



## GLADWIN HEIGHTS UNITED CHURCH

3474 Gladwin Road  
Abbotsford, BC  
V2S 7B4 Canada  
Phone: 604.852.3984

Email: [info@gladwinheightsunitedchurch.org](mailto:info@gladwinheightsunitedchurch.org)

### April 3 2022 Monthly Announcements

**Minister:** Rev. Tim Bowman

**Song Leader:** Rita Green

**Pianist:** Jacob Greenan

**Office Administrator:** Angela Darychuk

We look forward to seeing you all *in person* this Sunday!  
Worship is at 9:30

We are checking COVID vaccination status and please remember that masks will be mandatory for everyone over the age of 5. There are no exceptions aside from choir members, music leaders and readers/presiders while speaking or singing and physically distanced. There will be a sign in sheet for everyone to sign.

We are broadcasting the Service via Facebook Live, for those of you who can't make it in person. Just go to the Gladwin Heights Facebook Page (<https://www.facebook.com/Gladwin-Heights-United-Church-699893126828536>) and look for the Service by date. The live broadcast time will be 9:30 am. Please note if you can't make it at 9:30 you can view it anytime on Facebook.

**Update: Following the Regional recommendation, the Board has decided to extend the mask mandate until after the Easter holiday. We will review this after Easter.**

**We will continue to check vaccine status.**



### Reading for April 3 2022

Isaiah 43:16-21

Psalm 126 - "When God Restored Our Common Life,"

Tune: VU 494

John 12:1-8

### Hymns for April 3 2022

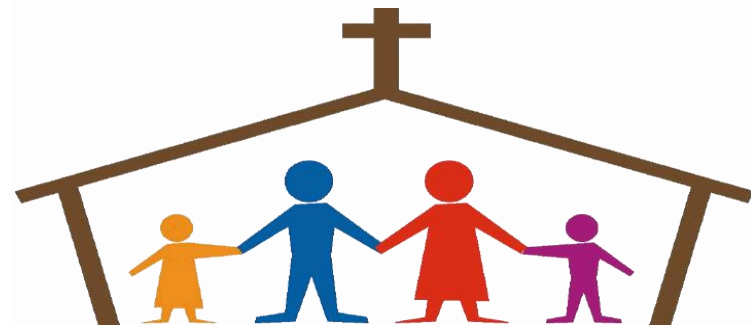
MV 37 - "Each Blade of Grass"

VU 642 - "Be Thou My Vision"

MV196 - "We Will Take What You Offer"

MV 103 - "Ka mana'o 'I'O"

Refrain - "When Our Lives Are Ruled by Fear"



## Minister's Message

*Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, "Take, eat; this is my body." And he took a cup, and when he had given thanks he gave it to them, saying, "Drink of it, all of you, for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you I will not drink again of this fruit of the vine until that day when I drink it new with you in my Father's kingdom."*

- Matthew 26:26-29

*In company with the churches of the Reformed and Methodist traditions, we celebrate two sacraments as gifts of Christ: baptism and holy communion.*

*In these sacraments the ordinary things of life—water, bread, wine—point beyond themselves to God and God's love, teaching us to be alert to the sacred in the midst of life.*

- The United Church of Canada, A Song of Faith.

Siblings in Christ,

A few weeks ago we celebrated Affirming PIE Day - reminding ourselves of the importance of making our welcome Public, Intentional and Explicit. Affirm United's theme for PIE Day 2022 was "Everyone Gets a Slice!" and so I decided that we would have Communion with little pies as the elements, symbolizing the inclusive love of God in Jesus, of which everyone gets a slice.

Some of you expressed some shock and confusion at my choice, which has given me some interesting questions to think about. Thank you—as you may have noticed I'm more interested in questions than answers!

Does the form of the Communion elements matter? I'm aware of accounts from the global South in which Communion is served as pop and chips - prepackaged food being the only food guaranteed to be free of contaminants in certain areas. Do the words of the presider, recalling Jesus ("the body of Christ / the blood of Christ") and/or the

assent of the worshiping community consecrate the elements (i.e. set them aside for a holy purpose)?

Or is there something about their *form* that is important? Wine was a common drink because, again, alcohol was less likely to make you sick, and bread was broadly available—but is it nevertheless important that Jesus used *these* elements and not something else? Has the practice of the Church across two millennia made the form of these elements special, so that we should choose them if possible? If the point of Communion is our encounter with the broken body and risen nature of Christ, which meets our broken body and spirits and raises them to new life, is it important not to put any obstacle (such as unfamiliar practices) in the way of this encounter?

Is it important to shake up our worship practices every now and then, thinking about who we may exclude by their current form? Or is it possible that we exclude current members who struggle to find the presence of God in such a change? Perhaps the answer to both questions is yes.

All of this touches on arguments about the nature of Communion going back at least as far as the Protestant Reformation. What are we doing when we celebrate Communion? Different names suggest different understandings. "Communion" emphasizes the encounter with God; "the Lord's Supper" stresses continuity with Jesus' practice and remembrance of him; "Eucharist" meaning "thanksgiving" and highlights its nature as an act of worship and encounter with the renewing grace of God. Do we encounter God in the elements or do we remember Jesus? Is God encountered in the elements themselves or in the community which shares a meal? In what sense (how literally) are they "the body and blood of Christ"? If we substitute other elements do we still need an analogous drink *and* an analogous food?

Thank you for engaging such questions, especially in this Lenten time as we look towards the Crucifixion and Resurrection which our practice of Communion recalls or reconstitutes. I look forward to continuing to wonder and explore with you.

Yours in Christ, Tim

### **Upcoming happenings:**

#### **ROMEO {Retired Old Men Eating Out} April 1 2022**

All men from all congregations are invited to this breakfast meeting every other Friday at 8:00 am. The next meeting is on Friday, April 1 2022 Why not join and have some great breakfast company? The breakfast is held at JoJo's Bana Restaurant in Abbotsford.

#### **April 3<sup>rd</sup> Vote on Roger's Lease option**

We will vote on Roger's lease option after Sunday service April 3<sup>rd</sup>. If you have any questions, please contact Gayle LaPointe.

#### **Board Meeting – April 7<sup>th</sup> at 1:30**

#### **Easter Luncheon Sunday April 10(Palm Sunday)**

There will be an Easter luncheon following the service. **It will be potluck**; Carlene is providing the ham and Gladys is providing her "homemade" buns! **Please bring a favourite dish to share!**

#### **UCW will meet Wednesday April 13 at 2:00 p.m.**

...note the change in time!

#### **Good Friday Service – Gladwin Heights at 10am**

Moving to Trinity Memorial UC during the service.

#### **Abbotsford GoGo's Meeting- April 23**

9:30am at Gladwin Heights

#### **Green Living Join us for Earth Day! April 23,**

**10:00 a.m. – 2:00 p.m.**

Mission Leisure Centre, 7650 Grand St, Mission, BC

#### **Activities:**

Repair café, Neighbourhood cleanup, Composting Demo, Seed Swap, Kids seed planting & crafts

Learn about green textiles with a local knitting group who will weave, spin wool and knit. An electric car will be on display.

Hosted by: Mission Environmental Stewardship Society

## April Birthdays April Birthdays

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Charlie Bailey	April 10
Tim Bowman	April 14
George Everton	April 19
Barbara Everton	April 19
Angela Darychuk	April 20

#### **Church office hours:**

**St. Andrews'** office is open 9:30am – 3:00 pm, Wednesday

**Gladwin Heights** office is open 9:30am – 3:00 pm, **Thursday**

Remote office hours for both Gladwin Heights and St Andrews' are Monday and Tuesday 9 am to 4 pm

#### **Reverend Tim's office hours:**

Tim can be reached from 10am - 4pm Monday and Wednesday at St Andrew's office, 10am to 4pm Thursday at Gladwin's office. Please check for availability.

Tim's contact is: 778-791-3545, or [bowmantimothy@gmail.com](mailto:bowmantimothy@gmail.com)



### **Board Members**

Chair – Gayle LaPointe  
Secretary – Gina Hartley  
Treasurer – Muriel Thomas  
M & P Rep – Lois Chatham  
Pastoral Care & Outreach – Arlene Kropp  
Property Inside – Len & Carlene Stein  
Property Outside – Daryl & Ellen Alstad  
Sunday Morning Coordinator – Gladys Banks  
UCW President – Carlene Stein

### **Trustees:**

Jenny Matthews  
Laura Bailey  
Charles Bailey  
Jan Green  
Tim Bowman

### **Members of Joint Committees with St. Andrews**

#### **Joint Board:**

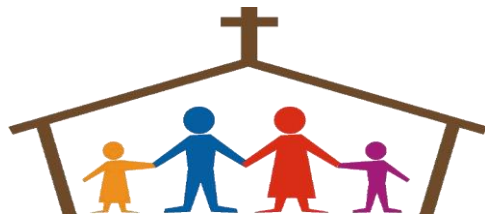
Gayle LaPointe  
Arlene Kropp  
Gladys Banks

#### **Joint M & P:**

Lois Chatham  
Kate Jordan  
Samantha Assels

### **Mid Fraser Affirming Committee:**

Patricia Lockhart



### **April Lectionary**

#### **April 3 Fifth Sunday in Lent**

Isaiah 43:16–21  
Psalm 126  
Philippians 3:4b–14  
John 12:1–8

#### **April 10 Palm/Passion Sunday**

Liturgy of the Palms  
Psalm 118:1–2, 19–29  
Luke 19:28–40  
Liturgy of the Passion  
Isaiah 50:4–9a  
Psalm 31:9–16  
Philippians 2:5–11  
Luke 22:14–23:56  
or Luke 23:1–49

#### **April 15 Good Friday**

Isaiah 52:13–53:12  
Psalm 22  
Hebrews 10:16–25  
or Hebrews 4:14–16; 5:7–9  
John 18:1–19:42

#### **April 17 Resurrection Sunday/Easter**

Acts 10:34–43  
or Isaiah 65:17–25  
Psalm 118:1–2, 14–24  
1 Corinthians 15:19–26  
or Acts 10:34–43  
John 20:1–18  
or Luke 24:1–12

#### **April 24 Second Sunday of Easter**

Acts 5:27–32  
Psalm 118:14–29  
or Psalm 150  
Revelation 1:4–8  
John 20:19–31

### **SPA: Spiritual Path to Awakening**

A centre for spiritual wellness, nurturing ourselves and our community.

This is a program run by a Trinity United, and has Cluster involvement.

Find worthwhile programs on the Trinity Memorial website under Spiritual Centre - SPA. There is something for everyone. Check out these upcoming events:

#### **Breaking news:**

Spiritual Path to Awakening (SPA) is ecstatic to share that we have received grant funding for offering senior-targeted programming and enhancing senior experiences at SPA events!

To celebrate, we are offering a senior discount code [ages 60+] for select upcoming March & April 2022 events\*. This discount code is designed specifically for the Mid-Fraser Cluster + your networks and communities.

\*Excluding only: World Water Day & Weekly Friday Gentle Yoga

#### **THE COUPON:**

Event registrants ages 60+ are welcomed to use the code "MIDFRASERSENIORS" [one word, all capitals, no quotation marks] at checkout on the SPA website to attend select SPA events **FREE OF CHARGE**.

The current eligible SPA events

- Sound Healing [Sat Apr 9 at 10am in downtown Abbotsford]
- Paint Night #3: Watercolour Chickadees [Wed Apr 20 at 6pm in downtown Abbotsford]

#### **Sound Healing**

Date: Saturday April 9, 10am – 12pm

Location: Trinity Memorial Church, downtown Abbotsford

Cost: \$25

### **Painting: “Watercolour Chickadees”**

Date: Wednesday, April 20, 2022, 6:00pm - 8:00pm

Location: Downtown Abbotsford, Church Hall, Trinity Memorial United Church

Cost: \$25.00 per ticket, all supplies/materials are provided.

### **The Art of Writing Pysanky, Ukrainian Egg Painting**

Date: Friday, April 29, 2022 from 6pm-8pm

Location: Trinity Memorial United Church in downtown Abbotsford

Cost: \$20 per person, all materials provided

### **Hammer Flower Cards & Bookmarks Workshop**

Date: Tuesday, May 3/22 from 6:30pm - 8:00pm

Location: Trinity Memorial United Church in downtown Abbotsford

Cost: Tickets: \$25.00 per person, all materials provided

### **Mindful Breathing Meditation for Improved Life Health**

Virtual event with Robert Henderson

Date: Wednesday, May 11/22 from 11:00am - 12:00pm

Location: on Zoom

Cost: \$10.00

### **Death Cafe**

Date: Thursday, May 26, 2022 from 3:00pm - 4:30pm

Location: Chai Rock Cafe in downtown Abbotsford

Tickets: Free!

**Please register for all programs on the SPA Website:**

**<https://abbyspa.com/>**