

WELCOME



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 with all our relations.

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.

AFFIRMING

LGBTQ events and support for individuals and their families.
pam.rocker@hillhurstunited.com

DAYBREAK CONTEMPLATIVE

Wednesdays 7 - 8 am | Sanctuary
Contemplative experiences, art, and individual spiritual direction.
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 gratefully received daily.
Contact: levey@ucalgary.ca

COMMUNITY LUNCH

Our volunteers feed our community all week in a variety of ways - including our Sunday community lunch.
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

YOUTH GROUP

A community for grades 6 to 12 to explore spirituality on Sunday and Friday evenings.
anne.yates@hillhurstunited.com

MUSIC & CHOIR

Love to sing or play an instrument?
justin.macosky@hillhurstunited.com

THRIVE

Thursdays 7 pm | Heritage Room
Thrive is an inclusive space for people in their 20 and 30s to explore their spiritual journeys.

KNIT OR KNOT

Mondays 1 - 3 pm | Library
Prayer shawl ministry. 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.
Frances: fcjamieson9@hotmail.com

HOSPITALITY

Help us with Sunday services, baptisms, weddings, concessions and a lot more!
volunteer@hillhurstunited.com

MARCH ON! SOCIAL ACTION GROUP

Expressing our social justice passions and concerns within the community!
lisa.falkowsky@hillhurstunited.com

REFUGEE TEAM

Support the refugee program as we sponsor families and build friendships.
refugeeministryteam@hillhurstunited.com

RIGHT RELATIONS

Learn, support, and build respectful relationships with Aboriginal peoples.
right.relations@hillhurstunited.com

SOUL CAFE

Share your talents and interesting experiences - host a night for others.
office@hillhurstunited.com

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: Come and Seek the Ways of Wisdom MV 10 Δ

Centering Prayer: Loving Spirit, Heart of Life ... We come ... settling in beyond the chaos ... beyond the clutter ... resting into the quiet centre ... where we discover the beauty and freedom ... to who we truly are ...to live the Spirit-led life ... We come, in Silence...

Silent Meditation

Lord’s Prayer (1x just listening 1x sung together): The Lord’s Prayer VU 959

Words of Love

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.”

Baptism (10:45 Service)

(KidSpace and Youth Group begins)

Our Story: Gord Churchill

Offering: O Beautiful Gaia MV 41

Dedication Δ

Prayers of the Community: Don’t Be Afraid MV 90

Scripture Reading: Matthew 25: 14-30

Reflection: Susan Cooper - “The Spirit-led Life”

Closing Hymn: “God Willing” by Kendall Bilan, the music team & the congregation Δ

Blessing

Postlude

THANK YOU! Music Team: Alyssa Thompson, Lori Follis, Pam Minkevics, Kim Follis, Justin Macosky.

THANK YOU! DayBreak Team: Diane Hutchison, Kendall Bilan, Lori Follis, David Quinn, John Griffiths, Kelly Osaka, Judy Wark.

THANKS FOR THE HOSPITALITY

Thanks to the volunteers for the 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
Executive Director	Lisa Falkowsky	lisa.falkowsky@hillhurstunited.com
Music Ministry	Justin Macosky	justin.macosky@hillhurstunited.com
Affirming Ministry	Lisa Falkowsky	lisa.falkowsky@hillhurstunited.com
Contemplative Ministry	Susan Cooper	susan.cooper@hillhurstunited.com
Engagement Coordinator	Heather-Lynn Cameron	heather-lynn.cameron@hillhurstunited.com
Children and Youth Ministry Coordinator	Anne Yates-Laberge	anne.yates@hillhurstunited.com
Communications Coordinator	Sydney Morin	sydney.morin@hillhurstunited.com
Congregational Care		care@hillhurstunited.com
Ministry & Personnel		ministry.and.personnel@hillhurstunited.com
Financial Gifts		finance@hillhurstunited.com

WASHROOMS



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

NOTICE

As many of you are aware, these last six months have been difficult and stressful for our congregation, staff, and for our Lead Minister, John. Over the next three weeks, John will be taking time with family and friends, and attending some professional development programs to help heal his body, mind, and spirit. We are supporting and encouraging this request. You are welcome to offer e-mail support, yet please know a response is unlikely, as John needs to disconnect in order to rest and return healthy. Our board and staff have also undergone a tough Fall and we ask for your continued care and support. John has asked that we continue to show up for each other and our Church as we step forward together into a new time at Hillhurst United.

In Faith,
Steve Wigglesworth - Chair, Hillhurst Board of Directors

your gifts matter.
Give Back at Christmas

Hillhurst is hosting the Alex lunch again this year. On December 19, Hillhurst will provide a traditional Christmas dinner to more than 200 homeless guests.

We need your help to:

1. Donate food: www.hillhurstunited.com and click on Sign Up Genius.
2. Volunteer to help serve the meal: www.hillhurstunited.com and click on Sign Up Genius icon in the top right hand corner.

THIS LAND



Hillhurst United Church gathers on the traditional territory of the Niitsitapi (Blackfoot), Nakoda (Stoney) and Tsuut’ina (Sarcee) and the home of Métis Nation of Alberta, Region III. 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 bulletin, kindly recycle it at the back of the sanctuary. Thanks to Casey for running our recycling program.





Grow your connection with fellow Hillhurst United congregants. Like previous November Blenders, the Blen-DINNERS will be both a social-raising and fund-raising event. Proceeds go towards the Ministries & services at Hillhurst United. TICKETS ON SALE NOW! Join us for the dinner of your choice: www.hillhurstunited.com

NOVEMBER

Knit or Knot - Prayer Shawl Ministry
Monday, November 20 | 1 to 3 pm

Library
Prayer shawl ministry gathers to knit or crochet prayer shawls. A great group of crafty, fun people come together to laugh and build friendships. Everyone welcome. Frances: fcjamieson9@hotmail.com

Contemplative Ministry
Wednesday, November 22 | 7 to 8 am
Sanctuary

Teaching through song, silence and community. A growing and deepening experience welcomes you, let by Susan Cooper. Contact: susan.cooper@hillhurstunited.com

Bring Back the Joy!
Wednesday, November 22 | 7 - 9 pm
Sanctuary

De-stressing the Holidays. Are you wondering how to make THIS Christmas less stressful? Want some help navigating difficult family gatherings? Are you interested in simplifying your holiday plans? this is the workshop for you - come and be in conversation with Barb Elder, from Families Matter. Free Childcare Available. RSVP: office@hillhurstunited.com

THRIVE
Thursday, November 23 | 7 pm
Heritage Room

Thrive is an inclusive space for people in their 20 and 30s to explore their spiritual journeys. Everyone is welcome to come for conversation, food and activities. Contact: thrive@hillhurstunited.com

Youth Group: Rollerskating
Friday, November 24 | 6- 9 pm
Lloyd's 7520 Macleod Trail S.E.

Come and skate the night away with the youth! Open to grades 6-12. Helmets are required, please bring one with you. Cost: Admission - \$9.00, Skate Rental - \$3.00. Contact: anne.yates@hillhurstunited.com

Youth Group: Coffee House - Regional Event

Saturday, November 25 | 7 - 9:30 pm
Symons Valley United Church

Do you have a talent you want to show off? Here's your chance! Bring you, your talent, and whatever instrument you need and show us your stuff. Open to grades 6-12. Contact: anne.yates@hillhurstunited.com

Something Completely Different
Sunday, November 26 | 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 attend 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 Pam: pam.rocker@hillhurstunited.com

Right Relations Circle
Tuesday, November 28 | 7 pm
Heritage Room

Join us as we welcome special guest – Marilyn Shingoose. Marilyn is a member of Saulteaux First Nations, Treaty 4. She will be discussing the Indigenous and Non-Indigenous Women's Talking Stick Ceremony that she holds monthly at Scarboro United Church and why it is important for our community.

DECEMBER

Youth Group: Merlins with Mark
Friday, December 1 | 6- 9 pm
Gym

Have you ever tried to play a merlin? If not, this is your chance! Mark Skarzynski will be joining us with 12 merlins for a night of music and fun. If learning the merlin is not your "thing", games will be available. Bring a friend! Open to grades 6-12. Questions: anne.yates@hillhurstunited.com

Spiritual Nurture Special Event
Bruce Sanguin - Conscious Evolution
Dec 1 | 7 - 9 pm Cost: \$15

When evolution is understood as a purposeful unfolding, alive with the divine, our personal lives take on new meaning, and new possibilities for the future emerge. We are here to realize our evolutionary purpose, intrinsically supported by the sacred source showing up as an evolutionary impulse within us. Bruce will explore this topic with us and look at the life and teachings of Jesus from the perspective of evolutionary spirituality.

Dec 2 | 9 am - 12 noon Cost: \$25
In this workshop we will consider the primary obstacles that prevent us from uncovering our evolutionary purpose. Three specific obstacles will be explored: bad religion (including philosophical materialism and forms of Christianity); mistaken identity; and early childhood trauma. As the beliefs, behaviors and attitudes associated with these obstacles are made conscious, we are able to surrender to a natural (yet sacred) impulse to realize our purpose. **Preregister at:** <https://brucesanguin-consciousrevolution.eventbrite.com>.

Email: office@hillhurstunited.com. (NOTE: No one will be turned away due to lack of funds). For more information about Bruce Sanguin visit: brucesanguin.ca

KIDSPACE: Winter Wonderland Dance
Saturday, December 2 | 5 - 7:30 pm
Gym

Join us this month for a fun filled evening starting with a "comfort food" potluck, glitter crafting and ending with a joyful dance? We look forward to seeing you there! Sign up at hillhurstunited.com (click on the Sign Up Genius logo). Messy Church is our monthly family potluck evening on the first Saturday of each month. This is a great time to get together outside of "church hours" for food, stories, community, crafts and fun! Activities are geared for parents and kids Pre-K through grade 5, but all ages and friends are welcome. Questions: kidspace@hillhurstunited.com

A Mourning Journey
December 2 & 9

Hillhurst United Church
A Mourning Journey is for individuals who have experienced tragic events who want to come together in a small group to engage in the Christian tradition, God and personal transformation. Led by Cyndi Thompson-Goodchild B.S.W., M.A.S.W.A. (M. A. in Spirituality and Worship Arts). Cost: \$40. To register contact: office@hillhurstunited.com

Hillhurst Christmas Party
Sunday, December 3 | 12 - 2 pm
Hillhurst United Church

Join us after Sunday service for Christmas decorating, hot chocolate and singing! Contact: office@hillhurstunited.com

Parents Social Group
Wednesday, December 6 | 7 - 9 pm

Location: Kensington Pub - 207 10a St. NW
All parents/guardians of LGBTQ people are welcome to connect at Kensington Pub once a month, 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. You do not need to be a member of Hillhurst United or any church in order to attend. Please email Diane at dhutch@shaw.ca to let her know you're coming!

Have you had an Address Change Recently? It will soon be time to send out year end messaging and tax receipts. If you think you have not given us this change of information, please do so by sending your new address to office@hillhurstunited.com

Youth Group: Christmas Party Sleepover

Saturday, December 9 @ 7 pm to Sunday, December 10 @ 9 am | Gym

Come and join us for our Youth Group Christmas party/movie marathon sleepover! We will show movies, play games, eat snacks, and have a Christmas party! You are welcome to come and enjoy the evening without spending the night. Bring a small gift for our gift swap (\$10.00 value). Tacky Christmas sweaters, Santa hats, and festive wear are encouraged. If you plan to spend the night, please bring a sleeping bag & pillow. Breakfast will be served at 8am. Open to grades 6-12. Bring a friend! Questions: anne.yates@hillhurstunited.com

Youth Group: Naked Faith - Regional Event

Friday, December 15 | 6 10:30 pm
Red Deer Lake United

Naked Faith happens the third Friday of every month at different United Churches around Calgary. It begins with dinner, followed by an hour-long service. Afterward, youth from grades 6 through 12 are invited to stay for games and activities until 10:30. This month, we will be at Red Deer Lake United. Contact: anne.yates@hillhurstunited.com

KIDSPACE: Parents Night Out
Saturday, December 16 | 5 - 9 pm
Gym

TAKE A NIGHT OFF! December 16th from 5 to 9 pm! Enjoy some last minute Christmas shopping, a date night or just a quiet night out! Dinner will be provided in the gym from 5 to 6 pm. The kids will have a TON of fun doing Christmas activities, games, crafts, movies! Open to 12 months - Grade 5! The event is \$25.00 per child and is a fundraiser. All the money raised will go towards KidSpace and Youth activities. REGISTER TODAY - anne.yates@hillhurstunited.com or through Sign Up Genius - <http://www.signupgenius.com/go/10c0e45a9aa28a4f58-parents>

Something Completely Different - Queer Christmas Potluck Brunch
Sunday, December 23 | 7 pm
Heritage Room

All LGBTQ+ identified people are invited to join us for merriment and delicious breakfast foods in an affirming setting. This is a great chance to come and get to know others and have fun! Bring a brunch item of your choice, and bring your friends. We are also having a re-gift exchange - bring a wrapped item or homemade gift from your house - the odder the better! Contact: pam.rocker@hillhurstunited.com

Christmas Eve Service Schedule
Sunday, December 24

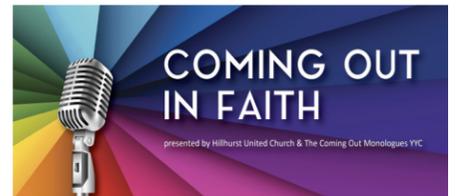
Please note that KidSpace and Nursery Care will not be available at any of the services, but our 3 pm and 5 pm services are specifically child and family focused!

10:45 am: Carols and Stories
3 pm & 5 pm: Family Christmas Services - Join the Story! Our 3 and 5 pm services are all about family! We encourage the children to dress up as their favourite nativity character and participate in the story. Costumes will be provided for all children who wish to participate!
8 pm: Evening Service with Choir!
10 pm: Carols, Candlelight and Communion

Bring the Christmas spirit to our Everyday Outreach guests

The Hillhurst Outreach Team is collecting gifts for our Everyday Outreach guests and need your help. Help surprise and delight one of our guests (male adults) by putting together a Christmas gift and dropping at the Church before December 17. Below are some ideas of items that are appreciated that combine practical items with special treats. Of course, feel free to provide whatever you think the person might enjoy and find useful.

APRIL



Friday, April 13
Saturday, April 14

Sanctuary
Details to come. Auditions in January! Questions or enquiries, contact: pam.rocker@hillhurstunited.com

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

Prayer Chain

Are you able to spend some time each week praying for people in our community and around the world? You will receive weekly prayer chain updates and are invited to pray for people and places. Confidentiality is required. If you are interested, please email Kelly Turner at prayer@hillhurstunited.com

Join us in the kitchen! Volunteer to help prepare a 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: volunteer@hillhurstunited.com

Worship PowerPoint

We are looking for volunteers to create and run the PowerPoint presentations during services. Contact: volunteer@hillhurstunited.com

Office Volunteers Needed

Do you have office skills and a few hours to dedicate from time to time? For more information, please contact: volunteer@hillhurstunited.com



Auditions for Narnia Now Open

Calling all musical theatre buffs, and anyone simply wanting to give it a try: Auditions for our spring musical, Narnia, are December 9 and 10. Go to Sign Up Genius on our website or contact Jim Thompson-Goodchild at castandcrew@hillhurstunited.com



Now is a great time to sign up for the Cornerstone Program if you'd like to support Hillhurst United Church's Ministries and programs with regular financial contributions. And you'll get a tax receipt! Use the form in the pew, www.hillhurstunited.com or contact: finance@hillhurstunited.com

Christmas card from you/your family

New warm socks
New mitts or gloves
New underwear/long underwear
Christmas treat
Sweater/ sweat shirt/shirt
Hand warmers
\$25 Safeway gift card
\$25 McDonalds (or Kensington restaurant) gift card
Bus tickets
Anything else you think someone would like to receive.
More information: levey@ucalgary.ca