

Join us for two musical events  
at  
**Central United Church**  
Clergue Street, Kakabeka Falls

**The Kings's Highway**  
Friday, March 26 at 7:30 pm

**Kam Valley Fiddlers**  
Friday, April 30 at 7:30 pm

refreshments will be served following the performance

Freewill offering with proceeds  
going to the Milk Fund for the  
Breakfast Program at local schools  
and to Central United Church

more info at [www.KakabekaUnitedChurch.org](http://www.KakabekaUnitedChurch.org)

**Kakabeka Central United Church**  
Newsletter 2 - Spring '10



104 Clergue St, Kakabeka Falls, On

[www.KakabekaUnitedChurch.org](http://www.KakabekaUnitedChurch.org)

### THE BIG DEAL ABOUT EASTER

If there's one word that stands out as we're journeying through the season of Lent to Easter Day, it's *hope*. Hope when everything can seem hopeless, hope against all odds. Hope that death doesn't have the final say.

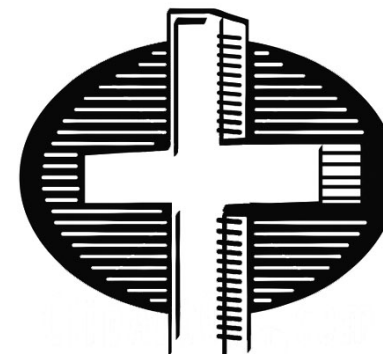
It's not the keep-your-fingers-crossed let's-hope-it-works kind of hope. This hope is based on faith and trust, as shown and lived by Christ long ago. And as is always the case with faith and trust, there are no hard guarantees...

Hope is never easy or comfortable, something Jesus showed us over and over again during his time with us. Hope can be risky and scary, hope can feel like a tightrope act without safety net. You can fall and hurt yourself badly.

But despite all that, Christians all over the world believe and trust Jesus when he said life isn't a dead-end street. There's continuity after death. We'll never exactly know how or what or when, that's the mystery we live with. That's faith.

Lent is the long, dark journey to the cross, the gallows. It's a time to be quiet, to reflect. Good Friday is the darkest day on this journey, a day of sadness and grief where everything seems to end at the cross and with death. Thank God, then, for Easter morning, for the empty tomb, for life after death. For hope.

That's the big deal about Easter. And it's worth celebrating!



### LENT AND EASTER CALENDAR

We warmly invite you to join us for this season of Lent and Easter, a special time of the year.

**Sunday March 28**, 10:00 am: Palm Sunday.

**Friday April 2**, 10:00 am: Good Friday.

**Sunday April 4**, 8:00 am: Easter Sunrise Service at the Kakabeka Falls (the far end of the board walk), followed by a light breakfast at the church.

**10:00 am**: Easter Celebration with Holy Communion, open for all.

Regular Sunday services start at 10:00 am. Kids welcome at our Sunday School.

Coffee, tea, snacks and fellowship are shared afterwards. A great opportunity to meet new neighbours and make new friends.

For more information, please visit [www.KakabekaUnitedChurch.org](http://www.KakabekaUnitedChurch.org)

Read our blog for weekly updates, photos and fun facts: [bythefalls.blogspot.com](http://bythefalls.blogspot.com)

#### **TIP FOR THE LIPS!**

When lips are hurting, stick to caffeine-free drinks. Caffeine is a diuretic that saps moisture from your skin -including lips- worsening cracking, lines and cuts, says Dr. Sundaram.

(Taken from "Woman's Day Magazine")

## CENTRAL UNITED LADIES GROUP

The first quarter of 2010 has been busy for our small group of church ladies, but we are always rewarded for our efforts with the support of the communities.

On February 26<sup>th</sup> we held our **Annual Chili/Stew Supper**, which as always was a great success, thanks to all the wonderful participation and contributions from the congregation and friends in the community. Just think, for only \$7.50 you can have chili or stew or both, buns or biscuits and pie for dessert, plus your beverage. What a deal!! And, if that isn't enough, no cleaning up and no dishes after. So if you missed it this year, watch for the posters next year and come on out and join us.

On Thursday, March 4<sup>th</sup> we hosted the **World day of Prayer**. The service this year was written by women of Cameroon, Africa. Many churches in the area were represented by folks from St. Theresa's, St. Augustine, St. James, First Baptist and Bethlehem Christian Reform.

Our guest speakers Corrine and Archie Hoogsteen spoke of their experiences and the extreme poverty in Monrovia, Liberia. But even though the people have literally nothing and are sometimes too hungry to work, they were always positive and singing God's praises.

On March 26<sup>th</sup>, we will be hosting **The King's Highway and Friends** again for an evening of worship through music, and the **Kam Valley Fiddlers** on April 30. Mark these dates on your calendars and come out to Central United Church, Kakabeka to join in the music, fun and fellowship!

All of these events are a time of coming together to chat with old friends or neighbours and catch up on what has been happening. We leave with a warm feeling of having spent the evening with family and look forward to the next event. Hope to see you!

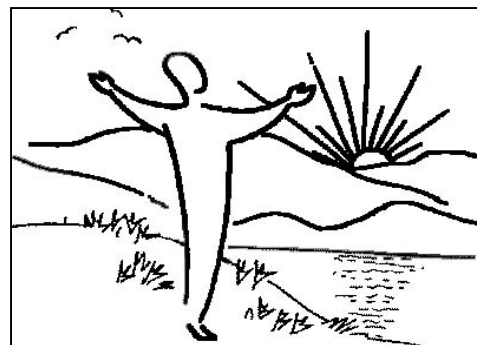
Nancy Schnieders

President Central United Church, Kakabeka Falls Ladies Group

## A MEDITATION FOR LENT TIME

Lent is the perfect time to slow down and think things over for a bit (meditate). The following excerpt is from "*Holy Spirit – The Boundless Energy of God*" by former priest Ron Roth.

Mr. Roth offers a basic, effective exercise to help centre and open oneself up to the Holy. He calls it "Breathing in God":



"(Each morning) I begin with a breathing exercise to relax myself. All I do is sit for 5 minutes and become aware of the sensation of

breathing in and out through the nose. You don't have to try to visualize anything, and if you're distracted, don't try to fight it. Just observe the distraction and let it pass.

If you feel attracted to working with your breath, you can do a simple version of a breathing technique that, in the Tibetan Buddhist tradition, is called "pot-shaped" breathing. That name describes the expanding of the diaphragm as you breathe in deeply through the nose and fill the lower stomach with air. You can even place your hand on your stomach and feel it expanding and contracting with each breath. Hold the air in for a few seconds before exhaling, slowly and steadily again, through the nose. This is not something to rush through (...). Just be aware.

As you take each breath slowly, you can begin to pray silently. On the inhale, think: "I am". On the exhale, think: "God breathed". Because I follow the path of Jesus, I like to breathe "Jesus" in the inhalation, and "Mary" on the exhalation. I use my traditional rosary beads to keep myself focused, taking one bead for each inhale or exhale, but you could also use a Buddhist, Sufi or Hindu mala. As I move along the rosary, I may change over to phrases such as "God is" or "God is peace", and I often end with "Come, Holy Spirit." (...)

### **LOT 'S WIFE**

The Sunday School teacher was describing how Lot 's wife looked back and turned into a pillar of salt, when little Jason interrupted, 'My daddy looked back once while he was driving,' he announced triumphantly, 'and he turned into a telephone pole!'

### **DID NOAH FISH?**

A Sunday school teacher asked, 'Johnny, do you think Noah did a lot of fishing when he was on the Ark? 'No,' replied Johnny. 'How could he, with just two worms.'

### **HIGHER POWER**

A Sunday school teacher said to her children, 'We have been learning how powerful kings and queens were in Bible times. But, there is a Higher Power. Can anybody tell me what it is?' One child blurted out, 'Aces!'

### **UNANSWERED PRAYER**

The preacher's 5 year-old daughter noticed that her father always paused and bowed his head for a moment before starting his sermon. One day, she asked him why.

'Well, honey,' he began, proud that his daughter was so observant of his messages, 'I'm asking the Lord to help me preach a good sermon.'

'How come he doesn't answer it?' she asked.

### **SAY A PRAYER**

Little Johnny and his family were having Sunday dinner at his Grandmother's house. Everyone was seated around the table as the food was being served. When Johnny received his plate, he started eating right away.

'Johnny! Please wait until we say our prayer,' said his mother.

'I don't need to,' the boy replied.

'Of course, you do,' his mother insisted. 'We always say a prayer before eating at our house.'

'That's at our house,' Johnny explained. 'But this is Grandma's house and she knows how to cook!'

## FIVE FINGER PRAYER

Did you ever find yourself wanting to pray... but not knowing how or where to start? Here's a neat and simple way to help you get you started:

1. Your thumb is nearest to you. So begin your prayer by praying for those who are nearest to you.
2. The next finger is the pointing finger. Pray for those who teach, instruct and lead. This includes doctors, teachers and ministers. They need support and wisdom in pointing others in the right direction.
3. The next finger is the tallest one, reminding us of our leaders. Pray for our political leaders, leaders in business and industry and government administrators. They need God's guidance.
4. The next finger is the ring finger. Surprisingly, our weakest finger, as any piano teacher will tell you. Pray for those who are weak, in trouble or in pain.
5. And last is our little finger, the smallest of them all. It reminds us where we should place ourselves in relation to God and others. As the Bible says, "The least shall be the greatest among you". Your pinkie should remind you to pray for yourself. After you've prayed for the other 4 groups, your own needs will be put into proper perspective and you will be able to pray for yourself more effectively.

## A PRAYER



Below follows another excerpt from Ron Roth's book "*Holy Spirit – The Boundless Energy of God*". It's a prayer, adapted from Ephesians 1:16ff. It can be said for yourself or for someone else, by simply changing the pronouns from first person (I, me) to third person (he/she, him/her).

*"I do not cease to give thanks to God, my heavenly Father-Mother, to grant me a spirit of wisdom and revelation (of insights into mysteries and secrets) into the deep and intimate knowledge of the divine, by having the eyes of my heart flooded by light, that I may know and understand the hope to which I'm called, and how rich God's inheritance is in me. I pray that I may know and understand the immeasurable, unlimited and surpassing greatness of His power, as demonstrated in the working of His mighty strength. Amen."*