

# The Carillon

HIGHLIGHTING OUR MOMENTS  
AT KINGSWAY-LAMBTON UNITED CHURCH

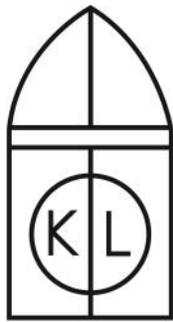
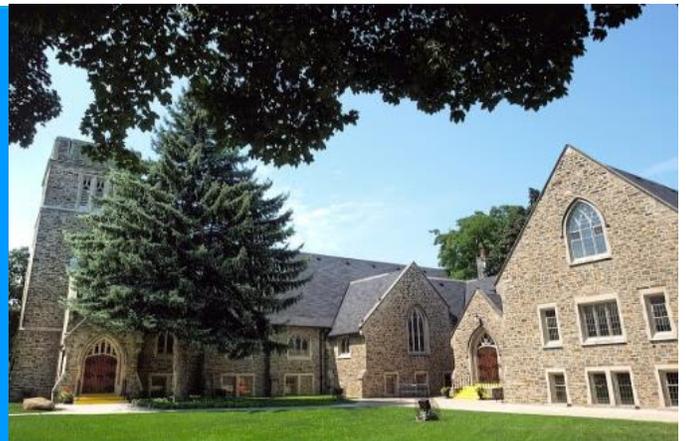
SPRING 2020

IN THIS ISSUE:

5 2020 ANNUAL  
CONGREGATIONAL MEETING

10 WEDNESDAY  
WELLNESS

11 OUT OF THE  
COLD DINNER



KINGSWAY-LAMBTON  
UNITED CHURCH

## Sunday Services:

Regular Service: 10:00am  
Fresh Start Service: 8:30am

85 The Kingsway  
Toronto, ON M8X 2T6  
416.234.8224

Find us online at:

[www.kingswaylambton.ca](http://www.kingswaylambton.ca)

 [@klambtonunited](https://twitter.com/klambtonunited)

 [@klambtonunited](https://www.instagram.com/klambtonunited)

 [Kingswaylambtonchurch](https://www.facebook.com/Kingswaylambtonchurch)

 [Kingsway-Lambton United Church](https://www.youtube.com/Kingsway-Lambton United Church)

## A Sign for These Times

by Joy Crysdale

When Kingsway-Lambton began exploring installing an electronic messaging system in our existing church sign, no one had any idea what was coming at us.

At the project's start, the system was seen as a way to fulfill one of K-L's key priorities - making a greater use of technology to reach out to the community, to provide information about activities, and who we are as a church. Many churches have these signs, and the ones we talked to said they had a strong positive impact on attendance at church events.

However, when K-L's system was installed on March 18<sup>th</sup>, the COVID-19 crisis had begun, and church activities were cancelled. So on the day messaging began, the posts were about love, hope, and ways Kingsway-Lambton can serve our neighbours. A sign for these times.

The new system displays and rotates messages inputted through a computer program. It is estimated we will post eight to ten messages a week, or perhaps more. Like anything electronic, it will be a work-in-progress for a while, but all efforts have been made to have the sign have little impact on our neighbours through using muted colours, reduced brightness and limited night illumination.

As we go through these difficult times together, the sign can be an important tool not just for letting people know what our church is about, but for creating community. And eventually, we hope, it will help bring more of that community through our doors.



## The Little Things

*“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”*

Matthew 25:40 NIV



In H.G. Wells' *The War of the Worlds*, the climactic moment comes when the invincible war machines of the invading Martians begin to drop out of the sky. The narrator looks upon a vast array of dying Martians and their impotent machines and declares them “dead...slain by the putrefactive and disease bacteria against which their systems were unprepared... slain, after all man's devices had failed, by the humblest things that God, in his wisdom, has put upon this earth.”

Well now the invasion has come from one of those “humblest things”, not bacilli but a virus, not attributable to God's wisdom but likely to humanity's mistreatment of our fellow creatures.

Yet the response seems again to be in the little things. The humble things that God, in the divine wisdom revealed in Jesus, has called us to do. To love and care for one another regardless of race, wealth, or creed; to wash our hands; to keep our distance, to remember we belong to one flock. Little things like the patient work of researchers to create a vaccine; like seeing that our health care workers have the proper personal protective equipment; or buying toilet paper as we need. Little things like showing gratitude and civility. I noticed a lovely spirit when I went to the post office to pick up a parcel. I hadn't been out for a while because of self-quarantine. I was anxious about the way people would be “out there” but I met smiles and understanding nods. People kept their distance with warmth and solidarity.



In *The Second Mountain*, David Brooks writes about people who have done with the mountain of reputation and success and by wisdom or fortune have come to the second mountain, the mountain of meaning where they don't care about reputation they care about others. Early in the book he relates a story from the book, *Practical Wisdom*, about a hospital janitor named Luke. A young patient in the hospital had been in a fight and was in a coma. Luke cleaned his room. His father had sat by his side for six months. Luke would clean the room while the father was there

but one day he was out, having a smoke. Later the father snapped at Luke and accused him of not cleaning his son's room that day. The second mountain response Luke gave was to clean the room again. He said, “I cleaned it so that he could see me cleaning it...I can understand how he could be. It was like six months that his son was there. He'd been a little frustrated...But I wasn't angry with him. I guess I could understand.” (p. xv)

We're a little frustrated and frayed. This new normal could be a while but it will be the little things that carry us through the weeks. Christmas wasn't a supernova but the birth of a baby. Good Friday was the killing of one whose friends had fled and Easter was the resurrection of one rural rabbi, appearing to those who knew him and his love. In a humble way God works our salvation, in the quiet, intimate ways we love one another life is changed. The least of these acts of ours can overcome this little invader now.

Yours in patience, persistence, and hope,  
Rev. Hugh

## I Can See Clearly Now...

by Rev. Kerry Stover, Associate Minister

The Psalmist sings,

*“The heavens declare the glory of God;  
the skies proclaim the work of his hands.”*

Psalm 19, verse 1

That is how I felt when my cataracts were removed on Jan. 14 and 15, just a short time ago. I didn't realize how the cataracts had impeded my vision. I shouted for joy and said to the friend that accompanied me to the surgeries, “look at the colours, look at the details, look I can see clearly now.” I am thankful that in our first world society we have gifted eye surgeons that can help not only me but many others with their vision impairments.

With clearer vision, I am amazed of what I can see; the bark on the trees, the veins of the decaying leaves, the details of a snowflake, and your welcoming smile when we greet each other at church or other places in the community. All of this has made me pause and give thanks to not only the beauty of creation but also for the blessings in my life. The blessings of those that expressed words of encouragement as I was anxious about the surgery, those that sent notes and emails extending their well wishes, and the blessing of knowing that your prayers for my recovery were shared through God's love. This journey has been an enlightening (yes, pun intended) experience, knowing that we are there for each other. We are never alone.

Our Lenten journeys will soon culminate in the great celebration of Easter. Join with me as we raise our voices in loud “Hallelujahs” for the beauty of God's creation, for the love of Jesus and for the embrace of the Holy Spirit in our lives. Amen and Amen.

Rev. Kerry Stover  
Associate Minister



## Shrove Tuesday Pancake Supper

On February 25<sup>th</sup>, members of the Men's Group hosted and prepared a delicious pancake supper. The event had two seatings, both very well attended by appreciative diners.





## Living in Disruptive Times

by Rev. Leanne Ketcham, Youth Minister

It was the fourth day of our self-isolation at home, and we were still grappling with our new normal. Wake up, take care of the dog, make coffee/breakfast, read enough news to be informed, but not so much news to send our anxiety too high, try to pass the time, take the dog on a walk, try not to think about finances, cook another meal (how can we consume so much while doing so little?), and go to sleep just to wake and do it again. My spouse Andrew commented to me at one point, “We should have been getting on a plane right now to come home.” Instead we had thankfully been able to get a flight home on Tuesday from Switzerland, skipping the France portion of our trip altogether. There are so many “should be’s” right now.

In the context of a global pandemic, it seems that our usual sense of time and tracking time has been disrupted. We should be marking the days of the week as school days. We should be going to hockey practice and dance. We should be taking that trip or celebrating grandpa’s birthday together. For our youth, the last bit of expected time was March break. The reality that these next weeks will not hold the usual time markers of tournaments, exams, school dances, and possibly graduations is not a reality readily accepted.

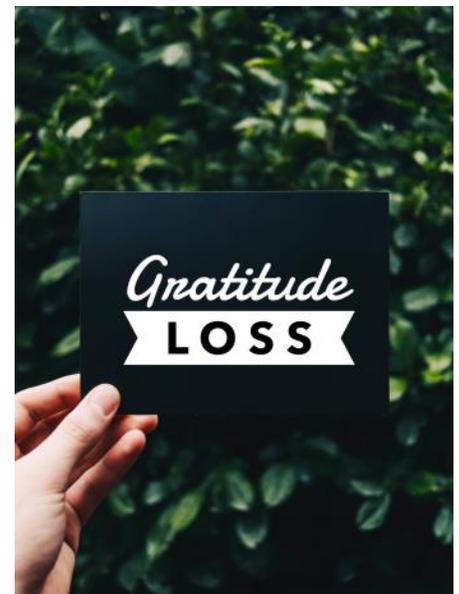
Disrupted time is uniquely marked by many losses for children, youth, and adults alike. We can cheerily try to stuff it down with quips like, “Let’s make the best of it!” Or perhaps this disrupted time grants us space to be honest about our reality, naming our sadness, anxiety, and anger, alongside our gratitude.

In all this new found togetherness at home, consider adding a new practice to do with your family or even online with friends. Take a piece of paper and draw a line down the center. At the top of one side, label it “Gratitude” and at the top of the other, label it “Loss.” The challenge with disrupted time is not being able to make sense of it. Naming our losses gives space for our very real griefs, and naming our gratitude keeps us from drowning in the grief.

This practice is a way of praying through this pandemic. As we name our losses, we name them before God who restores our souls and walks with us through the darkest valley (Psalm 23:3-4). And as we name our gratuities, the surprising gifts that disrupt the disruption, we find God’s promised goodness and mercy that follow us all the days of our life (Psalm 23:6).

All of us, young and aged, are kept by God, our good shepherd. Let us grieve our losses, confident that grief is near the heart of God, who draws near to the brokenhearted and the fearful (Psalm 34:18). And let us name our gratitude, for God’s steadfast love endures forever (Psalm 136).

KLUC’s ministry to youth is continuing, and we will meet online over Zoom weekly. Together we will name our losses before God, asking for God’s comfort, and also our gratitude, praising God for the strange manna still given in these days.



*Continued on next page*

## Living in Disruptive Times

by Rev. Leanne Ketcham, Youth Minister

*Continued from previous page*

Let us pray together the words of Psalm 23,

1 The Lord is my shepherd, I lack nothing.

2 He makes me lie down in green pastures, he leads me beside quiet waters,

3 he refreshes my soul. He guides me along the right paths for his name's sake.

4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

6 Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

Amen.

## Kingsway-Lambton 2020 Annual Congregational Meeting

This year's Annual Congregational Meeting took place on March 1<sup>st</sup>, following a Sunday service in which we heard the comforting message that we are "found".

Following a delicious lunch, the official proceedings began. After the opening prayer and a reading of the In Memoriam list, various committee leaders presented their reports. Each report included updates from 2019 and plans/forecasts for 2020.

This year, one of the main projects undertaken by the Official Board was to identify the priorities or "pillars" that would guide them in their deliberations. As the Board considers existing programs and services, as well as new initiatives, the Board will ensure that they fall under one of these four pillars:

- ✦ Living & Sharing our Faith
- ✦ Living our Faith in the Community
- ✦ Maintaining our Financial Viability
- ✦ Ensure Volunteer Leadership Continues



The overriding message from the meeting was that our ministers, leaders, volunteers, and members of the congregation accomplished many good things last year and will continue to do so. We are truly blessed to have very able and dedicated people to do the work that they do.

We echo Rev. Hugh's message in the Annual Report: "I am most grateful to all of you who have filled these pages. You are a remarkable testimony to the ongoing value of "us-ness" in this world and the ongoing reality of the risen Christ and risen love giving us 'hope and a future'."

Many thanks to everyone who made the meeting possible, including those who prepared the Annual Report, those who served the tasty lunch, and those who organized and set up for the meeting. Your efforts are much appreciated.

## Services and Events

### Kingsway-Lambton Worships with You at Home



#### Fresh Start and Worship Services

In an effort to minimize the spread of COVID-19 and protect our members and our larger community, Kingsway-Lambton United Church is suspending Sunday services and all meetings and activities that take place in the church until further notice.

We are providing online digital worship services to enable you to worship at home with Rev. Hugh and Rev. Kerry. Both the Fresh Start Service and Worship Service will be available to view. Visit our [website](#) for the links to the videos, and take comfort from this worship in your home.

Please join us for these, and for our special **Good Friday and Easter Sunday services** at a time that works for you and your family.

#### Kingsway-Lambton Coffee—Connection to Hope

Each Tuesday evening from 7:30-8:30, Rev. Kerry Stover hosts this online gathering through Zoom.

There is a short tutorial video (click [here](#)) that will show you what to do to connect to our meeting. Please do this before the time of the video-conference. The video is less than one minute.

Please send your request to join the meeting to [kerry@kingswaylambton.ca](mailto:kerry@kingswaylambton.ca) with the subject line "Request to join KL Coffee and Connect". Check our [website](#) for the weekly call details.



#### We are Here for You

The church building will be closed until further notice, but the staff will continue to be available via email or phone.

**Being a Christian community, we recognize the importance of caring for our members, especially those who may feel very isolated at this time. If you are aware of individuals who need pastoral care, please contact our ministers at 416-234-8224.**

**We continue to pray for the well-being of our members and our neighbours. "No one is ever alone."**



## Week of Guided Prayer

by Esther Reid



In the Week of Guided Prayer we have the opportunity to explore the flow of our relationship with God, and through it, the relationship we have with others. Through the changes in these relationships, from times we feel filled with grace and wonder, to our hurting or empty times, we may ponder the personal relationship with God that is offered to us in Jesus Christ.

### What is involved in the week?

The opening session gives you all the information you need for the week. Each day you will create your own 30 minute 'retreat' time, to read short Bible passages and a reflection, which you'll be given. As you listen with an open heart, reflect, and pray upon them, you may feel how the Holy Spirit is speaking to you through the passages.

You will be assigned a trained Companion, to share your daily journey for 30 minutes. Face-to-face daily companionship time, usually meeting at the church, is an important part of your week. All conversations are held in strictest confidence.

The closing session can be a richly meaningful close to the week, shared with the whole group. We strongly encourage you to participate in each part of the week, to experience it fully.

***"It's a rich week in God's presence and one that can be very meaningful for your own spiritual journey."***

*Mary Prime*

**NOTE: Originally scheduled for April 26-May 2, the 2020 Week of Guided Prayer has been postponed due to the COVID-19 pandemic. New dates will be announced when available.**

**A retreat in the midst of daily life,  
guided by the Holy Spirit**

## Love Changes Everything

by Priscilla Knight



Were you able to get out to ***Love Changes Everything*** karaoke sing-a-long on February 7<sup>th</sup>? It was a fun-filled evening attended by members of our church as well as a number of visitors. Instead of just listening to songs, those in attendance joined in singing songs like Bobby Vinton's *Roses are Red*, Elton John's *Can You Feel the Love Tonight* and the Beatles' *All You Need Is Love*.

Solos by Kerry Stover, Stephanie Excoffin and Oliver Dingwell and love poetry were also part of the evening with readings of Elizabeth Barrett Browning's *How Do I Love Thee?* and *Love Speaks* read by Rhiannon Hill. Participants were swaying in the pews and even dancing in the aisles as they thoroughly enjoyed many favourite love songs from the past. "Love Changes Everything" was definitely true that night!



## Dollars and Sense by Bill Winterburn

### Treasurer's Report - March 2020

#### 1. Good News for 2019

We ended 2019 with a very acceptable surplus of \$7,861 in our operating account. The budget called for a deficit of \$34,706.

Total revenues of \$752,400, not including internal fund transfers, were offset by expenses of \$779,828. By far the most important revenue source for us is our envelope givings, including PAR givings. In 2019 our envelope givings were \$564,539, which was approx. 2% greater than budget and 1% ahead of 2018. Other significant revenues were nursery school rent (\$41,949), UCW donation (\$24,000), and the Lego Camp (\$21,600).

#### 2. 2020 Budget

An operating budget for 2020 has been approved that is calling for a deficit of \$26,401.

Various committees have come forward with requests for funds that are intended to increase our membership, and to make our Church more relevant in the community. Wherever possible, these funds have been provided for in the budget. A very important initiative for us in 2020 is the continuation of our Fresh Start program. This service is designed to appeal to parents of young children and families, and its goal is to bring in lapsed members, and to encourage growth and interest in the Church.

The numbers have been reviewed in detail, and we believe that the current forecast is an acceptable target for 2020.



### Fresh Start Service by Rev. Kerry Stover, Presiding Minister

A cup of coffee or tea, a cookie or muffin and a relaxed “come as you are” atmosphere greets those that attend the 8:30-9:15 a.m. Fresh Start worship service. Often the air is crisp and fresh with excitement, as we come and settle into a time of praise and thanksgiving. Presiding at the Fresh Start service is a humbling and honoured experience. Thanks for everyone’s words of encouragement as I have settled into this ministry.

The Fresh Start speakers and preachers, since January, have embraced the topics of the day from “Where God Is in these Troubled Times” to “Meditative Practices” to “New Beatitudes for Today” and recently, “The Risk of Believing.” The Fresh Start messages can be found on the Kingsway-Lambton UC [YouTube channel](#). The topics open us to hear experiences that inspire us to think deeper about our journey with God, Jesus, the Holy Spirit, each other and the community of need that we are called to serve. The keystone of our worship time is the topic of each speaker or preacher. Complementing the message is the discussion time, engaging us to experience where God has touched our lives and to reflect upon our own faith journeys.

Many thanks to our talented musicians; Ian Waymann and Jacob Visser, under the coordination of Oliver Dingwell, for their inspirational and moving music each week. And thanks to the Fresh Start Steering Committee for their commitment and courage to embrace the Spirit and the good news that is shared through the Fresh Start worship service.

Peace and Comfort.

## Wednesday Wellness

by Rev. Kerry Stover



In February, Rev. Kerry, Mary Prime, and Sarah Keating launched a series of ten **Wednesday Wellness** evenings. We began with a healthy dinner on February 12<sup>th</sup> and a talk on Canada's 2019 Food Guide by Sarah Keating. Week 2 was on the benefits of physical activity with a talk by Mary Prime on exercise and brain health and a guest appearance and guided yoga session by her son Eric Prime.



On March 4<sup>th</sup> the topic was addictive substances. We watched a TEDx talk by a young woman whose husband died of a drug overdose leaving her with two small daughters. Her message was one of compassion for those who struggle with addictions so that they might speak of them more freely and more easily access help. On March 11<sup>th</sup> Mary talked about stress and introduced us to the practice of centering prayer. In the same session Dorothy Donley taught us the meditative art of mandala making. Each session closed with a time of prayer.

These wellness strategies are particularly important as we move into a time of forced social distancing in order to contain the spread of COVID19. Once we can meet again, we will have an additional session on tips to improve the quality of our diets, a session on sleep by Julia Glowinski, who spoke at the church last year, a session on social connectedness and a session on prayer. If time allows, we will wrap up with a final pot luck supper and prayer, a session we will be calling "Eat, pray, love".

## Nominating Committee

by Horace Knight, Chair

Our church is very fortunate to be served by a large group of dedicated volunteers who are members of Session, Stewards, Official Board, Choir, Pastoral Care Committee, Fresh Start Steering Committee, Coffee serving team, Flea Market volunteers as well as many other bodies. Not only are these people supporting the broader organization, they are also meeting new people while developing new and lasting relationships.

As Chair of the Nominating Committee, I can tell you that our search for volunteers to lead the committees and teams within the church is ongoing. As volunteers' terms come to a close, there is a need to find people to fill the vacancies. Currently our vacancy list includes the following:

- Chair of the Official Board
- Treasurer
- Gifts & Giving Co-Chair, Legacy
- Communications Chair or Co-Chairs
- Nominating Committee Representatives

Many of the current individuals in leadership positions have agreed to extend their terms to ensure that the important work of their committees continues; and I would like to thank them for agreeing to these extensions. It is important though, that we have new people step up to fill these roles. If you have an interest in any of the above areas, we would like to have a chat with you. We no longer have rigid terms and inflexible meeting schedules. In fact, increasingly we are using electronic technology to bring people together who are unable to be in the same location at the same time. Please call or email me if you have interest in any of these roles (416.233.8579 or [knight.associates@rogers.com](mailto:knight.associates@rogers.com))

## Kingsway-Lambton Hosts Out of the Cold Dinner by Sandra Linsdell and Mary Prime

If you ever need to be uplifted in the deep dark days of January, consider Kingsway-Lambton's **Out of the Cold dinner**.

This year we, Mary and Sandra, heard the call for dinner. Never a twosome to decline a good dinner invitation, Mary and Sandra answered yes! But this was no ordinary dinner. After leading the Out of the Cold Dinner for many years with energy and grace, Dorothy Foster passed the dinner bell to two rookies. She assured us it would be just like the loaves and fishes, but with roast beef and potatoes.

Luckily a team of wise and experienced chefs were there to help. Ray "Where's the Beef?" Jeffery cooked six eye-of-the-round roasts to perfection. Assisted by David "Slice" Macdonald and Roger "Dice" Dawson, the meat was carved and drizzled with mouthwatering juice. Meanwhile, Pat "Reporting for Duty" Butler made delicious veggies, and Super-Peelers Mary Asquini, Sheryl Macdonald, and Dorothy Foster prepped 50 lbs of potatoes. Esther "Cinnamon Girl" Reid whipped up bread pudding that smelled heavenly. With the efficiency of a Mission Impossible movie, Elizabeth "Spic and Span" Tomik, swooped in to help Pat clean up, while the motorcade of five cars of food departed for All Saints led by the "Pace" Car.

Confirming that there are never too many cooks in the kitchen, 12 master chefs prepped, plated, cleaned and cleared dinner for 75 guests. Larry "Slaw Supervisor" Smith, Shirley "Everything's better with Gravy" Edes-Smith, Tom "More Potatoes" Keating, Joy "Just call me Rover" Crysdale, Margaret "I can do this with my eyes closed" Pace, Linda "Cookie Monster" Milne, and Hugh "Steady Hand" Reid made sure the dinner got to the pass. Kerry "Mr. Clean" Stover, Sarah "Dish Diva" Keating, and Esther "Wait, I've been cooking since 8:00 this morning" Reid, did the dirty work of doing dishes. Lending new meaning to the term "Dine and Dash", our nimble-footed serving team of Jeff Loudon, Colleen Coman, Nelly and Maya Akhavan, and Lindsay Moeser presented the *plate accompli* to the diners with alacrity.

From start to finish, it was teamwork on a grand scale.

Our neighbourhood is blessed to have people who run this program every Friday evening at All Saints Anglican Church, with food provided by a rotation of churches, corporate teams, and other groups. Led by Nina Arsenault and her regular core of volunteers (including kitchen angels Selina, Kathie, and Sheryl) up to 100 guests are welcomed to dinner. Some walk across the city to come, some struggle with mental health issues, some simply can't afford food after the rent is paid; all find safety and comfort and a warm meal to help them out. A shower is available, as are fresh underclothes, medical support, and occasionally a hairdresser or dentist. A movie is shown, and an art room is provided. Overnight beds are available to 22 guests. It is heartening, in our city that struggles with so many social issues, that there are people of such goodness trying to help those less fortunate, and giving them some respite out of the cold.



*The 2020 Kingsway-Lambton Out of the Cold Dinner team*



*Sandra Linsdell, Ray Jeffery and Mary Prime*

Mary Prime and Sandra Linsdell  
"The Spice Girls"



## Announcements

### *Baptisms*



**Cody Jagger Johnston**  
 Parents: Alexandra (Alex) Lazzari  
 and Matthew Johnston  
 Godparents: Michele and  
 Philip Grdadolnik  
 February 23, 2020



**Sarah Winnifred (Winnie)  
 Allingham**  
 Baptised and confirmed  
 February 23, 2020



### *Wedding*



**Geoffrey Keating and  
 Lidia Onufrei**  
 February 21, 2020

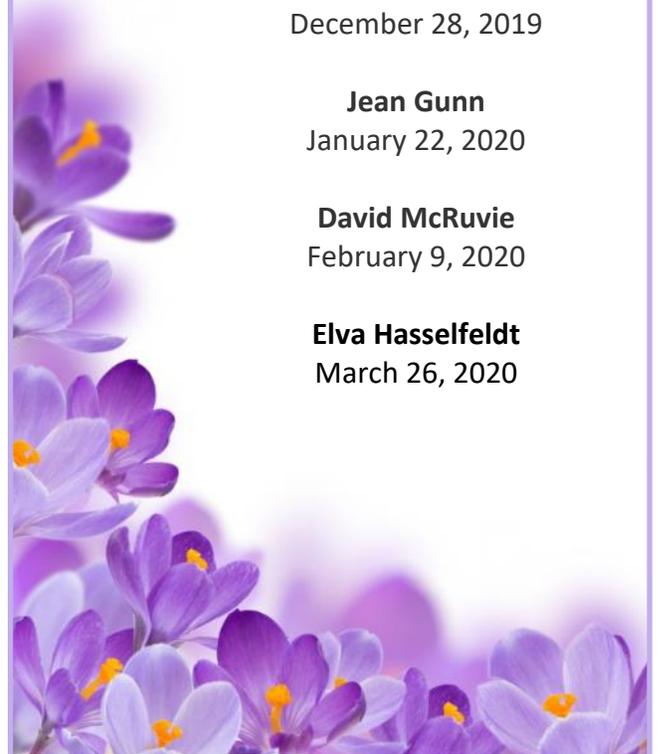
### *In Memoriam*

**Jean McDiarmid**  
 December 28, 2019

**Jean Gunn**  
 January 22, 2020

**David McRuvie**  
 February 9, 2020

**Elva Hasselfeldt**  
 March 26, 2020



He is  
risen!

