

 LAURENCE

LEADER

Spring 2007

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Website: www.stlaurence.ca

Who's in Charge

| | | | |
|---------------------------|--------------------|--------------------------|------------------------|
| Rector | Anna Greenwood-Lee | Treasurer | Ken Townend |
| Associate Priest | Don McLeod | Contributions Secretary | Denis Gardiner |
| Honourary Assistant | Vic Cabel | Caretaker | Bill Brown |
| Music/Choir Director | Deborah Koning | Building Superintendents | Arnold and Mary Wright |
| Administrative Assistant | Marilyn Cantlie | Grounds Superintendent | Jim Dolph |
| Pastoral Care Coordinator | Eileen Proudfoot | | |

Wardens

| | | | |
|------------------------|-----------------|-----------------|---------------|
| People's Warden | Al Rallison | Rector's Warden | Gord McDonald |
| Deputy People's Warden | Jessica Tamblyn | | |

Vestry Members

| | |
|---------------|-----------------|
| Deb Barron | Mayda Forsyth |
| Barb Brydges | Shirley Leacock |
| Suzanne Cabel | Gilda Michaels |
| Phil Crowe | Donna Motture |

Teams

| | | | |
|------------------------------|-------------------------------------|-------------------------------------|-------------------------------|
| <u>Spiritual Development</u> | <u>Works of Mercy & Justice</u> | <u>Finance & Administration</u> | <u>Building & Grounds</u> |
| Norma Farquharson | Wayne Stewart | Ken Townend | Ken Townend |
| Lillian Rallison | Deb Barron | Phil Crowe | Arnold Wright |
| Margaret Smith | Suzanne Cabel | | Phil Crowe |
| Mayda Forsyth | Shirley Leacock | | |
| Gilda Michaels | | | |
| Barb Brydges | | | |

Ministries

| | | | |
|-------------------------|----------------|--------------|---------------------------|
| Lay Assistants | Yvonne Krieger | Altar Guild | Janice Keebler |
| Intercessors | Donna Motture | Greeters | Richard Odland |
| Readers | Ken Townend | Coffee Hosts | Daphne Yeske |
| Crucifers/Altar Servers | | Prayer Chain | Mayda Forsyth |
| Sidesmen | George Pinsky | Flowers | Nina Smith / Sylvia Smyth |
| Nursery Volunteers | Donna Motture | Phoners | Donna Motture |
| Church School Teachers | Krista Gordon | | |

Miscellaneous Groups and Functions

| | | | |
|------------------------------|------------------|----------------------------------|----------------|
| Women's Group | Beckie Grant | Meals on Wheels | Marion Snowdon |
| Craft Group | | Leader Editor | Lynn Odland |
| Inn From the Cold Volunteers | Sylvia Smyth | The Sower | Evelyn Pinsky |
| Larry's Grill | Warren O'Connell | Drop-In Centre Sandwich Makers | Barb Maddocks |
| Web Site Editor | Marilyn Cantlie | Food Bank/Drop-In Centre Drivers | Art Yeske |
| Web Master | Roger Hough | Cards | Joanna Thorpe |

Easter Letter

As you read this we will be approaching Holy Week and Easter. This is, of course, the central festival of our faith and of our life as a Christian community. Please do your best to attend as many of services as possible. While we have seen Easter eggs in the stores since Valentine's Day, the joy of Easter only really makes sense in light of Holy Week and Good Friday. We cannot skip to Easter, we cannot skip to the resurrection, we must first go to Golgotha and kneel at the cross.

If you are traveling this Easter (as I know many are) make an effort to attend services where you are. Christians worship in a variety of ways but we all share the same faith and, together, we are the body of Christ. I always like to see bulletins from other churches and to hear about anything unique or effective you experience.

You may also want to mark Holy Week and Easter in your own homes and private devotions. Try fasting for part of the day on Friday. Decorate lavishly for a celebration of Easter. Talk to your children about the last supper on the Thursday evening of Holy Week and explain to them the solemnity of Good Friday.



During the Easter season we celebrate Christ's victory over sin and death. We celebrate that God makes all things new. Easter is a good season to remember that God is always giving us the opportunity to begin again. Violence, suffering, sin and death never have the last word in this life. There is always joy, there is always faith, there is always resurrection.

Often we give things up for Lent. While this can be an important spiritual discipline, we need also to take things on and to begin again at Easter. Easter is an excellent season for us to ask God to help us begin again after a loss or a disappointment. Easter is an excellent season to trust that God can help us give up destructive or negative behavior and begin again in all grace and goodness.

At Easter we are very much aware of God's power, of God's ability to work miracles, to bring life, hope and meaning to our world. At Easter we celebrate that Christ is among us, making all things new, renewing and transforming our selves, our communities, our world.

At Easter, we say with our mind, heart, soul and body, Alleluia. The Lord is Risen. The Lord is Risen Indeed. Alleluia.

Reverend Anna Greenwood-Lee

Holy Week Services at St. Laurence



April 1st Palm Sunday 10:00 a.m.

April 5th Maundy Thursday 7:30 pm

April 6th Good Friday 10:00 am

April 8th Easter 10:00 a.m.

FROM ANNA'S DESK....

Prayer Books

In the past few months St. Laurence has given the Books of Common Prayer that have been stored in the basement for the past 20 years to churches who could make use of them. Some of the books went to St. Andrews, Calgary, some to an English Speaking parish in Quebec, and others are waiting to go to St. John the Divine, Siksika. We also gave 25 Bibles to the chaplaincy at Foothills Hospital. I think it's wonderful that these books, which nurtured the worship in this place for so many years, are once again being used. Below is a note of thanks from St. Andrews:



Dear Marilyn,

We would like to express our thankfulness to you and to the people of St. Laurence for your kind offering of some copies of the Book of Common Prayer. We are getting ride of old broken ones and replacing them. We thank you so much. It is great to share these resources with one another. We wish you and the parish many blessings and peace in your ministry and life.

Sincerely,
The Reverend Mark Loyal, Rector
St. Andrews, Calgary

Guest Preacher

I am very pleased that The Rev. Barbara Andrews, executive director of the Sorrento Centre, has agreed to come to St. Laurence on Sunday, April 15. Barbara will preach the sermon that Sunday morning and then she will lead 'Conversations' where she will have an opportunity to speak about the Sorrento Centre and the wonderful summer programs it offers at its facility in the Shuswap Valley. More information about Sorrento and its programs can be found on their website www.sorrento-centre.bc.ca. Our own Don McLeod is teaming up with The Reverend Brian Pearson to offer a one-week course, "Re-Imagining the Kingdom of God" as part of this year's program.

Easter Lessons and Carols

Sunday, April 29 we will be having an Easter Lessons and Carols service as the Sunday morning service. Please plan to join us as we celebrate the resurrection and enjoy some of the wonderful Easter music that is part of our tradition.

Parties, parties, parties

The party queens and I would like to ask you to mark your calendars so that you're sure not to miss the following:

Sunday, May 6 - Join us after church for a **Ham Lunch**

Sunday, June 10 - **Church Picnic** - This year the Sunday school service and picnic will take place here at St. Laurence. We'll gather in the sanctuary for worship as usual and then head outside for a picnic complete with games and a bouncy castle.

Sunday, July 15 - **Stampede BBQ** after church.

Warden's Report

This is the first Warden's report of the new church year and marks the beginning of a new structure for the tenure of a Warden. Previously, there were four Wardens who each served a two year term. In the new structure there are three Wardens who will serve a three year term: the first year as assistant people's Warden, the second year as People's Warden and the third year as Rector's Warden. This year Jessica Tamblyn is the assistant



People's Warden, Al Rallison is People's Warden and Gord McDonald is serving a one year term as Rector's Warden. Each of the Wardens has been assigned an area of responsibility: Jessica Tamblyn will be responsible for matters concerning Personnel, Al Rallison will be responsible for Finance, and Gord McDonald will be responsible for matters concerning Buildings and Grounds.

If anyone has questions or concerns about any of these areas, please feel free to discuss the matter with the appropriate Warden.

Outgoing and incoming vestry members have been requested to attend the vestry meeting on May 8, 2007. We appreciate the efforts and dedication of the retiring vestry members

as well as those members continuing on into their second year on vestry. New vestry members will officially begin their term in May 2007. This will provide more continuity of vestry members through the time period of September through June, which is the busiest time of the church year. Vestry will meet every second month and vestry committees will meet during the months between vestry meetings.

There is a new sense of purpose and enthusiasm amongst the congregation as we move towards implementation of the Vision for Ministry and becoming an intentional community. This enthusiasm is manifested in the many well attended activities taking place in the parish, the conversations after the church service, and the different styles of worship being explored.

The parish continues to operate smoothly because of the willing and efficient services of staff and volunteers who work quietly in the background. We wish to express our thanks and appreciation to the following members of that group; Marilyn Cantlie, Denis Gardner, Lynn Odland, Melanie Lovatt, Roger Hough, Deb Koning, Mary and Arnold Wright, Janet Pedersen, Bill Brown, Jim Dolph, and the Pastoral Care team.

We welcome Krista Gordon to the church staff as she assumes the responsibility of Christian Education Coordinator.

The Future Facilities committee presented an excellent report to the Annual General Meeting. There is much anticipation of the next step in their progress which will be to retain an architectural firm to develop a range of ideas and concepts to enhance our church building and worship space.

We look forward to working with the new vestry as we move forward in our journey toward becoming an intentional, practicing congregation.

Your Wardens:

Ken Townend

Wayne Stewart

Bruce Jantzie

Al Rallison

***Submission deadline for the Summer Leader
issue is Tuesday, May 1st.***

Don't be late!

What's New in Spiritual Development at St. Laurence?

Since the amalgamation, on November 7, 2006 of the Spiritual Practices and the Education Committees into the Spiritual Development Committee, we have been very busy.

We have begun a Christian Meditation session which takes place once a month on the third Tuesday of the month at 7:30 P.M. We met in January and February and look forward to welcoming regular attendees and newcomers on Tuesday, March 20. The session lasts less than one hour and is a peaceful and regenerating experience. We begin by listening to a tape of John Main, the founder of Christian Meditation, meditate for about 25 minutes, say the Lord's Prayer, and leave in silence.

We organized a morning workshop on Yoga and Meditation which was held January 13 from 9:30 - 12:30. Many requested another session. We will be holding a second one on Saturday, April 21 from 9:30 – 11:30. A sign up sheet will be available after church on March 18. Cost is \$20.00.

We have established a bulletin board in the narthex, which lists opportunities for spiritual development in the Calgary area and have begun developing a library with current resources on spiritual development. Please check it out for some interesting events.

We are very excited to be involved in the visit of Diana Butler Bass, author of "The Practicing Congregation", "From Nomads to Pilgrims" and, her latest, "Christianity for the Rest of Us". She will be holding a 7:30 P.M. session at St. Laurence on May 16. It is open to the public. Cost is \$10.00. We expect a full house, so you are wise to pre-

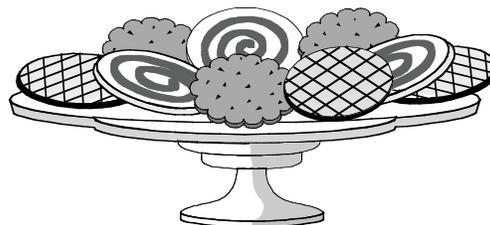
register, either with Marilyn or through the Synod Office (243-3673). In preparation for this gathering Anna and Don will be leading a book study on "Christianity For the Rest of Us" on April 25, May 2 and 9.

We have discussed a program called "Living the Questions" which looks very promising. Stay tuned for dates for the Fall of this year.

Norma Farquharson

Social Committee

- The Three Queens



Yvonne Krieger, Lillian Rallison, and Martha Stewart are the St. Laurence Social Queens for 2007.

Our first official event took place January 7, 2007. We celebrated the Epiphany with a youth talent show organized by Krista Gordon followed by a Sandwich Bar. Positive response to this event has encouraged us to plan a lunch in May, a Stampede event in July and a wrap up in November. All our events will be family orientated – which means simple, inexpensive, fun, but definitely tasteful!!!!



World Day of Prayer 2007

St. James Catholic Church hosted World Day of Prayer on Friday, March 2, 2007. The service was prepared by the women of Paraguay.

The theme, United Under God's Tent reminds us that in Christ we are one body within God's sheltering tent, covered by God's protective cloak. A colourful tent of rich blues was carried into the sanctuary of the church. During the service a lovely lace cloth was revealed. The women of Paraguay make Nanduti lace, a fabric like a spider-web of different designs, in which many separate parts are joined together to form one whole.

Prayer, praise and scripture readings led us through a very meaningful service which was being conducted in 2000 churches in Canada alone on that very day. Father Mike Storey spoke of his experiences with the ecumenical movement in Southern Alberta during his 33 years as a priest.

The service concluded with a time of fellowship. It was an evening that reminded us of the many threads that bind us all together under God's tent.

Carol Gardiner

A VISIT FROM DIANA BUTLER BASS

THE FOLLOWING ARTICLE WAS WRITTEN BY GRAEME MORTON AND WILL ALSO APPEAR IN AN UPCOMING ISSUE OF THE SOWER.



St. Laurence will host the only western Canadian visit of the year by noted American author and religious scholar Diana Butler Bass at 7:30 p.m. on Wednesday, May 16.

Bass will be a guest speaker at the Calgary Anglican diocesan conference in Lethbridge from May 14 to 16 and then will conclude her Alberta visit with a public address at St. Laurence which is already drawing attention from other city denominations.

"I've had calls from a number of other churches, notably United and Presbyterian, who are eager to send representatives to the St. Laurence event and hear Diana," said Rev. Anna Greenwood-Lee.

The people of St. Laurence already have a strong link to Bass. Her 2004 book *The Practicing Congregation: Imagining a New Old Church*, formed the starting point for the successful option when St. Laurence was going through its extensive visioning process during the last couple of years. In her book, Bass notes that mainline Protestant congregations concerned about their future direction and membership don't necessarily have to follow the template of the 'big-box' evangelical churches to find their true calling in the 21st century.

"When I read the book, it seemed to offer so much hope in the process we as a congregation were going through," said Barb Brydges. "Diana said the successful churches she studied have a number of characteristics in common, including taking the practice of Christianity very seriously and personally."

Brydges said being part of a practicing congregation, as is St. Laurence's ongoing goal, puts the onus on the parishioners to live their faith daily, both in personal and communal ways. "And when we put the emphasis on our spiritual practices, the other arguments between people tend to become trivial."

Steve Koning was also impressed by Bass' message. "It seemed to offer a different approach to Christian life than what is usually presented as the necessary condition for growth in a church," Koning said. "You can be true to your own roots, you can be a smaller church and still have a very positive and important role to play both with your membership and in the larger community," he added.

Greenwood-Lee says Bass spent three years studying vibrant 'mainline' Protestant congregations in the U.S. and her findings offer encouraging ideas to explore.

"Churches are often focused on growing, but Diana says that if you concentrate on personal spiritual development at a grassroots level, growth will be a natural end product," she says. Bass lives in Alexandria, Virginia. Her latest book is *Christianity for the Rest of Us*, which continues the theme of looking at best practices of successful mainline Protestant congregations.

Tickets are \$10 and are available from St. Laurence (249-6184) and the Diocesan Office (243-3673).

PRACTICING STEWARDSHIP – LEAVING A LEGACY

As Christians we are called to be good stewards. This requires that we leave our world and all the elements that are important to us in a state that will be good for future generations.

One important way for us to make our stewardship manifest is through planned giving, generally from the assets we have accumulated over time. There are many ways to make a planned gift; the most common is through bequest in our will. As we plan for the disposition of our estate, we should reflect on our stewardship responsibility and our intention to leave our church in a position to serve God and His people in the future just as it has served us.

Are you considering a review of your will?

Many people regularly review the provisions of their will. This practice is particularly appropriate today with the rapid increase in the value of our residential property and the generally favorable investment returns. As you review and revise your will, you might include a bequest in some form for your church. You can specify a bequest in the body of your will or as a codicil (an attachment that is duly signed and properly witnessed).

A bequest can take many forms. Here are two of the more common ones:

1. You can make a direct gift of cash or securities in any amount to St. Laurence for whatever purpose the Clergy,

Wardens and Vestry decide. Your will could read: 'a gift of \$XX to my parish church, St. Laurence Anglican, 5940 Lakeview Dr. SW Calgary to be used at the discretion of the Clergy, Wardens and Vestry.'

2. You can make a gift in the form of an endowment where the capital is retained in perpetuity and the income is used at the discretion of the clergy, wardens and vestry. The gift is made to the Diocese of Calgary, held in a professionally managed consolidated investment fund that achieves solid returns, and specified for the use of St. Laurence.

Your will can read "a gift of \$XX to the Anglican Diocese of Calgary to be held in perpetuity in a fund for St. Laurence Anglican church, 5940 Lakeview Dr. SW Calgary with the income available for whatever purpose the Clergy, Wardens and Vestry of St. Laurence decide."

Such a fund has recently been created at the Diocese with 'seed money' from two parishioners in the total amount of \$10,000.00.

In both cases, you can specify the purpose of the gift if you wish and you can ask that the gift be made as a legacy of a loved one.

Bequests to St. Laurence under either option are tax deductible and can be used to offset taxable income in the estate. In addition, there are tax advantages to contributions of securities in which you have achieved a capital gain.

When making a change to your will to incorporate a bequest to your church, you should consult your lawyer to ensure you achieve the desired result.

Practicing stewardship is, as one wise person has said, "Everything I do after I say, I believe." Planned giving is one important way that we practice stewardship, a way to leave God's church, our own St. Laurence, strong and healthy for future generations.

St Laurence Planned Giving Committee, for the Clergy, Wardens, Vestry and people of St Laurence

R.A.V.E.

(Recognize.....Affirm.....
Value....Encourage)

Joan Townend, Mary Wright, & Betty Gough for painting & redecorating the narthex.

Phil Crowe & Arnold Wright for installing new lights in the Church.

Arnold Wright & Warren O'Connell for updating the sign in front of the church.

Karin Karlsson for designing the new bulletin covers.

Keegan Seltner for taking on the responsibility for snow removal at St. Laurence.

Nina Smith, Jim Dolph, Martin Hall & Art Yeske for continuing to help Anna with the Nursing Home services.

Bruce McKay, Warren O'Connell & all of their helpers, for organizing the Pancake Supper.

All of our highly appreciated Sunday School Teachers!

Sunday School and Youth



*-Krista
D.A. Gordon*

Hello! For those that I have not have the privilege of meeting yet, I am the new Sunday school and youth coordinator. To give you a little background on me, I am also a student at Mount Royal collage, taking my Bachelor's in Child Studies. I have past experience working in childcare centers and volunteer experiences at organizations such as The Between Friends Club and Inn From the Cold. I have been working as the Child and Youth Coordinator since January 1st, and have found that the children and youth of St. Laurence are by far the most exceptional children and youth I have ever worked with.

What's new? The Sunday school is currently in the middle of a workshop cycle titled The Mystery of Easter. During this unit we are exploring some of the emotions and events experienced by Christ during Lent. Once or twice a month the youth are going to be participating in group activities designed to build self-esteem and fellowship.

Upcoming events

- Youth events first Friday of the month
- Youth helping with the Palm Sunday service this year.
- The youth are also looking forward to the 30 hour famine in April
- June 10th annual picnic on St. Laurence grounds. We will be renting a bouncy castle and playing fun games!!



The Sound of Love

Anna Seltner

“After silence, that which comes nearest to expressing the inexpressible is music.” (Aldous Huxley) What else could create the harmony, the discord, the complexity and the simplicity of love? Music is universal, it can be played in different places and sung in different tongues but it is always understood. It can make us feel hope, fear, loss, peace and joy. Music is the language of love.

“Not for tongues of heavens angels, not for wisdom to discern, not for faith

which masters mountains, for this other gift we yearn. May love be ours Lord, may love be ours, may love be ours O Lord.” (*Not for Tongues of Heavens Angels*, Timothy Dudley-Smith) As this song suggests, humans value love above anything, and many will turn down wisdom, fame and even faith for it. Love has immense power over us and our actions. Every act of love is a sacrifice, and in that sacrifice we gain something that is more precious than anything else we have. Music embodies that sacrifice and attaches to it the feelings and messages that can make it seem either joyous or sorrowful.

“There is more hunger for love and appreciation in this world than for bread.” (Mother Teresa) Every person on Earth has a need for contact. Without it we don’t function as individuals or communities. People need to feel love and caring in order to express it. The same thing occurs with music. Even if all a person listens to are birds, or a waterfall. They will emulate those sounds in order to express what can’t be spoken. This is why music is universal, and why it so often depicts love. It is simply because there is no other way to truly express our feelings.

“There is something about music that keeps its distance even at the moment that it engulfs us.” (Aaron Copland) Is this not the same as love? At the moment we feel it we know what it is, however it rejects the confinement of words. We can never fully define love, but we can describe it by creating the feelings it inspires through music. Music is personal and yet universal, simple and complex. Most importantly, music can touch the soul and capture the heart of

both the performer and the audience. Is there any better way to express love? Love will never be caged by words, but always expressed through music. Love frees us, binds us, and gives us something that changes us forever. Music is the outlet to our souls, and through it floods a sea of emotion that is the closest we will ever get to explaining love. The world will always have need for love, and although we can't define it, it always defines us. "Why should my singing so make me to weep? Only I know that I love thee." (*Lullaby*, Keel)

St. Laurence Choir Spring Special

Six-pack Sampler

Join the Choir for the Easter Season

You are invited to sing with us from
Sunday, April 22 until Pentecost (May 27)

Have fun "making a joyful noise".

No obligation after Pentecost
End-of-Season Party included

Talk to any Choir Member or Deb Koning for
further info (or just show up at practice on
Thursday, April 19 at 8:00 p.m.)

The St. Laurence Web Site

Are you aware of our excellent St. Laurence web site, www.stlaurence.ca? Did you know you can find all kinds of useful information about our church online? You can find notices of upcoming events, ministry rosters, contact information, and articles about St. Laurence. You can listen to the

Sunday sermons, and you can even read the latest Leader issue! During the past month, we've had over 300 visitors to the site, with more than 100 of them checking out Anna's recorded sermons.

We'd like to thank those responsible for maintaining the site so effectively: our webmaster, Roger Hough; our web editor, Marilyn Cantlie; and Steve Koning, for providing the recordings of the sermons each week.

Check out our site! Feedback is always welcome; contact Marilyn at adminassist@stlaurence.ca with your comments.

Women's Group Report



The Court Whist Party in January was a great success! Thanks to all who helped make it such a fun evening. Joan Townend and Janet Pedersen tied for first place in the tournament and good food and fellowship was had by all.

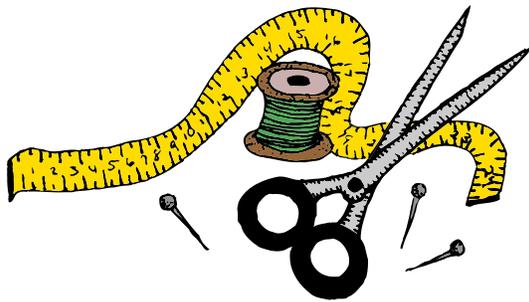
To continue the trend, the Women's Group is again planning our Annual Breakfast in the spring. We will follow the same format as last year, starting with breakfast followed by joining the congregation for the Eucharist at 10:00 am. The date is April 22. Look for final times for breakfast and sign-up sheets to come.

Look for the retreat in June. The date for this peaceful and welcome retreat is June 16 at Kamp Kiwanis. We have begun planning the day and it seems to be shaping up into another wonderful day. Again, look for details to come in the next months.

We are sorry to say good-bye to Jessica Tamblyn as she leaves our committee. She has some other upcoming commitments to the church and we thank her for her help and great input into our functions. As always, if you would like to join our committee, feel free to speak to one of us and we would be glad to have you. Also, any ideas or input is always welcome.

The Women's Group Committee:

| | |
|-------------------|----------------|
| Beckie Grant | Melanie Lovatt |
| Cecily Bornemisza | Lynn Odland |
| Tara McDonald | Cathi Elsey |



CRAFT GROUP

by Joan Townend –
February Coordinator

The Craft Group contributed \$1500.00 to Vestry to be used for St. Laurence's outreach program for 2007.

A beading demonstration was presented by Ruth Seltner, Janice Pedersen and Melanie Lovatt which was very entertaining and enjoyed by all.

Our accomplishments for this year consist of:

- Eighteen bereavement folders for Alberta Children's Hospital
- Painting the north and south-east walls of the narthex
- Enhancement of north-east wall with the St. Laurence banner which was beautifully crafted by Barbara Maddocks and Daphne Yeske, and additional decorations to the counter.
- Quiet toy bags for children
- Purchase of a 3-step ladder for safety reasons while achieving higher elevations.

Our next project is making worry dolls and bags for the YWCA/Sheriff King Home used as a therapeutic tool with children who have been exposed to domestic violence.

We meet on Wednesday at 12:00 noon (brown bag lunch) every week. New members are always welcome.

Baptisms, Marriages and Funerals



Baptized: on
February 11th:
Palmer Gordon
Rallison, son of
Jennifer (Krausert) and Matthew
Rallison, grandson of Lillian and Al
Rallison.

On January 20th, Anna presided over the funeral for Gwendoline Preece, mother of Fern Preece.

FOURTH ANNIVERSARY OF THE ST. LAURENCE INN FROM THE COLD

Sylvia Smyth

The past four years have passed very quickly for all of us who have participated in this very necessary and rewarding outreach program. Many of our present volunteers were among the first 15 parishioners who stepped up in 2003 after a memorable presentation by Laura McNabb, an original Inn from the Cold volunteer from St. Stephens' Church, on one Sunday morning. Her enthusiasm and passion about the necessity of such a program growing in Calgary at that time certainly inspired us all to jump on board and investigate the possibilities. Unfortunately our building did not pass the criteria for setting up an Inn – inadequate kitchen facilities, small washrooms and not nearly enough storage space. Christ Church Elbow Park, however was hoping to find a group to take over the space recently vacated there by a United Church, and with their encouragement and help we accepted the challenge. The first and most important step they said was to recruit 30 volunteers! Perhaps our fifteen originals could do double duty? We'd try it and see!

There were five crews required. – Dinner crew, Set-up and Hospitality, two Overnight Supervisors (very difficult to find volunteers for this one) Breakfast crew, clean-up and Laundry. We were sure that recruiting enough people to staff all these shifts was going to be almost impossible. However it was, and has continued to be, so easy. Norma Guthrie offered to coordinate the dinners. When Norma left we panicked but suddenly Suzanne and Vic Cabel (who loves to cook!) said they'd take over the role. Since then Pat O'Connell (who we miss terribly) and Warren, Martha Stewart and Joanna Thorpe rotate the placement as we appreciated the raves we receive from the guests for all the delicious home cooked meals. Joanna even received a proposal one night after a guest had two helping of her marvelous stew! Mayda Forsyth has

continually supported the dinner crews with her valuable gifts seeing us through the difficult stages of using the facilities at Christ Church to our much more up to date venue at Temple B'nai Tivkah. (formerly Living Spirit). Alice Graham and Cecily Bornemizsa also come when needed. All of our dinners feature Carrie Wrights' fresh homemade buns which get raves from guests and hosts alike.

The Set-up group on the first night – Bruce Jantzie, Phil Crowe, Daniel Koning, Jessica and Jim Tamblyn and Norma and Bob Farquharson didn't really need any more hands to get the beds, tables and chairs setup. Norma's friend, Isobel Klaiber joined us to give moral support and advice on our first big night! She had worked with a Christ Church group and was and has continued to be a most valuable member of our team. Isobel always brings flowers for the tables for a little extra touch and as well has a marvelous gift for visiting with the guests. Isobel is the epitome of the Inn from the Cold philosophy that is practiced by us all – "We are hosting a group of people who are made to feel comfortable, to be treated with dignity and respect and to be provided with a delicious dinner, a pleasant evening and a safe night's lodging." Our cast of characters for this crew has changed from time to time. Yvonne and Jack Krieger have been dedicated pillars for over two years and have been joined for the past six months by Peter Saunderson.

For the first year, the overnight supervisors were recruited from the downtown office volunteer list, however we felt it was time to rely on others and a plea was made for people for this difficult shift. Since then, Donna and Miles Motture, Suzanne and Tim Leacock and Krista Gordon have rotated most of the shifts. Krista shared two shifts with Barry Curtis, one with her brother, and more recently with several of her fellow students from Mount Royal College. We cannot hold an Inn without these dedicated overnight volunteers and we are so blessed to have such willing people to call on.

Breakfast time comes early at the Inn – 5:15 am and Melanie Jantzie has been organizing this cooked breakfast since the beginning. This has been amazing as Melanie then goes downtown to work all day! Vera Morgan ably assisted her for the first couple of years and since then Laurie Mummery and Lillian Rallison have alternated the shifts. These two ladies have recently extended their shift to include seeing their guests safely on the bus and helping with the cleanup. Back-up person for breakfast is Linda Hames (who also goes downtown to work afterwards)!

Last, but certainly not least, the people who have taken care of clean-up! At Christ Church we had orientation on this and 4 or 5 people were needed to get the job done in an hour and a half. Fortunately we had wonderful volunteers – Arnold Wright, George Pinsky, Norm Elsey, Ross Phillips, Ian Burgess, Art Yeske and Jim Dolph. For the first while the stories and teasing that went on among this group made it sound like a breakfast party! Tara McDonald later joined the crew of guys and since we've been in the new venue using her management skills it only requires three people to finish the job in less than an hour! An added bonus to the Clean-up crew is the addition of Alex Proudfoot, who picks up the bags of laundry each time, takes them to the Laundromat and returns them to the Church in time for the next Inn.

We provide bag lunches when the guests board the bus at 6:30 each morning. Fourteen ladies from our congregation take turns in providing two loaves of sandwiches for these lunches every five or six months.

We have come a long way in our four years of participation in Inn from the Cold. Originally we expected that by now governments would be well on their way to resolving many of the problems of the homeless, however that certainly isn't the case. The Agency is getting bigger and branching out to help the situation in many

more ways and so it appears that it will continue to be necessary to continue running our Inn at Temple B'nai Tivkah for a while longer. We have been asked by the Foundation of the Jewish church to continue hosting our Inn there until at least December of 2008, at which time they will assess the situation. I have written to the Vestry announcing my resignation as of April 30th, however I am confident that people will step up to keep our fabulous group of volunteers working on this necessary outreach program. We all agree that we, as hosts, get more satisfaction out of doing this than the guests do. We realize how blessed we are and how fortunate we are to be able to host an Inn when the guests thank us and sincerely appreciate what we do. Hopefully many more St. Laurence parishioners will join the team and experience the same feelings of appreciation for God's blessings as I have during the past four years. It has been a fantastic experience. Thank you to everyone who participated and supported me and to all who contributed financially to our Inn from the Cold.

Depression Support Group is Up and Running

- At any given time almost 1.5 million Canadians are living with depression. In the United States that figure is 20.9 million.
- The World Health Organization says that 13 years from now (2020) depression will be second only to heart disease as the leading cause of disability world-wide.
- The Global Business and Economic Roundtable on Addictions and Mental Health estimates that depression costs

the Canadian economy \$33 billion a year.



Behind these statistics are real people – family, friends, neighbours and ourselves – who live each day with the reality of

depressive illness. Depressive illness has a mortality rate of 15% - that means that 15 out of every 100 people with depression will successfully commit suicide to escape the pain and anguish of the disease.

While the stigma surrounding mental illness is diminishing as people become aware of its physical origins, many people still do not seek treatment believing “It can’t happen to me.” It can – and it does.

This January, a depression and bipolar disorder (manic depression) support group began meeting at St. Laurence on the 1st and 3rd Wednesdays of the month. We’ve been averaging four to five people at each session and expect the group will continue to grow as the word spreads.

This group is a peer support group (we’ve been there, we can help) where members share strategies for living with these illnesses, encourage one another, share information on current treatments and research, etc. Family and friends are also welcome to come and learn more about these illnesses.

The group uses a meeting model developed by the Depression and Bipolar Support Alliance (DBSA), the largest patient-directed organization in Canada

and the U.S. that focuses on the two most prevalent mental illnesses: depression and bipolar disorder. You can find more information about the DBSA – and these disorders - on the web at www.DBSAAlliance.org

If you’d like more information about the group meeting at St. Laurence, please call Elizabeth McLennan via the church office.

Fair Trade Coffee and Tea Sales



Fair trade items will be on sale April 1 following the service. As always, there will be a variety of coffee and tea. Decorative

bags created by the Craft Group will be available to transform these items into lovely hostess gifts should you have an occasion to need one.

Hasty-notes with the pen and ink drawing of St. Laurence Church will also be available for purchase. There are ten notes and envelopes in each packet. The price is \$5.00.

Proceeds from the sale of all these items will be sent to the Primate's World Relief and Development Fund. Thank you for your continued support.

Carol Gardiner
P.W.R.D.F. representative

Grounds Cleanup 2007



Our Annual cleanup is scheduled for Saturday, May 12 at 9:00 a.m.

If heavily rained-out, we'll reschedule to Monday, May 14th at 7:00 p.m.

No heavy raking! Bring the usual gardening implements. Light refreshments will be served.

Jim Dolph

Makes you think, eh?

Just finished, over the Christmas period, reading a series of books which all point to the same question, although it may be phrased in different ways. The essence of the question is a familiar one to students of Christian scripture: what is it that we, as individual Christians, are called to as we live out our lives on God's great Creation, planet earth?

In "*A Leader's Legacy*," Jim Kouzes and Barry Posner, authors of several leading books on leadership, suggest that we ask ourselves what we want to be remembered for. "By asking ourselves how we want to be remembered, we plant the seeds for living our lives as if we matter."

Parker Palmer, who has written a series of popular books focusing on the spiritual path, introduces the first chapter of "*Let Your Life Speak*" with a short poem attributed to William Stafford in which we read "ask me whether what I have done is my life."

In "*Leading with Soul*," the authors suggest that "the essence of leadership is offering oneself and one's spirit." They go on to suggest that if one focuses only on material things, one's soul will be lost. Once again, we are enjoined to search for the meaning of life, and are advised to not be content with material, external and/or surface stuff.

Made me think. Reminded me of the lesson from the gospel of Matthew 16:26: "what good will it be for a man if he gains the whole world, yet loses his soul." Surely, we are called to search for our calling, our purpose in life, why we were put in this place. Further, having found the call, we are to act. For in following the call, we find at the same time both an obligation of a Christian life fully lived and the joy that comes with meaning and purpose. What better result might there be.

Once again, I am struck by the place that spirituality is playing in modern literature, much of which is written for a corporate audience. As we strive for business success and a life that matters, we are reminded that both will come only if we maintain our soul. Certainly gives cause for pause. Makes you think.

I love the closing prayer that we repeat every week: "Glory to God whose power working in us can do infinitely more than we can ask or imagine." Spirit and soul are necessary to a life of meaning,

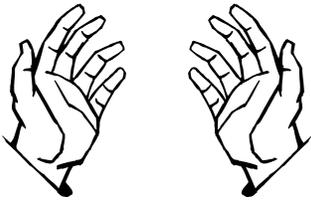
the only life worth living, a life that matters.

What will they say about each of us? Will they say that what we have done is our life? Let us pray it is so.

Makes you think, eh?

One of My Favourite Activities at St. Laurence

Jim Dolph



Doing volunteer work at the Calgary Food Bank provides fun and satisfaction.

Larry's Grill assigns three men to work there each Friday morning. We accompany volunteers of various ages, from different backgrounds. Activity is well organized, and coached by an efficient staff. Among the employees are some developmentally challenged people who need employment.

We volunteers sort food by removing an assigned category from a moving conveyor belt. Sometimes I get behind and feel like Charlie Chaplin, or like Lucy in "I Love Lucy". Meanwhile, music is played over the P.A. system. Several of us seniors like hit tunes of the circa 1920's to 1950's – big band era. We request this tape.

We also stock food hampers for clientele as they pass through our distribution line. They get a chance to ask for more, less, or nothing of a specific item, within limits. Different nationalities have different tastes. It is

colourful! There are lots of smiles and "thank you's".

Now a bit about the Calgary Food Bank. It is in its 25th year of operation. It is currently in a lofty 60,000 square foot warehouse at 5000 11th Street SE. It relies solely on the generosity of Calgarians to remain operational because it is neither a government or United Way agency. Donations of funds, food and time are the very foundation. The motto is "We do food and this is what it takes".

All clients are thoroughly screened and may receive food for 5 to 7 days a maximum of 6 times per year. As of 2006, 83% of the clients required hampers just three or fewer times until they got back to solid footing. Isn't this a positive step!

In 2006, 94,689 clients were served, and 12,409 were provided with referrals to some of 100 community agencies to better assist their individual needs. The support given to people and agencies amounts to the equivalent of 30 million meals.

Thank you St. Laurence and Larry's Grill. Without you I would have missed this opportunity.

FOOD BANK SUNDAY is the last Sunday of each month. Please place non-perishable goods in the box provided in the narthex or for a tax deductible receipt place cheque or cash in an envelope marked "Food Bank" in the collection plate.

The St. Laurence Women's Group
2007 Ladies' Spring Breakfast
Sunday, April 22nd
At 8:30 AM
Tickets on sale April 1st, 8th and 15th

*Proceeds from the Easter Special Offering will go
to the P.W.R.D.F.
Thank you for your donation!*

The 2007 Annual St. Laurence

GARAGE SALE



**SATURDAY MAY 5th, 2007
10:00 A.M. TO 1:00 P.M.**



**PLEASE BRING ALL YOUR GENTLY USED TREASURES TO
THE CHURCH AFTER 4:00 P.M., FRIDAY, MAY 4th**

**arrangements should be made in advance for pick-up of large items*

Volunteers needed!!

Please contact Deb McArthur or the church office if you are able to help with set-up, selling or clean-up