

how then shall we live?

WELCOME

Welcome to the Hillhurst community. Whether you're a long-time member of our congregation or brand new to this space, we are glad you're with us today. We commit to being an inclusive community of faith that follows the Way of Jesus under the banner: **WHOEVER YOU ARE, WHEREVER YOU'RE AT, JOIN US ON THE JOURNEY.**

Many people talk about finding "home" at Hillhurst. We sincerely hope that you feel at home here too. **Please help yourself to coffee, talk to a new friend... or an old friend! Hillhurst United is not your ordinary church experience. We offer a unique place to take the next step in a deeper exploration of faith and life challenges. Our services are casual, energetic and inspiring.** If you're interested in learning more about our community, please reach out to us through office@hillhurstunited.com or visit our website at www.hillhurstunited.com.



John Danielle Sheena
John, Danielle, and Sheena, Clergy Team



Join us on Sunday Evening for our 7:05 pm Service!

Another experience of worship at Hillhurst. Relaxed vibe, a great band and another take on our series theme: How Then Shall We Live!

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.

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.



Thank you for your generous donations in December and January. We had hundreds of people confirm and join preauthorized monthly donations and make special gifts. Thank you.

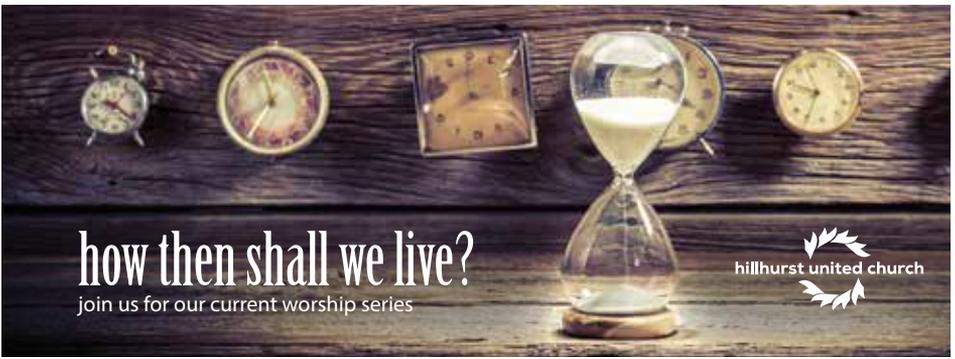
Show your love this Valentine’s Day!

Looking for a delicious gift for those you love on Valentine’s Day? Hillhurst tea in several flavours will be available Sunday for that perfect gift. Tea can be purchased during the week from the Church office.

Say “I Love You” to Hillhurst on Valentine’s Day. Make a general financial gift of \$14, \$140 or \$1400 or sponsor the Ministries you love. Donate online at hillhurstunited.com or place your donation in the collection plate.

Our lead minister, John Pentland, is away as part of the UCC Sabbatical policy for the first part of 2017. We look forward to welcoming him back in the Spring! Keep an eye on the bulletin and Facebook for “postcards” from John while he’s away.





Living More Simply - Welcome, Emily and Nancy!

This Sunday it's all about 'Living More Simply'. Join us for another perspective of our worship series - How Then Shall We Live?. Emily Schaming and Nancy Shadlock have each made practical choices to live more simply. Daring, risky and spiritually joyful choices. Come hear about a year without buying goods, living in a tiny house and more.



Nancy Shadlock

Nancy is a potter, a life coach, and a spiritual director. In 2014, while seeking a simpler way of living, Nancy, her dad and many others set out and built a tiny house. That tiny house (Margo) has provided Nancy with the means to live a life sustained by her passions of pottery and coaching. That house became her home, her office and the place where her dreams started to become reality. Nancy offers all of her rich, grounding practices under the umbrella Centered.ca

Emily Schaming

Emily is a wandering Canadian and has enjoyed living in Montreal, Ottawa, Toronto, Regina and Calgary as well as a couple of other places. Emily has worked in a centre for refugees, as a youth minister in a Mennonite church, and was a teacher on a reserve in the middle of the prairies before moving to Calgary (where she continues to be a teacher). She can be found reading, knitting, skating, singing and occasionally even surfing. Emily enjoys being part of the music ministries at Hillhurst.



VOLUNTEER! GET INVOLVED IN YOUR COMMUNITY

Hillhurst United Church is YOU!! We have seen how volunteering can help us feel a part of our thriving, exciting community and brings the Ministries alive in our Church.

If you weren't able to make it to the feedback session on February 11, please send Heather-Lynn an email - heather-lynn.cameron@hillhurstunited.com - with your suggestions or ideas for the future.

To help keep us all safe, Hillhurst will hold a fire drill upon the conclusion of the 10:45 service on Feb. 19. Today, please note your closest exit so you can begin to prepare.

Fund Development Committee: Come explore how Hillhurst can fund our important programs and services. Looking for experienced fundraisers who can counsel the committee. People who want to creatively generate new fundraising ideas about how we as a congregation can build financial support. And anyone who has experience and is willing to help raise money within our church. Come join the Fund Development Committee. Contact Lisa: lisa.falkowsky@hillhurstunited.com

First Aid Training: Hillhurst is a vibrant and busy place with hundreds of people passing through our doors each week. Our staff and volunteers require first aid training to learn how to help with basic first aid, while keeping themselves and those they are helping safe and healthy. If you can offer basic first aid training within a group setting, please contact lisa.falkowsky@hotmail.com

We are looking for an Office Volunteer who would be available to cover the office for 2 - 3 hours on Tuesday beginning at 12 noon. Office experience would be a great asset.

Having a safe place to come 7x24 is important at Hillhurst. **If you know how to operate the defibrillator** and/or know about how to offer first aid and would be willing to share your knowledge and experience with others, please contact Lisa - lisa.falkowsky@hillhurstunited.com

Are you passionate for or have a background in photography? **We are looking for someone to take photos at various Hillhurst events.** If you're interested, please contact sarah.elliott@hillhurstunited.com.

Volunteer for our Sunday Morning Food Ministry

Hillhurst's Food Ministry continues to be an important part of building our community together. If you'd like to volunteer to organize a Sunday meal or be part of a team that brings us together by creating delicious food - contact lisa.falkowsky@hillhurstunited.com

Do you have an interest in supporting our worship ministry? We are looking for volunteers to create and run the PowerPoint presentations during services. For more information and to join an awesome team - please contact Rev. Danielle at danielle.james@hillhurstunited.com Experience or comfort with technology and presentation software is a plus but no photoshop required!

FIND YOUR PLACE

At Hillhurst we have so many things happening - we want to help you find your way in. Below you'll find a bit about our ministry teams and their contact info. Please reach out and step into the spaces that inspire you the most. There is a place for you. If you have any questions - contact HILLHURST311 (also known as Heather-Lynn!) - at 403.283.1539 or heather-lynn.cameron@hillhurstunited.com.

AFFIRMING

LGBTQ events and support
pam.rocker@hillhurstunited.com

BOOK CLUBS

Sunday Morning Book Club
levey@ucalgary.ca

DAYBREAK CONTEMPLATIVE

contemplative experiences, art,
and individual spiritual direction
susan.cooper@hillhurstunited.com

EVERYDAY OUTREACH

community outreach opportunities
danielle.james@hillhurstunited.com

FOOD - GOOD EATS!

help feed your community on Sunday's
Lunch. lisa.falkowsky@hillhurstunited.com

KIDSPACE

kids and family events for children from
6 months to grade 6
kidspace@hillhurstunited.com

KNIT OR KNOT

knitting and crocheting group
Frances: fcjamieson9@hotmail.com

HACKED Youth Ministry

youth events - grades 7 to 12

HOSPITALITY

help with services, baptisms, weddings,
coffee and a lot more!
volunteer@hillhurstunited.com

LUNCH TO LIVE BY

deepen your spirituality through
conversation with John and others
office@hillhurstunited.com

MUSIC & CHOIR

love to sing or play - come join us!
nancy.chegus@hillhurstunited.com

REFUGEE MINISTRY

get involved with supporting refugees
refugeeministryteam@hillhurstunited.com

RIGHT RELATIONS

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

SOUL CAFE

interesting experiences hosted by you!
office@hillhurstunited.com

SOUL CARES (Spark Circle)

for guardians of children with special needs
Darlene: djloney@telus.net

SPIRIT YOGA

workshops, classes, retreats
spirityyoga@hillhurstunited.com

SPIRITUAL NURTURE

a safe space to explore your spirituality
office@hillhurstunited.com

THRIVE FOR YOUNG-ER ADULTS

a fun spirit-centred group for
anyone in their 20s and 30s
thrive@hillhurstunited.com

SUNDAY, FEBRUARY 12

Morning Services

9:05 & 10:45 am

Sunday Morning Book Club

Sundays at 9:15 am - Hexagon Cafe

1140 Kensington Rd NW #200

Contact: levey@ucalgary.ca

Facilitated by Ann Levey and Ron Wilburn.

Beginning in January, we will be reading

The Immense Journey by Loren Eiseley.

Community Lunch

Sunday after the 10:45 am Service

Sunday Evening Service

7:05 pm - worship

Same Sunday theme with a different experience.

MONDAY, FEBRUARY 13

SPIRIT YOGA: Hatha Yoga with Sara Glessing

Mondays | 8:30 – 9:30 am

January 9 – February 27

Fee: \$95 / 8 classes | \$15 Drop In

spiritiyoga@hillhurstunited.com

>> Register on our website

Knit or Knot (Prayer Shawl Ministry)

knitting and crocheting group

Mondays | 1 to 3 pm | Hillhurst

Contact Frances for more details.

fcjamieson9@hotmail.com

Spiritual Nurture

Mondays | 7 pm | Heritage Room

Join us for engaging speakers and guests as we explore ideas about, “How then shall we live? - Simpler Living”

Worship Powerpoint Training

Monday, February 13 or 18

7:30 to 8:30 pm | Sanctuary

Interested in helping out with creating and running the slides for Sunday worship?

Come and learn the basics!

TUESDAY, FEBRUARY 14

MUSIC: 7:05 Service Open Music Rehearsals

Tuesdays | 7 pm | Hillhurst - Sanctuary

brent.vandusen@hillhurstunited.com

Join us as we create the musical magic for the 7:05 evening service. Open to all singers and musicians.

WEDNESDAY, FEBRUARY 15

DAYBREAK: Contemplative Ministry

Wednesdays | 7 - 8 am

Hillhurst Sanctuary

Led by Susan Cooper. Conversation follows from 8 to 9 am.

Lunch to Live By

Wednesdays | 12 to 1 pm | Hillhurst

office@hillhurstunited.com

This is a great opportunity to connect and reflect together. Come from home or work! Don't forget to bring your lunch!

SPIRIT YOGA: Happy Hips with Jo-Ann Bance

Wednesdays | 6:00 – 7:30 pm

January 11 – March 1

Fee: \$135.00 / 8 classes | \$20 Drop In

spiritiyoga@hillhurstunited.com

>> Register on our website

AFFIRMING:

Our Stories - for Parents of LGBTQ Individuals

Wednesday, February 15 | 7 pm

Hillhurst - Upstairs Board Room

Join us for an evening of connection and conversation for parents of LGBTQ individuals. Parents are welcome to share, connect, ask questions and lend support to each other in a safe and affirming setting. Our Stories will be on the third Wednesday of the month until the summer.

THURSDAY, FEBRUARY 16

SPIRIT YOGA: Yoga Therapy with Beth Workman

Thursday | 5:30 - 7 pm

January 12 – March 2

Fee: \$135.00 / 8 classes | \$20 Drop In
spiritiyoga@hillhurstunited.com

>> Register on our website

THRIVE for Young-er Adults

Thursdays | 7 pm | Heritage Room

thrive@hillhurstunited.com

Thrive is an inclusive space for people in their 20 and 30's.

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

FRIDAY, FEBRUARY 17

SPIRIT YOGA: Hatha Yoga with Sara Glessing

Fridays | 4:00 – 5:00 pm

January 13 – March 3

Fee: \$95 / 8 classes | \$15 Drop In
spiritiyoga@hillhurstunited.com

>> Register on our website

SUNDAY, FEBRUARY 19

There will be a fire drill after the 10:45 service on February 19. When the fire alarm is activated, you must exit the building through one of the doors and go across the street to St. Johns and stand by the Muster sign on the fence. The Sunday school children will be led there as well. If the weather is cold, please bring your coat to your seat.

Please note that lunch will *not* be available on February 19.

MONDAY, FEBRUARY 20

Spiritual Nurture

Spiritual Nurture will not be held on February 20 - then we're back for Feb 27 with our Lent Series for six weeks.

TUESDAY, FEBRUARY 21

Biblical Storytelling

Tuesday, Feb 21 | 7 pm

Contact Margaret McQuiston:

mmcq@telus.net

>> Sign up on the Hillhurst website via SignUpGenius

Inspired by last month's introductory workshop, we are creating this opportunity to learn and grow together in biblical storytelling. All are welcome!

WEDNESDAY, FEBRUARY 22

RIGHT RELATIONS: Gathering of United Church Folk

Wednesday, February 22 | 10 am - noon
Hillhurst United | Heritage Room

all are invited to a morning to share ideas, resources and plans for our work in Right Relations and discussion about how to move forward with the TRC Calls to Action in the Calgary area. Please RSVP to Sandra Hayes-Gardiner at Sandrahg@shaw.ca or phone 587.999.2179.

REFUGEE MINISTRY

One Year Anniversary Celebration of the Yassin Family's First Year in Calgary

Wednesday February 22 | 7 - 9 pm
Heritage Room

Adnan Yassin, Mona Moghandaf and their daughters Nour, Assmaa, Ikhlas, Balkis and Lamis became refugees when they were forced to leave their home in Syria. After spending several years in Lebanon, they were given the opportunity to come to Canada. They arrived in Calgary on February 3, 2016. Whoever you are, wherever you're at - please join the Yassins and the Refugee Ministry Team in the Heritage Room on February 22 to help us celebrate the Yassin family's first year in Calgary.

FRIDAY, FEBRUARY 24

Storytelling Workshop: From Folktales to Personal Stories

Friday, February 24 and March 24
7 to 9 pm | Hillhurst United
\$25 per person for the two days

>> Register: folktalestopersonalstories.eventbrite.com

Telling stories is a powerful way to engage colleagues, friends or family members. Come learn and practice the skills and art of Storytelling. This two part workshop is designed for all those interested in learning about the art of storytelling - teachers, preachers, young, old, yarn spinners and truth tellers! Small format with three experienced storytellers teaching, listening and presenting. Discover how traditional folktales from the oral tradition can guide you in finding and telling your own original stories. Visit our website for more information.

SATURDAY, FEBRUARY 25

♣️ SPIRITUAL NURTURE WORKSHOP: Sand, Soul and Silence

The Wisdom of the Desert Tradition with Richard LeSueur

Saturday, February 25 | 9 am to 3 pm | Hillhurst United | Fee: \$50

>> Register:

sandsoulsilence.eventbrite.com

The early Christian centuries were marked by a unique quest for a rugged spirituality that compelled thousands of people to seek the silence and isolation of the wilderness as a place of profound divine encounter. Only a few of their teachings survive in the collection of the "Sayings of the Desert Fathers and Mothers."

Participants on this day will explore the wisdom of the early Christian desert tradition, and consider whether this ancient tradition has come of age again.

Coldest Night of the Year

Saturday, February 25
Meet at Eau Claire Market
4 pm - Registration

5:15 pm - Walk Begins

Walk in solidarity with our brothers and sisters who are in need of housing. We are walking to support KAIROS Calgary: Bankview Apartments, Feed the Hungry and The Mustard Seed. Join Hillhurst United's Team for this walking adventure in support of these great programs! There will be a table in the Heritage Room to sign up for the walk or to make a donation. Contact Larry Pearce: 403 287 2907 or email larry.pearce@shawlink.ca.

CNOY Calgary: <https://canada.cnoy.org/location/calgary>

SUNDAY, FEBRUARY 26

AFFIRMING:

Something Completely Different

Sunday, February 26 | 7 to 9 pm

Hillhurst - gymnasium

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!

FRIDAY, MARCH 3 to SUNDAY, MARCH 5

AFFIRMING WORKSHOP:

Queer Couples Weekend

Presented by Hillhurst United and Affirm United

Friday, March 3 - Sunday, March 5, 2017 |

Hillhurst United Church | \$145 per couple

Info: pam.rocker@hillhurstunited.com

>> REGISTER: queercouples.eventbrite.ca

Have you been searching for a way to enrich your relationship, reconnect, or just have some quality time together? Join acclaimed facilitator Brian Mitchell-Walker for a fun filled weekend. Learn how to be in the moment with your partner – to speak your truth, and listen without the reactions that come from past hurts or future worries. This weekend, specifically designed with LGBTQ+ couples in mind, is held in a safe inclusive space. Please visit our website for details.

The investment for the weekend is \$145. Snacks and yummy meals included. (The actual cost for this workshop without our sponsors would be \$600.)

Thanks to Affirm United for their generous sponsorship. affirmunited.ause.ca

SUNDAY, MARCH 5

Congregational Meeting

2017 Budget Discussion

Sunday, February 26 | Sanctuary

after 9:05 and 10:45 services

Get involved with your church

Come learn about our Hillhurst Ministries - how much they cost and how we pay for them.

Lenten Spark Circle:

A Mourning Journey: Story, Spirit, Community

Wednesdays March 15 - April 5 | 7 pm

info: Cyndi-Thompson-Goodchild -

cthompsonsgoodchild@gmail.com

max: 8 people.

An experience of death and loss can be difficult. It can also be a time of discovery. Over four evening sessions, we will share stories of loss, nurture a supportive community and work towards an understanding of the process of grief and how it affects our faith journey. Using spiritual practices we will explore our experiences of the presence of God and take another step on our journeys with mourning.

MAY

2017 MUSICAL: Anne of Green Gables

Friday, May 12 | 7 pm

Saturday, May 13 | 2 and 7 pm

Sunday, May 14 | 2 pm

musicals@hillhurstunited.com

OCTOBER

Richard Osler - Poetry as Prayer

Friday, October 20 | 6 - 9 pm

Saturday, October 21 | 9 am - 3 pm

Women's Retreat

Fri. October 27 to Sat. October 29

Kingsfold Retreat Centre

MARTIN LUTHER KING JR.



I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.

This is our hope. This is the faith that I go back to the South with. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our [world] into a beautiful symphony of personhood.

With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will all be free one day.

MARTIN LUTHER KING, JR



Co-create the song that tells the story of "How then shall we live?"

Share your thoughts on today's theme on this doodle page, at lunch on the pads at the tables or email our music director at nancy.chegus@hillhurstunited.com. Every two weeks a new verse will be added to the song based on your thoughts.



FEEDBACK OR SUGGESTIONS

Feedback is welcome via feedback@hillhurstunited.com. This confidential email account is monitored by our Office Administrator, Joanne Kellough, and your message will be forwarded to the person who can best respond.

HILLHURST LEADERSHIP TEAM

Lead Minister	Rev. Dr. John Pentland	john.pentland@hillhurstunited.com
Minister	Rev. Dr. Danielle A. James	danielle.james@hillhurstunited.com
Minister	Rev. Sheena Trotter-Dennis	sheena.trotterdennis@hillhurstunited.com
Executive Director	Lisa Falkowsky	lisa.falkowsky@hillhurstunited.com
Music Ministry	Nancy Chegus	nancy.chegus@hillhurstunited.com
Affirming Ministry	Pam Rocker	pam.rocker@hillhurstunited.com
Contemplative Ministry	Susan Cooper	susan.cooper@hillhurstunited.com
Engagement Coordinator	Heather-Lynn Cameron	heather-lynn.cameron@hillhurstunited.com
Spirit Yoga Ministry	Beth Workman	spirityoga@hillhurstunited.com
Finance	Nancy Watts	nancy.watts@hillhurstunited.com
Communications	Adrea Wirl	adrea.wirl@hillhurstunited.com

Congregational Care

Congregational Care provides spiritual, emotional, and physical support to members of our church family.
care@hillhurstunited.com

Any Questions?

Feel free to ask a greeter for assistance.

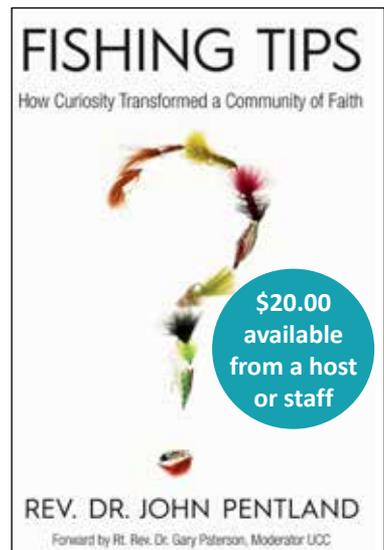
Washrooms



Located on the main floor in the west annex. All gender, wheelchair accessible washrooms are located at the back of the Heritage Room.



If you do not wish to keep this magazine, kindly recycle it at the back of the sanctuary.



Hillhurst United Church

1227 Kensington Close NW | Calgary, AB | T2N 3J6

phone: 403-283-1539 email: office@hillhurstunited.com

The office is open Monday to Thursday from 10:00 am to 3:30 pm

Sunday Services: 9:05 am | 10:45 am | 7:05 pm

www.hillhurstunited.com | Follow us on Facebook!

