

Quispamsis United Church

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Worship Every Sunday At 10:00 AM. All are welcome!



NEWSLETTER 2003

Dear Friends in Christ,

The banks of snow have finally begun to melt, the days are warming up, and the long cold winter seems to be losing its grip. All around there are signs that the new life of spring is just around the corner. Soon gardens will be bursting with new growth, the birds will be back, and the whole earth will be filled with the sights and sounds of new life. But not yet. There is still some time to wait but we know it will come soon. We don't doubt that the warm days of spring and summer are coming.

The message of Easter is one of the renewal and hope which is made possible by Jesus rising from the grave. A time of celebration and joy when we experience the potential and promise of God's love for us. God's mercy and forgiveness can melt away the cold places in our hearts and let us experience the warmth and joy of love. God's grace and peace can give us a fresh start.

Lent is a time when we prepare ourselves for the new life of the Empty Tomb. During these days before Easter, we carefully examine our lives and we recommit ourselves to living as God's people. With self-reflection and repentance, we walk with Jesus on his journey to the cross. We prepare ourselves for the joy and celebration which we know is just around the corner. Although in Lent we may not focus on the joy of the empty tomb and celebration of the resurrection, we know that within a few short weeks we will be

Jesus said, "...as soon as they sprout leaves you can see for yourselves and know that summer is already near. So also, when you see these things taking place, you know that the kingdom of God is near."
- Luke 21:30-31

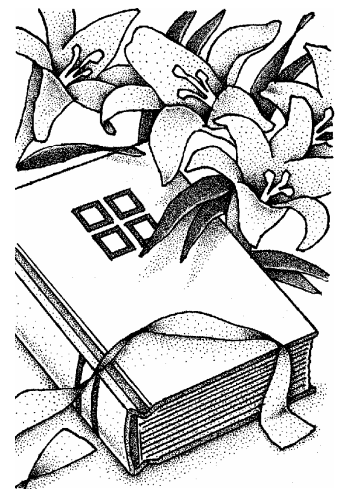
shouting the Hallelujahs and celebrating that Christ has Risen!

I would invite you to join with us we consider what great love caused Jesus to walk to calvary and as we worship together the God of our salvation. Come join us as we walk to the cross and as we rejoice in the victory of our Risen Lord!

May God bless you and your family and may this Lent and Easter Season be a time of renewal and rebirth.

Yours in Christ's Service,

The Rev. Peter A. Smith



Prayer is a cry of hope. – French Proverb

EASTER COOKIES

Ingredients:

1-cup whole pecans
1-teaspoon vinegar
3 egg whites
pinch of salt
1-cup sugar
zipper baggie
wooden spoon
tape
Bible



Preheat the oven to 300 (this is important - don't wait 'til you're half-done with the recipe)

1. Place the pecans in the baggie and let the kids beat them with the wooden spoon to break them into pieces. Explain that after Jesus was arrested, He was beaten by the Roman soldiers.

Read John 19:1-3

2. Put the vinegar into a mixing bowl. Let each child smell the vinegar. Explain that when Jesus was on the cross and he became thirsty, He was offered vinegar to drink.

Read John 19:28-30

3. Add the egg whites to the vinegar. The eggs represent life. Explain that Jesus gave His life so that we could have life.

Read John 10:10-11

4. Sprinkle a little salt into each child's hand and let them taste it. Put the rest into the bowl. Explain that this represents the salty tears shed by Jesus' followers.

Read Luke 23:27

5. So far the ingredients are not very appetizing. Add 1 cup of sugar. Explain that the sweetest part of the story is that Jesus did all of this because He loves us.

Read Psalm 34:8 and John 3:16

6. Beat the egg whites with a mixer on high speed for 12 to 15 minutes, until stiff peaks form. Explain that

the colour white represents the purity in God's eyes of those whose sins have been cleansed by Jesus.

Read Isa. 1:18 and John 3:1-3

7. Fold in the broken nuts. Drop by teaspoons onto a wax paper cookie sheet. Explain that each mound represents the rocky tomb where Jesus body was laid to rest.

Read Matt. 27:57-60

8. Put the cookie sheet in the oven, close the door and turn the oven off.

9. Give each child a piece of tape and seal the door. Explain that Jesus tomb was sealed.

Read Matt. 27:65-66

10. Go to bed. Explain that they may feel sad to leave the cookies in the oven overnight and that Jesus followers were in despair when the tomb was sealed.

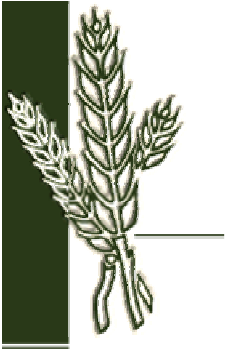
Read John 16:20-22

11. On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow! ON THE FIRST EASTER Jesus followers were amazed to find His tomb empty.

Read Matt. 28: 1-9



THE CANADIAN FOODGRAINS BANK



Canadian Foodgrains Bank was established in 1983 as a practical way for Canadian farmers to share their abundant harvests with the less fortunate of the world. Its primary purpose is to serve as a centralized grain banking and distribution system to alleviate world hunger.

Working in partnership with 13 Canadian church members (whose membership includes the United Church of Canada), Canadian Foodgrains Bank provides food and development assistance to those who need it most and works directly with indigenous people to find and implement long term solutions to hunger.

The Canadian Foodgrains Bank represents an internationally unique, specialized and innovative Canadian capacity to effectively utilize food resources that address both short and long-term problems of hunger. Whether it's providing emergency food rations to alleviate hunger during a national disaster; using food as a wage good to rehabilitate and revitalize local communities; or trading food for cash (i.e. monetizing) to support projects that have a direct impact on food security, we have seen the good that can come from following Christ's directive to share with others.

Donation Envelopes and more information about the Canadian Foodgrains bank is available at both doors of the church as well as online at the following address <http://www.foodgrainsbank.ca/>



SOCIAL COMMITTEE SCHEDULE 2003

There are 3 events planned for the spring.

March 30th - from 6.-.8 p.m. at Riverside Curling Club. The fee is \$8 per person. Please pay Angela MacLean in advance.



April 26th - at 5 p.m. at Connie and Archie Downey's place 596 Kennebecasis River Road – potluck supper and games night.

June 7th - 4:30 p.m. – BBQ and barn dance at Steve and Patty Downey's place. Please pay Karen Young \$5.00 per family in advance for the dance callers.



Everyone is welcome to any or all events. Come and bring a friend. We offer great opportunities for fellowship. The more the merrier.



**SUPER SATURDAY
MULCH SALE
May 3, 2003**

Be sure to support our biggest fundraiser of the year!

MULCH..... Tons of it.....\$20.00/yard.

Delivered **FREE** in the K.V. area. **Deliveries available Friday evening and all day Saturday.** Sign-up sheets available at the church or call steward.

OUTDOOR FLEA MARKET

Don't miss it.....\$10.00 to rent a table.

10:00 a.m. – 3:00 p.m.

If the weather is poor, the flea market will be moved inside. (Hotdogs & pop are available from 11:00 a.m. – 1:00 p.m.)



It was great to see so many people in church after such a harsh winter. Ten children in grade four and five entertained the youngsters with a puppet show. The middle school class is organizing a talent show. The senior class is enjoying the video bible study series entitled "The Jesus I Never Knew".

Some dates to keep in mind:

March 27th: 11:45 a.m. at Vito's uptown. The focus group that will attempt to assess the needs of the youth of our congregation will be having lunch. Anyone interested in youth is invited to attend any or all of our brainstorming sessions. If you wish to attend please contact John Hill or Wendy Crossman.

Saturday, April 5th: 10:00a.m. - noon @ Portland United Church, 50 Newport Crescent, Saint John (off Millidge Ave.) There will be a sharing time for Sunday school teachers and interested persons. Call Karen Young (848-1018) if you need a drive. I would love to have some company, especially if you are considering working with youth.

April 12th: 10:00 a.m. – 9:00 p.m. and April 13th: 9:00a.m. – noon there will be a Saint John Presbytery Youth Event for ages 13 to 19 @ Hampton United Church. This event is FREE! For a registration form please call 658-0219.



June 1st will be the closing date for Sunday School and an ice cream sundae party. This year we are going to try hosting the ice cream sundae party in June and the church picnic in September in the hopes that the weather will be better.

1. June 8th is Confirmation Sunday.
2. June 15th is Graduation Sunday.

A babysitting sign has been posted on the bulletin board for interested teens and parents of little ones. If you are a teen who wishes to baby-sit, please sign your name and phone number on the sheet.

If you can take a turn teaching in the fall, please let me know.

Happy Spring!

Karen Young (848-1018)

It is easier to build a boy than repair a man.



Weather wise, 2003 has started off to be quite a challenging year for the choir. If it didn't snow on Thursday, it sure did on Sunday! As a result of the weather, many choir members opted for better weather and decided to visit Florida, warm islands, or go on cruises. If you are looking to plan a vacation in the near future, I think we could offer a lot of good suggestions ☺

Despite the travellers among us, we have still sung a lot of music and many different varieties. The men of the choir are currently preparing a few anthems of their own. Thanks to Marlene for finding some old favourites for us to sing. Thanks to Ross and Jane for leading us with their guitars as it creates for a special sounding treat. And last but not least, thanks to Anastasia (Stasia) Smallwood for singing - we were all very delighted to have you sing and look forward to the next song. It's worth repeating that if any of you have an interest in playing an instrument or singing in church, we would strongly encourage you to do so. Music is an important part of our church and can be shared by all. Please speak to me or any member of the choir if you're interested in being part of the ministry of music at Quispamsis United Church.

We are now starting to prepare for what's ahead with the Lenten and Easter seasons upon us. We have a guest soloist coming to sing on March 30 and are looking forward to having St. David's choir with us on Good Friday. Over the next few months you will also get to hear a few more solos, a trio, a few other variations, and also the children who sing with Rosalie. There is also some preliminary planning in the works for an Evening of Song with Park Avenue United Church – stay tuned for more details!

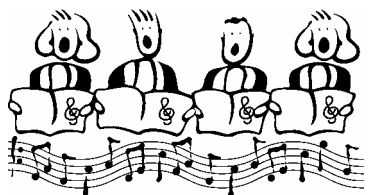
And last but not least, the choir still has about 80 CDs left to sell. If you or anyone you know is interested in purchasing a CD, please speak to me or any member of the choir. It would be great if we could sell the remaining 80 CDs by the end of June!

The Quispamsis United Church choir consists of about 25 very dedicated people. We have choir practice every Thursday evening from 7:30 – 9 p.m. and we are always looking for new members. If you have an



interest in being part of this group, please come out and sing with us sometime. You do not have to sing well, rather just be interested in singing with us, and have a great sense of humor.

If you have any questions about the choir, please feel free to speak to me, Angela, or any member of the choir.



K.V. FOOD BANK needs our support year round:

- Non-perishable food items
- Toiletries
- Donations

The food items and toiletries may be left in the receptacle at the church. Our Food Bank representative is Betty Hughes. We appreciate your continued support as contributions have been down at this time of year.

SECRET TO HAPPINESS

The secret to happiness and well-being is no mystery. All it takes is the ability to do the following:

- Forget.
- Apologize.
- Admit errors.
- Avoid mistakes.
- Listen to advice.
- Keep your temper.
- Shoulder the blame.
- Make the best of things.
- Maintain high standards.
- Think first and act accordingly.
- Put the needs of others before your own.
- Forgive.

Seem like a tall order? Then try slipping as many of these “secrets to happiness” into your day as possible. You’ll soon be rewarded with a more positive outlook on life.



COMMUNITY CHAPLAINCY

When hope is a star it shines all the time. Quispamsis United Church has found a way to be a hope for people in our community. Through the work of Community Chaplaincy run by Rev. Dave Hardy, we are able to supply a meal once a month to 50 or so people in downtown Saint John. A group of 13 people in our congregation have decided they want to help supply, prepare and serve a meal on the last Friday of every month. What this means to the congregation is that we will be asking for financial support to our **Outreach Fund**.

We have used money from the fund to purchase the food for a meal we provided on Feb. 28th, shepherds pie and ginger cake. This effort is not a project just for a few people. Our whole church family is involved through financial support and helping hands. If you are interested in helping with the meal or serving please let Carolyn know. Wouldn't it be nice if we could supply a meal twice a month?

Great opportunities come to those who make the most of small ones.

FROM WHERE I SIT...

By: Faye Sherrard

I've been asked to write about our family's week at the Canada Games, and I'm wondering how to describe it. Exciting? Most definitely. Tense? Almost unbearably so. Fun? No. Rewarding? Unquestionably.

Let me back up and tell a bit about what led up to our week in Bathurst this March. For those who don't know us, our son Danny was part of the men's curling team which represented NB at the Canada Games. The team was formed three years ago, with the goal of making it to the Games. The boys barely knew each other, but they were the right age and they all promised to make curling a huge priority in their lives. You know how some things just seem to work? That's what happened with this team. The boys got along exceptionally well, and from the very beginning they were successful in competition.

A year ago the team won the Canada Games Selection Bonspiel, and that's when things started moving pretty quickly. The New Brunswick Curling Association stepped in with handfuls of money (you've gotta love that) and said "Go make yourself a championship team." Since Bob is the coach of the team and Heather and I are the unofficial manager and mascot, our entire family started on a very busy year. Besides physical, nutritional, and psychological training, the boys got to compete in some pretty exciting curling events. We all drove up to Ottawa in November to play in an international junior bonspiel, and later that month the boys were invited to play in a bonspiel with players like Guy Hemmings and Russ Howard. The year got even better when Dan's team won the Provincial Juniors in January, and we all flew off to Ottawa for ten days for the Nationals.

Home again, three weeks later, the long-awaited time had come. Decked out in their official Team NB uniforms, Bob and the boys got on a bus to travel to the Athletes' Village in Dalhousie. Heather and I followed later and went to a Bed and Breakfast which we were sharing with the other curling parents. We saw very little of Bob and Dan during the week,

just at the curling club each day. When they weren't competing, sleeping, or commuting, the boys spent their time at the Athletes' Village, hanging out with other kids and trading pins like mad.

Now to describe the tension. The week started with a round-robin, and the top two teams from each of two pools would advance to playoffs. Dan's team felt they could win a medal, but in competition anything can happen. Their first game was against Saskatchewan, and Dan's team lost because of a couple of heart-breaking missed shots. From that game on, every game was a must-win situation if New Brunswick was going to make it to playoffs. Now there's tension! I could never describe the week as "fun" because there was too much pressure involved.

Let me take a time-out here, in case you're wondering where my perspective has gone. I realize that I'm talking about a sporting event here, and that while my family is curling, other families are dealing with real issues like sickness, loss, and pain of all kinds. I appreciate the blessings of my life and I know that success in curling is much less important than countless other things. That being said, these are the lives which God has given to us, and I'm sure He expects us to live them with passion. I was truly thankful that our family was given the experience of the Canada Games, but that didn't stop me from caring whether Danny won or lost.

Back to the competition. Dan's team managed to keep winning, and even pulled off a pressure-packed comeback to make it to the gold medal game. In the final game they played Saskatchewan again, and ended up losing and earning silver medals. What an accomplishment! They played well and either team could have won; it just ended up being the other guys. The bonspiel ended with three very happy teams on the medal podium, all looking thrilled with themselves.

Besides silver medals, dozens of pins, piles of e-mails, and more grey hair, what did the Sherrard family bring home from the Canada Games? Along with great pride for the way my son and his friends conducted themselves all week, I have many positive memories around the competition. It was really great to be the home favourites, and the volunteers could not have been nicer. Also, I've discovered that it's really exciting to be patriotic and cheer for our province



That's
GREAT!



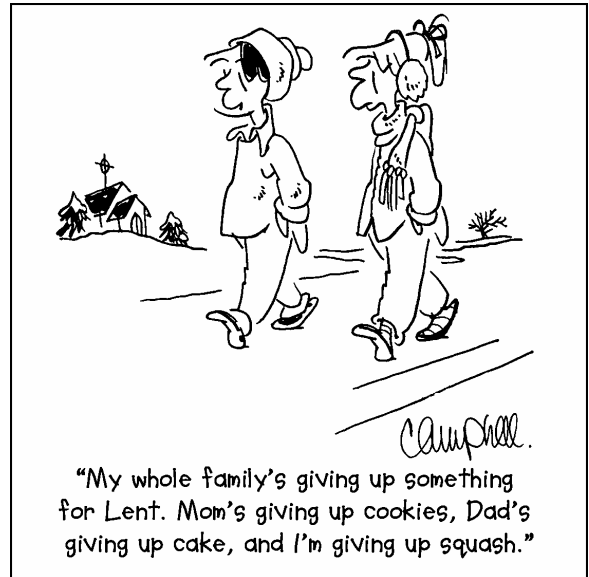
while wearing the colours and waving the flags. We also got to sing “Oh Canada” every game, in the language of our choice, so the patriotism was complete. I think Heather had similar experiences, although she also got a couple of pictures of herself with hot young curlers. (I didn’t do that.)

Bob and Danny’s memories are probably much richer than ours. I think the neatest thing to me is that they speak of their competitors by their first names, and with great respect and friendliness for the most part. What a wonderful opportunity—to meet kids and coaches from all over our huge country, who share an incredible love for their sport. Bob told me about an occasion where some boys from Newfoundland were playing a homemade curling game that involved sliding bottle caps on a table. He said within a short while the whole group was in on it, with a referee from PEI, linesmen from the western provinces, and cheerleaders from all over.

Now our lives are back to normal, whatever that may be. As I go about my housework, I get to dust all kinds of curling plaques and trophies, and when I do the laundry I get to iron curling shirts that say PEI, Yukon, or NWT on the back. (Kids are notorious for trading) And I get to live my life with the great memories of Dan’s competitions, and I’m very, very thankful for that. I’d also like to add, in closing, that I now have a greater understanding of what is meant by “church family.” You people have been so supportive of Danny, and you seem to care so much about what he accomplished, that I truly feel blessed. Anytime you want to really share in the fun, feel free to come dust the trophies.

From Where I Sit...

Would you like to have the chance to state your opinion about something that bothers you? Is there an issue that is important for you to tell others about it? Please submit your piece to Mabel Cline for the Fall Newsletter.



HOW THE DATE FOR EASTER IS DETERMINED

The day to celebrate Easter was set in 325 AD

The determination of when Easter is to be celebrated has a long history. Originally Easter was celebrated in many different times. In 325 AD the Christians churches met at the Council of Nicea and set the date of Easter according to a specific formula.



“He ^{has risen,}
See he is not here.
the place where ^{they laid} him.”

Mark 16:6

According to those ancient rules, Easter is the Sunday after the Paschal Full Moon. The Paschal Full Moon may occur from March 21 through April 18, inclusive. Thus the date of Easter is from March 22 through April 25, inclusive. The date of the Paschal full moon is determined from tables, and it may differ from the date of the actual full moon by up to two days. This definition that uses tables instead of actual observations of the full moon is useful and necessary since the full moon may occur on different local dates depending where you are in the world. If the date of Easter was based on local observations, then it would be possible for different parts of the world to celebrate Easter on different dates in the same year.

But we don't all use the same calendar anymore

In 325 AD most the world was using the Roman calendar (Julian Calendar) to keep track of dates. In 1528 many places in the world adopted a new more accurate calendar. Some churches started to use this new calendar but others kept the old calendar. So while all Christian Churches use the same formula to determine the date of Easter but not all Churches in the world use the same calendar to make their calculations. Which means that each year Christians celebrate Easter on different dates depending on where you are in the world.

There have been proposals presented to the World Council of Churches to have all Christians celebrate Easter on the same date or to have the date of Easter calculated by some other method (such as the second Sunday of April). Currently Churches from around the world are discussing the possibility of changing the way we choose the date for celebrating the Lord's Resurrection.



Take Hold of Every Moment

A friend of mine opened his wife's underwear drawer and picked up a silk paper wrapped package:

"This", - he said - "isn't any ordinary package." He unwrapped the box and stared at both the silk paper and the box.

"She got this the first time we went to New York, 8 or 9 years ago. She has never put it on; was saving it for a special occasion."

"Well, I guess this is it." He went to the bed and placed the gift box next to the other clothing he was taking to the funeral home; his wife had just died. He turned to me and said:

"Never save something for a special occasion. Every day in your life is a special occasion." Those words changed my life.

Now I read more and clean less.

I sit on the porch without worrying about anything. I spend more time with my family, and less at work.

I understand that life should be a source of experience to be lived up to, not survived through. I no longer keep anything for a special occasion. I use crystal glasses every day. I'll wear new clothes to go to the supermarket, if I feel like it.

I don't save my special perfume for special occasions, I use it whenever I want to. The words "Someday..." and "One Day..." are fading away from my vocabulary. If it's worth seeing, listening to or doing, I want to see, listen or do it now. I don't know what my friend's wife would have done if she knew she wouldn't be there the next morning; this nobody can tell. I think she might have called her relatives and closest friends. She might have called old friends to make peace over past quarrels. I'd like to think she would go out for Chinese, her favourite food.

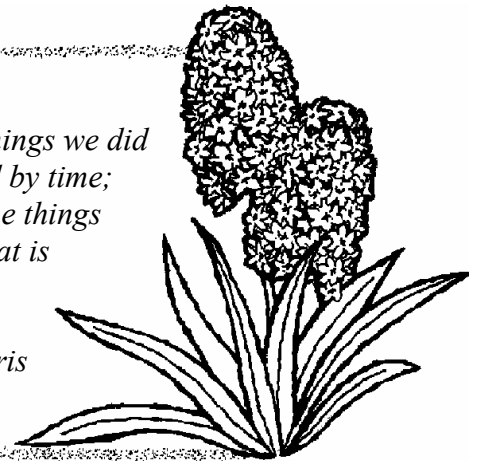
It's these small things that I would regret not doing, if I knew my time had come. I would regret it, because I would no longer see the friends I would meet; letters...letters that I wanted to write "One of these days." I would regret and feel sad, because I didn't say to my brothers and sons, my sisters and daughter, not enough times, at least, how much I love them.

Now, I try not to delay, postpone or keep anything that could bring laughter and joy into our lives. And, on each morning, I say to myself that this could be a special day.

***EACH DAY,
EACH HOUR,
EACH MINUTE,
IS SPECIAL.***

"Regret for the things we did can be tempered by time; it is regret for the things we did not do that is inconsolable."

- Sydney J. Harris



The Pretzel Story

If you draw two circles adjacent to each other, then draw an arc from the center of the top of each circle, the result will give you somewhat the form of the Pretzel. Actually, this form is created by twisting a length of pencil thick dough by a half knot where the circles meet and the pressing the ends at the top of the circles. This sounds as complicated as if one used geometrical figures but actually so many millions of people know what a Pretzel looks like it seems superfluous to try to describe it.

Origin

The architecture of the Pretzel was developed by a monk, about 610 A.D. in one of the monasteries of Southern France or Northern Italy. It seems that with the ends of the dough left over after bread baking this imaginative monk devised a strip of dough from these ends and formed it to represent children's arms folded in prayer. He gave it to the adept children for learning their prayers. He called it "Pretiola," which is the Latin for little reward. It became a symbol of excellence in many accomplishments.

This precious Pretiola found its way over the Alps into Austria and Germany. And the Pretiola became linguistically corrupted to Pretzel and Bretzel as we know it today.

About 1510 A.D. the Turks were besieging Vienna. They assaulted the walls of the city with no avail. They hit upon an underground movement – they decided to tunnel under the walls. This had to be done at night, drilling and moving the dirt in shifts. Fortunately for the Viennese, there were people awake at night in the city – Pretzel bakers making their wares for the next day. They heard the noises and discovered the tactics of the enemy. The Turks were charged in the tunnels and annihilated. For this, the King bestowed on the Pretzel Bakers a coat of arms showing a shield against which was a rampant lion and the form of a Pretzel in the midst of the shield. This became the Bakers emblem and it is still used today.

The first Pretzels were made of bread dough. They were soft and delicious. But like bread they had to be consumed the day they were baked to enjoy their freshness.

In the early days of the soft Pretzel the young man, tending one of the ovens where the soft Pretzel was being baked, fell asleep and the fire died down. He awoke to see his error and fired up the furnace with greater heat and thinking the Pretzels not baked enough let them stay in the ovens twice as long. The Pretzels that resulted were baked hard and the proprietor was about to destroy them when he noticed his helpers enjoying the crunchy product. The baker started baking this new hard Pretzel and learned that it contained only a small fraction of the moisture of the soft Pretzel and would last for months.

When the early Europeans emigrated to America, they brought with them their trades and customs, including the art of Pretzel baking.

Lititz, Pennsylvania, is a small town about ten miles north of Lancaster. One story relates that in the late 1850's a tramp, passing through the town, stopped in the bake shop, and upon receiving some food gave the baker a formula for a hard Pretzel. The baker, Ambrose Rauch, put it away and it eventually got into the hands of the apprentice, Julius Sturgis. Whether or not this story is true, it is certain that it was this apprentice who, in 1861, opened the first commercial Pretzel bakery.

Out of this small bakery in Lititz grew the Pretzel industry as we know it today. According to the latest statistics compiled by the National Pretzel Bakers Institute, over 300 million pounds of Pretzels and Pretzel Products are produced in the U.S.

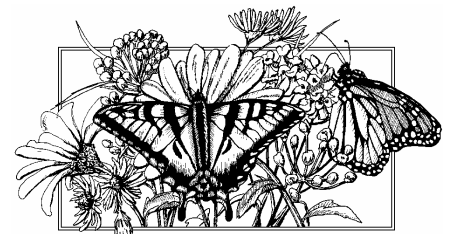
Approximately 90% of all Pretzels sold are now made by machine so that no human hands touch the product until it is sold. There are still some small bakeries remaining that twist them by hand. It is a slow, tedious process to place Pretzels in long rows in the oven with long handled wooden shovels called "Peels" and then remove them in the same way.

In a fully automatic bakery, after the dough is prepared in accordance with the baker's formula, it is placed in the hopper of the twisting machine. A small bit of dough is extruded and rolled into the desired length. It is then twisted and dropped onto a long belt which carries it to the cooker. Here the Pretzel passes through a specially prepared hot solution which gives it the golden brown colour and shiny finish. Salt is then dropped on the Pretzel and it is carried through the oven. By the time it comes out it is completely baked. After drying, to complete the extraction of as much moisture as possible, the Pretzel is ready for packaging.

There are 28 kinds of Pretzels offered on the market today. The greatest sales are in the hard type.

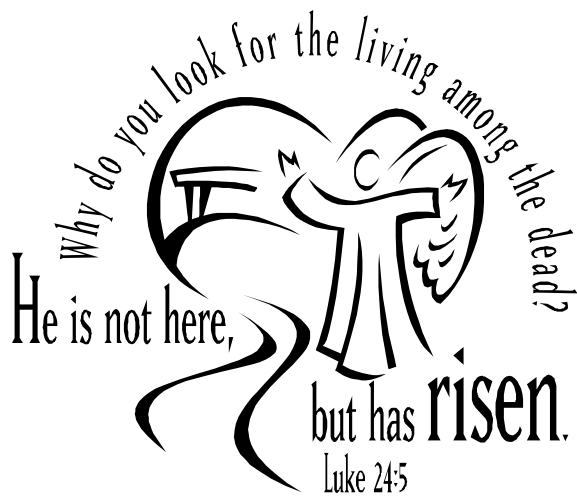
Pretzel Recipe

2 tsp dry yeast
1 ½ cups warm water
1 Tbsp sugar
4 cups flour
1 egg (beaten)
kosher salt



EASTER

Dissolve yeast in water. Add sugar and salt and stir until dissolved. Blend in flour and mix until it forms a sticky dough. Turn dough out on a floured board and knead until smooth. Cut off pieces of dough and roll into ropes. Twist ropes into pretzel shapes. Place pretzels on a baking tray lined with baking paper. Brush with egg and sprinkle with salt. Bake at 425 degrees F for 12-15 minutes until golden brown.



MEET The Archer's

Kathy, Brian and their children Sandy, Vicki and Emily joined Quispamsis United in September of 1997. They came to the Valley from their home in Hamilton, Ontario. Although, this was a move back home for them as their family is here.

Brian grew up in Hampton, and his parents still live there. He is a Radiologist at the Regional Hospital.

Kathy's family lives on the West side of Saint John, and since she does not consider herself a "true Westsider" she was able to easily choose Quispamsis as a place to settle. (It is half-way between the grandparents.) Kathy's childhood was more nomadic she lived in Ontario, Pakistan and Fredericton before her family settled in Saint John.

Kathy has many interesting memories of her childhood in Pakistan, and feels very fortunate for the experiences she had in living there. Even as a child she had to overcome cultural differences. One of her funnier stories was how they had to have a "Pakistan Christmas Tree". It was 7 or 8 feet tall, very skinny and covered with branches and leaves made out of chicken feathers died green. It wouldn't have made it to the set of a Bing Crosby special.

Kathy has a degree in Education and was a teacher in Hamilton. She has not returned to teaching since moving to Saint John, saying the kids keep her busy enough. She does find time to volunteer at the

children's school, coach Synchronized Swimming and teach in our Sunday school.

Sandy, Vicki and Emily are all attending school now and love it. They keep everyone running with all of their activities. Sandy likes to: swim, speed skate, play basketball and belongs to Cubs. Vicki is a swimmer as well, skates, dances with Rothesay Ballet School and belongs to Brownies. Emily also swims, skates and dances. This year she is in Sparks as well. With their extra few minutes all three children take piano lessons.

This winter the Family took a skiing vacation and now have a new sport to add to their long list of activities. The kids have no fear, and love to ski the hardest hills they can find. Kathy is a bit of a bore keeping them on the green trails.

To make their family complete is a friendly Black Lab named Kelly. They adopted Kelly from the Animal Rescue League not long after she had a litter of puppies. The kids say she's a grandma dog figuring some of her puppies must have had puppies by now.

Take a moment and say hello to this wonderful family, a most welcome addition to our church community.

The Meet...Column is one way for us to get to know each other at the Church. If there is a particular family that you would like to see profiled in this spot, please contact Mabel Cline at 849-1427.

Congratulations!

Our congratulations to the following persons:

Amy Merry competed on the New Brunswick Judo Team at the Canada Winter Games. Danny Sherrard competed on the New Brunswick Curling Team at these games, with Bob Sherrard coaching; they came home with silver medals. Wonderful!

The following persons received their Stage 1 Religion in Life badges recently: Sandy Archer, Vicki Archer, and Chris MacMackin.



The Fence

There was a little boy with a bad temper. His father gave him a bag of nails and told him to hammer a nail in the fence every time he lost control.

The first day the boy drove 37 nails into the fence. Then it gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

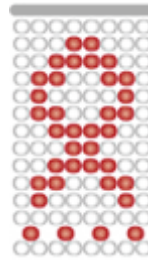
Finally the day came when the boy didn't lose his temper at all. His father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father led his son to the fence.

"You have done well, but look at the holes in the fence," he said. "When you say things in anger, they leave a scar just like the nail holes. You can put a knife in a person and draw it out. It won't matter how many times you say 'I'm sorry,' the wound is still there. A verbal wound is as bad as a physical one."

- Good Stuff

THE BEADS OF HOPE CAMPAIGN



The Beads of Hope Campaign is a fundraising, awareness - raising, and advocacy campaign the United Church has launched to respond to the HIV/AIDS global pandemic. Over the next two years (December 2002 – December 2004), it is hoped that:

- * \$1,000,000 will be raised to support global partner responses to the HIV/AIDS crisis;
- * the church at all levels will increase its awareness of and engagement in HIV/AIDS related issues;
- * we will, together, take action to improve policies which impact the lives of people living with or affected by HIV/AIDS.

The United Church's global partners are responding to this by identifying the needs within their own communities. To do this work, they need additional financial support to supplement the money they already receive from the United Church's Mission and Service Fund.

This name for this campaign was inspired by the handiwork of several South African women's groups who are producing thousands of pins that have become a visible sign of solidarity and support for the millions of people afflicted with HIV-AIDS.

The pins themselves, which are available for sale from the United Church Resource Distribution (1-800-288-7365), are very intricate beadwork mounted on an ordinary safety pin. The beadwork incorporates the image of a crossed red ribbon which is universally recognized as the international AIDS symbol.

More information on this campaign and donations envelopes can be found at both doors of the church. Donations can also be made and more information found on the United Church of Canada's website (<http://www.united-church.ca>).

Schedule of Lenten and Easter Services

April 2 – Weekly Lenten Service
(7:00 p.m.)

April 9 – Weekly Lenten Service
(7:00 p.m.)

April 17 – Maundy Thursday Service
(7:00 p.m.)

April 18 – Good Friday Service
(10:00 a.m.)

April 20 – Sunrise Service
(6:30 a.m. – Meehans Cove)

April 20 – Easter Sunday Service
(10:00 a.m.)

Laugh lots, and when you grow old all your wrinkles will be in the right places.



CHILDRENS' (AND PARENTS') PAGES

(Submitted by Barb Hill)

Dear Friends-of-all-ages,

At Christmastime, even though we are excited about Santa, snow, lights and presents, it's easy to find excitement in the 'holiness' of the season, too. There's a beautiful baby, angels singing, fluffy sheep and richly-robed wisemen. There are symbols of peace, hope and faith everywhere, and for the most part, we know their meaning and significance.

The holiness of this time of year can be harder to celebrate for children. Fasting and deprivation, betrayal and murder, and returning from the dead are things from which children should normally be shielded. It seems easier to let bunnies, chicks and Easter egg hunts be our Easter experience.

But Jesus suffered what he did for all of us - not just the grown-ups. So if there has to be a message there for everyone, I decided to go digging for ways for children to experience that message during this very special time.

What follows is meant only as a springboard for your family's Lenten/Easter observances. It represents answers to my own questions written in easy-to-grasp language, and it offers ideas for making the message of this season meaningful. I hope it will inspire your family to look for ways to deepen the Easter experience in your home.

In Christ,

Barb Hill



What is Lent?

Lent is a time of self-denial, prayer and penitence. 'Self-denial' means to do without something you'd like to have or do; 'penitence' means to be bothered by the feeling that you've done something wrong and to be determined to make things right.

The purpose of Lent is to return Jesus' friendship with us by sharing his sadness and pain. (It's like when a boy had cancer and lost his hair and his friends shaved their heads to show support.) God didn't have to come to earth and suffer like we do, but he wanted

to show us how much he loves us and feels our pain; Lent is a time for us to support God in his time of suffering.

How can we experience Lent more deeply?

- * Think of someone who has sacrificed a lot for you. What could you give up (time, money, a behaviour) to show them you care for them, too?
- * Pray more - Have a family prayer time once a week.
 - Sing or say a blessing, especially at family meals.
 - Make your bedtime prayers more meaningful - don't just repeat familiar words without thinking.
 - Write your own bedtime prayer.
 - Pray in the morning
- * Worship more - Make a promise to be in church somewhere every Sunday during Lent.
 - Attend Wednesday evening services.
 - Hold a family devotional time at least once a week. It can be a time for talking, singing, praying or doing. Use ideas from this newsletter to get a focus.
- * Think more - Imagine ways that something you do, say or buy might be hurting someone. Make a plan to change your behaviour so that it no longer hurts others.
- * Do More - Use the Lenten boxes and talk about how difficult it is to give up something we want so that others can have what they need.
 - Reach out to someone who is suffering. (Jesus said, "Whatever you do for the least of these, my brothers, you do for me.")
 - For many, suffering isn't a choice and it won't end with Easter. Can you find new ways to help?
- * Plan 'reminders' - At Christmastime, signs are everywhere - no one could forget the season! During Lent, you could...
 - Set an empty place for Jesus at the table.
 - Take old-fashioned pretzels in your lunch. (These are traditional Lenten breads, representing praying hands.)
 - Make your own pretzels.



- Keep a usually-decorated area (like a mantel) bare until Easter Eve.
- Change your routine. We sometimes cut out T.V. during Holy Week to remind us that something out-of-the-ordinary is happening.

Look ahead - Easter is coming!

- Bring spring-flowering branches inside 2 weeks before Easter and force the blooms.
- Do the 'Countdown to Easter'.
- Read Bible stories together.
- Cut branches in readiness for an Easter egg tree.
- Make decorations... but think about waiting to decorate your house until Easter Eve.



What is Holy Week?

This is the week between Palm Sunday and Easter. 'Holy' means 'looked at with reverence because it's associated with God'. 'Reverence' means 'awe, respect and affection'.

On Palm Sunday we remember Jesus' triumphant ride into Jerusalem through cheering crowds...crowds that would soon turn on him.

- Celebrate! Come and join the parade!
- Go home and think of someone on whom you've turned your back.
- Do a 'Palm Sunday reversal' by cheering on that person with a call, a card or a friendly gesture.

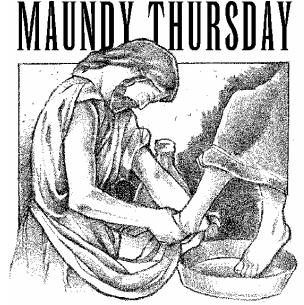
On Monday and Tuesday read stories of Jesus. (Every home needs a good age-appropriate Bible storybook.) These are days Jesus spent talking with his disciples, avoiding the traps of his enemies and clearing the temple.

Think of Wednesday as 'Spy Wednesday'. This is when Judas agreed to betray Jesus.

- Betrayal is a theme that children from about age 3 or 4 can grasp. Everyone experiences it, so it's a good time to discuss it.

Maundy Thursday is the day Jesus ate his final meal with his friends. They shared unleavened bread and wine and Jesus washed his disciples' feet. They went to the garden of Gethsemane to pray and Jesus was taken away by guards.

- Enjoy a seder meal.
- Wash each other's feet. (Did you know that Queen Elizabeth still carries on the British monarchs centuries-old tradition of washing the feet of the poor on Maundy Thursday?)
- Attend church or hold your own communal meal of bread and grape juice.
- If weather permits, go outside for an evening prayer.
- Make hot cross buns for Good Friday's breakfast.



On Good Friday many people fast. Others prepare food the day before so that they will not have to cook.

- Eat hot cross buns for breakfast and then eat sparingly throughout the day. Eat simple foods like soup and bread.
- Make a beaded cross or a cross from Popsicle sticks or twigs. Our family has one that my son made as a preschooler. It's a permanent part of our Lenten/Easter décor.

On Holy Saturday preparations may begin for the next day.

- Make Easter cookies.
- Create an Easter dessert.
- Begin preparations for tomorrow's feast
- In the evening light a candle, or leave a light on through the night in a kind of vigil!
- Decorate.

Easter - Hallelujah!!

- Those cookies should be ready!
- Attend the sunrise service or hold one of your own before you hunt for eggs.
- Go to church! Take a friend!
- Set the table for a feast. Set a place for Jesus and light a candle there.



To Parents: Tips for success -

- * You can't pass on what you don't have. Share with your children the challenges and joys you experience in your walk with God. (example: When I read the Lenten calendar, I thought, "Wow! This could get expensive. Can we afford to do this?" Then, without thinking twice, I ordered \$50.00 worth of books for my children who live 5 minutes from a free public library. Oops! As a family, maybe we should talk about that and figure out how it relates to self-denial and penitence.)
- * Plan the time that you need for these activities and set it aside.
- * Keep it simple. Consider the age of your children, their attention span, your comfort zones and the time available.
- * Don't be afraid of questions. Use your Bible, your dictionary and my three favourite words, "I don't know".
- * Look to build traditions. Rituals are an important tool in building faith and creating an atmosphere of holiness.

God bless you and inspire you! And please pass along your inspirations to us all so that we can all enrich and enliven our Easter experience of God.



COUNTDOWN TO EASTER:

Using 12 plastic eggs that can be opened and filled, either you give a basket with all 12 eggs (label each with the number of the day, i.e. Day 12, Day 11) , or give one egg each day to be opened. (Day 1 is "Easter Day", so start 11 days before Easter with "Day 12")

Day 12 – Place a cracker or small piece of cracker inside the first egg with a slip of paper explaining how this symbolizes the bread & wine of the Last Supper. (Putting in the appropriate Bible verse/verses for the contents of each egg would REALLY be neat and SUCH a "reinforcing learning tool" , too!)

Day 11 – Place 3 dimes to symbolize the "30 pieces of silver" that Judas received to betray Jesus.

Day 10 – Place a toy soldier or picture of a soldier to symbolize the soldier who arrested Jesus.

Day 9 – Place a "feather" to symbolize the cock rooster that crowed 3 times.

Day 8 – Place a die or a couple of dice to symbolize the "lots that were cast" for Jesus's clothing.

Day 7 – Place a "thorn" in to symbolize the "crown of thorns" that Jesus wore.

Day 6 – Place a "sponge" in to symbolize the sponge that was dipped in vinegar when Jesus said, "I thirst".

Day 5 – Place a "piece of cloth" in to symbolize the cloth that Joseph wrapped the body of Jesus in.

Day 4 – Place a "piece of black paper or black cloth" into the egg to symbolize the "shadow of darkness" that covered the Earth.

Day 3 – Place a "cross" inside to symbolize the cross on which Jesus was crucified.

Day 2 – Place a "rock" inside the egg to symbolize the stone that was rolled away.

Day 1 – EASTER MORNING! This egg will be "empty" to symbolize the tomb that was empty, that Jesus was "risen"!!

... Be sure to write the symbolization description and appropriate Bible verses on slips of paper to go into each of the eggs.

BEADED CROSS NECKLACE

My son made this in Cub Scout camp one year and gave it to me. I have worn it many times and always receive compliments on it. The Beaded Cross Necklace makes up very quickly.



This project is rated EASY to do.

What You Need For Each Necklace:

- 30" Leather lacing, approximately (Suede Cord)
- 7 Translucent blue pony beads
- 1 White pony bead
- Glue, optional

How To Make It:

1. Fold the lacing in half and hold on to the folded end.
2. Push on 2 blue beads on the folded end. Leave a small amount of lacing below the blue beads.
3. Put one blue bead on each piece of the leather lacing (from the other end).
4. Push on the remainder (3) of the blue beads onto the leather lacing on both strings.
5. Tie the two ends of the leather lacing together in a knot.
6. Push 2 of the blue beads towards the knot. (see photo)
7. Push the other blue bead that is on both strings towards the beads that are individually strung.
8. Place a white bead sideways (open ends between the 2 blue beads) and then push the double strung blue bead down until it tightens the necklace to hold the white bead in place.

9. You may add glue if you wish to hold the white bead in.

10. Wear your necklace or give to a friend.

Tips:

There is not a bead at the bottom of the necklace. My blue beads have stayed on and have not needed anything at the bottom (an individually strung bead could be placed at the bottom). I have lost the white bead as I let the blue beads get loose, but it is easily replaced. You may glue the white bead in place if you wish.

EASTER TREE

I am decorating an Easter tree, purchased at Hobby Lobby.

This project is rated EASY to do.

What You Need:

Decorator tree or tree limb in a base

- Paper or silk flowers
- Decorated eggs
- Easter-theme ornaments
- Miniature lights
- Pastel colored ribbon

How To Make It:

Glue flowers on the tips of the tree.

1. Add decorated Easter eggs, bunny or chick ornaments, etc.
2. String it with lights. Hold the lights on the tree with a spool of ribbon in the pastel colors.
3. Decorate around the base as you desire.

Tips:

You can also use this for Memorial Day and the rest of the year, just changing colours such as red, white, and blue for the 4th of July. I am also going to make a money tree for my 2 daughter-in-laws' baby showers this summer. You can also spray these trees before you decorate them to match the decor of your home. Have a happy Easter!