

WOMEN OF THE UNITED
CHURCH—NORTHERN
SPIRIT & CHINOOK WINDS

EBanner



OCTOBER 2022
SUPPLEMENT.

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UCW PURPOSE

To unite women of the congregation, for the total mission of the church, and to provide a medium through which we may express our loyalty and devotion to Jesus Christ in Christian witness, study, fellowship and service.

I usually use this space to make some comment about what is happening or how I feel about things, but this supplement is for those who attended the 60th Anniversary Celebrations in Sydney, Nova Scotia in July. Personally, I had a wonderful time, meeting up with old friends, meeting many new friends, even a committee member from Bermuda asked to have her picture taken with me! I guess she needs a new camera now. I asked one or two of the ladies from our two regions if they would write about their experiences. Some ladies had attended previous celebrations, but for some, it was a first experience of this kind of meeting.

Find inside their memories.

Barbara.

**REPORT – 60TH ANNIVERSARY OF UCW
MEMBERTOU, NS
JULY 11 – 15TH 2022**



**Report
FROM
YOUR
PRESIDENT**

It was an interesting/educational/enjoyable conference. The event was held at the Membertou Trade and Convention Centre, Sydney, NS.. Membertou is a village on the treaty land of the Mik'maq. There were ten representatives from Chinook Winds and Northern Spirit; total attendance was about 280 ladies representing UCW members from all 17 UCC Regions in Canada and one member from Bermuda. The Theme of the Conference was: "Continuing in Hope".

The Trade and Convention centre was a beautiful facility, connected to the hotel by a "Pedway" (or Plus 15). Because of delayed and/or cancelled flights, the ladies arrived over a span of Sat, Sun, and Mon morning. The planning committee had made provisions for all the different timings and didn't officially start the conference until Monday afternoon. The Theme of the conference was based on Heb 6:19. Our National President, Nancy Risto, stated in her welcoming speech - "To have Hope you need Faith for without Faith, there is no Hope. We are standing with God in Hope." The UCW regional banners were piped in and hung along the walls of the conference room. Monday evening, we were welcomed by Chief Terrance Paul, Chief and CEO of Membertou, and several Mik'maq traditional drummers and dancers.

The conference ran from 9 a.m. to 9 p.m. each day. (With the exception of Wed which was the 'down day' with the Bus Tours.) Wed evening was the highlight of the entertainment - The Men of Deeps performed for almost two hours; they are in their 56th year of performing, recording and writing story/songs. Other entertainers during the week included a quick-witted comedian Patrick Ledwell, well known throughout the Maritimes.

On another evening we were entertained by a band "Fiddles and Friends". (That music got majority of the women up dancing).

There was also a wide range of speakers throughout the week -

Sally Armstrong, Author, Journalist and Human Rights Activist, was the plenary speaker. Her journalist "beat" is to find out what happens to women and girls in world's many conflict zones. She mentioned she does manage to find glimmers of Hope in some of the stories she reports on. Particularly the stories of the women and girls fighting back when they can, despite the violence they endure. Her message, in part was, "the evil in the world thrives on apathy; we as UCW women can all do something about the injustice and the violence against women and girls - - but we have to talk about it - "If you can't talk about it, you can't solve a problem".

Rev J.D. Kennedy, presented a session on "How to C.O.M.F.O.R.T. a dying friend. "How are you going to be their friend? How are you going to help them in their final moments?

(C: Confront our fears of not knowing what to say or do

(O: offer our physical presence

(M: minister with practical assistance

(F: fortify them with your emotional presence

(O: open them up with questions

(R: remember their family

(T: turn them to Jesus (simply hold their hand).

Rev Alice Finnamore, was a psychologist in private practice before becoming a minister at 60 years of age. She presented a session "Self-Care in Action" "Hope is Self-Care" in Action. - Helping others; caring for each other; recognizing prayers are valuable; keep on going in helping, serving - you will find Hope. She challenged us with an exercise called "Who Are You" - - studying the attributes/characteristics of the Women of the Bible and seeing how many we, personally, could identify with.

Rev Catherine Stuart, ordained in 2010 by the Maritime Conference, is a liturgical dancer, Ukulele player, and singer. That session was singing hymns with just the Ukulele accompaniment, as well as observing, connecting, interpreting the liturgical dance.

Lumba Siyanga, Executive Director Women for Change: Zambia and Shadrack Chembe, Programme, Director, Monitoring and Evaluation Manager, Women for Change Zambia spoke on the UCW project – Women for Change: Zambia. The project has concluded – On behalf of all UCWs throughout Canada, our NUCW Treasurer, Carolle Dallas-Arbuckle, presented a cheque to Lumba totalling \$103,294.49 (It costs about \$2,789 (Cdn) to support one girl for three years of her schooling.) A sum of \$5,000.00 was also presented, which was from the sale of UCW masks, sewn by UCW members and sold throughout the pandemic.

Lumba also gave us some statistics on Zambia – there are 17.8 million people in Zambia – 9.2 million of those live in the rural areas. 53% are young people and 59% of the people are poor. There are 73 different ethnic groups; 287 different Chiefs; and 73 different tribes that govern the country.

The closing Worship and Communion Service was conducted by Rev Alison Etter, she serves a two-point charge in Glace Bay, NS The Service and the hymns were in Gaelic and English as Rev Etter is a Gaelic-language learner and enjoys singing and preaching in Gaelic. (Sydney NS is the home of the second Gaelic University in the world, the first, of course is in Scotland).

The guest speaker at the Thursday evening banquet was Rev Michael Blair, General Secretary of General Council. He spoke about the difference between the United Church being a “Welcoming Church” as opposed to being a “Hospitable Church”. (“a welcoming church is one that welcomes people who are “like us” whereas a hospitable church is one where people are welcomed for “who they are”.)

Eleanore Tribe, Chinook Winds & Northern Spirit

The UCW 60th Anniversary Report

July 11- 15 2022

After many months of anticipation and excitement the time had finally come to leave Calgary for Sydney Nova Scotia and the UCW 60 th Anniversary. On Saturday night July 9th I headed off in good time to take Calgary Transit to the airport. I waited and waited at the designated stop and finally a bus did come. The driver looked after me well and at one downtown stop transferred me to a bus that would get me there before he did and that turned out to be true as I was there when I hoped to be. Our flight left on time (1045 pm) with no issues. I had checked the screen a few times and thankfully the words "delayed" or worse yet "cancelled" never appeared. Then sings my soul for on time flights. During the flight I saw the sunrise from above the clouds. What a glorious sight and again then sings my soul. I was able to get a picture when the lady sitting beside me got up for a few minutes and I scooted over, got the picture, and returned to my seat before she got back. My flight was to Halifax where I landed round 6 am and I had a 6 hour layover and during that time I met 2 ladies, a mother and daughter, who were also going to the anniversary so we talked quite a bit and passed the time until it was time to board our short flight to Sydney. During the flight I saw lots and lots of water and again then sings my soul. In Sydney we were greeted warmly by the welcoming committee and after pictures were taken we were taken to our hotel. My room was fine however there was a big truck parked outside my window and that was all I saw. Later in the week I was

able to move up to a very nice room. Several ladies from the committee and ladies attending the event including myself walked through the pedway to the restaurant in the other building where our meetings would be held for lunch. Lovely restaurant with great food. Over the course of our stay we would get to know the servers well and they were such fun!

Registration was on Monday at 2 PM and the anniversary began with supper at 5 pm and at 630 the evening began with gathering music at 630 pm , During the week we would here various speakers and all of them were very good. Sally Armstrong spoke on Tuesday morning and Rev. J.D. Kennedy spoke on How to C.O. M. F.O.R.T. A Dying Friend and he was very good. He was our driver when we had arrived at the airport. Following dinner that night comedian Patrick Ledwell entertained us very well. Wednesday was tour day and the ladies had chosen which tour they would like to do and some ladies chose not to do a tour. I arrived in the room we were to gather in extra early and helped out Marilyn by holding up the Cabot Trail sign while she looked after those coming on that tour. What fabulous scenery we saw including the Atlantic Ocean and a gondola ride to the top. After dinner that night the Men of the Deeps performed and they were wonderful.

Worship was led by Rev. Alice Finnamore and she was excellent. I felt a connection to her and when I had a chance I would have a quick conversation with her. She has a beautiful singing voice and during many sessions she would play her tambouring at times and I brought mine out and played along and again then sings my soul. UCW ladies can SING and of course I loved that. On Thursday Alice Finnamore led a session entitled "Self Care - Hope in Action." In the afternoon Catherine Stuart led us in a session of movement and song.

Michael Blair was our guest speaker after the banquet on Thursday night. Fiddle and Friends was the entertainment. On one day the lady from Zambia presented a talk on Women for Change with her male colleague. They were very good. The Anniversary concluded with a Communion Service on Friday .

After the event 4 of us did some touring around and saw some incredible scenery, ate great food, and had a lot of fun together. In June I had met the owner of Sew Inclined in the airport in Regina. She makes funky hats and all kinds of neat things. I did make it to her shop on the Cabot Trail and I bought one of her hats which will be worn when the weather gets cooler. Unfortunately she was away when we were there however her assistant was very helpful to us all and we enjoyed our time with her. On another day we went to Baddeck to the Alexander Graham Bell Museum which was very well done and the grounds were beautiful. At one point during our traveling around I was able to put my feet in the Atlantic Ocean and again then sings my soul. We went on the Bird Island Boat Tour which was excellent and saw many types of birds and seals. The scenery was fabulous including incredible rock formations. This was something very special for me as I had no tinge of sea sickness even as I looked out to open water on purpose. We had one rainy day and that was our shopping day and all of us found something to our liking and was purchased.

The flight home did not have any delays or cancellations and again then sings my soul.

My companions throughout the anniversary and touring around were Barb Davison, Eleanore Tribe, and Shirley McIlwain and for part of the time Susan O and Mabel Hunter from Northern Spirit Region. We met women from all across Canada.

This event was well worth attending and I am so glad I went and also that we were able to do some touring around thanks to a rental car and Eleanore for driving. We spent time on the water front and of course saw the Big Fiddle. This was a stop for each tour before heading back to the hotel and a picture of each tour was taken and of course by all tour participants.

Sandra Child

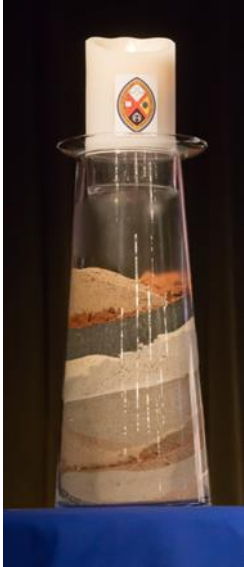


The 10 ladies who attended the 60th Anniversary of United Church Women.

UCW 60th Anniversary Celebration “Continuing in Hope” July 11 – 15, 2022, Sydney NS. By

Susan Oleskiw

Gathering Monday



Sand from all regions

We gathered from across Canada, including 10 from Alberta, and one from Bermuda, at the Membertou First Nation Hampton Inn and Conference Centre, Sydney NS. Despite stories about schedule disruptions and wait times, we were excited to come together to celebrate. We were warmly welcomed by the Ladies (and drivers) of the Maritime Region who whisked us away to our hotels, even when some of us arrived at the airport in the middle of the night.

Once the book room opened at 1:30 PM, the voices of women greeting one another could be heard as we gathered with one purpose, to celebrate and look to the future. There were displays and, UCRD books and gifts, masks, Indigo Books and fair-trade goods for purchase.

Crowds began to form when the registration desk opened at 2 PM. Each registrant received their program, a notebook and 2 pens in a bag along with their name tag, banquet and tour tickets. We shared travel stories, where we travelled from, and how many, which tour we had selected, and which former celebrations we had attended.



Bag and name tag

Monday evening began with a buffet dinner and gathering music. It ended with vespers led by Rev. Alice Finnamore. Her trained voice and accompanist, Stephanie Cole, supported our wonderful singing throughout our celebration. Rev. Alice was the writer of the words for our theme song, “Into Your Hands” which we sang often. The “Into Your Hands” backdrop was created by Winslow United Sunday School, PEI.

The Membertou First Nation chief Terrance Paul, a position he has held for 38 years, brought greetings to the group. In 2017 Chief Paul was appointed to the Order of Canada in recognition of his many accomplishments. Chief Paul holds honorary doctorate degrees from Cape Breton University and Mount Allison University.

Tuesday

Tuesday, we gathered with music and worship. The parade of banners from every region brought out the cameras. Shirley McIlwain and Barbara Davison carried the Chinook Winds and Northern Spirit banner. The banners were hung on the walls on each side of the hall and on the last day, following the communion service, piped out of the hall to “Farewell to Nova Scotia”.

During worship, the sand, brought from all regions of Canada and Bermuda, was poured into the base on which sat the Christ Candle. The sand, like us, displayed much diversity.



1 Nancy Risto, NUCW President

Nancy Risto, NUCW President brought us up to date on NUCW. 169 ladies received grant money from the Dorothy Amos Fund to attend the conference. The “Keeping in Touch Newsletter” has a new “prayers for” section. Nancy drove her new vehicle all the way from Ontario to Sydney NS.

Plenary Speaker

Sally Armstrong is a human rights activist, journalist and award-winning author. She has covered stories about women and girls in conflict zones all over the world, from Bosnia and Somalia to the Middle East, Rwanda, Congo, Afghanistan, South Sudan and Iraq. She received the Amnesty International Canada Media Award in 2000, 2002, 2011 and 2017 and in 2019 was named the Massey lecturer with the

topic, “Power Shift: The Longest Revolution”. She is the recipient of ten honorary doctorate degrees and is an Officer of The Order of Canada.

With compassion and insight, using stories from her decades of reporting on the status of women in many parts of



Ruth Kennedy (Lt) holding Sally Armstrong's book, thanking Sally (Rt). To the left is the sand that was brought from every region in Canada.

the world, she encouraged us to continue in hope. “If you can’t talk about it, you can’t change it” she said.

Often, we depend on the political will to bring about change but she says people are taking on inequality and injustice as a personal roll. Women in Afghanistan are working for women. Malala Yousafzai got shot in the head but she defied the Taliban in Pakistan. Sally Armstrong dedicated her book “Ascent of Women: A New Age is Dawning for Every Mother’s Daughter” to Malala.

In Kenya 160 girls under 17 sued the government for not protecting them from being raped. It was started by a 12- year-old girl who was pregnant from being raped. They won 10 million dollars for the girls of Kenya.

Young girls like Greta Thunberg in Sweden are saying, “What you are doing is not okay with me”. Sally believes that a new age is dawning as the world recognizes that the world can no longer afford to repress half its population. Women must be heard.

In writing history, she has determined that women’s history is flawed and the status of women today is a direct result of inadequate interpretation. Anthropologists have found that at one time there was absolute equality between the genders.

Women in Canada are not immune to injustice and inequality. She gave as one example, “During the pandemic there was a 400% increase in calls for assistance from women in Toronto when women were locked down with their abusers”. She added, “If I were the CEO of RBC, I would rule that if you are abusing your partner, you will be fired.” We do have power and we can demand action. “Beverly McLaughlin gives me hope” she says. Beverly, a Canadian jurist and author, served as the 17th chief justice of Canada from 2000 to 2017.

She ended by saying, “It is time for all society to move the dial toward fairness and equality. The common good needs to get active as we continue in hope”.

“How to C.O.M.F.O.R.T a Dying Friend”

This is the title of a book by Rev. J.D. Kennedy.

Using humour and drawing on his personal experience, his career as a lawyer, and now as an ordained minister, Rev Kennedy gave practical examples using the acronym COMFORT.

He said it is our own fear that keeps us away. “Offer your physical presence and show up”

He added, “So blessed is the person in the last stages when people are there. Rally around them.”



Rev. J.D. Kennedy and wife, Ruth Kennedy, chair of 60th anniversary planning committee

Wednesday July 13 was tour day,

planned or on our own. The tour buses left early and returned us late afternoon. Cape Breton is proud of its Gaelic language and we found that road signs were in Gaelic as well as English. The tours were greatly enjoyed.



Sign for only Gaelic Collage



Road Sign

Thursday

Women For Change Zambia (WFC). We had already enjoyed meeting Lumba Si Yanga and Shadrick Chembe who travelled from Zambia for our celebration. They addressed the group on Thursday morning.

The United Church of Canada started supporting Women for Change Zambia in 1994. It was chosen by NUCW as our 60th anniversary project.



Lumba Si Yanga

Lumba Si Yanga began working for WFC in 1998 and after a brief absence became the Executive Director in 2014. A gender and human rights activist she holds several degrees and specializes in poverty studies, gender and poverty analysis.

Shadrick Chembe was born in a remote village in Northern Zambia. For 6 years he walked 4.4 miles to school and 4.4 miles home again. A brilliant student, he went on to complete high school. He then earned a bachelor's degree in philosophy and a diploma in teaching methodology and became a lecturer of philosophy. In 2011, he graduated from the University of Zambia with a masters in communication. In 2013 he joined WFC in the monitoring, evaluation and learning department.



Shadrick Chembe

Of the 17.8 million people in Zambia, 50.48% are women, 9.2 M live in rural areas and 53.4% are under age 18. There are 73 ethnic groups and 287 chiefdoms. Urban residents have houses, good roads, school and hospitals. Rural residents have poor housing, women farming to earn an income, living below the poverty line of \$2 a day. Children walk long distances to school, there is not enough to eat, few maternal services. WFC has a mission to build capacity in rural communities.

It takes \$8 Canadian to support a student for a year. Besides poverty, young girls are at risk of rape, and being married off before they complete school.

The UCW has now raised \$103,294.49 which will continue to make a difference where there are no others to rescue young girls and keep them in school.

Self Care-Hope in Action



Rev. Alice Finnamore

Speaker Rev. Alice Finnamore serves two congregations in New Brunswick. A recent ordinand, she had spent decades in private practice as a clinical psychologist. She says social isolation is a potential problem as we age. She believes that poor self-care is a cause of isolation and loneliness.

Her tips include: exercise, make new friends, make younger friends, find opportunities for small talk, be social with strangers and remember, helping others is self-care.

She said, "Just keep doing the next right thing even when you feel hopeless, even in the midst of despair. Keep comforting, keep helping, just keep surviving until there is hope. May our actions be the help that helps others survive."



Hope For The Jouney.

Rev. Catherine Stuart of Riverview NB serves as Regional Minister for children, Youth, and Adults in 3 Atlantic regions. Her topic was spiritual renewal through movement and song. Catherine does on-line Ululele Church with Linnea Good. She is also a liturgical dancer. She says, “The heart is the essence of your rhythm, the place where your rhythm and God’s rhythm collide.” She played, sang and danced for us and with us.

Rev. Catherine Stuart

Banquet Speaker

Our Thursday night speaker, Rev. Michael Blair, is General Secretary of the United Church of Canada. Along with our theme “Continuing in Hope” he pointed out that the opposite of hope is fear. “It is fear that gets in the way of being hope-filled.”

He encouraged us to be a hospitable church not just a welcoming church. When we welcome we say, “We want you to come and be like us, not transform us.” When we move from welcoming to hospitality, then we can build a relationship with the other while we are being transformed ourselves. He said, “Hope is fundamentally a trust in God and a trust that God has not given up on the world and the church.”



Rev. Michael Blair

Entertainment

Each evening after vespers we enjoyed a variety of entertainment. On Monday members of The Membertou First Nations Dancers and Drummers, offered through membertou Heritage Park, shared stories, song and dance with us. A group of 6 individual dancers and drummers, some of whom were sons or daughters explained the dances, including an Elder of the community and David Meuse the Cultural Ambassador.

Tuesday, comedian, Patrick Ledwell, kept us laughing as he shared stories of his life and about life in general.

Wednesday, the world renowned male chorus ensemble “Men of the Deeps” filled the stage and brought us the history of coal mining in Cale Breton. All members of the choir either work in a mine or have done so and many are song writers and soloists.

Thursday night we had a variety of Fiddlers and soloists from the area: Stephanie MacDonald, fiddle and step dancing; Susan MacLean, pianist; Fred McCracken and Frank Doran.

The Blessing

Among the special moments throughout the week was the sung blessing. We stood and raised our hands to embrace our speakers, our planning committee, our servers, our bus drivers, our musicians and entertainers. “May the blessing of God be upon you”.

Closing worship and Communion.

Rev. Alison Etter ,who serves two congregations in nearby Glace Bay, NS, led the service. Fluent in Gaelic, she conducted the service partly in Gaelic and partly in English. A volunteer choir sang a Gaelic song at the service. The elements were on each table and we served each other. The cups, engraved with UCW 60, 2022, were repurposed from Maritime churches that have amalgamated or closed, a keepsake to take home.

...**And then it was over.** We left with wonderful experiences and stories to share, dispersing back across this vast land, some already talking about attending the next celebration in 5 years. Every celebration includes a number of mother’s and daughters. The 60th was no exception. The eldest member was Phyllis Synons, age 96, from Port Hope, Ontario accompanied by 2 daughters.



Three generations from Rockwood ON, Lt to Rt Jill Kron, Lynn Parkinson, Sarah and Levi (8 mos.) Brenham, Mary and Louise (5 mos.) Meads.



Lt to Rt. Betty Turcott, Rev. Michael Blair, Nancy Risto



Barbara Davison left and Shirley McIlwain carry in the Chinook Winds and Northern Spirit banner.

July 11-15th, 2022

Would I like to go to a 60th Anniversary Celebration for the United Church Women in Sydney, N.S.?

Lots of excuses—too far—too much money—covid—masks—flights—Oh so much to think about—after all, I am staying curled up in my “Happy spot” these days, adjusting to my living my life alone.

With mixed feelings and emotions, but with encouragement from a long time friend, who was going, I called and registered for the conference & a flight to Sydney. After a few more days of, “do I really want to do this”, I booked a hotel room and put it all in the back of my mind. My friend, Barbara, kept talking about it & making plans to rent a car and tour Cape Breton after the conference, but I couldn't get too excited until we were in the count down. There were many changes to our flight even the day was changed—Oh dear, should I just cancel, and then I fell & cracked a couple of ribs. Surely this was enough pain to keep me at home, but I am thankful that I did not make that call. God healed me quickly and off we went. We flew to Toronto already meeting ladies on the same venture. You could just tell those U.C.W. women! After only a short wait in Toronto, we flew right into Sydney where we met Ruth Kennedy frantically trying to get drivers and taxis to transport us to our hotel.

The theme of the conference was “Continuing in Hope” which is quite fitting for the times our U.C. women are facing. It was hosted by Maritime U.C women and held in the Membertou Trade and Convention Centre. We stayed in the Hampton Hotel and there was a pedway across to

Centre, which made things very handy for going back and forth. Meals were provided in the same room, and they never let us go hungry! Fish cakes & home baked beans were a staple.

Our theme song was written by Alice Finnamore and was called “Into Your Hands”, and Rev Alice led us in singing before every session. She had a beautiful singing voice and we sang lots. Rev Alice graduated at age 60 from United Theological College in Montreal after having obtained 2 degrees in psychology and a career in private practice, that never satisfied her as her writing, her love of people and her love for Lord. Rev Alice Finnamore was ordained in 2019 and serves 2 congregations. She kept everything running smoothly and on time with her enrichment sessions. The hope was that during this celebration we would continue to hope through song, lectures, fellowship and friendships—hope for our future, our U.C.W., our world, our families and our place behind that curtain.

Every region was required to bring a banner, and they were paraded in and hung around the meeting room. There were 16 regions but some provinces went together, as we did - the North and South Regions of Alberta. Thanks to John and Sandy Cameron for putting ours together, representing Alberta. We were very proud of it. At the end of the conference, we paraded out to sound of a piper playing and were able to bring the Banner home. The speakers, even the entertainment, did a wonderful job of keeping the theme running throughout their presentations.

The Membertou Aboriginal Group welcomed us to the Membertou treaty land, as they own this great facility.

Lumba Siyanga and Shadrech Chembe, from Zambia, both with interesting lives and lots of education are, are working with “Women For Change” in Zambia, and were very informative. The U.C.W. has had this for a project and I am proud to tell you they presented a cheque for over \$103,000 to this cause. We don’t know yet what our new project will be.

We had a comedian, Patrick Ledwell, entertain one night. He has two books out “I am an Islander” and “An Islander Strikes Back”. I would be very interested in obtaining them.

Of course the Men of the Deeps were a huge hit. It’s something to have them all parade in, in the dark, with just their “headlights” on! Their stories and songs kept us awake, for sure. The Fiddlers & Friends were a toe tapping group of talented people.

Rev Michael Blair was the guest speaker at the closing banquet. He serves the General Council of the United Church of Canada as the General Secretary. He has served many positions with the General Council.

Rev. Alison Etter, an ordained minister serving two congregations in nearby Glace Bay and Warden United Churches, is a Gaelic language learner, so gave us information on this language, but you literally have to get your tongue around it. Now I have to give the Committee that worked on this Anniversary a lot of credit. They seemed to have thought of everything, right down to engraving the communion cups we used for communion service, held on the last morning. One session was really special, as it was set up as a Special tea, using china tea cups, which we could take home with us. Teapots were filled with flowers for centrepieces. Ruth Kennedy seemed to head up the committee, with her husband as go-fer. Rev J.D. Kennedy was a driver, and videographer and also presented session on “How to C.O.M.F,O,R,T. a Dying Friend”. I have his book and find it very enlightening.

Another speaker was Sally Armstrong. She was a Human Rights Activist, Journalist and Award Winning author. She covered stories about women and girls in conflict with the world. She travels to the Middle East, Rwanda, Congo, Afghanistan, South Sudan, Iraq and lately Ukraine. She was a wonderful speaker and certainly had stores to tell. I bought two of her books. There were tours offered, at a price, with buses and tour guides to visit different sites. Louisbourg, which I took, a Highland Village, Iona and the Cabot Trail. Our week went very quickly and soon everyone was bidding new friendships farewell.

So happy I joined in this experience.

Submitted by

Shirley McIlwain

Vulcan United Church.

Women of the United Church, Chinook Winds & Northern Spirit Banner



The Banner for the United Church Women in Alberta was designed and made by John & Sandy Cameron, members at Vulcan United Church.

They included the mountains, and at the bottom of the Banner, you can see our prairies. Above the prairies “gold” they have shown the blue for our lakes and streams. Written in our blue skies are the names of the two regions which form our group, and also noted the 60th Anniversary of the UCW and the years from inception to now.

The Banner was beautifully made and was much admired by the ladies who attended the Celebration.

Thank you to John & Sandy Cameron for making the Banner, and also to Shirley McIlwain who volunteered and organized the making of the Banner.

UCW 60 th Anniversary Celebration—Sydney, N.S. July 11-15, 2022

I was so excited to attend my 1 st anniversary celebration, especially since it was being held where I grew up. The whole celebration was so well organized, even with all the upsets & obstacles of Covid & great food.

There was the parade of banners from every region—such beautiful banners & talented people.

Every day we started with music & worship. Songs such as—Spirit in the Sky, Come & Find a Quiet Center, May the God of Hope go with you, Deep in our Hearts & Walk with me- just to name a few. The Regions were asked to bring sand from their area & we each poured it into a glass base on which sat the Christ Candle. Such diversity in the sand as it is in us.

Nancy Risto, NUCW President, spoke and informed us that 169 ladies received grant money from the Dorothy Amos Fund to attend.

The Plenary Speaker was Sally Armstrong, a human rights activist, journalist & author. A very dynamic woman who has travelled war torn countries and had so many interesting stories. She encouraged us to continue in hope & said “If you can’t talk about it, you can’t change it.”

Rev. JD Kennedy spoke on “ On how to C.O.M.F.O.R.T. a dying friend”, title of his book.

C—Confront your own fears

O—Offer my physical presence

M—Minister with practical experience

F—Fortify them with emotional support- listen

O—Open their lives with questions

R—Remember their family needs

T—Turn them to Jesus

Wednesday was Tour Day- My cousin & I went with a group to Fortress Louisburg. After spending time there we then went to Spoonrift Café for a delicious meal of Fish & Chips.

This was the first time they served a Tour Group & they proved up to the task. We also drove to the Louisburg Lighthouse which was the 1 st Lighthouse in Canada, 1923.

Lumba Si Yanga & Shadrack Chembe from Zambia spoke on Women for Change Zambia which the UC started supporting in 1994. The UCW have raised \$103,294.49.

Rev. Alice Fynamore , a recent ordinand, and clinical psychologist did the worship every morning. She believes that poor self-care is a cause of isolation & loneliness. Tips: Exercise, make friends, make younger friends, Make small talk, be social with strangers. Remember helping others is self-care.

Rev. Catherine Stuart from NB, spoke on spiritual renewal through song & dance. She does an online Ukulele Church with Linnea Good.

Our Banquet speaker was Rev. Michael Blair, General Secretary of the UC of Canada. He talk about being a hospitable not just a welcoming church. When we move from welcoming to hospitality, then we can build a relationship with the other while we are being transformed ourselves. He said “ Hope is fundamentally a trust in God & a trust that God has not given up on the world & the church.

Every evening we had entertainment -- a comedian, Patrick Ledwell, who was able to read the audience very well and had us all laughing.

Men of the Deeps was the highlight for me--- singing songs giving the history of Mining in CB. All the men have had to be a miner for 2 years before joining the choir.

Our last evening was fiddlers & soloists with the fiddler Stephanie MacDonald teaching whoever was brave enough to dance to her music. Lots of fun.

Closing worship & Communion was done by Rev. Alison Etter who conducted the service partially in Gaelic. Ladies from different regions volunteered for a choir which learned a song in Gaelic & did a fabulous job.

After each speaker or performer we would rise and sing a blessing to them “ May the blessing of God be upon you”

I took lots of special things from this celebration but it was so nice to see some young women there with their babies and the oldest member of 96 from Port Hope, Ont.

Submitted by Karen McLennanan

UCW PURPOSE

To unite women of the congregation, for the total mission of the church, and to provide a medium through which we may express our loyalty and devotion to Jesus Christ in Christian witness, study, fellowship and service.

KEEPING IN TOUCH.

As you probably know, the INFOPAC used to be sent to every United Church. There was a sheet included in that package, that was entitled "Keeping in Touch". This was the information sheet for the women of the United Church, and came from the National UCW. Since the INFOPAC is no longer being sent out, the National UCW decided that the women of the church needed the information that sheet contained, and so a committee was formed to make sure that the Keeping In Touch information was still being sent to the UCW ladies, and those who were interested. The first issue was sent out earlier this year, and a second issue was sent out in June. The distribution is from National UCW to contacts in the various regions, and those contacts are asked for forward to their contacts in the various areas. It should eventually trickle down to each local UCW group, and from their to each member of the UCW. If you have not seen a copy of Keeping in Touch, please contact your local unit, if they have not received it, contact the area contact, and so on up the line. The committee are hoping that eventually all women of the United Church, will be able to read about all the projects etc., for which the UCW is known, and what is going on around the country.