

# Connections



## *Where Do We Go from Here?*

There's a *lot* in the air these days:  
unrest, instability, uncertainty, alarm.

In moments like this,  
*where* do we instinctively go?  
What places do we move to,  
emotionally and spiritually?

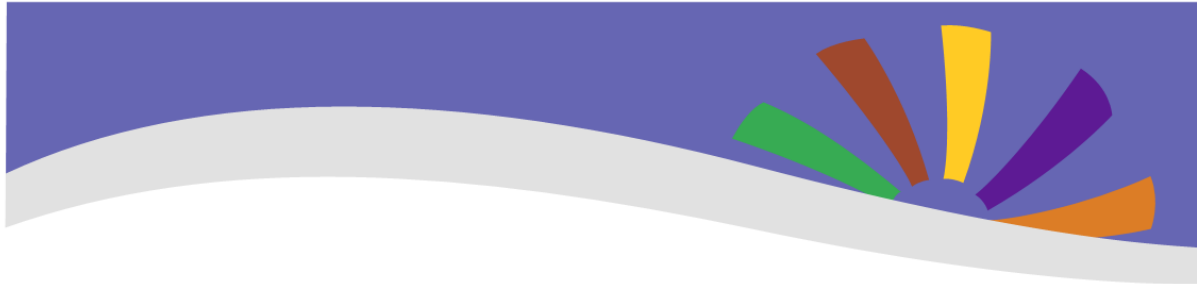
And where might we  
*intentionally* go instead?

For six weeks, starting May 1<sup>st</sup>,  
let's explore some of the  
*places we typically go*  
when life is overwhelming and confusing—  
and, using the **Psalms** as an ancient inner road-map,  
let's also uncover some *alternative* directions.

Where do we go from here?  
And where might we go—*after that*?

Let's learn and journey together!

# Connections



## Outreach and Justice Group

What inequities do people experience?

Who doesn't have access to basic human necessities?

What is the cause of injustice and what can we do?

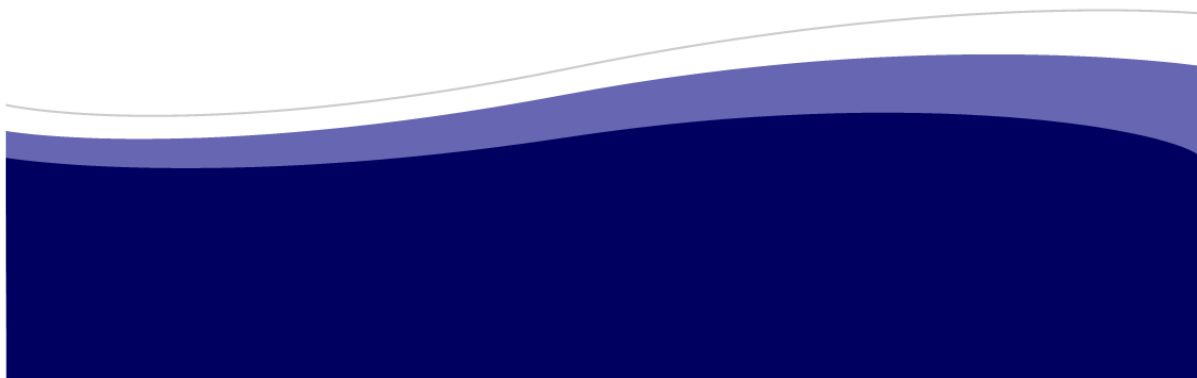
All good questions. Let's talk about them.

**May 24th, 2022, 6 to 8 p.m.**

**Pot Luck Dinner and Discussion**

Okotoks United Church  
43 Riverside Dr. Okotoks

Please sign-up on sheet provided or  
RSVP to [okjulia@telus.net](mailto:okjulia@telus.net) if you plan to attend



# Connections

## Mid-Week Worship

Come and find the quiet centre.

Come catch your breath and pause.

Come be reminded of God's presence.

**Come and join us for Mid-Week Worship:**

a short contemplative service

of song, Scripture, silence, and prayer

**every Wednesday morning,**

**from 10:00-10:30AM**

in the Okotoks United Church Sanctuary.

We hope to see you there!



## **Urgent Housing Needed**

Do you have or know anyone who has either a basement suite or apartment to rent out? Right now we have a Ukrainian refugee mom and her 4 year old son who are in desperate need for a place to rent. She is working part-time and needs to find a place for herself and her son to live. Can you help out? If you can help out now or perhaps in the future for other refugees who will be coming, please reach out to Julia at [okjulia@telus.net](mailto:okjulia@telus.net) or the office at [okunited@telus.net](mailto:okunited@telus.net).



## **Prayers**

- ♦ Lethbridge: Southminster
- ♦ Brooks United Church

# Connections

## **OKOTOKS PRIDE FESTIVAL**

**Volunteers Needed!**

**Saturday, June 4<sup>th</sup>**

**Okotoks United Church will be hosting a booth at the Okotoks Pride Festival to share with festival goers who we are and what we do.**

**We need several people to sit at the booth to give out cookies and swag, sell a few things and talk about the church.**

**The Festival Organizers need some people to help set up in the morning, stand at the entrances, monitor the grounds, sell 50/50 tickets and help clean up.**

**Cookie Makers. We will be baking cookies on June 2<sup>nd</sup> and decorating on the 3<sup>rd</sup> in preparation for the 4<sup>th</sup>. If you can come on either the 2<sup>nd</sup> or 3<sup>rd</sup> to help, it would be appreciated.**

**If you can volunteer for any of these areas, please sign up on the bulletin board in the foyer at Okotoks United Church.**

**Thank you.**

# Connections

## **NEWS FROM ST. ANDREW'S UNITED CHURCH**

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***Written by P. Marie Wedderburn***



First of all, our thanks go to Bonnie for organizing the Plant Sale and also to those who gathered at Okotoks United on May 11<sup>th</sup> for the delivery of the hanging baskets to those who purchased the baskets. I hope that the plants are doing well. Secondly, we express our thanks to Shirle for organizing this year's garage sale and for all those who donated items for it and most importantly to all those who worked before, during, and after the sale. We are indeed a caring community of faith.

And speaking of being a caring community of faith, let us continue to pray for those who gather with us each Sunday as well as those who cannot for whatever reason gather in-person with us each Sunday.

The Fourth Sunday of Easter (May 8<sup>th</sup>) saw fifteen of us join with Julia as we began the sermon series *Where Do We Go From Here?* This series of messages is based on the Psalms and on this Sunday we heard Psalm 12, one of the Psalms not regularly heard. This Psalm expresses the psalmist anger and Julia spoke of what anger can do in our lives if we do not learn to express our anger in healthy ways. Our feelings and emotions show us who we are. We should not ignore our emotions including anger but rather it is how we respond to our emotions that becomes a potent teacher that can promote appropriate boundaries, confront injustice and help those who ache. Julia asked, "What makes you angry and how do you respond to that anger?" For between the stimulus (of our anger) and our response (to our anger) there is a space and how we respond is in that space.

On the Fifth Sunday of Easter (May 15<sup>th</sup>), seventeen of us gathered with Julia as she continued in the sermon series *Where Do We Go From Here?* As Psalm 42 is included in *Voices United*, we read this Psalm responsively. Julia spoke of how we deny pain and pretend all is well. Today's society tends to pursue happiness, a good life, and success. This leads to the tendency to avoid dealing with our losses and disappointments. So perhaps the most healthy place to go from here is grief. Dealing with the losses and disappointments in our lives takes time and intention as we reflect on what the losses and disappointments meant to us as individuals. For unresolved losses change our lives but working through our losses can end with hope. I would encourage us to re-read Psalm 42.

***Forthcoming event to remember: St. Andrew's United Strawberry Tea will be held on Saturday, June 11<sup>th</sup> at Okotoks United Church. Tickets available from Bonnie or the church office.***

# Connections

## De Winton Strawberry Tea

**When:** Saturday, June 11th 1:00 - 2:30

**Where:** Okotoks United Church foyer

**Tickets:** \$15.00



**Come join us for a Strawberry Tea on Saturday, June 11th from 1:00 - 2:30. You'll enjoy strawberry shortcake and tea. There will also be a bake sale and plant sale. For more information or to purchase tickets please contact Bonnie Campbell at 587-226-3839 or the office at 403-938-4357.**



## HEALING PATHWAY

The Healing Ministry is ready and available for Healing Sessions. Healing sessions are offered on the first Monday of every month except for stat holidays. To book a healing session please contact Gisela Dyck at 403-938-2506.

We also like to welcome Cindy Imler to our team. Cindy has completed the Naramata Healing Pathway as well as the Healing Touch International Certification Program.

If anyone is interested in taking a Healing Pathway Workshop please contact Gisela Dyck.

# Connections



If you have an urgent  
pastoral care need please call  
403-807-9432. This will lead you  
to the 24/7 on-call minister,  
Matthew or Julia.

## Okotoks United Church Office

To contact **Julia** email her at [okjulia@telus.net](mailto:okjulia@telus.net). To contact **Matthew** email him at [matthew.heesing@gmail.com](mailto:matthew.heesing@gmail.com). Both can be reached at the church office phone number listed below during their regular hours.

**Congregational Care Team** invites you to reach out for confidential spiritual and compassionate care by email at: [okcongregationalcare@telus.net](mailto:okcongregationalcare@telus.net)

**The office is open Monday to Thursday 9:00 - 2:00, Friday 9:00 - 12:00.**  
Please contact Diane at [okunited@telus.net](mailto:okunited@telus.net) or 403-938-4357.