



WELCOME



Radical Hospitality • Spirituality  
Social Justice • Risk Taking

**The Hillhurst Affirming Statement**  
Hillhurst United Church is an inclusive community of faith that follows in the Way of Jesus under the banner “whoever you are, wherever you’re at, join us on the journey.”

We accept each other as we are and welcome the ministry and participation of all persons regardless of age, gender identity, gender expression, health, race, sexual orientation, differing abilities, religious or ethnic background or economic circumstance.

We hope that in all that we do, including our worship and community life, God’s unconditional love is experienced.

Many people talk about finding “home” at Hillhurst. We sincerely hope that you feel at home here too. If you’re interested in learning more about our community, please visit [www.hillhurstunited.com](http://www.hillhurstunited.com) or reach out to Heather-Lynn, our engagement coordinator at [heather-lynn.cameron@hillhurstunited.com](mailto:heather-lynn.cameron@hillhurstunited.com).

ORDER OF SERVICE



**Prelude**  
One: God be with you! All: And also with you!

**Welcome**  
**Opening Song:** It’s a Song of Praise to the Maker MV 30  
**Centering Prayer:** Spirit, you lift us when we fall. You fill us when we are empty. You awaken us when we are dead. We give thanks for all that gives life. May this worship awaken and inspire our living.

**Silent Meditation**  
**Lord’s Prayer (Sung):** The Lord’s Prayer VU 959  
**Words of The Spirit**  
**Passing of the Peace:** If you are comfortable, greet those around you with a handshake or embrace saying “peace be with you” with the response of “and also with you.”  
**(KidSpace and HACKED Youth Ministry begins)**  
**Offering:** What Does the Lord Require of You VU 701  
**Dedication** Δ  
**Membership Ceremony**  
**Bread Kneading:** Music by Kendall Bilan: “Carry On,” “The Sea”  
**Scripture Reading:** Acts 1:1-11  
**Reflection:** Special Guest David Grey, CBC Radio Morning Host, will interview John during the Refection  
**Closing Hymn:** Rainbow Connection  
**Blessing**  
**Postlude**

THANK YOU! Music Team: Emily Schaming, Elisabeth Gallant, Jim Thompson-Goodchild, Terry Rishaug, Special Guest: Kendall Bilan  
Please stay after the second service for a community lunch in the gymnasium.

● only 9:05 service  
○ only 10:45 service  
Δ please stand in body or spirit

FIND YOUR PLACE

At Hillhurst we have so many things happening - we want to help you find your way in. Below are our ministry teams and their contact info. Everyone is welcome so please reach out and step into the spaces that inspire you the most. There is a place for you. More details at [hillhurstunited.com](http://hillhurstunited.com).

**AFFIRMING**  
LGBTQ events and support for individuals and their families  
[pam.rocker@hillhurstunited.com](mailto:pam.rocker@hillhurstunited.com)

**DAYBREAK CONTEMPLATIVE**  
contemplative experiences, art, and individual spiritual direction  
[susan.cooper@hillhurstunited.com](mailto:susan.cooper@hillhurstunited.com)

**EVERYDAY OUTREACH**  
in our community | [levey@ucalgary.ca](mailto:levey@ucalgary.ca)

**COMMUNITY LUNCH**  
Our volunteers feed our community all week in a variety of ways - including our Sunday community lunch.  
[lisa.falkowsky@hillhurstunited.com](mailto:lisa.falkowsky@hillhurstunited.com)

**KIDSPACE**  
Spiritual connection and family activities and events on Sunday and throughout the month for families & children of all ages  
[kidspace@hillhurstunited.com](mailto:kidspace@hillhurstunited.com)

**KNIT OR KNOT**  
prayer shawl ministry  
Frances: [fcjamieson9@hotmail.com](mailto:fcjamieson9@hotmail.com)

**HACKED Youth Ministry**  
a community for grades 6 to 12 to explore spirituality on Sunday and Friday evenings.  
[anne.yates@hillhurstunited.com](mailto:anne.yates@hillhurstunited.com)

**HOSPITALITY**  
help us with Sunday services, baptisms, weddings, concessions and a lot more!  
[volunteer@hillhurstunited.com](mailto:volunteer@hillhurstunited.com)

**MUSIC & CHOIR**  
love to sing or play an instrument?  
[justin.macosky@hillhurstunited.com](mailto:justin.macosky@hillhurstunited.com)

**MARCH ON! SOCIAL ACTION GROUP**  
stand up and speak out  
[willowbrocke@gmail.com](mailto:willowbrocke@gmail.com)

**REFUGEE TEAM**  
support the refugee program as we sponsor families and build friendships  
[refugeeministryteam@hillhurstunited.com](mailto:refugeeministryteam@hillhurstunited.com)

**RIGHT RELATIONS**  
learn, support, and build respectful relationships with Aboriginal peoples  
[right.relations@hillhurstunited.com](mailto:right.relations@hillhurstunited.com)

**SOUL CAFE**  
share your talents and interesting experiences - host a night for others  
[office@hillhurstunited.com](mailto:office@hillhurstunited.com)

**SPIRIT YOGA**  
a safe and supportive place to expand your spirit through workshops & classes  
[spirityoga@hillhurstunited.com](mailto:spirityoga@hillhurstunited.com)

**THRIVE**  
a fun, spirit-centred group for anyone in their 20s and 30s  
[thrive@hillhurstunited.com](mailto:thrive@hillhurstunited.com)

HILLHURST CONTACT LIST

Lead Minister	Rev. Dr. John Pentland	<a href="mailto:john.pentland@hillhurstunited.com">john.pentland@hillhurstunited.com</a>
Minister	Rev. Dr. Danielle A. James	<a href="mailto:lisa.falkowsky@hillhurstunited.com">lisa.falkowsky@hillhurstunited.com</a>
Minister	Rev. Sheena Trotter-Dennis	<a href="mailto:sheena.trotterdennis@hillhurstunited.com">sheena.trotterdennis@hillhurstunited.com</a>
Executive Director	Lisa Falkowsky	<a href="mailto:lisa.falkowsky@hillhurstunited.com">lisa.falkowsky@hillhurstunited.com</a>
Music Ministry	Nancy Chegus	<a href="mailto:nancy.chegus@hillhurstunited.com">nancy.chegus@hillhurstunited.com</a>
Affirming Ministry	Pam Rocker	<a href="mailto:pam.rocker@hillhurstunited.com">pam.rocker@hillhurstunited.com</a>
Contemplative Ministry	Susan Cooper	<a href="mailto:susan.cooper@hillhurstunited.com">susan.cooper@hillhurstunited.com</a>
Engagement Coordinator	Heather-Lynn Cameron	<a href="mailto:heather-lynn.cameron@hillhurstunited.com">heather-lynn.cameron@hillhurstunited.com</a>
Congregational Care		<a href="mailto:care@hillhurstunited.com">care@hillhurstunited.com</a>
Ministry & Personnel		<a href="mailto:ministry.and.personnel@hillhurstunited.com">ministry.and.personnel@hillhurstunited.com</a>

**WASHROOMS**

All gender, wheelchair accessible washrooms are located at the back of the Heritage Room.

**COFFEE TALK**  
Are you new to Hillhurst? Please join us for “Coffee Talk” in the library for 15 minutes following each service to learn about the church, engagement and volunteer opportunities.



Are you enjoying your coffee today?  
We love hosting everyone with refreshments each Sunday. In fact, we spend about \$200 a month on coffee alone! Want to help host this important ritual? Please donate at [www.hillhurstunited.com](http://www.hillhurstunited.com).

THIS LAND



Hillhurst United Church gathers on the traditional territory of the Niitsitapi (Blackfoot), Nakoda (Stoney) and Tsuut’ina (Sarcee). We acknowledge their stewardship of this land and respect the history, spirituality and culture of the peoples with whom Treaty 7 was signed. May we live with respect on this land, and live in peace and friendship with all our relations.

If you do not wish to keep this magazine, kindly recycle it at the back of the sanctuary. Thanks to Casey for running our recycling program.







YOU are a Cornerstone Member if you have made the commitment to support Hillhurst through regular giving. For most that is by pre-authorized monthly giving. For others it means committed weekly/monthly or annual gifts.

**Thank you for your gifts.**

**Hillhurst “GST” Silent Auction**  
The GST is coming to Hillhurst! Please donate a good, service or talent to be auctioned off in June! Contact margreid@shaw.ca.

Some ideas: mow someone’s lawn a couple of times, dog sit, give a cooking class, wash/detail a car, lend someone your canoe for a day, use your geneology skills, make a door wreath together -- so many ideas!! What is yours?

Your donation should be at least \$25 in value. In June, the Hillhurst Community will bid on the services.

SUNDAY MAY 28

Monthly Sunday Food Drive

Last Sunday of the Month  
Contribute to our Outreach Ministry! Bring donations of healthy, ready to eat snacks that don’t need refrigeration: fruit cups, soup, juice boxes, granola bars, and other tasty foods. We also need summer clothes and toiletries. Please bring what you can and put it at the front of the church on the chancel (stage). Outreach will share these with our guests who come weekday afternoons in need of food, clothing and conversation.

Sunday Services

9:05 & 10:45 am  
Special guest David Grey, CBC Radio Morning Host, will interview John during service! Should be a great morning!

Calgary Marathon Weekend

May 25-28. Road closures in effect which make it difficult to get to Hillhurst. Expect delays while driving / parking.

**AFFIRMING:**  
**Something Completely Different**  
Sunday, May 28 | 7 to 9 pm  
Hillhurst - Heritage Room  
pam.rocker@hillhurstunited.com  
All LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer) people are welcome for socializing, conversations around spirituality and space for connecting. If you would like to get on the SCD email list for reminders of upcoming events and themes, send Pam an email!

MONDAY MAY 29

**Knit or Knot - Prayer Shawl Ministry**  
Mondays | 1 to 3 pm | Hillhurst  
fcjamieson9@hotmail.com  
Would you like to knit or crochet prayer shawls? Prayer Shawls are shared throughout the week bringing great comfort to those who need a “prayerful hug”. A great group of crafty, fun people come together to laugh and build friendships. Everyone welcome.

**SPIRIT YOGA: Yin Yoga with Jo-Ann Bance**  
Mondays | 5:30 to 6:45 pm  
May 1 - June 19  
Fee: \$115 / 8 classes | \$20 Drop In  
spiritiyoga@hillhurstunited.com

**WEDNESDAY MAY 31**  
 **CONTEMPLATIVE MINISTRY:**  
**Daybreak Meditations**  
Wednesdays | 7 to 8 am  
Hillhurst - Sanctuary  
Led by Susan Cooper.  
Conversation follows from 8 to 9 am

**SPIRIT YOGA: Restorative Yoga with Elisabeth Gallant**  
Wednesdays | 6 to 7:30 pm  
May 3 - June 21  
Fee: \$135 / 8 classes | \$20 Drop In  
spiritiyoga@hillhurstunited.com

**THURSDAY JUNE 1**  
 **SPIRIT YOGA: Yoga Therapy with Beth Workman**  
Thursdays | 5:30 to 7 pm  
May 4 - June 22  
Fee: \$120 / 8 classes | \$20 Drop In  
spiritiyoga@hillhurstunited.com  
**THRIVE for Young-er Adults**  
Thursdays | 7 pm | Heritage Room  
thrive@hillhurstunited.com  
Thrive is an inclusive space for people in their 20 and 30s to explore their spiritual journies. Everyone is welcome to come for conversation, food and activities.

**MUSIC: Sunday Morning Music Teams**  
Thursdays | 6:30 to 7:30 pm  
nancy.chegus@hillhurstunited.com

**MUSIC: Adult Chorus**  
Thursdays | 7:30 to 9:30 pm  
Hillhurst - Sanctuary  
justin.macosky@hillhurstunited.com  
The Hillhurst Choir and musicians bring our Sunday services alive! The Choir can accommodate the amount of time you can be involved and is open to all levels of singers. If you play an instrument, come lend that sound to our music presentations.

**FRIDAY JUNE 2**  
 **SPIRIT YOGA: Hatha Yoga with Sara Glessing**  
Fridays | 4 to 5 pm  
May 5 - June 23  
Fee: \$95 / 8 classes | \$15 Drop In  
spiritiyoga@hillhurstunited.com  
**\* HACKED Youth Ministry: Movie & Game Night**  
Friday June 2 | 6 to 9 pm

**SATURDAY JUNE 3**  
 **KIDSPACE: Messy Church**  
Saturday, June 3 | 5 - 7 pm  
> Register on our website - SignUpGenius  
Meet at the church and then join us for a bike ride (scooters, strollers, roller blades and walking all welcome) and picnic at Prince’s Island Park. This will mark our last Messy Church event before our summer break! Bring a picnic basket for your family!

**SUNDAY JUNE 4**  
Join us for Food Truck Fun! No community lunch will be served. Pizza from Avatara Pizza truck will be parked outside and have special menus for less than \$10 available. Grab a pizza and head into the gym or picnic outside. Meal coupons available if you need support - find Lisa or Heather-Lynn to get a coupon.

**WEDNESDAY JUNE 7**  
 **AFFIRMING: Parents of LGBTQ Individuals Social Group**  
Wednesday, June 7 | 7 - 9pm  
Kensington Pub - 207 10a St NW  
All parents/guardians of LGBTQ people are welcome to connect at Kensington, for parent-led conversation and support. A child coming out, at any age, can be both joyous and difficult for loved ones. Join us for a space where parents are welcome to share, connect, ask questions, and lend support to each other in a casual setting. Please email Diane at dhutch@shaw.ca to let her know you’re coming!

**FRIDAY JUNE 9**  
**\* HACKED Youth Ministry: Glow in the Dark Night**  
Friday, June 9 | 6 to 9 pm  
Invite your friends to the FUN night!  
 **KIDSPACE: Kids Night Out**  
Friday, June 9 | 6 to 8:30 pm  
> Register on our website - SignUpGenius  
Stay tuned for details.

**SUNDAY JUNE 11**  
 **Encore! Choir Concert and Dessert Reception**  
Sunday, June 11 | 7 pm  
Come join us for a night of rich music and sweet desserts! Tickets available at the Hillhurst office or from any choir member.

**WEDNESDAY JUNE 14**  
**Curious About Climate Change**  
Wednesday, June 14 from 7 to 8.30 pm  
Hillhurst United - Boardroom  
Join Calgary Citizens on Climate Change (4C) for an open forum about what is happening in Alberta and beyond. 4C members include Hillhurst congregants, and believe that Climate Change questions have ethical and spiritual dimensions. Contact Bill Phipps or Tom Kerwin.

**FRIDAY JUNE 16**  
**Mom’s Night Out!**  
Friday, June 16 | 7:30 pm  
Hayden Block Smoke and Whiskey  
1136 Kensington Rd NW  
ilinka.poon@hillhurstunited.com  
If you are a mom and would like to socialize with other moms in our Hillhurst community, join us for an evening of socializing and conversation!  
**\* HACKED Youth Ministry: Naked Faith at Red Deer Lake United**  
Friday, June 16 | 6 to 10:30 pm

**WEDNESDAY JUNE 21**  
 **AFFIRMING: Our Stories - for Parents of LGBTQ Individuals**  
Wednesday, June 21 | 7 pm  
Hillhurst United  
An evening of connection and conversation for parents of LGBTQ individuals with special guest Lee Allard from the Calgary Sexual Health Centre. A child coming out, at any age, can be both joyous and difficult for parents. Join us for a space where parents are welcome to share, connect, ask questions, and lend support to each other in a safe and affirming setting. For more info contact Pam at pam.rocker@hillhurstunited.com

**FRIDAY JUNE 23**  
**\* HACKED Youth Ministry: Biking Along the Bow River**  
Friday, June 23 | 6 to 9 pm

**SUNDAY JUNE 25**  
**Summer Hours Begin**  
10 am: ONE SERVICE at 10 am  
**11:15 am: Celebration!**  
Volunteer thank you, AGM, GST Silent Auction Wrap Up, BBQ hotdogs, lots of fun, come bid on a great skill or talent from a member of our community. Come take a bow and say thank you to our volunteers who help bring Hillhurst alive! Everyone is welcome - please join us.  
**Noon: AGM - Hillhurst: The People & Personalities**  
Come celebrate a great year serving our members and the community. Community lunch followed by a thank you to volunteers, staff and everyone who keeps Hillhurst alive 7 days a week. Participate in the GST Wrap Up with one last bid! A short AGM will take place as well. Everyone welcome - please join us.

**WEDNESDAY JUNE 28**  
**Volunteer Training Session**  
Wednesday, June 28  
7 pm | Hillhurst  
volunteer@hillhurstunited.com

**JULY**  
**Youth Sunday**  
Sunday July 9  
The youth will be taking care of the entire service this Sunday! It will be great!  
**Stampede Party**  
Sunday July 9  
After the service

**AUGUST**  
**Summer Camp Caravan**  
August 21- 25 | 9 am to 4 pm  
Are you ready for Camp?! Hillhurst is hosting Camp Caravan – “Following the Spirit,” for kids, K-Grade 6. Register: andychurch.org/campcaravan

**SEPTEMBER**  
**Calgary Pride Parade**  
Sunday, September 3  
Join Hillhurst in the Pride Parade as we leave from the service to have some fun.  
**A Mourning Journey Workshop**  
Must attend both days: Saturday, Sep 23 and Saturday, Sep 30 | 9 am - noon  
Hillhurst: Library | Cost: \$20 per person

**VOLUNTEER & GET INVOLVED**  
**Stay up to date with current volunteer opportunities by receiving our weekly volunteer email! Get on the list by emailing volunteer@hillhurstunited.com**

**Volunteer to help support our Sunday Community Lunch:** Sunday Lunch is an important time for us to connect and share a meal. Would you like to lead or contribute to Sunday’s meal? Contact heather-lynn.cameron@hillhurstunited.com

**Nursery Volunteer**  
Kidspace is looking for volunteers for our nursery. Spots are available at 9:05 and 10:45. If you are interested in volunteering, please contact Sheena at sheena.trotterdennis@hillhurstunited.com. A police background check and vulnerable sector check are required.

**Church Upkeep Volunteer**  
Are you good at general repairs and upkeep? We need you! Fixing a tap, painting, repairing a door handle -- you choose when works and how much you can help with. Come once, come weekly -- bring your talents at a time that is convenient for you. Contact: lisa.falkowsky@hillhurstunited.com

**Sermon Videographer**  
We need someone to volunteer for Stephen Harpers role of video recording the sermons for either the 9:05 or the 10:45 service. Stephen will train the volunteer and ensure they feel comfortable with the technology.

**Volunteer for the Stampede Hoedown**  
The July 9 Stampede Hoedown is on -- if we have volunteers come forward. Please volunteer to help this fun event happen: heather-lynn.cameron@hillhurstunited.com

**Worship PowerPoint Volunteer:**  
We are looking for volunteers to create and run the PowerPoint presentations during services. contact Heather-Lynn at heather-lynn.cameron@hillhurstunited.com.

**THANKS FOR THE HOSPITALITY**  
Thank you to Michelle and the Soup for the Soul volunteers for the amazing Community Lunch today.

HILLHURST IN ACTION!

**We are collecting photos that celebrate all our volunteers and the programs and services around Hillhurst.** Please take a lot of photos before the end of May to be shown at the June 25 AGM. Please be sure to ask the **permission of the people** you are photographing BEFORE you snap that shot!! send photos to: heather-lynn.cameron@hillhurstunited.com