



In the Orchard

Banner Traces Journey Through Lent

by Rev. Robyn Brown-Hewitt

At the front of church sanctuaries you will see cloth hangings, usually displaying faith-based symbols or words. The hangings on the communion table, pulpit and lectern are called antependia. These are used to indicate the changing seasons of the Christian calendar using various colors (blue for Advent, white for Christmastide, etc.) and different symbols (Celtic trinity knot, tree of life for season of Creation, etc.). It was noted the sanctuary at (the former) St. Andrews in Wolfville did not have a purple antependium to mark the season of Lent.

Local textile artist, Louise Perrin, was commissioned to create one that would illustrate the ‘journey’ or ‘wilderness’ themes of Lent and reflect our local landscape. She crafted a beautiful, quilted antependia, with purple backing and trim, which

illustrates a pathway winding across the dike land to the base of Blomidon.

Observing Lent does not have a long history in the United Church. (I don’t remember it at all as a child.) As a worship leader, I was constantly
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Banner Traces Journey (continued)



searching for a way to highlight the season's themes and tie it together. Louise designed a hanging that would unfold and enlarge, using snaps placed along the edges, thus building 'suspense' as we moved week by week closer to Holy Week. She added invisible snaps along the path enabling us to add a different symbol each Sunday during Lent and different symbols each year. During Lent, this antependium was hung from the pulpit and the symbols were used as the basis of 'The Word with All Ages' each Sunday.



I do not remember all the sets of symbols used at St. Andrews, although they were usually connected to one of the weekly bible stories or characters. The possibilities are endless for future use. I do remember the following examples:

The Extravagant Gifts of Creation:

These highlighted items from nature mentioned in the weekly bible stories.

- | | |
|-------------------------|--|
| 1. Resisting Temptation | Bread in the wilderness |
| 2. Protection | Mother Hen |
| 3. Second Chances | Fig Tree |
| 4. Forgiveness | Corn husks (the Prodigal son feeds the pigs) |
| 5. Selfless Generosity | Perfumed Ointment |
| 6. Triumph | Palm Branch |

A Journey to the Cross:

Week by week we explored the stories behind the following crosses:

- | | |
|--|---------------------------------|
| 1. Latin (Scripture: 'take up your cross') | 4. Maltese (Red Cross) |
| 2. Ankh | 5. Celtic |
| 3. Greek (St. Andrew's) | 6. Donkey's Cross (Palm Sunday) |

Rev. Don's Message: We're a Foodie Church

“Do not work for the food that perishes but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.” - John 6:27

I have been told that the United Church is the ‘foodiest’ church there is. Whether it is our many potluck dinners, supper with the youth and their families every Friday evening, or sharing food and fellowship after every worship service. Food is a natural and spiritual part of our welcoming and hospitality.

I am not the main cook in our home but I do dabble from time to time. I suddenly had the inspiration to put the slow cooker to use and tried a few recipes while Cheryl was away staying with her mother. I have gained an appreciation for all the flavours and textures that go into a successful culinary dish. I also love fish. Cheryl, not so much. So, there again I have stretched myself to try making a few fish recipes just for me (and Bumblebee – she loves fish too). They are not always successful, but I learn something new and get a little better every time.

In our Lenten Study this year we are talking about food, and how it

is entwined into our faith and our lives. In our church we provide food for what it is we hunger for. You provide regular donations to local food banks. We are now serving meals in a bag for those who could use a little help from time to time.

We explored the spirituality in the making of sourdough bread, how it begins with sharing the starter, caring for it, and having patience in a world that looks for instant gratification. We shared stories about regardless of how many unexpected guests show up at dinner, there is always enough, remembering Jesus feeding the 5000+.

Wherever we go in the world, food is an integral part of people's culture: people share meals as a love language, as a community building exercise, and as a spiritual and cultural practice. Food provides our physical bodies nutrients to work, survive, and thrive. Food also allows us space to taste lineages and traditions that have spanned millennia. Food, and the relationships that are nourished with it, are all gifts from God. God provides and we make beautiful things with the ingredients.

Through God's provisions, we learn to share without receiving, patience

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Rev. Don's Message: Foodie Church (continued)

with others and with ourselves, “Bread of Life”. Jesus’ Easter promise perseverance to fail and try again and again, and the courage to reach beyond our comfort to be difference makers. Blessings to all in this season, for he is risen, he is risen indeed.

Food is at the core of our faith – the food that nourishes and provides life – spiritual and bodily life. The ultimate food that provides life is Jesus, the

Christ's Peace Be Upon You All,
Rev. Don Sellsted

Some Food for Thought

by The Very Rev. Richard Bott (43rd Moderator)

You, friend.	that is not a feeling,	Not with hubris.
You are the hero	but a demand,	Simply knowing that
the world needs.	that life, in all its	we,
The one who is treading	goodness,	each and every one,
a path	is for all,	are all
towards the horizon,	and war (and all his	the heroes the world
that others might see,	minions)	needs.
and believe - no -	have	For there are no
that others might	no	others.
know -	dominion.	
that the time is at hand,	You, friend.	
for all that is good,	You are the hero	
all that is loving,	the world needs.	
all that is sacred,	And so	
to rise and join	am I.	
in defense	So let your heart rise.	
of the innocent,	Let your voice sing.	
in care	Let us go.	
of the broken,	Let us be.	
in the hope	Not with bravado.	

Mindy's Message: Take Flight

This winter has been the snowiest one in quite some time. Even though it felt like it would never end, suddenly, today (March 9) my car told me it hit 17C in the valley! Some may measure winter by the melting of the snow. Some by the arrival of spring's earliest floral messengers (the crocus, snowdrops, glory-in-the-snow). For me, I think that spring is best heralded by the birds.

Although not a birdwatcher, nor a person with any level of expertise...I do love my birds. Saucy chickadees, brash bluejays, nuthatches, juncos, grosbeaks, goldfinches, purple finch and various woodpeckers visit us all winter...yet spring brings out brighter colours, greater abundance, and sweeter songs.

Summer brings my favourite singers, the vireo and hermit thrush. If you know me, you know I love cardinals, and grieve that they don't live on our mountain...but if you see me standing still for no apparent reason in the church parking lot, it's a good bet that I am listening to cardinal song, in amongst the others. My favourite of all, though, is the hummingbird - I love their speed, delicate beauty, and arrogance, as they demand their feeders be refilled (and will even land

on them while I am returning them to their spots). Imagine my happiness to find that in Mayan astrology, my sign, Iq, is symbolized by the hummingbird.

It's no wonder people picture angels as beings with lovely big wings – what better heavenly messenger than one who can fly so high, closer to God, to see so much of the world from their vaulted height, to travel so swiftly and so beautifully.

Alas, among the eagles, hummingbirds, and songbirds of the world, I fear



I am much more like the penguin than any other bird – doomed to plod along, looking up with envy. I am assured, though,

that God loves the penguins of this world as much as any other of his birds.

I hope that this spring you will take flight! That you will fill your hearts and wings with joy, and your surroundings with song. That you will use your gifts so that people will see God in you, and you as his messengers. I hope that you and yours have a most blessed Easter.

Mindy Vinqvist-Tymchuk,
Council Chair

Easter Music in Worship

by Thea Koenig-Burton

Our special Lenten/Easter services this year began with the Steeple Strummers leading us in worship on March 22nd.

On Good Friday, the choir will offer music for a Tenebrae service with “O Wondrous Love”. On Easter Sunday, invited vocalists as well as trumpet and trombone players will join the choir for a rousing introit and anthem.

In June, the youth, supported by the adult choir, will present *It’s Cool in the Furnace* as part of the Sunday School closing.

Much appreciation to our faithful choir members and to Carmen Peng for the

extra effort and practices for this season’s offering of music at Orchard Valley.

The Steeple Strummers continue to meet once a month and welcome any with a stringed instrument and interested in group music.

In January a musical was held as a fundraiser for Meet Your Feet and was well received. This presentation included skits by Robyn Brown-Hewitt and production by Thea Burton. Many choir members took part in this event which highlighted the music development of hymns over the last 100 years.



On Palm Sunday, the choir leads the congregation in “Hosanna, Loud Hosanna.”

Welcome Kendra, our New Custodian

by Mary Cormier

We would like to welcome Kendra Hain to Orchard Valley. She is from the Niagara Region in Ontario and moved to Nova Scotia in 2025, then in November, to Kentville.

Kendra says that her first six weeks here have been great, and she is glad that she applied for the job. “As a newcomer to the area and Nova Scotia, I hope the church will be a place where I can meet people and be part of the community.”

She’s a member of the church’s Property Committee and also of the Landscaping Committee, where her horticulture expertise and experience will be of great benefit as she helps to create gardens on our grounds.

Kendra is artistic: designing gardens, creating in oil paint and glass paint, and she also welds. She likes to hike trails, walk the shores, kayak and bike. We are very fortunate to have Kendra as a part of the Orchard Valley team.



Kendra in a selfie on a hike on Grand Manan Island.

Much of Kendra’s job involves keeping Orchard Valley clean, but there are other tasks like paint touch-ups that are part of it as well.

Gluten-Free Cookbook in the Works

by Brenda Parker

I have been gluten-free for well over 30 years. I felt like it was the end of the world when I was diagnosed at that time. Gluten-free options were very limited – only found in health food stores at premium prices, so I learned to cook most items from scratch, by trial and error. A good slice of homemade bread is still out there, somewhere....

We are very fortunate today, as there is a good selection of gluten-free items available at most grocery stores, and although they are a bit pricier, the availability makes a huge difference.

Being gluten-free, I have in the past, and still occasionally, avoid social gatherings when food is involved as it makes hosts feel badly, not having

“something you can eat”, which can lead to feelings of isolation and depression.

When a gluten-free and/or dairy-free option is offered, it makes you feel welcome, valued and delivers a sense of belonging.

When the idea was suggested at a Congregational Life Committee meeting, to create a cookbook, I was transported back, in my mind, 30 plus years ago, and how overwhelmed I was – how can you bake without flour!

As time has passed, my allergies have increased, therefore, my cooking experiences have as well. It is my intention to include options for alternatives in the cookbook to hopefully be a more inclusive guide. By inviting others to contribute favorite recipes, if they so choose, it will enhance our own kitchen creations!

We are proposing a deadline of April 30th for recipes, to allow me time to compile the cookbook, with hopes of having them for sale in the fall.

If you have a recipe or a few to contribute, please either leave them at the office, email them to me: bparker@techshop.ns.ca, or hand them to me personally. I will do my best to put together an informative and useful cookbook.



OVUC Third in CNOY Standings

by Sylvia Jacquard

Orchard Valley has had a team participating on the Coldest Night of the Year walk for many years.

This year the 11 official team members, and others who walked with us, raised \$4325.70, over 200% of our goal. This earned us 3rd place in the list of the forty-seven teams across the Valley who helped Open Arms raise \$68,898 and the national organization surpass their goal of \$15,000,000. The variety of ways that money was raised in 2026 by team members was Sunday Sundae, bake and craft sale, collecting refundables, and individual donations.

The walk, on a relatively mild, 4 degree, Saturday evening on February 28, saw most of our team members walk the 2 km loop from the Kentville Fire Hall toward New Minas turning around near the Needs Convenience store but a few doing the full 5 km which turned around near the Research Station.

When they returned, walkers were treated to soup or chili with hot chocolate, coffee and snacks. There were also activities before and after including face painting and a photo booth.

Everyone who participated had a fun time and would like to thank all who supported our team in this very important cause.



Refugee Committee Begins its Work

by Thea Koenig Burton

I am pleased to share this information about the refugee family (Mother and five children ages sixteen to twenty-four) who have escaped Afghanistan following the execution of the father by the Taliban, and are living in Pakistan.

They are being supported by friends as they are unable to work or go to school, and are under threat of being deported back to Afghanistan.

The request to sponsor them comes from the eldest son who was an interpreter for the United States military. He, his wife and young children were rescued by the military and brought to the United States where they are now citizens.

Efforts to bring his extended family to the U.S. were underway, and almost complete when Trump became President and shut down all immigration. They are desperate to bring them to North America.

The Orchard Valley United Church Committee for Refugee Settlement (Gary Dunfield, Gail and Garth Gordon, Dale and Bruce MacArthur, Christina Sappington, Rev Don Sellsted, Helen and Chris Seymour and myself) has been hard at work, applying for grants, and organizing

upcoming fundraising events.

A core principle underlying all of our efforts is to ensure that every event has an element of community development and education. Upcoming events include:

March 27th - A viewing of the recorded live performance of Samuel Coleridge-Taylor's choral masterpiece The Atonement, performed by two Toronto choirs the Orpheus Choir and Nathaniel Dett Chorale with a chamber orchestra. This was our initial event kicking off what we hope to be a regular candlelight concert series.

April 17th - we will be the recipients of proceeds from the Port Williams Trivia Night, and we will host our own trivia night at the church in October.

June 14th - following the Sunday School Closing service we will offer Strawberry Shortcake for a free will offering.

June 27th - will be our Multicultural Bazaar for Peace. We will be building on our carnival success from last year, and hope to have a variety of ethnic food trucks and vendors with games for children and a cakewalk.

We appreciate all the support from the congregation on this ambitious effort.

Cookbook is Covenanter Fundraiser

by Dave Murphy, Committee Chair
The annual Christmas Eve Service at the Covenanter Church was held in December at 11:00 p.m. with approximately 145 people in attendance.

This year's service was particularly special as last year's event, for the first time ever, had to be canceled because of inclement weather.

SowearenowplanningSummerServices for 2026! Each Sunday Summer Service will be held between 11:00 a.m. and 12:00 noon followed by lemonade on the lawn which is a time for socializing.

The services will soon be finalized with pulpit supply ministers and will be posted on the Orchard Valley website at <https://orchardvalleyunited.ca/small-group-ministries/covenanter-church/>.

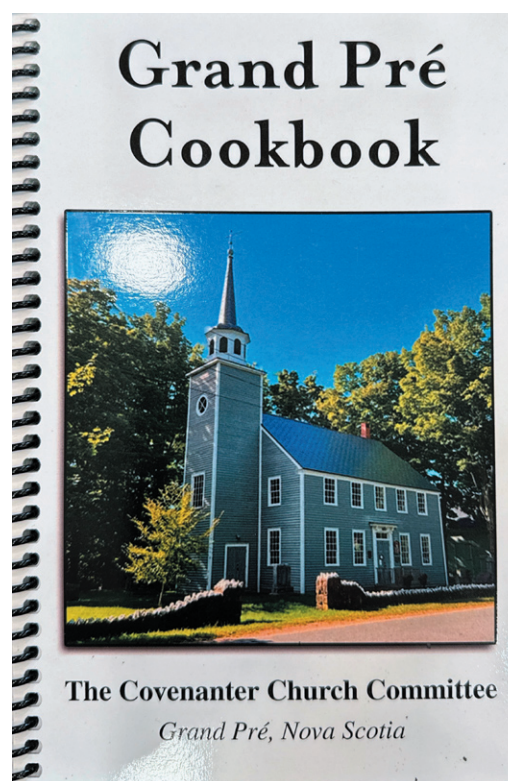
Our annual Anniversary Service will be lead by Rev Don Sellsted on July 12th. This is the Sunday closest to July 10th, the original day the Covenanter Church became a Provincial Heritage Property.

An updated printing of the Grand Pré Cookbook has been received. This cookbook has been a primary fundraiser for the Covenanter since 2013 when the Lower Horton UCW group disbanded and gave the rights to it to the

Covenanter Church. Prior to that, the proceeds were given to various United Church and community projects.

The recipes used are from the kitchens of Grand Pré and area cooks and bakers and the book contains, as well, a brief history of the Covenanter Church. As far as can be determined, the cookbook has existed since 1939 and this last printing represents 56,000 copies printed in total over the past 87 years (updated as the years went by but always with the same title and same purpose).

The cookbook is for sale at local markets and stores in the area and by contacting a committee member. Well done little cookbook.



Songs & Stories: Vignettes of United Church

by Sylvia Jacquard

Songs and Stories: Celebrating 100 Years of United Church Music, a series of skits written by Rev. Robyn Brown-Hewitt, was performed for the public on January 25 as a fundraiser for Meet Your Feet, our free foot clinic.

Rev. Robyn and our music director Thea Koenig-Burton were responsible for the performance while OVU pianist Carmen Peng provided the musical accompanist and Jane McDonald

and Andrea Purvis gave tech support. MYF founder Cheryl Manzer organized refreshments for the event. The eight skits were each set in a different time period and had the audience singing a verse from hymns of that time starting with Blest be the Tie that Binds.

Rev. Robyn welcomed everyone to the event and began by providing a brief background to the inaugural service held on June 10, 1925. Everyone then sang O For A Thousand Tongues to Sing, the



Johann Botha, Dave Murphy, Rev. Don and Thea Koenig-Burton represent the churches that came together to be the new “Team United”.

Naarator Rev. Robyn holds aloft a copy of the UCC’s first hymnary from 1930.



and Hymns Latest Meet Your Feet Fundraiser

same hymn which was sung by the 8000 people who gathered at the Mutual St. Arena in Toronto to witness the birth of The United Church of Canada.

The first skit, from the first era, 1925-1950 In the Public Arena, saw four men in hockey jerseys from the denominations who came together: Methodist, Presbyterian, Congregational and Local Union Churches tell the story in a hockey themed way.

In the 20's, 30's and 40's the young UCC grew and faced the challenges of the Great Depression and WWII. The hymn Onward Christian Soldiers from the 1930 hymnary was an example of how our understanding, perspectives and language have changed over the years and why some hymns have been dropped from the hymnbooks.

The second scene was set in the Shirley Street Arena in Sydney, NS featured Rev. Don Sellsted as evangelist Charles

Templeton who led a 12-day crusade that brought 40,000 people to the city. The 1940s and early 1950s illustrated the evangelical fevour and hellfire crusades of the UCC at this time. This was followed by a "Just as I Am" from the 1958 Songs of the Gospel.

From 1950 to 1975 it was Babies and Buildings Everywhere with the sod being turned every week somewhere in Canada for a new church building or a manse.

In Scene 3, Women and Children First, two church ladies talked about the growth of Sunday School, creation of the UCW and a controversial topic contraception for unmarried couples. The hymn sung was from the 1971 Hymn Book, "Jesus Loves Me".

Scene Four Yes, No and Do-Si-Do talked about the UCC's attempts to keep "uniting" by proposing unions with other denominations through the metaphor of square dancing.

Rev. Robyn talked about the controversy related to songs in the 1971 hymn book, a joint project of the Anglican and UCC churches, like the next hymn sung Lord of the Dance



Rev. Don, as evangelist Charles Templeton, evoked many "Amens" from his audience.
(cont. on p. 14)

Songs and Stories (continued)

which included the “devil” & “dancing”!

The next section 1975 – 2000 Growing Pains began with Scene 5: Dancing Leads to Sex, set in the 1980s, where therapist Dr. Paul Apostle talks to his client Jesse Steeple. Sex was a big issue and after the '88 General Council made the decision that all people were welcome to become members of the church and be considered for ministry there was more controversy.

Linda Barkhouse and Cheryl Manzer were church ladies Mavis and Marg.

Emcee Nancy Handrigan (at the podium) shares the intricate story of the dance of union, here represented by Sheila Francis (Roman Catholics), Sylvia Jacquard (UCC), Donna Murphy (back to camera) and Linda Barkhouse (hidden but in red hat).

Rev. Robyn introduced “Voices United” – often described as one of the best hymnbooks as it was the first to intentionally illustrate inclusive language, a variety of images for God, and include global and multifaith perspectives. The audience sang Come In, Come In and Sit Down.

The UCC saw challenges as it faced its racist, colonialist, sexist, ableist, and homophobic history in the 1990s-



Songs and Stories (continued)

2000s.

In Scene 6: Sorry one person representing the UCC and one representing First Nations communities begin to talk, about the UCC's work toward reconciliation with indigenous peoples. They conclude by saying that they have come a long way but have a long way to go.

2007's More Voices, includes indigenous music from around the world from which the audience sang 'Hey Ney Yana' I Walk in Beauty.

The next era was 2000 – 2025 For Such A Time As This beginning with Scene 7: Unshuttering and Decluttering Decluttering celebrity Marie Kondo came to offer her assistance. Her interview highlighted the UCC response to recent challenges – 9/11, pandemic pivot, restructuring and their declining numbers, financial pains, and

conversations about downsizing. This was followed by singing from MV "Deep in our Hearts."

In the final section, 2025 & Beyond Scene 8 Generation Beta UC, the emcee welcomed everyone to the "spiritual throng and song" time (worship) at their meeting place the Mutual Street Hockey Arena and Pickleball Emporium as well as those joining online through the holographic portal. She introduced the four members of the S.P.I.T. (Spiritual Influencers & Promoters Team) who enthusiastically shared the Sunday morning announcements incorporating a lot of technology, and concluded as they moved through the audience passing the Peace, "elbows up".

The event concluded with words of thanks by Rev. Robyn and the singing of "We are a Rainbow" from the new hymnbook Then Let Us Sing.



Helen Seymour for the UCC and Nancy Handrigan representing the First Nations communities gradually move closer as the story of the Apologies, the Truth and Reconciliation, the UCC crest and other initiatives are told.

Family Engagement Night at OVU

by Debbie Mailman

At Orchard Valley, Friday afternoons are quickly becoming a special time for our youth families to gather, connect, and grow together in faith. The Family Engagement Night, held weekly from 4–6 p.m., is a vibrant program designed to bring our church families together while nurturing the faith and creativity of our youth.

I am a new staff member for this initiative and serve as the Youth Group Leader for the program. Working in consultation with Rev. Don Sellsted, I am responsible for planning and implementing the weekly activities that make these gatherings meaningful and fun for everyone involved.

My role includes organizing the

evening meal, coordinating volunteers, and supporting the youth as they participate in a variety of learning and creative activities. With the help of dedicated volunteer and husband Don Mailman and several church volunteers, a warm and welcoming supper is prepared each week for all participants. I also work alongside our very talented Thea Burton, assisting with the weekly music and drama practices that will lead to a special presentation later this spring.

The goals of Family Engagement Night are simple but powerful: to bring families together socially, strengthen community within our church, and provide a welcoming space where youth can explore their faith. The

Each week the youth sing and play their instruments as they practice for their June musical presentation.



program encourages youth to think about what it means to be a Christian and an active member of the church community. It also offers adults the opportunity to enjoy fellowship and conversation while their children take part in structured activities.

Each week, children and youth ages five and up participate in a variety of engaging experiences. Activities include group learning opportunities, faith discussions, sharing circles, and interactive games that encourage teamwork and relationship building. The youth are also enthusiastically working together on music and drama rehearsals as they prepare a musical drama that will be presented to the congregation later in the spring.

Another highlight of the evening is the shared meal. Gathering around the table offers everyone a chance to slow down, connect, and enjoy fellowship together. Under the leadership of volunteer Don Mailman, the kitchen has been serving up delicious meals such as tacos, spaghetti and hamburgers. These shared meals have quickly become a favorite part of the evening for many families.

Attendance continues to grow steadily as word spreads about the program. On average, 10–15 youth attend each week, often accompanied by one

or two adults per family member. This means that 30–40 people gather together each Friday, filling the space with laughter, conversation, and meaningful connection.

The response from families has been overwhelmingly positive. Youth participation has been enthusiastic and consistent, with many young people eager to return week after week. The energy in the room is vibrant, and families have shared encouraging feedback about the sense of belonging and community the program is creating.

Programs like Family Engagement Night remind us that church is more than a Sunday morning service—it is a place where relationships grow, faith is explored, and community is built.

Through shared activities, meaningful conversations, and meals enjoyed together, Orchard Valley families are creating lasting connections rooted in faith and friendship.

Volunteers are always welcome to lend a helping hand, especially in the kitchen. Anyone interested in helping with meals or supporting the program is encouraged to contact me at deblmailman@gmail.com. Together, we are building a joyful and supportive community where youth and families can grow in faith—one Friday evening at a time.

“Crafting Community” Theme for P.I.E. Day

by Sylvia Jacquard

The celebration of the United Church of Canada’s National Affirming P.I.E. Day on March 15 began as soon as people walked through the door. They were greeted by Betty and Patty who offered them pins recognizing this day on which we are Public, Intentional and Explicit of our inclusion of 2SLGBTQIA+ people.

It continued in the flex space with a book display of some of the children’s and adult books available in our library.

The special elements of this service began with the playing of the Moderator’s P.I.E. Day message which talked about the theme for this year “Crafting Community”. In her message the Right Rev. Dr. Kimberly Heath spoke about “celebrating woodcarvers, crocheters, painters, gardeners, bakers, everyone

Valerie Mosher is assisted by Betty and Patty Warmington to welcome Anne and Dick Clattenburg with pins on PIE Day.



who creates something beautiful and helps to weave connection”.

The choir led us in “Draw the Circle Wide”. During the Learning with our Children time, Rev. Don opened a rainbow umbrella that joined other colourful umbrellas on the chancel, lit the Inclusion candle and talked about the meaning of its various colours.

This time concluded with Chris Seymour playing “Somewhere Over the Rainbow” on the harmonica with the choir and congregation joining him after a few minutes to sing the verses of the song.

In his message, “Suddenly an Ally”, Rev. Don talked about the various flags that represent the 2SLGBTQIA+ community.

Joining the Affirming and the “Everybunny is welcome” banners at Orchard Valley this year is a crocheted bunting representing the colours of the Progress Pride flag made by Polly Leonard.

The offertory chosen for the day, was the on-point “There is Room for All”.

The celebration concluded at the coffee and conversation time where congregants had the choice of apple, blueberry, raspberry and strawberry rhubarb pies and cupcakes frosted in the colours of the rainbow.

Sunday School Learns About “Fruits of the Spirit”

by Cheryl Hill

The Sunday school children/youth and leaders have had fun getting to know each other and learning together. Volunteer leaders have been using the GO Project curriculum for fun and interesting programming.

We have looked at some of the ‘I am’ statements of Jesus - I am the Bread of Life, I am the Good Shepherd, and I am the Light of the world. During Lent we are learning about “the Fruits of the Spirit” - Faithfulness, Love, Kindness, Peace, Joy, Generosity, and Patience.

Through stories, games, videos,

crafts, and discussions we are learning that these spiritual gifts guide our actions and our thoughts, and teach us how to live in the way of Christ.

On Valentine’s Day we had a fun event for the children and youth. We made lunch together (pizza and ice cream), watched a movie (Lady and the Tramp), and made cards to give out to the congregation. We have enjoyed having a few younger children attending in the nursery.

Our child and youth numbers are growing and we are fortunate to have a dedicated group of volunteer leaders.



Debbie Mailman and the Sunday Schoolers do the Pass the Love activity.

The Sunday School students made and handed out Valentines to the congregation.

Meal-in-a-Bag: Kids Help With Outreach Project

by Jennifer Gillis-White

On Sunday February 22nd, the Sunday School students put together 15 Meal-in-a-Bag packages. Each Meal-in-a-Bag provides a complete meal that is contained in a gallon ziplock bag.

One of the meals, made up of canned turkey, instant mashed potatoes, a gravy packet, and canned vegetables, creates a turkey dinner. All Meal-in-a-Bags use canned or “instant” ingredients, meaning they are shelf stable and require no refrigeration. Meals do not require the use of an oven as all elements are able to be cooked by microwave or on a stovetop.

Meals are also accessible to those with various motor or cognitive delays, as ingredients are pre-made and there is no requirement for a knife to chop ingredients.

Each meal comes with a recipe card which gives instructions on how to prepare it. Working in teams, the children put together five turkey dinners, five beef and bean chilis, and five vegetarian soups. They were responsible for reading the recipe cards

and ensuring the correct ingredients were placed in each bag. After they finished, we talked about the times Jesus helped others by serving those who needed help. The children were reminded that all of us can show God’s love by helping others. Nobody is too young to be a helper.

This project has become a part of Benevolent and Centre 130 Outreach Programs and meals are given out by our staff as well, with seven given out this month. It encapsulates the mission statement of the church to offer “radical hospitality.”

In April, we will be holding a fundraiser so the congregation has an opportunity to support this valuable new addition to Outreach. If you have further questions, ask anyone on the Outreach Team.

