

THE COMMUNITY SPIRIT

Date: January 2024

Editor: D. Mills

Hello Bethany!



This is our monthly newsletter. This serves as a snapshot of what is happening for our community of faith.

You are encouraged to share a story or announcement.

Send along an email to office@bethanyunitedchurch.ca or contact us at 902-455-0521, x. 221.

The deadline for February 2024 newsletter submissions:

Wednesday, January 24th, by Noon.

*If you or know of someone who would like to receive a hard copy of this newsletter, let us know! We will saddle up our snails!

Message from Executive Board

On behalf of the Bethany United Church Executive Board, we wish you and your family a Very Happy and Prosperous New Year as we continue on our Faith Journey together.

It is hard to believe that we are into 2024 already but, although 2023 presented us with some interesting challenges, we should enter the New Year being thankful for our blessings and for the opportunity to continue to be active in all of our congregational activities.

This year is an important one for Bethany and we thank Rob Steeves, our Treasurer, for introducing us to the opportunity we now have. "A Time to Dream for Bethany" was his insightful presentation given on the first Sunday of Advent.

We now have an opportunity for us to review who we are and what we are all about which will lead us into an exercise of visioning about our future. This will culminate in us producing for the United Church of Canada our Living Faith Story! This is an opportunity for everyone to participate and so stay tuned for further information about this very important activity which will start soon!

Best, Charles Maxner & Glen Knapp

Guess the Phrase

Send an email with your response:
office@bethanyunitedchurch.ca

Working Working Working
Working Working Working Five
Working Working Working Five

Answer will be shared in

February 2024 Community Spirit

Safe Ministry Update

Inclement Weather and Property

Snow and ice removal from both parking lots and walkways is contracted to a company named Brickworks. This hardworking crew has been serving our community of faith for numerous years now and we are most grateful for their diligence. Please be mindful of your step with winter season now. Do note that clearing of the lot is a priority, and the company does their best to complete the work timely after weather systems.

BULLETIN FROM THE BOARD OF MANAGERS

Happy New Year from the Board of Managers.

During 2023, the BOM had a very knowledgeable team looking at our boiler and heating system. Our current operating license for the boiler expires in 2024. Bethany must have a plan ready to replace the boiler.

Bethany engaged a consultant, CBCL Engineering and Environmental Design Services, to provide a report about heating options for the church.

The BOM will be keeping you updated during 2024.

It looks like another busy year is ahead.

Please feel free to contact the Board if you have any questions or concerns.

You can reach the Board of Managers by contacting the church office at office@bethanyunitedchurch.ca.

New signage and floor tape has been placed at the door/stairs leading to and from the hall to the chancel and choir lofts.

Mind your step!



Visit our website: www.bethanyunitedchurch.ca

Subscribe to our YouTube Channel: [Bethany United Halifax](#)

Follow us on Facebook [@bethanyunitedhfx](#) and Instagram [@bethanyunited](#)

CHURCH OFFICE HOURS: Monday -Friday 10am-3pm.

Guess the Phrase

CCCCCC
FESTIVE

ANSWER:
Festive Season

Congratulations to:
GLORIA HARDY

😊 Holy Humour

REVERENDFUN.COM COPYRIGHT BIBLE GATEWAY



(See Genesis 3)

12-30-2013

REMEMBER THAT NEW YEAR RESOLUTION YOU MADE TO TRY NEW THINGS?

Our hearts, minds and spirit are all open.

Along with our physical space.

Expect when you visit to continue to adhere to precautionary measures and good health screening checks to occur throughout common areas of the building to reduce exposure to COVID-19 and to assist with safety of all. Please do your part when visiting the church for worship or attending a planned ministry opportunity or meeting. The Board of Managers require all to adhere to the procedures in our church complex as recommended by Nova Scotia Public Health and our In-Person Implementation Team (IPIT). **Call 902-455-0521 to reach:**

- **Pastoral Care/Lead Minister: Kevin Little x.222 (or Press 1)**
- **Ministry Resource: Dana Mills x. 221 (or Press 2)**
- **Building Care: James Sweet (Caretaker) &ir, Board of Managers) x. 221 (or Press 2)**
- **Finance: Tina Gascon x. 225 (or Press 3)**
- **Ministry of Music: Shawn Whynot x.223 (or Press 4)**
- **Children & Family Care: Louisa Duck x. 224 (or Press 5)**
- **Community Engagement: Ann Bradley x. 227 (or Press 6)**

READ ALL SIGNS AT ALL ENTRANCE POINTS.

THEY HAVE BEEN PLACED THERE BY GOD'S LOVE.

CLEAN HANDS – KEEP SPACE FROM OTHERS – SCREEN YOUR HEALTH – BE KIND

THINGS TO KNOW FROM THE UNITED CHURCH OF CANADA

The Right Rev. Dr. Carmen Lansdowne, 44th Moderator

Elected as Moderator at the 44th General Council in July 2022, The Right Rev. Dr. Carmen Lansdowne is a writer and speaker, and has served the church locally, nationally, and with the World Council of Churches.



To learn more about her and her priorities as the spiritual leader of the church visit:

<https://united-church.ca/community-and-faith/organization-and-governance/moderator/right-rev-dr-carmen-lansdowne-44th-moderator>

SUNDAY MORNINGS @ BETHANY UNITED CHURCH

WORSHIP SERVICE @ 10:30am

In-Person - In Community – In Safe Ministry

The service will be streamed
LIVE via our YouTube
channel. Subscribe today:
“BETHANY UNITED HALIFAX.”
The link will also be uploaded to
our website for recorded viewing.
www.bethanyunitedchurch.ca



SUNDAY SCHOOL @ 10:30am

**We are excited to welcome children and their families to our
spirit-filled weekly ministry and life-giving learning space.**

Register with Louisa @ lduck@bethanyunitedchurch.ca

(Sunday School is for children ages 3 to grade 9)

Entrance to access the Gymnasium is 2669 Joseph Howe Drive (ramp door)

We begin again on January 14th, 2024

MONTHLY QUOTE

***Resolution One:
I will live for
God.***

***Resolution Two:
If no one else
does, I still will.
~Jonathan
Edwards***

Prayer for January 2024

**Creator, help me not to lean on my own
understanding but in everything acknowledge
You so that You can direct my words, thoughts
and actions. In Jesus' Name, Amen.**

(written by Sharon Glasgow)

Visit our website: www.bethanyunitedchurch.ca

Subscribe to our YouTube Channel: Bethany United Halifax

Follow us on Facebook @bethanyunitedhfx and Instagram @bethanyunited

CHURCH OFFICE HOURS: Monday -Friday 10am-3pm.

COMMUNITY ENGAGEMENT MINISTRY



Meditation enables support for your spiritual NEW YEAR's Resolutions:

Learn to MEDITATE, do it regularly, go deeper with group support in Bethany's lovely MacKinnon Chapel! Easy, relaxed approach, opportunity to practice various techniques.

Beginners Meditation group (Introduction to meditation, with 20 minutes guided meditation): 4 sessions on TUESDAYS at noon, January 9, 16, 23, 30

Bethany Meditation Group (20 minutes silent meditation, with some preamble...). 8 week session, WEDNESDAYS at noon, starts January 31 through Lent.

The meditation sessions are led by Yvonne Macor, based on 35 years experience studying Yoga, Vedic knowledge, Buddhist and Christian methods, and meditation retreats.

JOY Luncheon (Just Older Youth) next happens **Tuesday February 5th** at **Noon, in the Fellowship Hall**. Join us for a **light lunch** and **guest speaker** for \$10.

Wednesday Drop In/ Walk and Talk will resume **January 10th** at **10 -11:30am**. You are invited to come and walk our maze of hallways for exercise now that the weather is getting colder. If walking is not your thing just drop in for a cup of coffee, tea or a healthy smoothie and friendly conversation in our Fellowship Hall. Kevin will join us the first Wednesday of each month. He brings a question for us to ponder and discuss. We look forward to seeing you. Please use the ramp entrance at 2669 Joseph Howe Drive.

YOUTH GROUP Sunday Evenings from 7:00pm – 8:30pm. (September - June)

This is an opportunity for youth in Junior and Senior High School to expand and deepen their faith in a safe and faithful community of peers. Each evening begins with a group check-in and a theme-based discussion with a related activity such as an outreach project; followed by a time of hanging out and eating snacks, which are available for purchase. For the rest of the evening, we play games, everything from crazy run around games to community building games.

We will resume January 7th.

Music Ministry

The Bethany **Handbell Choir** enjoys ringing the wonderful brass handbells that create a rich and beautiful sound. This choir also enjoys ringing a great variety of musical styles from a multitude of time periods. This choir rehearses on **Thursday evenings at 6:30 PM** in the **Sanctuary**.

The **Senior Choir** is Bethany's Adult Choir open to all ages. If you enjoy singing in a group, why not give us a try. Fun Fact: Only a portion of the choir members are able to read music, many of them listen and learn the notes by ear. The choir is a fun, social, and enthusiastic group that likes to explore a variety of musical styles. We rehearse on **Thursday evenings** from **7:30 - 8:30 PM** in the **Fellowship Hall**.

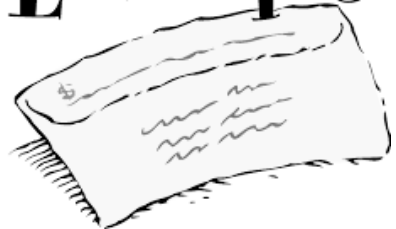
If you are interested in joining one of the groups above please speak to Shawn Whynot, Director of Music.

STEWARDSHIP MINISTRY

At Bethany we have many options for members/adherents and visitors to contribute to the life and work of our faith community.

All donors are assigned a number when a donation is received and will be eligible for an official receipt :

Offering Envelopes



Many regular donors choose to give weekly through our contribution envelopes. **2024 ENVELOPES** are available for pick up starting from the church office during open hours or on Sunday mornings before or after the worship service in the Narthex.

If you are currently set up to receive a boxed set, but either wish to switch to PAR (monthly giving via direct deposit) or stop receiving these sets and simply give as you are able, please contact Tina Gascon, x. 225 so she can assist and make desired changes.

We will reassign you a new contribution number and the unclaimed box set will be returned into circulation to a new household.

We try to remain focused with recycling and reduce our impact on Creation.


Visit our website: www.bethanyunitedchurch.ca

Subscribe to our YouTube Channel: Bethany United Halifax

Follow us on Facebook @bethanyunitedhfx and Instagram @bethanyunited

CHURCH OFFICE HOURS: Monday -Friday 10am-3pm.

LOCAL OUTREACH



THANK YOU for your **continued support with our efforts to collect items that are needed throughout the greater community.** Your donations are greatly appreciated! The following donation items can be placed in the main entranceway of the Sanctuary on Sunday mornings or at the Joseph Howe entrance through the week during office hours 10:00 – 3:00 PM

Dignity. Period. A campaign to help people with periods in Nova Scotia afford the menstrual products they need. Donations of pads, tampons, and menstrual cups are welcome. Did you know that 1/3 of Canadian women and girls under 25 have trouble affording menstrual hygiene supplies? And that 1 in 7 girls misses school because she doesn't have pads or tampons? Nova Scotia is the province with the highest rate of food insecurity in Canada, with 1 in 5 households unable to afford healthy food, which means they also can't afford personal care products. Dignity. Period. is a campaign to get people talking about period poverty and taking action to address it!

Food Bank Donations: Non-perishable food items with a particular need for nutritious items such as canned beans and legumes, vegetables and vegetable soup, canned fruit, pasta, canned tomatoes, rice, rice noodles, nut butters and whole grain breakfast cereals. Any donation you are able to make would be greatly appreciated.

***New* Clothing Items for the Winter Months: Hats, Mittens, Gloves, Scarves, Socks and Undergarments (all sizes W, M, Children).**

A hamper is in place in the Narthex (the main entrance of the Sanctuary) during the winter months. Your donation is greatly appreciated and will be delivered to various agencies to support those in need.

Children and Family Care Ministry

Contact Louisa Duck for more information.

FOSTER FAMILY

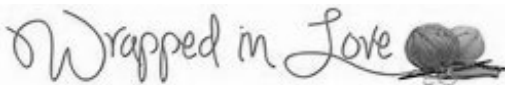
Bethany United Church sponsors two children for International Canada Ltd. Our Sunday School welcome all contributions in support of these beautiful beings over the year. Because of our care both, Bayene & Phongsaphak, and the community they live have a better life with access to quality education, clean water, latrines and sanitation systems, basic healthcare, and family livelihood. We do hope you will consider giving to this cause. Every cent collected will be counted. Please consider regularly giving to this ministry during the 2024 year.



Plan



Our Sunday School appreciates the support of all who have donated to date.



Prayer Shawl Ministry

Did you know Bethany United Church has a prayer shawl ministry? These are distributed over the year to those in need of support, celebrating an achievement, or to those we baptize. We often hear from those who have received prayer shawls attesting to the comfort they bring. We are always grateful for donations of these as well as materials and supplies needed to make these. Louisa Duck is the contact for this ministry, and she also has materials and supplies if you have the time and talent to share.

Funeral Reception Ministry

The Rev. Ewen Moase Fellowship Hall provides a beautiful space for a reception. At Bethany we have a ministry offering to grieving families. This ministry is funded entirely by donations and members of our community of faith volunteer to serve. If you feel called to contribute to this important hospitality ministry and taking part on a funeral ministry team might seem like a good fit, please contact Louisa Duck, for more information on how to lend a hand.

Visit our website: www.bethanyunitedchurch.ca

Subscribe to our YouTube Channel: Bethany United Halifax

Follow us on Facebook @bethanyunitedhfx and Instagram @bethanyunited

CHURCH OFFICE HOURS: Monday -Friday 10am-3pm.

Minister's Ministry (Kevin Little)

Faith Study Series 2024

The Year of Living Biblically:

One Man's Humble Quest to Follow the Bible as Literally as Possible

Tuesdays @ 7-8 pm

February 6 – (taking a break in Holy Week) to April 30

In-person MacKinnon Chapel, ZOOM participation available (link to be provided).

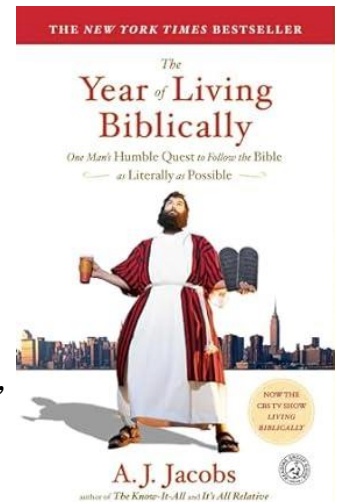
There are many scholarly texts that attempt to wrestle with so-called Biblical literalism. I have used many of these in faith studies over my thirty-year career as a United Church ordained minister. But these texts rarely connect to the real-life questions mainline church members have about whether the Bible can be, should be, taken literally.

Bestselling journalist (not a theologian or Biblical scholar) AJ Jacobs attempts to live the Bible literally, chronicling his experience in 12 monthly chapters. Critics enjoyed the book, which includes some humour in the situations that Jacobs creates. If you have ever wondered, "Is it possible to live the Bible literally?", now is your opportunity to learn for yourself and engage friends and family should the question emerges.

Participants do not need to buy or have the book. A summary of each chapter will be provided.

Would you wish to buy the book, the cost is \$30, contact [Ian Parker](mailto:Ian.Parker@ns.sympatico.ca) at 902-457-4995 or hicks.parker@ns.sympatico.ca. *The deadline is January 15, 2024.*

For more information on this study please contact [Kevin Little](mailto:Kevin.Little@eastlink.ca), 902-817-2782 or kevinlittle@eastlink.ca.



MINISTER MUSINGS is a daily blog by Kevin...

<https://www.bethanyunitedchurch.ca/ministers-blog/>

Pastoral Care If you need to see him in-person, he is available, "I am always here for you..." If a phone call would be helpful, let him know. If you email him, you will receive a response quickly. He is not hard to reach. His cell number is 902-817-2782.



MacKinnon Unit of the United Church Woman will meet on

Thursday, January 18th in the Ladies Parlour at 1:30pm.

Two entrance points via the 2669 Joseph Howe Drive entrance ramp door or 7171 Clinton Avenue parking lot doors. (Park in designated church parking spaces only. Public health protocols at that time will be followed.)

This is the only women's group meeting regularly at Bethany. All women interested in getting together are very welcome. For further details speak with Kathy Brown or Zenora Rackham.

God's Love Is Wider



Bethany's Affirming Working Group will be hosting workshops and events in the upcoming months as we continue our journey of exploring what it means to be an Affirming Congregation. Please stay tuned for further details. For more information regarding Affirm United, available resources and upcoming events, please visit our **Affirming Ministry** page on our Bethany website **<https://www.bethanyunitedchurch.ca/affirming-ministry>**.

The Affirming Working Group can be reached at bethanyaffirming@gmail.com. We welcome any questions, opinions or concerns you may wish to share with the committee.

**Save the date: Tuesday January 16, 2024
7:00 -9:00 PM in the Fellowship Hall**

Bethany's Affirming Working Group invites you to attend an evening of personal storytelling. Three guest speakers will share their experiences of the LGBTQ+ community and their faith journeys. Join us as we seek to understand what it means to live more fully into God's way of welcome, love and justice for all creation.

In case of inclement weather, the snow date will be January 23rd.



Men's Club will meet Wednesday, February 7th in the Fellowship Hall at 6pm for 6:30pm.

Men Club is back in full force with 43 men taking out a year's subscription. However, all men are welcome to attend even if you have not signed up for a subscription. You can still attend the gatherings at a cost of \$20.00 payable at the door. Next month you will be treated to a hearty meal from Tina, Dave and friends. Would you have any medical restrictions or food allergies please let us know, so we can let our caterers know!

Anyone planning to attend please RSVP by Sunday February 4th at bethanyunitedmensclub@gmail.com.

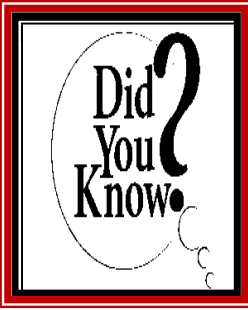
For more information speak to Ian Parker, Randy Tyler or Jim Musgrave.

Visit our website: www.bethanyunitedchurch.ca

Subscribe to our YouTube Channel: Bethany United Halifax

Follow us on Facebook @bethanyunitedhfx and Instagram @bethanyunited

CHURCH OFFICE HOURS: Monday -Friday 10am-3pm.



Bethany United Church Board of Managers and Ministry Leads try very hard to balance between being a church, a community of faith, and landlord to community groups, partners to engage the community and perform outreach, and hosts for private events. Many may look at Bethany and think we only function on Sunday mornings. But that is not the case. Our space is a hub of activity for us and our neighbours.

We wish to extend a huge thank you to the following agencies, organizations, and groups who in 2023 participated in various ways to the life and work of the church. These relationships are meaningful and contribute positively to the spiritual outreach of hospitality and inclusion.

- Forever Fit (YMCA Halifax/Dartmouth)
- ISANS
- Aeolian Singers
- Community Health Teams
- Bethany Art Group
- Bethany Pickleball Players
- Welcome Group
- Girl Guides
- Scotia Jr. Volleyball Academy
- Fusion Baton
- Jill's Bridge Club
- Yoga with Susan Zurawski
- North Music Therapy
- Halifax Regional Municipality
- Independent Living
- Art of Living
- Meditation with Yvonne Macor

COMMUNITY GROUPS are welcome to access space for IN-PERSON PROGRAMS/ACTIVITIES. Inquiries regarding our shared rooms for rent, please visit our "Facility Use" page on the website or contact the Board of Managers at bucbom@bethanyunitedchurch.ca for more information.

In January, two of our rental groups are reaching out and inviting anyone who might be interested in pursuing the practice of yoga or to pursue an art project. The other groups are open to your involvement as well, contact the office for their leadership's information.

We also are blessed by Glen Knapp who ministers this

Yoga with Susan Zurawski

www.yogawithsusan.ca

Are you looking for an authentic yoga class that goes beyond asana alone?

Wednesdays @ 6pm and Fridays @ Noon

- 6 class pass = \$80
- 3 class pass = \$50
- Drop in class = \$20



Contact: Susan Zurawski
susan_zurawski@yahoo.ca

Starts January 3rd & 5th, 2024

Art Group at Bethany seeks new members: A group of 8 - 10 ladies has been meeting at Bethany for decades to paint and socialize together. There is no instructor, but members exchange comments and support each other's talents. You can work in any media of your choice.

Tuesday mornings for 20 weeks from January 16, 9:30 am to noon, until mid-June.

Fee \$60



Contact: Yvonne Macor, 902-431-0111
or y_macor@gmail.com

BUILDING CLOSURE AND CANCELLATION POLICIES

During the week and Saturday, Board of Managers in collaboration with lay and ministry staff, decide if the building closes to renters and members for clean up after weather systems or other building repair or maintenance issues.

On Sundays, the process for this decision falls to the Lead Minister, Clerk of Session, and Chair of the Executive Board regarding cancellation of worship service.

An announcement decision will occur by 8am. Check in various locations, depending on access to power and technology as applicable for the circumstances:

- Bethany website announcement banner at top of the page
- Facebook page: @bethanyunitedchurchhfx
- Instagram account: @bethanyunited
- Congregational Email
- Telephone system will be forwarded to our Ministry Resource Support staff as required.
- Posted to entrance points will be a closure notice.

2024 Transfer of Membership



We have had a lot of people coming recently who have inquired about transferring their membership to Bethany from another community of faith. If anyone would like to know more, please contact Kevin Little, 902-455-0521, x. 222 or kevin.little@eastlink.ca and you can discuss the specifics. It is an easy process. All persons who gather at Bethany United Church for their spiritual care are part of our church family.

2024 Confirmation or New Membership

Interested in confirming your commitment of faith as a kin within the Christian community of the United Church of Canada speak with Ann Bradley, Louisa Duck, or Kevin Little for more information and upcoming opportunities.

Visit our website: www.bethanyunitedchurch.ca

Subscribe to our YouTube Channel: Bethany United Halifax

Follow us on Facebook @bethanyunitedhfx and Instagram @bethanyunited

CHURCH OFFICE HOURS: Monday -Friday 10am-3pm.