



C & K United Churches



Newsletter



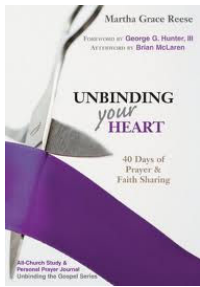
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Special Edition

E-VENT Coming in Lent 2011



Lent this year will be a very unique time for our congregations. We hope almost everyone will participate in these 40 special days of prayer, supported by a small group and joining in Sunday worship that builds on what we've been learning and praying about. The resource we'll use is called Unbinding the

Heart and will be available when you sign up for a small group. Mark your new 2011 calendars now with Ash Wednesday on March 9th until Easter Sunday on April 24th. Be part of this special time of Sabbath for our church community!

Rev. Diane

Rumours and Bubblings . . .

The following appeared in the previous CUC newsletter but has been reproduced for anyone who may not have seen it before:



You may have heard rumours and bubblings. Unbinding the Gospel ... prayer ... my small group ... "What's going on?", you wonder. And maybe you even wonder, "How could I be part of this?" I don't pretend to be Steve Jobs unveiling the latest iPad or iPhone but it is time to start unveiling the new things we've been testing out. It's time to invite you to get ready to take a test drive yourself! The period we've chosen for a Sabbath change of pace is Lent, 2011 (March 9 – April 23). And we'd love you to be part of it. In fact, we're hoping that the people of both our congregations will test it out for themselves. Imagine the fun it would be to have everyone involved!

So what is this new thing? Well, in fact, it's both very ancient and very modern. Unbinding the Heart is a book and prayer journal to be studied in the safety of small groups of our people.

Now I need to make a confession. Although I have always thought that prayer is important, I have not always been disciplined in actually praying every day. If you are shocked or frightened by that, I understand. But I have changed. Prayer is now something I do every morning and God is changing me through that spiritual practice. For one thing, I know that I have strong love and support in the work I do as your pastor.

Changing wasn't simple. It's not easy to start a new habit and make that a part of your life. It helped me to know that when I met with a small group who were also learning to pray that we would talk about how it was going for us. We supported and encouraged one another. And people told stories about how prayer was allowing God to come into their days in new ways.

One thing I love about "Unbinding Your Heart" is that Martha Grace Reese invites us to try a variety of approaches to prayer. It's not boring or repetitive. She has suggestions for people who are hyper-active, for people who are artistic, for people who like to move when they think or pray. There's room for you, no matter how unique you are!

So start now to make plans to be part of this new thing that God is doing in the life of our church. If you tend to be away on weekends (skiers and curlers, for example), choose a group in the week. And if your weeks are frantically busy, think of a group on Sunday mornings. We want you to have breathing space, so our normal committees won't be meeting in this time. There is time for God to do a new thing among us!

Rev. Diane

So, how do I get involved in the E-vent?



1. *Signing up*

Beginning on January 30th, you can sign up after worship. Tell us when are the best times for you to take part in a group and if you need childcare. For example: "Tuesday evenings and Sunday before church would work for me. I would need childcare on Sunday."

or

On-line: go to our website at www.carlisleuc.ca and follow the process

or

Call the church and speak with Janet Witty-Heeley to sign up, or just e-mail secretary@carlisleuc.ca

2. *I'd like to pray daily but the group won't work for me this time*

Then you are welcome to get a copy of "Unbinding the Heart" and do the daily prayer journal. Talk to the prayer team if you would like a prayer companion to encourage you on this journey.

3. *I'd love to help with practical things*

Great! We will need people to care for children, to bake cookies, to help with the occasional simple meal. Let Janet Witty-Heeley know what you'd like to do to help others participate!

4. *Could I join the prayer team or train to be a small group leader?*

Yes. The prayer team leaders are Glenda Smith and Joan Eagle. Speak to them about the prayer team. Small group leaders will be meeting to train and prepare in February, so let Ron Goruk or Rev. Diane know you are feeling called to do this.

5. *I'm a child. Can I take part?*

Yes! On Sunday mornings you'll learn something that the adults are learning and will join in praying. Also, we want you to build a special prayer wall that we can all come to.

6. *What about teens?*

If you're in grade 7 or older, we'd love you to sign up for a small group. Or, if you are joining the confirmation group, "Unbinding the Heart" will be part of what you do.

Some Real Comments from Real People

"I was involved in the first Unbinding the Gospel group last year. I am very glad I participated. After the first few weeks the group began to share more, and wonderful friendships were formed as we got to know each other better. Unbinding the Gospel provided a tremendous basis to focus on individual spirituality. It also helped a lot with personal prayer. It has reinforced with me that we are all 'connected' and that we can have a positive and lasting influence on other lives.

I would recommend getting involved. I know you will benefit greatly."



Eric Glibbery

"The discipline of following the process in this program brought me closer, not only to God, but to each one there, and hopefully to those not there, within our church and far beyond. Evangelism is NOT our old concept of door-to-door selling, it is how we respond to God in reaching not only within, but far outwards. One insight for me is that I am inclined (as perhaps many of us are) to take God for granted. But God, for me, is in relationship and no relationship is nurtured if it is taken for granted.

A main focus throughout the weeks was on prayer. Another insight for me was that I am a bit 'lazy' in this regard, and my prayer life was greatly enriched by the intentional aspect encouraged in the program.

My hope is that as many as possible from our congregation will take this wonderful opportunity to be empowered by an even deeper relationship with God, and through God, others.

Risky? You betcha!"



Dora McCallum-Sadler

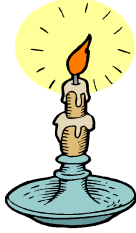
"Thoughts about Prayer

Lately I have been thinking more about prayer and its place in my life. This is partly because our church is preparing for a time during Lent when we are all invited to join a group and participate in a discussion and prayer time using the "Unbinding the Heart" program.

Although some people have already participated in groups using the "Unbinding the Gospel" material, I had not been involved in this. I realized that they had joined with prayer partners in undertaking a prayer journal for a few weeks. Since I missed the first round

of meetings, I decided to do the prayer journal on my own using the material privately without a partner.

So here is a little about what I have been doing and what I am learning. In the quiet of early morning I have been lighting a candle and exploring the silence, inviting God's spirit to surround and fill me. Learning to sit quietly is a challenge for me! During this time I read the short portion of Scripture laid out in the study book and jot down ideas or questions that occur to me. Then I pray for people and situations that I am concerned about. I am learning that I don't really need words, but can just visualize holding that person in God's light. (It's a lot easier when you don't have to say anything!) Possibly this exercise helps and supports those people -- I don't really know how prayer works -- but I do know that doing it helps me grow more aware and caring of those around me.



Since I have finished my personal journey through the printed book and journal, I am using other devotional material and find that the daily commitment calms and nourishes me throughout the day as I go about my daily activities. I look forward to joining with a group during the Lenten period, so that I can learn and share with others. Maybe you will join too."

Joan Eagle

"The weekly sessions with a small group were enjoyable and relaxed. We openly shared our thoughts about the readings and how we were progressing with the book and prayer journal. Although I was apprehensive about joining in this series, I found it to be a positive experience in my continuing faith journey."



Carolyn Tarrant

"I met with a really great group of people each week and discovered that others share similar thoughts/feelings about church/religion as I do.

It helped me to become more aware of the positive things in my life."



Nancy Legacy

Not Just for Carlisle

This event (E-vent) is intended for both congregations. In fact, the small groups so far have all had individuals from both congregations and have been a great success!

Frequently Asked Questions

How much time will this take?

The small groups will meet for 1 – 1.5 hours once a week for six weeks.

Daily prayer will take 15 – 30 minutes. You will be encouraged to talk to one other person, your prayer partner, once a week. To help make



space for our spiritual lives, other regular meetings of church committees will be not be held during Lent. Getting closer to God and growing with one another will be our priority.

What if I'm shy?

I hear you! Shy people are most welcome to sign up and to take part as they are comfortable. But we're finding that the groups build trust and most people have something to say that we all need to hear. Take it one step at a time.

What if I don't want to do this?

That's really up to you. Listen to God. Curiosity might be God's quiet way of inviting you. And if you decide, at the last minute, you do want to join, that's great! There'll be a place.

Can I still come to worship if I'm not in a group?

Absolutely! Worship will relate to the theme of the week but it will follow the same format as other Sundays with a sermon by Rev. Diane and great music and prayer.

What if I know someone who'd like to try this? Church folks only?

We welcome everyone who wants to join up, whether they have been to church lately or not. If they are interested in prayer, or learning to pray, this is the place to be!

I feel guilty because I don't go to church often. Can I join?

YES! We are waiting for you with open arms!

I've heard the word 'evangelism' and I'm allergic to that! Is it true?

We are a lot more comfortable with the language of faith-sharing, aren't we? This study will help us get closer to God and one another. It will help us think about why faith matters to us. It will help us to think about other people and not only the ones who already go to church with us. It will make us a more caring church. So don't be afraid of a word. We're not there yet.

At a glance...

Sign-Up: Sunday, January 30th
Start Date: Week of March 6th
End Date: Week of April 11th
Celebration Lunch: April 24th



Mark your Calendars

Fri. Feb. 11 11:30 a.m. – 1 p.m.
UCW Luncheon at CUC



Fri. Feb. 11
Lasagna Dinner at KUC
Contact Sharon Banks at 905-689-8638 for details.

Sun. Feb. 20 Following Service
CUC Annual Meeting
Come for a fellowship lunch - share in seeing what our congregation has accomplished over the past year and offer input in planning for the future.

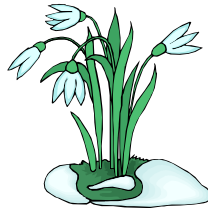
Fri. Mar. 11 11:30 a.m. – 1 p.m.
UCW Luncheon at CUC

Also Coming Soon.....

Chairman's Chicken Dinner coming in February

Watch for our **Spring Fertilizer Sale**. Flyers and order forms will be available shortly

Carlisle Spring Festival – Saturday, May 28th at the Carlisle Arena. We need more volunteers to help on the committee and donations for the live and silent auction



Trunk Sale – Sat. June 4th

Classifieds - Employment (P-T)

Director of Music



Expectations

- Provide organ and piano music at one service every Sunday morning and at special worship services
- Direct, rehearse and motivate the volunteer adult choir
- Work collaboratively with the minister, the choir and the Worship Committee in the planning and leadership of the church's music program

Required Skills and Experience

- Piano and organ accompaniment skills and experience
- Choral direction skills and experience
- Church music program experience preferred
- Understanding of small church requirements and culture helpful
- Good communication skills

Please send resumes marked "Director of Music" by February 10th, 2011 to

Carlisle United Church
1432 Centre Road
Carlisle, Ont.
L0R 1H1

or e-mail to secretary@carlisleuc.ca

Newsletter Info

For newsletter submissions, the next **deadlines** are as follows:

Spring Issue: **March 13, 2011**
Summer Issue: **May 15, 2011**
Fall Issue: **August 14, 2011**

