

# Soul Food:

## Suppers for New Friends

For a newcomer family, fitting into the core group of a congregation is not easy. Families nowadays attend different schools, clubs, and workplaces, and find making connections on monthly visits to church is hard. They tend to remain 'newcomers' for a long time, hoping their kids pick up the Good News.

What to do? My partner and I remembered meals shared with new friends that sparked relationship through chatter about life in general. Maybe this was a good plan for Applewood: families around tables at home - Soul Food!

The idea met with nervous but brave interest. First, it surprised all the families that most families felt new. Secondly, each agreed this would show their kids that Church is worth the effort of trying new things.

The Church offered money to support the hosts. Three families agreed to host meals along with me. Through personal phone invitations we circulated the dates and sorted families into small groups. It's important to mix families up rather than rely on comfort zones. I offered discussion topics, but conversation flowed easily.

The results of Soul Food are wonderful. In two rounds, seventeen families have participated, teens included. They linger at church more often and I see new ownership of working together. Time for more Soul Food!

Carolyn Smith - Applewood



## INTERESTING RESOURCES



### Labyrinth Kit:

<http://proost.co.uk/labyrinth-kit-0>

- first run in St Paul's Cathedral London in 2000 this unique labyrinth has a series of stations incorporated into the journey.

### Creation Stations:

<http://proost.co.uk/creation-stations> -

tools to create an interactive installation/worship experience on the theme of creation. There is a station on each day of creation.



### Spiritual Literacy:

#### Reading the Sacred in Everyday Life

<http://www.spiritualityandpractice.com/spiritualliteracy>

*An Opportunity for Personal Reflection and Group Dialogue on What Really*

*Matters* through a six dvd set with 26 meditative and soul-stirring half-hour films organized around 26 spiritual qualities of mind and heart.

Interesting Endeavors

Lorna MacQueen  
Hamilton Conference Minister- Faith  
Formation for Discipleship

TOWARD  
DARING DISCIPLESHIP

October, 2012

Interesting  
Endeavors

*Some ideas worth sharing  
from a few of the exciting new  
ministries that are springing  
to life in congregations in  
our conference.*



# Every Breath We Drew:

## A Worship Installation for Holy Week



Guided by a simple order of service outlining seven stations, participants interacted with the Holy Week story as twenty feet high visuals of the Passion were projected on the wall, ambient music played and candles flickered. Worshippers walked into a Labyrinth carrying a palm branch, traded it for a small wooden cross on the way back out. They traced their hands with charcoal quoting Pilate - 'my hands are clean of this man's blood' and squeezed hard chunks of clay feeling them slowly soften in Gethsemane. Prayers for self, community and world were written on a prayer wall while small canvases and pastels were used to create artistic response. A Crown of thorns hung from the ceiling while drops of blood fell (melting ice cubes of grape juice). A cup and loaf sat with the invitation: Take. Eat. Drink. Body broken. Blood poured out. God is broken. God is poured out. That we too, might break for the broken, be poured out for the empty...

Sixty-five people experienced Holy Week 2012 at St. Paul's United, the Milton Arts Centre and Norval United over three nights. 'Worship Leaders' Andrew Hyde and Cam Fraser set the stage and then stepped aside to allow the story to speak. This worship is one of many endeavors that make up the Halton Presbytery sponsored Annex Project.

An Advent Worship installation is in the works.

Worship installations are a new form of Christian practice, influenced by emerging church movements. No sermons or singing; in their place, interactive prayer stations, multi-media experiences, community art projects and guided meditations, all in a contemplative and artistically engaging space.

*Cameron Fraser - The Annex Project, Milton*



# Community Gardens



## Rotary Sunrise Garden

In May 2012, St. Mark's United Church in Dundas partnered with "Dundas-in-Transition" and the Rotary Club of Dundas Valley Sunrise to create a Community Vegetable Garden. The Spirit was at work drawing these three groups together. I heard indirectly through another person that the Dundas-in-Transition group was looking for land to create a Community Garden, so I made contact with the group and then took it to the Church Board. The Church Board approved the idea and we began the process!

The Rotary Club of Dundas Valley Sunrise provided funds and materials needed to create the garden, Dundas-in-Transition provided the co-ordinator who oversaw the creation of the garden and continues to oversee the project, and St. Mark's provided the land and the water (when rains were absent). The garden co-ordinator hosted learning events for anyone in the community and in the church to learn about planting, maintaining and harvesting the vegetables.

Half of the fifty raised beds were used to grow food for the Dundas Food Bank, and the other half were used by people in the community and the church to grow their own food. Potatoes, carrots, radishes, beets, beans, kale, chard, tomatoes, herbs and other vegetables were grown this summer. Volunteers from all three groups helped to create the garden and work to harvest vegetables. We are preparing to have a garden clean-up day to prepare the garden for the winter. Meeting new friends and working together around this common project is source of joy!

Helping to provide fresh produce to those in our community who wouldn't otherwise have these vegetables is rewarding and it's good for the earth too!

*Linda Nash - St. Mark's, Dundas*



# STEP

"Sure I know Don, he's awesome!" said Liam (5 yrs) of Don (76 yrs). Liam and Don didn't know each other a year ago, despite the fact they had attended the same church since Liam was an infant. But now, thanks to our Senior-youth **TogEther Programme (STEP)** at Trinity Beamsville, they are pals.

At STEP, children come to church immediately after school. They participate in four programme classes with seniors. The Music programme, includes a ukulele band of which all members must be under sixteen or over sixty. Craft-time engages the children in "heritage crafts" like knitting, woodworking and sewing as well as a lot of gluing and painting. In CE the children learn about the Bible get to know Rev. Ryk Brown better. And finally, in the Cooking Class, the children prepare a meal which their parents and siblings come to share and enjoy with us. During dessert, Rev. Ryk has a time of discussion with the parents while the kids and seniors clean up.

This week when our programme coordinator went to meet the children at school one little fellow was sobbing. When she asked him what was wrong, he said: "I don't want to go to hockey tonight. I want to go to church!" We're doing something right.



*Alison Miculan - Trinity Beamsville*