

LAKESHORE LINES

September, 2013

Free and worth every cent!

Welcome Back, Welcome Home

by Garry F, Board Chair

What a summer that was! I have to admit that the unusually perfect weather helped to keep me out of church most Sunday mornings. However, on the occasions I did attend Sunday services I was glad I did. I found Rev. Tracy’s “musical meditations” absorbing, entertaining and thought-provoking. They were an appealing departure from the norm – a change I welcomed.

If you’ve been a loyal church attendee over the summer, you’ve witnessed some other welcome changes. Even if you’re more like me, by the time you read this you will have resumed your normal Sunday church-going routine and you, too, will have noticed some changes. Our Stewards Committee has been very busy over the summer. And what a difference they have made! There’s a new fridge in the kitchen and the church building has a clean, fresh look thanks to a newly-painted exterior and new double-paned windows in the hall.

I would like to thank the Stewards, and Laurie S in particular, for their hard work in planning, researching, negotiating and bringing to fruition these major projects. Furthermore, I would like to thank those of you who regularly contribute to the Building Contingency Fund. Without your financial help, we could not afford to implement the Stewards’ five year plan of major building maintenance projects.

Change isn’t always for the better and it isn’t always easy, as some of our church family has experienced over the summer. Illness, accidents and other circumstances beyond our control can thrust unwanted change upon us. Our faith and the love and support of our Deer Lake family can help to ease the burden at times like these.

In her September 8th message, another “musical meditation”, Rev. Tracy talked about coming home. No matter how



New paint and an attractive garden welcome folks back to church

much you enjoy the journey, it’s always good to come home, to where you’re grounded, to where you’re loved and where those you love are.

That’s just the way I feel every September. After enjoying a couple of months of freedom in the sunshine, I start to feel something missing. Then, despite the busy-ness that comes with renewed choir rehearsals, Board meetings, newsletters and the like, returning to Deer Lake fills the void. I’ve come home.

I hope you have that same feeling. New fridge, new paint, new windows, new music, new messages. Same feeling of comfort and belonging that let you know you’ve come home.

Welcome back. Welcome home.

Vision Statement

Deer Lake United Church welcomes you into a Christian community for all ages that explores and expresses spirituality through:

- Worship and Music
- Fun and Fellowship
- Caring and Outreach
- Involvement and Growth

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African Grandmothers' (Gogos) Tribunal Well Attended

by Claire S

On September 7th Grandmothers across Canada joined hands with African Grandmothers in solidarity to support their efforts to secure better futures for their communities. These very hard working and courageous grandmothers provide care for their grandchildren and many others whose parents have died from HIV Aids.

The Grandmothers gave their heartbreaking but powerful testimonies as to difficulties they encountered in providing justice and respect and quality health care for all. Many have lost most of their own children and family members, leaving many orphaned children to be cared for by their aging grandmothers.

One grandmother was unable to come due to her own safety concerns, but her poignant letter was read by a spokesperson. These women have fought for years to feed and educate these children. They feel the time is now where free education for Primary and High School is a right for all children.

Free medication for those with HIV Aids must be provided to stamp out this pandemic. Laws must be changed to protect the African grandmothers from becoming inherited wives. Their culture states that when widowed these woman must marry another man in the family to keep their homes and land. They are often removed from their own homes and left to fend for themselves and their grandchildren.

As quoted from the Tribunal letter there is a need for change through improved laws, policies, funding priorities, positive cultural practices and greater access to justice.

The Stephen Lewis Foundation hosted this Tribunal to shed light on the denial of their basic human rights.

Six members from our church attended the Tribunal at the Chan Centre. The place was filled near to capacity. It was an experience of a lifetime and I'm sure these five brave grandmothers could not help but feel the love and support generated by so many.

We will not rest until they rest.



African Grandmothers (Gogos)

Photo Directory Well Supported

by Garry F

The portrait sessions for our upcoming photo directory proceeded extremely well. Due to the hard work of Mary C, Ernie C and Pat Y we had a very high participation rate, almost entirely filling the available sessions on four days in August and September. We didn't quite convince everyone to participate, but with 78 family or individual portraits, the directory will be a useful and accurate reference for us all.

Thank you to Joanne A, Bev B, Mary C, Bob C, Karen C, Georgie C, Ernie C, Marlene C, Gloria F, Jean J, Shirley McG, Kathryn S, Ruth S and Pat Y for volunteering to host photo sessions. Many hands definitely made for light work.

For some of us, the work isn't quite over, but the biggest part of the job is done. We still have to submit editorial material and proof the sample directory, but we can look forward to receiving the final product in November or December. The best part is, everyone who sat for a picture will receive a free copy! Think of it as an early Christmas present from all of your friends at Deer Lake.



Gianfranco, Tammy, Luca and Mila R have their photo taken for the directory

Swags, Bags & Baking (African Gogos Fundraiser)

- Christmas decorative swags
- Always popular Gogo bags
- Jewellery
- Other gift items

Sunday, December 1, 11:30 a.m.

Deer Lake United Church
(Fellowship Hall)

Lynn McG DLUC Student Minister

Lynn McG is a candidate for Diaconal Ministry and this fall she will start the Education Theme Year at the Centre for Christian Studies.

She was welcomed into the United Church by adult baptism with her two young daughters in 1991.

Her home congregation is St. Andrew's United in Port Moody where she first taught Sunday School, then became Coordinator.

Her passion is worship planning and leading small groups; engaging believers and seekers to discover ways of becoming grounded in the Divine.

She looks forward to growing in faith and spiritual friendships at Deer Lake United Church.

Lynn will be with us until April 2014, 12 hours a week, focusing on Christian Education.



Lynn McGrath



Marlene C and a robust RCMP at the Musical Ride

Lakeshore Lines Newsletter Submissions

Lakeshore Lines is published four times each year. Items may be submitted to one of the Communications Committee members (preferably by e-mail):

Garry F: g.forwood@yahoo.ca
Jim Y: oldjimyoung@gmail.com

Next Issue: December, 2013

**Submissions deadline:
Sunday, November 17, 2013**

DANCING MAKES YOU SMARTER

The 21-year study of senior citizens (75 and older) was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

It found that bicycling, swimming or playing golf was of no benefit in reducing the risk of dementia. (It's not likely that any of the participants in this study ever played, or attempted to play golf ... editor's note.)

Apparently reading reduced the risk of becoming demented by 35%. (It was unclear whether readers were 35% less demented or if 35% of readers were unscathed. ... editor's note.)

The study found that 47% of the folks doing crossword puzzles at least four days a week could tango, but if a participant took four days to complete one crossword, a simple waltz would be a challenge. (The question has to be asked ... If doing crossword puzzles reduces the likelihood of dementia by only half, should one dance with one's spouse?...editor's note.)

The study discovered that 76% of those folks who danced frequently could read while riding a bike.

Quoting Dr. Joseph Coyle, dancing: Reduces stress and depression; Increases energy and serotonin; Improves flexibility, strength, balance and endurance; Strengthens bones and boosts cardiovascular health; Increases mental capacity by exercising our cognitive processes; Dynamic and rapid-fire decision making and creates new neural paths.

CELEBRATE LIFE THROUGH DANCE

Did you know we have a Line Dance class at Deer Lake United Church (Fellowship Hall) every Monday morning at 9:45? Come and give it a try. Call Georgie C at 604-522-5647. She's the best line dance caller this side of Corner Brook, Newfoundland.

Donna's End-of-Season Choir Party



Hosts Donna and Darryl P



Doug and Kathy R and Riley P



Pat Y, Glenn and Audrey L



JP S and Chelsea C



Shirley McG and Ruth S



Allison G, Bruce C and Susan G

Do you enjoy singing? Can you carry a tune without using a bucket? Why not consider joining the Deer Lake United Church choir?

We are a fun group of choristers who tend not to take ourselves too seriously.

We practice every Thursday evening from 7:30 (sharp) and end with the Blessing of Aaron around 8:45.

If you are interested in lending a voice, please have a word with Rebecca T ... the best conductor this side of Corner Brook, Newfoundland.

10 Ways to Gauge your Christian Development

by Roger Wolsey

(Sometimes we are challenged to explain our faith to others, and sometimes even to ourselves. Sometimes we don't even know what to say, or what we believe, or how to measure or qualify our faith. This survey is designed to get you thinking, perhaps spark a conversation, and encourage you to delve a bit deeper into how to "walk the walk and talk the talk". Take some time to do this and see where it leads, and how it impacts you. Feel free to talk more about it with Rev. Tracy. Enjoy the journey, not just the destination. Blessings, Rev Tracy)

I. Write down the following 9 words as a list: love, joy, peace, patience/forbearance, kindness, goodness, faithfulness, gentleness, and self-control. (Galatians 5:22-23)

Put a number from 1-10 next to each that most closely indicates your current level of that trait and quality. Don't overthink it. Go with your gut. Guts are honest.

Add up the numbers, divide that sum by 9. This is your averaged "Christian Fruits of the Spirit Quotient."

II. Write down the following as a list: Fed hungry; Gave water to thirsty; Welcomed stranger in my home; Provided clothing to someone in need; Visited the sick and/or imprisoned. Write down the **number of weeks (months? years?) ago** for the last time you did each of these. Ask yourself why it's been so long since you've done some of those things. (Matthew 25:21-46)

III. Write down the following as a list: My other gods/idols; Put words into God's mouth/blasphemy; Honor the Sabbath and keep it holy; Honoring my parents; Murder; Adultery; Stole something; Said something that isn't true about someone; Covet someone else's lover or belongings. Write down a **number from 0-10** indicating how much you currently engage in each of those. (Exodus 20)

IV. Write down the following as a list: Love God with all my heart; Love God with all my soul; Love God with all my mind; Love myself; Love others. Place a **number from 1-10** for each one indicating the degree that you do that. (Matthew 22:36-40)

V. Write down the names of the people who've wronged you who you haven't fully forgiven. Write down the things that you haven't fully forgiven yourself for. (Luke 7:36-50)

VI. Write down the word "Judgmental" and place the number from 1-10 that you think *other people* would likely assign to you. (Matthew 7:1-5)

VII. Write down the names of some people who you hate, people who you consider to be your enemies. Write down what it is that you don't like about them — the reasons that you hate them and consider them to be enemies. For each person, **place a number from 1-10** for how much you love them. Write down **how you're like** those people — how you have some of those same qualities in your personality and in your life. (Luke 5:43-48)



VIII. Write the word "Thankful" then place a number from 1-10 next to it according to how much you've felt and conveyed your gratitude to God. (Luke 17:1-19)

IX. Write the words "Generous & Sacrificial Giving" then assign a number from 1-10 for what a *tax-preparer or CPA* would assign to you. (Luke 21:1-4)

X. Write "Serve as a good Ambassador/Witness for Christ" and assign a number from 1-10; i.e., how good a job are you doing at offering an account of the hope that is within you with gentleness and respect. (1 Peter 3:15).

Ponder your responses to these inventories and consider them as being a **collective mirror** that you're holding up to yourself for how you're doing in your discipleship.

May God bless us as we each strive to be the best followers of Jesus and his Way that we can.

Church Garden Continues to Impress

Hopefully, you have all noticed the garden this summer and enjoyed seeing the different trees, plants and flowers in bloom. We give a huge Thank You to everyone who participated in creating, maintaining and funding the garden these last four years. You have turned this vision of welcome into a vibrant space of hope for the future.

As you may also have noticed, it is time to trim, prune, cut back and weed. This can be a time to connect with God and community as the garden is prepared for winter.

Please consider volunteering to spend an hour or two to help maintain this place of beauty. October is a lovely time of year, so plan to get outdoors and enjoy the Fall. You will need your own pruning tools or trowel.

The Garden Group (Pat Y, Don W, Janice C and Jean J) would be most appreciative.



Two Significant Wedding Anniversaries



On Wednesday, July 10th, Dorothy and Don W celebrated their 65th wedding anniversary at a reception at the Burnaby Village Museum.



On Saturday, August 17th, Ernie and Marlene C celebrated their 50th wedding anniversary. A gathering of friends and family put on a surprise party at their home a week later.

NOOMA: The new format

Back by popular demand!

We can get anything we want, from anywhere in the world, whenever we want it. That's how it is and that's how we want it to be.

Still, our lives aren't any different than other generations before us. Our time is. We want a new format for getting Christian perspectives.

NOOMA is the new format.

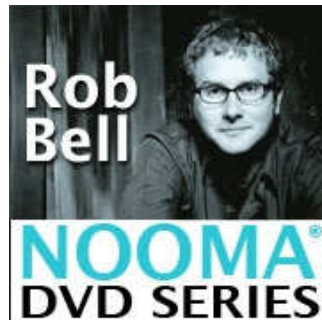
It's short films with communicators that really speak to us. Each NOOMA touches on issues that we care about, that we want to talk about, and it comes in a way that fits our world. It's a format that's there for us when we need it, as we need it, how we need it.

Want to see a NOOMA video and engage in a spiritual, theological, educational, contextual conversation? Join Tracy once a week, in a small group setting, to watch a short NOOMA video and talk about its relevance and impact on our daily lives and what our faith has to do with it.

There will be 5 sessions, over five weeks, starting Wednesday, September 25th at 10:30am. Please call the office or Tracy to sign-up or put your name on the sheet in the hall.

Each session is independent of the others, so if you miss one, that's okay; come to as many as you can. The last session is October 23rd. These are new videos that you haven't seen before! So even if you came to the last Nooma series, please join us again!

www.nooma.com



Tracy and Penny Hold Open House

Tracy and Penny invited members of the congregation to their new home in North Burnaby just down from the eastern end of Curtis.



Shirley McG and Georgie C



Bob C, Rev. Tracy Fairfield, Penny B, Shelly and Don S

Let's Talk about Church

by Gary Paterson (*Moderator of the United Church*)

Last month, I had the opportunity to lead a couple of workshops at Naramata Centre, in the Okanagan, B.C., (one of our four United Church Educational Centres), where a group of us spent time talking about the church, our church – where it was, where it might be going. It was an experience that I would wish for everyone, where people have an opportunity for honest and personal conversation about how and why church is important for them.

We started, of course, with a grim awareness of the looming statistics – numbers, age, money. That's part of being honest. But sometimes we can get caught up in endless complaining about the state of the church, and our own congregation in particular.

However, when given an opportunity, I've found that people have other memories, some recent, some in the more distant past – “good news” stories, where they have experienced “real church,” a moment in the life of the faith community when they felt connected with the Spirit, with God; have been consoled, stretched, forgiven, supported, inspired, filled; moments when they were thankful that what they dreamed of, as church, actually happened.

Those stories are just as important to share as a frank assessment of where we now are. Because something very powerful happens when those stories are shared – we actually experience the “reality” of church in the act of story-telling, and we remember why we're committed to the life of the United Church.

It has been said that the shortest distance between two people is a story; and I wonder if sometimes the shortest distance between God and a person can be a story as well.

So that's what I asked people to do in the workshop – choose one of those moments, preferably from this year; a moment when church truly did happen for them. Here's a snapshot of what got shared:

- I loved the energy of the Celebration of Ministry service at our Conference AGM – the numbers, the energy, the preaching, and oh, the music (we sang our way through the entire serving of communion). But then later, I met someone in the parking lot who was weeping, and when I asked why, she answered, “Why can't it be like this back home?”
- An ordinary, every-day Sunday morning in a small country church, struggling with depression, in tears, and a hand on my shoulder from a fellow worshipper, who quietly said, “Remember, love is all around you.”
- Our Friday night gatherings for study, prayer, and food, that's when it happens for me.
- The Sunday when, as an adult, I became a member of the United Church, and felt that I had arrived home. I hadn't known such a church existed.
- In the cancer support group at my church where I feel held, understood, prayerful.
- At the service where we celebrated becoming an Affirming congregation.

- When my mother died – all the prayers; and the service, with the sharing of memories and a strong proclamation of God's love.
- When members of our congregation serve dinner and share conversation with folk from the street every month. I just wish it happened more often.

The list could go on – because each person had a powerful, holy story to tell; we knew in our bones when church was real. And we knew it was a cherished gift. It was important for us to share these stories, to know the “why” of church, even as we realized that the “how” or “when” was varied and contextual.

So maybe you read this list, and say, “So what else is new?!” Well, let me invite you to do something similar – sit down and recall some of your moments when church has been “real.” When what you hoped for – for yourself, for others, for the world – actually did occur.

That's where I think we'll find our energy to keep working away at making changes, trying to find ways of enabling such holy moments to become more abundant. (And if you draw a blank – well, what needs to change? Or, on the other hand, I find myself remembering a word from Marcus Borg, “If you find that being at church on a Sunday morning only gives you a headache, then it might be time to think of finding another church.”)

If you're actually reading this blog, then I suspect that you will have stories to tell. So, as a next step, I invite you to gather with some other folk from your congregation and share those stories together.

Somewhere I read a definition of faith that claimed that we need to tell the stories of where God has been active in our lives in the past, because that enables us to trust that God will be similarly involved in our future, although it may seem to us that in the present moment God isn't doing much at all. So tell those stories...and see what happens.

**Stay Current!
Keep up with
the Latest News**



Join us on Facebook!

Search: Deer Lake United-Church and become a friend!

This is a tool for us as a congregation to stay current and use a medium that many people are accessing. This Facebook page DOES NOT replace pastoral care and may not be used for counseling. If you have a need, please call the church (604-299-4211) or Rev. Tracy on her cell (778-580-5285)

You can also email if you have some news that would be good on the page. No photos unless we have their permission. Pam Athey our church secretary and Rev. Tracy are the operators of this page, and will not “Friend” this page as to ensure proper privacy and professional boundaries.

Join us now! Don't miss out on the news!

Music Week at Naramata

by Donna P

This summer, I was lucky enough to be able to attend Music Week at Naramata. I took Riley and Evan and we stayed in a trailer we rented from a company in Kelowna that delivered it to Naramata and retrieved it the following week. It was our first time staying in a trailer and aside from some 'glitches', everything was great.

We'd been to Naramata before but had missed a few years. Riley and Evan were both in the youth choir this year and had an awesome conductor (Kim Denis) from Edmonton. She had lots of energy and the choir performed 3 amazing pieces at the Friday night concert.

One was Spanish, one was in Latin (I think) and one was an Indian song performed with the lights off each choir member holding a tea light in each hand. (Fake, of course) It was very effective and so beautifully done!

I enjoyed the opportunity to, once again, sing in the Grand Choir. There were about 120 people this year. We had a great conductor named Debra Cairns who was also from Edmonton. She had a nice and effective way of getting the choir to do exactly what she wanted. She had chosen some great music for us to sing and I hope that we will be able to use a few of them for the choir at Deer Lake.

I also took part in the X Choir which met 3 evenings after our regular choir rehearsal. It was an hour of sight reading some more challenging music. Lots of fun and good for the brain! We also enjoyed our afternoons at the beautiful Okanagan Lake relaxing and cooling off in the water.

The highlight of the week, for me, was having Darryl drive up on Friday to surprise us! We were very surprised and I was delighted! There were lots of Deer Lakers at Naramata too but not as many as other years. It's great to make new friends there but also to socialize and have fun with my church friends.

While we were there, Janet McDonald the director of the Centre, spoke about the dire financial situation that they are in. There are many reasons, and while they have cut their expenses

by quite a bit, the revenue is not enough. They are taking steps to plan for the future so that our grandchildren's grandchildren can go there and enjoy it. I hope that Deer Lake can take part in helping them meet their fundraising goals.

Last week after church, someone asked me what was so special about Naramata. I had to stop and think because it's really hard to explain. It's like going to church camp but the space is larger than any camp.

My children feel safe there and can walk to their programs and to the beach and the store and be with other kids from other churches enjoying each other's company.

Everyone there is respectful of each other and there is always lots of fun to be had. The centre is situated in the small town of Naramata where some folks choose to live year round. Lucky dogs! And the lake, did I mention the wonderful lake?

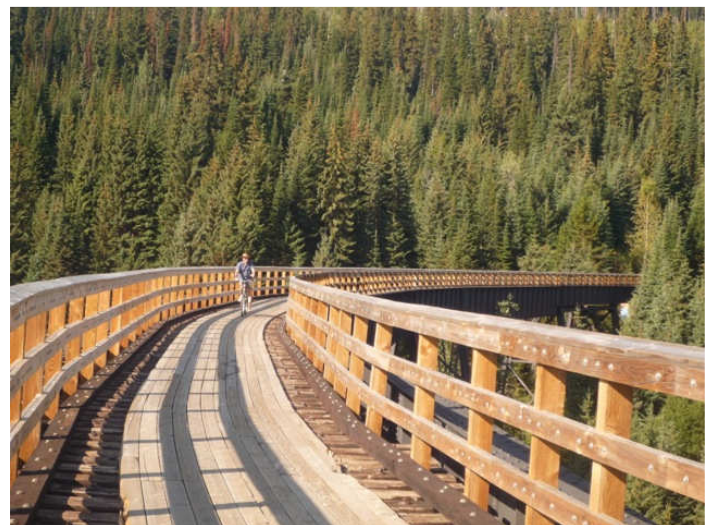
Naramata is a very sacred and spiritual place where you can go to rejuvenate and be renewed in body, mind and spirit! I highly recommend it.



The beach at Naramata (how beautiful is that?)



Paul, Kristy, Sadie and Declan O'C at Naramata



Rick M cycles over a KVR Myra Canyon trestle

My Favourite Christmas Gift (The Burnaby Christmas Bureau)

by Barb D

Every year the DLUC sponsors several families through the Burnaby Christmas Bureau. When we get matched with families, we do not find out the names of the family members, only their ages and the type of things that they would like to receive. Mostly the parents ask for clothing and art supplies for their children but we always add in some fun surprises for the children. Mostly the seniors ask for gift certificates and a useful home appliance but we always add some cookies from the Church Mice.

We pack a food basket with foods that they have chosen from a list and then deliver it all a few weeks before Christmas. Some years the youth group has gone out and used your generously donated funds to buy wonderful toys and clothes.

Some years the people who have offered to sponsor a family do the gift buying. A sheet is put up in the hall with the list of all the food that is required for the food baskets and every year mounds of healthy food is donated by you, our amazing congregation.

The last step is to deliver the baskets to the families. Interestingly enough, this seems to be the one task about which people seem to have the most trepidation. I want to tell you about my experiences over the past 3 years delivering Christmas Bureau Gifts.

The first year we delivered to a young single mother and

her 4-year-old daughter. She was very apologetic about needing to ask the Christmas Bureau for help and explained that she was in a tough spot but she was sure that she would get out soon. Her little daughter was there and was enchanted by the boxes that kept coming up the stairs.

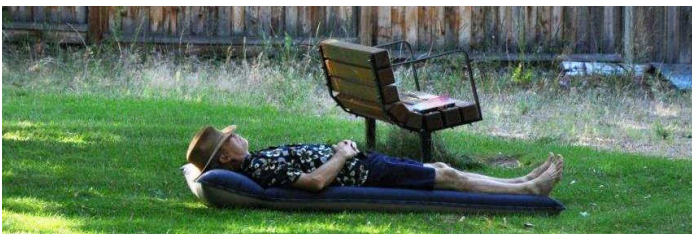
Morgan and I moved quickly to minimise the intrusion in her house, and when we had finished I said to her "You don't have to thank me, this comes from many people in this community who care about you". She beamed at me and said "One day, when I am back on my feet, I am going to do this for someone else" and I said "I know you will". I left feeling the Spirit bursting out of me. I felt a little guilty that all those hands had gone into these gifts but I was the one who got to experience the raw gratitude from that young woman.

The next year we delivered to a Spanish speaking woman who was living in a basement apartment with her brother and three children. She watched in shock as we brought more and more food and gifts into her home. I tried a little of my broken Spanish on her, but mostly she just kept saying "Gracias, gracias".

Last year we delivered to a very young single mother who seemed very uncomfortable and a little angry about her situation. She explained that she had a back injury and couldn't help with the lifting. We quickly stacked the food in her kitchen and stuck the ice cream in the freezer. When we were done, I turned to her and gave her a huge hug and said "Merry Christmas" and she burst into tears. She seemed so relieved to have assistance that was given without any degradation or requirement for thanks.

I plan to be a sponsor again this year because the feeling that I get from passing on the care and love that this congregation has generously donated is Christmas gift that I give myself.

Music Week at Naramata (Cont.)



Rick M reposes after a hard day on his bike



Some of the DLUC community at Naramata

(The Naked Tree revised) The Harvest for the Homeless

by the DLUC Outreach Committee

It's a crazy sight, a tree covered in underwear and socks. And yet the *Naked Tree* is how we have accumulated hats, gloves, underwear, toothbrushes, socks and blankets for the homeless for whom winter is long.

In the past our donations have made it out to their recipients by January when the winter is it's coldest but, as we know, November and December can be very cold and wet as well. This year we are making a change.

We are setting out a Cornucopia to collect the *Harvest for the Homeless* on Thanksgiving weekend. Along with giving thanks for all our blessing we can add a pair socks or some toothpaste to create a *Horn of Plenty* to donate before the weather gets too rough.

Look for our display in the Narthex which will be there until November. Thank you again for your generosity.

Letter to a Friend

I am writing to say how much I care for you and how much I want you to know me better. When you awoke this morning, I exploded a brilliant sunrise through your window trying to get your attention. You rushed off.

Later, I spotted you walking and talking with some friends. I bathed you in warm sunshine. I perfumed the air with nature's sweet scent. You rushed off. You didn't notice me. Then I shouted to you in a tornado. I painted you a beautiful rainbow in the sky. Then you gave me a glance. Still you rushed off.



That evening I spilled moonbeams in your face. I sent a cool breeze to rest you and take away your fear. I watched over you as you slept. I shared your thoughts. You were faintly aware I was so near. I've chosen you.

I have a special task for you. I hope you will talk to me soon. Only I brought you through the storm. Others saw no morn. I remain near. I am your friend. I love you very much.

Your Friend, Jesus.

(By Margaret Fishback Powers, author of "Footprints")

And so we come home again after the summer season of relaxation and diversions. There are holidays, renovations, time away, time at home, sleep in, camp outs, special meals, and family time. But do you remember the ultimate calling in life? The purpose behind life? We are called to be disciples of Christ; but

We Care For You!

Welcome back to our Deer Lake Family! We pray that all of you enjoyed a refreshing, renewing summer, whether it was away far away, or here at home.

Our Care Ringers are once again at-the-ready to keep our family aware of what's going on at the church as well as to hear any concerns or joys that may occur during our busy lives.

Sometimes it may seem that all your particular Care Ringer does is leave messages or e mails. It is true, that we wish to ensure that our Family hears the news and that no one is overlooked. However, we never forget that our primary task is to provide a listening ear, if needed, and to pass on any concerns to either Pastoral Care or to Tracy, if that is desired.

We also are ready to listen to any Pastoral Care concerns directly. We may not hear everything that is going at the church, and we appreciate any news regarding our Deer Lake Family.

Everyone is important. We continually strive to keep the "care" in "Care" Ringers!

Blessings to all,

Pastoral Care Committee

in order to do that, we need to stay in touch with our dear friend. It might be a formal prayer, it might be a random chit-chat. It might be contemplation over a walk.

It might be a grumble as you struggle with homework or assignments. It might be a daydream as you put off an annoying task. But the important thing is that you stay in touch with our resurrected teacher, the role model in our life. Jesus' life teaches us how to be: how to listen; how to teach; how to serve; how to empower; how to lead but also how to follow. We are reminded that we are not alone. We have God who oversees the whole picture. We have Jesus who guides us by example. We have the Holy Spirit which inspires our wisdom and insight. We are not alone.

So this fall, as we get back to the busyness of school, work, extracurricular activities, meetings, exercises, practices, and the other many demands on our time, please remember that prayer is a simple task that need not take a lot of time, but gives you strength and sustenance in the day. A short prayer let's Jesus know you care. A short prayer keeps God in your heart. And if you forget, don't fret, for you are not alone. We live in God's world.

Peace to you this season of coming home and building relationships that may have slipped over the summer. Peace to you this season as you and yours find your groove and make space for the sacred.

Blessings,

Rev. Tracy Fairfield

Halloween Dance



**Friday, October 25,
7 to 9:30 p.m.**

This evening is for all ages in the gym of

**Deer Lake United Church
5135 Sperling Avenue, Burnaby**

Join us for lots of fun - dancing,
board games and visiting.

Wear your Halloween Costume!