



# Port Carling United Church

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## Celebrating the life and work of our Church

**Rev. Sue Woods, Minister**

### Minister's Chat

It has been said that the three major killers in today's culture are calendars, telephones and clocks – the difficulty of an accelerated life. What can we do about these adversaries? How do we cope? How do we celebrate life and not just endure or survive it? Is there life after stress? How do we withstand the pressures, and the demands? Here are three suggestions.

**1. Travel Light.** Decide what is really important to you and focus your energy on those things. You cannot do everything, so you have to decide what really matters and weed out all the rest. So often we get uptight and stressed out over things that do not really matter that much. WHAT are the things that really matter? Love, honesty, integrity, fairness, truth, compassion, commitment, loyalty, forgiveness – these are things that really matter. Now wait a minute, where have we heard these words before? At church! Perhaps we've heard them at home as well; but even there their origins probably can be traced back to the church. The church, our faith community, by the grace of God shows us how to centre in and focus and travel light.

**2. Take One Step at a Time** Do one thing at a time. Love one day at a time. Jesus talked about this concept in the Sermon on the Mount when he told us not to worry about health, food or the future (Matt6: 25 – 34.) We need to take one day at a time, one thing at a time, one step at a time. Did you know that the phrase "*do not fear*" appears in the Bible 365 times? That is one for each day of the year!

**3. Relax Your Soul in God.** Jesus' parable of the seed speaks to this concept (Mark4: 1-9.) The idea is to sow the seed the best you can and trust God to water and harvest. It does not matter if the odds are against you. It does not matter if things may seem hopeless. It does not matter how bleak the outlook may be. Don't worry about that. Just plant the seed,

do your best and trust in God for the rest.

I hope that September will be a month of slowing down and being able to "smell the flowers!"

Blessings Rev. Sue

### ANNIVERSARY NO. "One Four O"

**By Ron Brown**

It happens at the outset, after the church bells chime,  
Our Sunday morning service always starts on time,  
Guests are welcomed and then we all shake hands,  
It is a friendly gesture that the congregation understands,

That Sunday was a special day, an awesome atmosphere.  
Our Anniversary Service for one hundred & forty years.  
And as the special celebration began to unfold.  
It involved the members including young and old.

A pageant of our furnishings and how they came to be,  
Including pews, font and windows just to name three.  
The players had on costumes and really looked the part  
To authenticate the history that they surely did impart.

Most were quite familiar with our guest preacher  
of the day  
She had a special message, that she told in her own way.  
Outlining all the hardships, we struggled to survive,  
And putting that behind us, we then began to thrive.

The flowers were donated, a beautiful bouquet,  
Another contribution and a colourful display.  
Our ladies went all out with the fancy food selection  
Keeping up their standard that we know to be perfection.

Our minister was present and led us to the finish.  
Her energy and effort seems never to diminish.  
Our friendly style of worship must surely be allowed,  
And all in all, our service was one to make us proud.

### WHAT A SUMMER!

Kingdom of God "Prayer Safari" was a huge success with lots of animals who adventured to Port Carling United and were fed and nurtured each morning. Thanks to all our volunteers, parents who brought the children and youth each day, and all who made this the most exciting VBS ever! See you next year!



**Wednesday, September 2, 2009**  
**Port Carling United Church Council**  
**Meeting in Hanna Hall at 7:00 p.m.**

### Tuesday, September 8, 2009

10:00 a.m. to 2:00 p.m. in Hanna Hall  
**Muskoka Lakes Quilting Group**  
contact Bette Clark 765-5049  
Brown Bag Lunch We welcome all  
Quilters Beginners & Experienced

### September 16 starting at 3 p.m.

#### Port Carling United Church

#### "SOCIAL"

#### Games include

**Golf • Bocce • Horseshoes**  
**Pool • Card Games • Lego for Children**  
Dinner prepared by Chef Gary at 6 pm  
Hosted by Patti and Gary Irving  
4372 Hwy 169, Port Carling  
*"Sport Captains are needed"*  
let Patti or Gary know if you can help  
Come and Join in the Fun!

### IT IS TIME FOR A RETREAT!

How often are you still? How often do you stop your daily routine, putting down your to-do list to focus on knowing God? How often do you assess the direction of your life and relationships? Our summer pace chokes stillness and self-examination, how can we know God if we seldom stop to look at God? How can our lives be balanced and joyful if we seldom stop to take account?

**It's time for a retreat!** Many times we want to get away, and the way and the how escape us. To "retreat" means to draw back to a pace of refuge privacy, or safety, sometimes to escape danger or difficulty. This fall we are planning **two women retreats** and **hope that one** of these dates fits into your busy schedule.

*The first one will be held at the Stephen's Cottage. 12 Silver Lane, Port Carling on October 1, starting at 9:30 a.m and ending after lunch.. Date and time for the second retreat will be posted in the bulletin*

### Honduran Medical Mission

Lynda Appleby from our church is off to Honduras and we can lend a hand. If you are interested in helping supply medicine for the Oct. 31 Medical Mission to Honduras there is a suitcase in the hall ready for you to put them in. The medical team suggests that we stock their supplies with over the counter projects such as: Prenatal vitamins, Ibuprofen, Polysporin ointment, Tylenol regular and extra strength, ace bandages, Tums, tooth brushes (no toothpaste as it is too heavy to transport) and dollar store reading glasses. Drug store brands are quite acceptable instead of the more expensive name brand products. Prescription medications are bought in Honduras by the Director of the mission.

### Helpers for September:

**Ushers:** September 6<sup>th</sup> Neil, and Dianne Paton, Adam & Jamie 13<sup>th</sup> & 20<sup>th</sup> Lois and Ed Ranft 27<sup>th</sup> TBA

### Kitchen Helpers:

September 6<sup>th</sup> Carol Dion 13<sup>th</sup> Helen Brown  
29<sup>th</sup> Liz Curran 27<sup>th</sup> Catherine Dedrick

### The Last Word:

"It is only her in large portions of Canada that wonderous second wind, the Indian summer, attains its amplitude and heavenly perfection, -- the temperatures; the sunny haze; the mellow, rich delicate, almost flavoured air: Enough to live -- enough to merely be."

..... Walt Whitman, *Diary in Canada*