



WELCOME



Radical Hospitality • Spirituality  
Social Justice • Risk Taking

The Hillhurst Affirming Statement

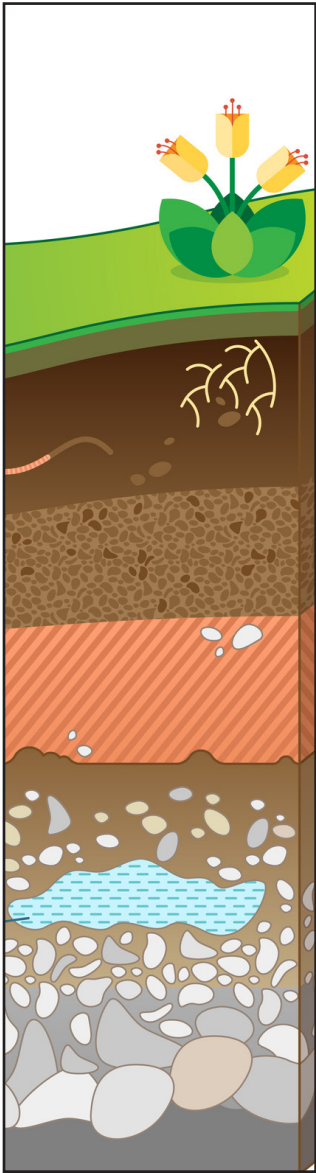
Hillhurst United Church is an inclusive community of faith that follows in the Way of Jesus under the banner “whoever you are, wherever you’re at, join us on the journey.”

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.

Today we gather 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. The City of Calgary is also home to Métis Nation of Alberta, Region III. May we live with respect on this land, and live in peace and friendship will all our relations.

ORDER OF SERVICE



Prelude

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

Δ please stand in body or spirit

Welcome/News

Opening Song: Morning Has Broken VU 409 Δ

Centering Prayer: Giver of life, we come feeling the warmth of the sun on our bodies, the smell of spring in the air, the promise of new life coming again. As we emerge from the long winter, melt our hearts and our minds to your love. Fill us with your renewing spirit... Silently we pray...

Silent Meditation (A time for gratitude, confession, and reflection)

Lord’s Prayer (Sung): The Lord’s Prayer VU 959

Words of New Life

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 Youth Group begin in lower level and gym)

Offering: Soil of God MV 174

Dedication

Bead Kneading: The Garden Song, One Light, One Sun

Scripture Reading: Genesis 2: 4-25

Reflection: Sheena Trotter-Dennis

Closing Hymn: It’s a Song of Praise to the Maker MV 30 Δ

Blessing

Postlude

THANK YOU! Thanks to the Music Team: Nancy Chegus, Pam Minkevics, Art Vesterdal

THANKS FOR THE HOSPITALITY: Thanks to today’s greeters, those who served coffee and the volunteers who prepared our Community Lunch this week. Please come and enjoy.

HILLHURST CONTACT LIST

Lead Minister	Rev. Dr. John Pentland	john.pentland@hillhurstunited.com
Minister	Rev. Sheena Trotter-Dennis	sheena.trotterdennis@hillhurstunited.com
Contemplative Ministry	Susan Cooper	susan.cooper@hillhurstunited.com
Affirming Ministry	Keith Murray	keith.murray@hillhurstunited.com
Music Ministry	Justin Macosky	justin.macosky@hillhurstunited.com
Children and Youth Ministry	Anne Yates-Laberge	anne.yates@hillhurstunited.com
Office and Engagement	Helena Lamb	office@hillhurstunited.com
Congregational Care		care@hillhurstunited.com
Volunteer		volunteer@hillhurstunited.com
Ministry & Personnel	Willow Brocke	ministry.and.personnel@hillhurstunited.com
Financial Gifts	Nancy Watts	finance@hillhurstunited.com
Communications	Robin Galey	communications@hillhurstunited.com
KidSpace Lead	Ilinca Poon	ilinc.poon@hillhurstunited.com

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 [www.hillhurstunited.com](http://www.hillhurstunited.com).

AFFIRMING

LGBTQ2I+ events and support for individuals and their families.

[affirming@hillhurstunited.com](mailto:affirming@hillhurstunited.com)

DAYBREAK CONTEMPLATIVE

Wednesdays 7 - 8 am | Sanctuary

Contemplative experiences, art, and individual spiritual direction.

[susan.cooper@hillhurstunited.com](mailto:susan.cooper@hillhurstunited.com)

EVERYDAY OUTREACH

Every Tuesday, Wednesday & Thursday

1 -3 pm | Gym

Bringing food, conversation and clothing to anyone who would like to join us.

This program relies on donations from you gratefully received daily.

Contact: [levey@ucalgary.ca](mailto:levey@ucalgary.ca)

COMMUNITY LUNCH

Everyone welcome. Come meet others and share a meal on Sundays at noon.

Gluten free and vegetarian options available.

[volunteer@hillhurstunited.com](mailto:volunteer@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)

YOUTH GROUP

A community for grades 6 to 12 to explore spirituality on Sunday and Friday evenings.

[anne.yates@hillhurstunited.com](mailto:anne.yates@hillhurstunited.com)

MUSIC & CHOIR

Love to sing or play an instrument?

[justin.macosky@hillhurstunited.com](mailto:justin.macosky@hillhurstunited.com)

THRIVE

Wednesdays 7 pm | Stage

Thrive is an inclusive space for people in their 20s and 30s to explore their spiritual journeys.

[thrive@hillhurstunited.com](mailto:thrive@hillhurstunited.com)

KNIT OR KNOT

Mondays 1 - 3 pm | Library

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”. Everyone welcome.

Frances: [fcjamieson9@hotmail.com](mailto:fcjamieson9@hotmail.com)

HOSPITALITY

Help us with Sunday services, baptisms, weddings, and a lot more!

[volunteer@hillhurstunited.com](mailto:volunteer@hillhurstunited.com)

MARCH ON! SOCIAL ACTION GROUP

Expressing our social justice passions and concerns within the community!

[volunteer@hillhurstunited.com](mailto:volunteer@hillhurstunited.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)

SPIRITUAL NURTURE

A safe place to explore your spirituality in diverse ways.

[spiritual.nurture@hillhurstunited.com](mailto:spiritual.nurture@hillhurstunited.com)

PRAYER CHAIN

If you would like to join the HUC prayer team or have them pray for you, contact

[prayer@hillhurstunited.com](mailto:prayer@hillhurstunited.com)



NARNIA COMES TO LIFE NEXT WEEK, PURCHASE YOUR TICKETS TODAY!

Shows: May 4 & 5 at 7:00 pm | May 5 & 6 at 2:00 pm

The magical story of Narnia comes to life on the stage at Hillhurst United Church next weekend in a live musical production featuring an inter-generational cast and crew.

Singing, dancing, wonder – you’ll find it here. An excellent live performance for all ages. Tickets through [hillhurstunited.com](http://hillhurstunited.com) or go to:

[www.brownpapertickets.com/event/3126955](http://www.brownpapertickets.com/event/3126955).

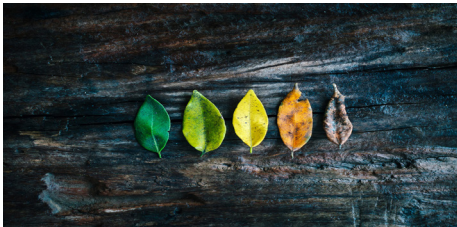
WASHROOMS

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





**APRIL**  
**Knit or Knot - Prayer Shawl Ministry**  
**Monday, April 30 | 1-3 pm | Library**  
Prayer shawl ministry gathers to knit or crochet prayer shawls. Everyone welcome.  
Contact Frances:  
[fcjamieson9@hotmail.com](mailto:fcjamieson9@hotmail.com)



**Spiritual Nurture - Funeral Home Tour**  
**Monday April 30 | 7pm**  
**Foster’s Garden Chapel**  
Join us at Foster’s Garden Chapel (3220 4 St NW) for a funeral home tour. An excellent opportunity to learn how to navigate the post-death process for your loved ones.

**MAY**  
**Parents of LGBTQ+ Individuals Social Group**  
**Tuesday, May 1 | 7-9 pm**  
**Kensington Pub,**  
**207 - 10a Street NW**  
A child coming out at any age can be both joyous and difficult. We invite parents and guardians of LGBTQ+ people to join us at Kensington Pub for a parent-led conversation. We create a space where parents can share, connect, ask questions and support each other in a casual setting. All are welcome. RSVP to [keith.murray@hillhurstunited.com](mailto:keith.murray@hillhurstunited.com)

**Imperfect Parent’s Group**  
**Tuesday, May 1**  
**7 - 8:30 pm | Gym Stage**  
Join us in a safe place as we explore parenting doubts and challenges and Brene Brown’s “Gifts of Imperfection”. Open to any parents who feel the weight of their imperfection. To register or learn more contact [jennshehata@gmail.com](mailto:jennshehata@gmail.com)

☀️ **Contemplative Ministry**  
**Wednesday, May 2 | 7 - 8 am**  
**Sanctuary**  
Teaching through song, silence and community. A growing and deepening experience welcomes you, led by Susan Cooper. Contact: [susan.cooper@hillhurstunited.com](mailto:susan.cooper@hillhurstunited.com)

**THRIVE**  
**Wednesday, May 2 | 7 pm**  
**Stage**  
Thrive is an inclusive space for people in their 20s and 30s to explore their spiritual journies. Everyone is welcome to come for conversation, food and activities. Contact: [thrive@hillhurstunited.com](mailto:thrive@hillhurstunited.com)

**Narnia the Musical**  
**Friday, May 4 | 7 pm**  
**Saturday, May 5 | 2 & 7 pm**  
**Sunday, May 6 | 2 pm**  
**Sanctuary**  
Each year, since 2007 Hillhurst United Church stages a major musical production featuring an inter-generational cast and crew. We come together for five months of singing, dancing and creating community while delivering quality, family entertainment. This year, Hillhurst is proud to present Narnia the Musical, based on C.S. Lewis’s beloved tale, The Lion, the Witch and the Wardrobe. Tickets for the May 4, 5 and 6 performances are selling fast so be sure to get yours before or after services or from [hillhurstunited.com](http://hillhurstunited.com)

✿ **Youth Group - Updates**  
**Friday Evenings**  
May 4 - No Youth Group  
May 11 - Naked Faith @ Living Spirit United  
May 18 - Movie Night at Chinook Mall  
May 25 - Youth Group in the Gym  
June 1 - Youth Group Sleepover  
June 8-10 - Regional Youth Camp Weekend  
June 15 - Naked Faith @ Hillhurst United.

**Making “SENSE” of God**  
**May – June**  
Join us in Sunday services over the next 2 months as we explore how we can come to know God through our senses. We’ll explore one sense each week: taste, sound, smell, sight and touch.

**Confirmation Class**  
**May 10 - May 12 |Hillhurst**  
Confirmation classes are an opportunity for inquisitive students in grades 10 through 12 to get together for some fun, engaging conversations about social and spiritual issues important to them. Attendance at all classes is mandatory. Class times:  
May 10 | 7-9 pm: Hard Questions with John Pentland  
May 11 | 7-9 pm: Enneagram  
May 12 | 9-3 pm: Visit Hindu, Sikh, Buddhist Temples and Muslim Mosque. To register or learn more contact [anne.yates@hillhurstunited.com](mailto:anne.yates@hillhurstunited.com)

♥️ **KidSpace: Messy Church**  
**Saturday, May 12 | 5-7 pm | Gym**  
Join us for what promises to be our messiest messy church to date! We are doing some large canvas art using squirt bottles, water balloons and even a rubber mallet or two! To add to the excitement, we have a special guest that will come and make super awesome slime with us! You do not want to miss out on the fun! Burgers with all the fixings are provided for dinner, please bring a side to share if you can. Sign up through Sign Up Genius on the Hillhurst website. We hope to see you there!

**Space Planning Meeting**  
**Wednesday, May 16 | 6:30 pm**  
**Cold Garden**  
Let’s get together and brew up some interesting ideas about how to make best use of our under-utilized gym space.

✚️ **Spiritual Nurture Workshop with Bruce Sanguin**  
**Saturday, May 19 | 9:30 am - 1:45 pm**  
**Heritage Room**  
The historical debate over whether Jesus was human, divine, or both, was really about us, says author and spiritual teacher Bruce Sanguin. Mystics throughout the ages have known this but it threatened the institution of church. Join Bruce for this experiential workshop, in which we will explore our own Christ nature and the primary obstacles to full realization. Register at: [bruce-sanguin-workshop.eventbrite.com](http://bruce-sanguin-workshop.eventbrite.com)

🏳️ **Something Completely Different**  
**Sunday, May 27 | 7 pm**  
**Heritage Room**  
All LGBTQ+ identified (Lesbian, Gay, Bisexual, Transgender, Queer) people are welcome for socializing, conversations around spirituality and space for connecting in this monthly gathering. You are welcome to come whether you attend Hillhurst or not! For more info or to get on our SCD email list for reminders of upcoming events and themes, contact Keith: [keith.murray@hillhurstunited.com](mailto:keith.murray@hillhurstunited.com)

**JUNE**  
**Imperfect Parent’s Group**  
**Tuesday, June 5**  
**7 - 8:30 pm | Gym Stage**  
Join us in a safe place as we explore parenting doubts and challenges and Brene Brown’s “Gifts of Imperfection”. Open to any parents who feel the weight of their imperfection. To register or learn more contact [jennshehata@gmail.com](mailto:jennshehata@gmail.com)

**Join the Summer Fun at Naramata**  
Sunny skies, an inviting beach, and a warm community await. This July and August, the Centre at Naramata is offering something for everyone, with age-specific and intergenerational programs. Join in an excellent program or book your summer accommodations here. Summer weeks run Sunday to Saturday (7-night stays) at this treasured vacation spot for Hillhurst families. Learn more at: [naramatacentresociety.org](http://naramatacentresociety.org)

**SEPTEMBER**  
**Queer Couple’s Weekend**  
**September 28-30 | Hillhurst**  
Save the date! Details Coming Soon

**NOVEMBER**  
**Women’s Retreat**  
**November 2-4 | FCJ Centre, Calgary**  
Join us for a weekend together as we “play” with different spiritual practices. All are welcome (Moms, not-yet-moms, never will be moms, trans women, genderqueer women, non-binary people ad all who identify on the LGBTQ+ spectrum)! Contact: [anne.kleffner@haskayne.ucalgary.ca](mailto:anne.kleffner@haskayne.ucalgary.ca)

**We Invite New Visitors to Get Involved**  
Learn more about how Hillhurst might fit into your journey, and how you can get involved in many learning and volunteer opportunities. Contact Helena at [office@hillhurstunited.com](mailto:office@hillhurstunited.com)

**Sign Up for Hillhurst Happenings**  
Keep up to date on all the amazing events happening here 7-days-a-week. Sign up for our newsletter at: [hillhurstunited.com](http://hillhurstunited.com)



Bike Blessing



**SUNDAY COMMUNITY LUNCHES are an important way we come together to get to know each other and play. Each meal costs approx. \$300. HELP US by sponsoring all or part of a lunch, or by volunteering your time to shop, cook and serve the meal. Contact [volunteer@hillhurstunited.com](mailto:volunteer@hillhurstunited.com) or visit SignUpGenius on the website.**

**VOLUNTEER & GET INVOLVED**  
**We value the contributions of our volunteers. We couldn’t run our programs or services without your support. Please consider stepping in to volunteer. To receive emails about current opportunities or to step in to one of the following vacancies, email: [volunteer@hillhurstunited.com](mailto:volunteer@hillhurstunited.com)**

**KidSpace Volunteers Needed**  
Do you love kids? Would you like to volunteer in KidSpace? We are looking for energetic and enthusiastic volunteers to help out on Sunday mornings, in our classes. You will be able to choose when and how often you volunteer. Please contact Ilinca Poon if you would like to know more about this exciting opportunity. [ilinca.poon@hillhurstunited.com](mailto:ilinca.poon@hillhurstunited.com)

**Sunday Community Lunch**  
Lead, fund or contribute to the preparation and cleanup of a Sunday meal.

**Communications**  
We are looking for several volunteers to help contribute to Sunday communications:  
- Create and run Worship PowerPoint presentations  
- Create short videos to tell the Hillhurst story and post to social media  
- Videotape Sunday service and post them to the web

**Human Resources**  
Do you have human resource skills and experience? Join our Ministry & Personnel Committee to help guide Hillhurst’s human resources

**Would you like to volunteer to help the women and children at the Women’s Shelter in our neighbourhood?**  
They rely on free bread donations from Cobs and need a driver on Wednesday evenings from 8:45 - 9:15 pm to pick up bread from Cobs on 10th Street NW (across from the Kensington Safeway) and deliver it to the Brenda Stafford Society on 14 Street NW. To volunteer, contact Steve Wigglesworth: [swigglesworth@me.com](mailto:swigglesworth@me.com)

**Refugee Team**  
Celestine (Zach) Muhire was sponsored as a refugee by Hillhurst United Church. His brother Olivier, aunt Chantelle, and cousins Robert and Jimmy have recently joined him in Calgary as government sponsored refugees. They’ve just moved into a house together and need some household items, including: a snow shovel, 6 bath towels, 2 sets of queen-sized sheets, 3 warm blankets, a small desk and chair, a vacuum cleaner and 2 bedside lamps. They also need some school supplies: 4 each of: backpacks, water bottles, no-spill Thermos mugs and/ or gift certificates for food or clothing stores (such as Superstore, Walmart or Value Village). If you can provide some of these items (new or gently used), email [don.workman.dw@gmail.com](mailto:don.workman.dw@gmail.com)

**Board Member Election**  
Want to learn more about becoming a Board member at Hillhurst United Church? We are interested in hearing from you. This year we are especially looking for people to share their talents and experience in Accounting/Finance, Human Resources, Fund Development, Communications, and Commercial Building Management. Contact us for information or to put your name forward for consideration by May 1: [office@hillhurstunited.com](mailto:office@hillhurstunited.com)