaid" by Dr. Mary Polce-Lynch.

Famous Last Words



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Helping Congregations
Help Others



A Message from the Pastoral & Spiritual Care Committee

The PSCC of five people will hold three to four meetings and one 'Planning for the Future day' per year. The committee is responsible to provide the coordinator with orientation, direction and constructive feedback, ongoing support and guidance as needed, including reviewing course materials, assistance in locating appropriate facilitators and instructors, and encouragement.

The team of PSCC and Colleen will be determining the collective needs of Pastoral & Spiritual Care in Calgary Presbytery and determining how we can best deliver that. Colleen has been busy visiting the churches and their Pastoral Care committees to gather information.

Colleen McCluskey brings many gifts of creativity and organization to us. She has many ideas of how to deliver information.

We are blessed in Calgary Presbytery to have congregations with many very gifted people with great ideas and programs. We certainly can learn from one another how to be great pastoral and spiritual leaders. The PSCC would like to help facilitate that. We are here for you!

Each year we must develop a budget and discern how we can, effectively and cost efficiently, move forward. PSCC will assess what is working and what needs to be changed or what needs to be added to what we offer.

'We cannot direct the wind, but we can adjust our sails!'

... And from the editor

Welcome to the first issue of the Pastoral & Spiritual Care newsletter!

My first four months as Pastoral & Spiritual Care Coordinator have been a time of expanding horizons for me. There are so many interesting, inspiring events to share and so many resources available to guide us as we search for ways to help people in need.

I hope that, by profiling resources in our community and letting people know about upcoming events hosted by Pastoral & Spiritual Care, this (quarterly?) newsletter will become one more way we can share our information, our challenges and our successes. Please feel free to get in touch with comments or suggestions.

Colleen McCluskey
Pastoral & Spiritual Care Coordinator



Wilma Clarke, Chair
Pastoral & Spiritual Care
Committee