

# Pastoral & Spiritual Care

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



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## United Way Donor Choice Program

Does your church need funds to support its pastoral care programs? Did you know that people in your faith community can direct their United Way contributions to your church through the agency's donor choice program?

This program allows donors to designate their gifts to any registered charity in Canada or to an area of need that is meaningful to them.

Donors just need to let the United Way know where they would like to direct their gift.

To protect the privacy of donors the United Way does not release their names to the recipient agencies unless they have a written request from the donor. Churches do

not have to issue tax receipts for these donations. United Way will issue tax receipts to the individuals involved.

There is a \$12 fee per recipient (that's your church) and you will need to provide your church's registered charity number to the United Way.

If the money is donated by payroll deduction, United Way will distribute the money to you three times a year — in March, June and September. If the money is given in a lump sum, you will receive the whole amount right away.

You can contact the donor choice program form more information — 403.231-6291 or [kristag@calgaryunitedway.org](mailto:kristag@calgaryunitedway.org).



# Resources

## Pastoral Care Library

From Aging and Alzheimers and from Spirituality to Step-Parenting, Pastoral Care has a large selection of books on a wide variety of topics. You are welcome to borrow a book or books free of charge. For a free catalogue email [ucpcare@telus.net](mailto:ucpcare@telus.net), phone 403-294-0378 or drop by the office at 201B

## AVEL

### Audio-Visual Education Library

AVEL offers a wide variety of audio-visual resources, which anyone in a pastoral charge is welcome to borrow. All AVEL resources have public performance rights which means you may use them for your study groups/classes.

Check out AVEL's online catalogue at <http://www.mnwo.united-church.ca/area/avel>. You will find literally thousands of videos on hundreds of helpful topics. Librarian Jordan Crossthwaite is happy to provide suggestions if you need them.

And the best part - it's free — you just request the video and they will ship it along with return labels and postage (paid by ANWC).

### Borrowing from AVEL

phone: **toll free 1.866.870.2835** or email [resources@confmnwo.mb.ca](mailto:resources@confmnwo.mb.ca)

The AVEL West outlet in Winnipeg serves the Conferences of Manitoba & Northwestern Ontario, Saskatchewan, Alberta and North-west, and British Columbia.

### New DVD at AVEL

From producer Morgan Spurlock (Super Size Me) comes a serious docu-comedy about the commercialization of Christmas. *What Would Jesus Buy?* follows Reverend Billy and the Church of Stop Shopping Gospel Choir as they go on a cross-country mission to save Christmas from the Shopocalypse. *What Would Jesus Buy?* may just be the divine intervention we've all been searching for.


## Let's Share the Ways We Care

Pastoral & Spiritual Care invites you to the annual Fall Gathering to share our experiences in pastoral care. There will be small group discussions followed by a potluck dessert.

When: October 26th, 6:30—8:30

Where: Renfrew United, 956 Radnor Ave NE

RSVP 403.294.0378 or [ucpcare@telus.net](mailto:ucpcare@telus.net)



If you can please  
bring dessert

## Women's Health Resources

Health promotion programs at Women's Health Services offer education and support to women of all ages. Workshops are designed for women who want to make informed decisions about their own health and well-being and that of their families.

Workshops are reasonably priced and encompass almost every area of our well-being:

- Complementary Health
- Food and Nutrition
- Health Check
- Move Your Body
- Parenting
- Personal Development
- Relationships

Financial assistance is available for all workshops.

It's worth checking out the website at [www.womenshealthcentre.ca](http://www.womenshealthcentre.ca) — there are articles on topics of interest (5 steps to a Happier Life or DIY Stress Solutions caught my eye!) and links to a variety of health resources.



# What's Up?

Here are the events planned by Pastoral & Spiritual Care for 2009/2010.

**October 21: 11 a.m. — 2 p.m.**

## Retired Ministers Luncheon

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

**October 26: 6:30 p.m. — 8:30 p.m.**

## Gathering

The annual fall meeting to share experiences in pastoral care and a potluck dessert.

## February/March

### Half-day Course

Pastoral and Spiritual Care will offer a half day course on a topic of interest. Congregations are invited to submit ideas for a course that would help them in their pastoral care work.

## April

### Retired Ministers' Spring Luncheon

## June

### Pastoral Care Picnic

The annual picnic to honour pastoral care workers. Plans are to invite a guest speaker to talk on a topic of interest.

## October 2010

### Basic Arts of Pastoral Care (Part 1)

A four-week exploration of pastoral care focussing on listening, prayer, conversation and volunteering.

## On-going

### Marriage Prep Courses

Pastoral & Spiritual Care continues to offer Basic Marriage Prep courses. Brochures for 2010 courses are available from the Pastoral & Spiritual Care office.



Participants can register for these programs or events at [www.pastoralcareunited.ca](http://www.pastoralcareunited.ca) or by calling 403-294-0378.

## Healing Pathway or Healing Touch

... is there really a difference?

By Jackie Walters, Red Deer Lake United Church

Many Calgary area United Churches have a healing ministry, which usually falls under the umbrella of Pastoral Care. The compassionate folks who participate offer relaxing, gentle, non-invasive energy healing to people —and pets — of all ages, in all stages of life. In fact, children and animals respond very well to energy healing.

It is becoming commonplace for patients in hospitals, palliative care, and cancer centres, to receive energy healing before and after surgery and during chemo.

Most participants follow one of two programs, Healing Pathway and Healing Touch. The programs have both similarities and profound differences.

Both follow a curriculum with Codes of Ethics and Standards of Practice, and both are programs in energy healing. Both differentiate between healing and curing, recognizing that people who are dying can still be healed — bringing into balance, into harmony — all aspects of the “whole” person.

Both programs believe the foundation of healing is grace, or unconditional love, a love far greater than we understand and accessible to all. Working with the body's energy induces deep relaxation and promotes self-healing, while recognizing that the healers serve as conduits

from a higher energy source.

Healing Touch is a nursing practice with a clinical focus, derived from the ancient art of hands-on healing.

The intent of Healing Touch is to restore balance to body, mind, emotion, and spirit. The language is intentionally secular and scientific so it is accepted in hospital or clinical settings, to demonstrate its availability to those of all faiths, and to those who profess to have no faith.

Healing Pathway is based out of Naramata Centre, a United Church retreat centre in the Okanagan. This program grew out of Healing Touch in response to those who wanted to know how it related to their Christian faith and life experience — although the gifts of hands-on healing are freely given to all in need.

Healing Pathway is steeped in the Christian tradition of prayer, laying on of hands and anointing with oil. Those who follow the Pathway are answering the call from Jesus Christ to be disciples.

It is common to see Healing Pathway practitioners participate during Communion, by laying on of hands, offering a moment of personal prayer, and anointing those who wish it. Some churches offer meditative healing and prayer services in addition to regular worship.

## More Info

*Healing Pathway:* <http://www.naramatacentre.net/programs-healingpath.asp>

*Healing Touch:* <http://www.healingtouchprogram.com>  
<http://www.healingtouchinternational.org>  
[www.healingtouchcalgary.com](http://www.healingtouchcalgary.com)

# Famous Last Words



## Pastoral & Spiritual Care

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Facebook Group

Pastoral & Spiritual Care

<http://www.facebook.com/home.php?#/group.php?gid=62016667767>



Helping Congregations  
Help Others



## Financial Support For Courses, Events, Learning Circles Learning Grants

Alberta-Northwest Conference, through its Leadership Resource Development Committee, has grants available for people who would like financial support to take a non-degree course or to attend educational events offered by the wider church.

The grants cover up to one third of the cost of the event, or up to \$100 per individual for more popular events. Individuals can apply for up to \$350 in grants in a calendar year.

Applications are available by contacting:

Download: [www.anwconf.com](http://www.anwconf.com)

Email: [coffice@anwconf.com](mailto:coffice@anwconf.com)

Phone: 780.435.3995

## Learning Circles

General Council has established a fund to support leadership development through small group conversations or “Learning Circles.” If you are interested in gathering a small group of people to meet regularly for 6—18 months with a focused learning group or are a facilitator willing to offer leadership to leaders, please contact Shauna Gibbons at the Conference Office (780.435.3995 ext 221; [sgibbons@anwconf.com](mailto:sgibbons@anwconf.com)); or Stephen Fetter at the General Council Office ([sfetter@united-church.ca](mailto:sfetter@united-church.ca)).

## ... And from the editor

They call it comfort food for a reason. Those simple, nourishing snacks and meals, often associated with family or happy childhood memories, that somehow manage to take the edge off — a cup of tea and a cookie (preferably one with chocolate chips) to put stress in perspective; a bowl of chicken noodle soup to improve our outlook when we feel sick. Food is central in the practice of pastoral care — whether to remind someone we are thinking of them or to provide something to eat when life makes it difficult to find time to cook.

Can't think what to cook? Let me introduce you to the Calgary Herald's newest food columnist — **our very own Barb Lough!** Barb will feature tested recipes from her collection of cookbooks — many of which were published by United Churches. Look for Barb's column once a month in the Neighbours section of the Herald.

Colleen McCluskey  
Pastoral & Spiritual Care Coordinator