



**CANDLELIGHT FELLOWSHIP**  
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**COMM. KITCHEN & HEALTHY LIVING**  
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**FELLOWSHIP IN WORSHIP**  
JIM REYNOLDS



**SABBATICAL Q & A**  
PASTOR JOHN OOMS

# BETWEEN THE PEWS

## INGLEWOOD COMMUNITY KITCHEN

During the summer of this year a group of community partners including "Families Living Well" from Covenant CRC worked together to provide a weekly family program that included a healthy dinner, health messages, exercise and child care for 6 weeks in the Inglewood community. It was unknown how the community would respond. We were overwhelmed with the response. There was between 80-175 people weekly for the dinners and program. Through this program we were able to meet many members of the Inglewood Community and work to understand where needs exist.

Through our summer program and evaluation we had the opportunity to learn the following:

- 82% of our participants walked to the program. Many people do not have vehicles.

**Collective Kitchens.** We plan to partner with staff and clients from the Edmonton Native Healing Centre (ENHC) to run cooking classes/Collective kitchen every 2 weeks starting Monday Oct 26 running 5-8pm at the Inglewood Community League (CL). We had registration this past Monday

- 75% was the overall return rate of our participants for each event. Entire families came out to eat and fellowship.

- We had the opportunity to meet families from places including Sudan, Ivory Coast, Pakistan, Burkina Faso, Columbia and Eritrea

- 80% of our participants heard about this event through their friends and neighbours

- 75% of our participants wanted to learn how to cook healthy meals for their families.



We met after the summer as an interested group of partners looking to provide cooking classes, dinners, information and care in the Inglewood Community. The plan we came up with is that these first 10 weeks are going to be a Pilot project, while we discover what will work in the community.

evening and 16 people from Inglewood community interested in joining. Also, there is a group of individuals from ENHC that will join the group. This is too large a group, and we are working to figure out what to do. We could use some support for teaching the people how to cook, some sponsorship dollars to support the dinners, and we could use possible help with child care.

**Healthy dinners/Healthy Living.** On Monday evenings every 2 weeks starting Oct 19 we started to serve healthy dinners at the Inglewood CL. These events will start at 5pm and run until 8pm. The idea is to provide resource information from different agencies about healthy living, a healthy living message, an exercise component, a child care program and a healthy meal. We have a group of youth and leaders to cook and will need people to serve, provide childcare support, and cleanup.

**Funding.** We plan to apply for a City of Edmonton grant. (\$2500) We have a signup sheet at Inglewood CRC to provide kitchen equipment and staples to outfit the kitchen. We will access the Food Bank for supplies for the Collective Kitchen and healthy dinners. Another agency (ECALA), will sponsor the Collective Kitchen (cooking classes) and the participants will contribute. The Outreach Committee has committed \$100 for each family dinner, and budgeted \$1500 for 2016. We had our first dinner and more than 80 people were served. If the numbers increase, more funding will be needed. It is the Outreach Committee's hope that there will be some donations from Inglewood to support this venture.

#### **Community Part. - Inglewood Healthy Families Program:**

Alberta Health Services; Health for Two; Primary Care Network; The City of Edmonton; Edmonton Public Library - Woodcroft Branch; Community Options; 124 Street Youth Association; Edmonton Native Healing Centre; Inglewood Elementary School; Inglewood Community League; Inglewood CRC

We had an effective model that worked for the community this summer. We are seeking support for our pilot project that would include 10 sessions over three months. During these sessions we will be working on collecting further evaluation and measuring outcomes for the community.

We would like to support families within Inglewood and work towards co-creating a healthy, vibrant and safe community together. Thank you for your time and consideration.

*By Judy VanderVinne & the Outreach Committee*

## *INGLEWOOD / ATHLETES IN ACTION SOCCER*



This past summer Inglewood and Athletes in Action partnered up to host a soccer camp. We had a bunch of kids for the church and community show up every day to learn to play soccer and to hear about Jesus. It was a great time of fellowship around sport and faith.

## AVEFEST 2015 A COMMUNITY FESTIVAL



This past summer our students had the opportunity to work with The Avenue Community Church - the Christian Reformed Church Plant on 118 Avenue. The highlight of the week was a Festival called AVEFEST. The point of the festival was to promote fellowship with the people that call 118 Avenue home. This will be an annual event for the church.

## CANDLELIGHT FELLOWSHIP

Romans 12: 13 – Share with God's people who are in need. Practice hospitality. Some Bible passages are easier to follow than others, and for me this is one of them. I may be unusual but I really enjoy opening my home to whoever I can cajole to come on in! So, if you're not busy after the Candlelight Service on December 20th, this is your invitation to please join me, my family, and a few dozen others for a time of hospitality and fellowship.

For as far back as Ilse can remember we've been hosting a gathering of assorted Inglewoodians for "coffee, tea, punch, wine, buttermilk, beer, water, pop, and lots of goodies." It's a time of fellowship and laughter, and we love it: truly, the more the merrier! And that's saying a lot, considering we really don't have that big a house.

What is wonderful about this time is the beautiful assortment of people. Some may never have spoken together before but here they are chatting up a storm in a corner of the room. Some do not normally say hello to each other, but because there was a chair available or a space by the bacon wraps, friendships can begin or be renewed. Others may gather in groups to discuss sports, politics, and religion – sometimes in that order. Others share jokes or knitting techniques. Fellowship happens. All are welcome.

My mother says she enjoys a party three times: the preparation and planning; the party itself; and then the next day cleanup. I've learned to follow her rule. I'm already looking forward to this gathering. The menu is a delectable menagerie. Although unrequested, plenty of people share their favourite treats – I'm always glad to welcome Rita's peanut brittle and Rose's bruschetta. And then there is rearranging the furniture for maximum space, picking up bargains on crackers and pickles, and deciding where to hide Hector. Then comes the best part – the Candlelight Service and the party after, when communion happens and we enjoy a glimpse of Immanuel – God with us.

Not just after the last person has left and the perishables have been put away, but well into the next day as I putter through cleanup and nibble on leftovers, I enjoy the reflection of having witnessed the incredible gift this community truly is.

Please join us immediately after the Candlelight Service on December 20th. Our address is **10925-133 Street**. All are welcome.

*By Lucinda Klapwyk*

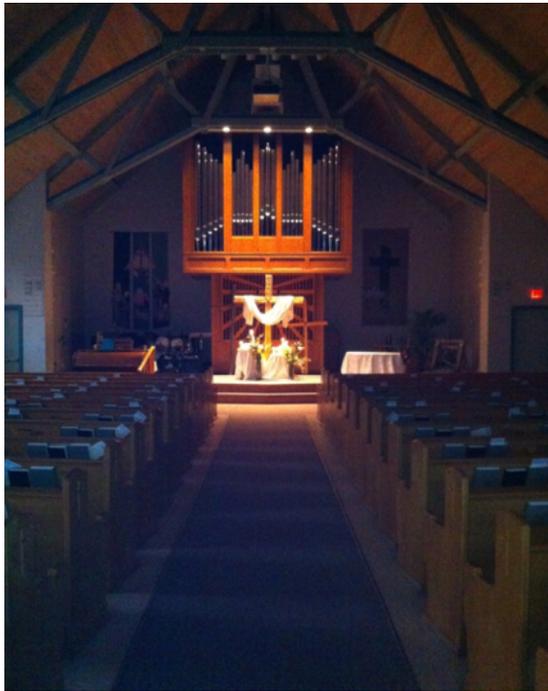
# FELLOWSHIP IN WORSHIP

Someone once defined "fellowship" as two fellows in a ship. There is something to this definition, as the enforced disciplines and rhythms of ship-board life require the development and maintenance of a community spirit that permits a successful journey. The ministry of Inglewood (or any church) is a similar journey.

Our church has many people involved in worship ministry, all of them with a specific role to fulfill in order to make the journey a success. We have greeters and ushers to welcome the worshipers, audio/video technicians to facilitate the liturgy, Elders and Deacons to lead parts of the service, a Pastor to preach, people to pray, people to lead us in Reconciliation, and others to bless our children before Power Hour. Then there are those who lead the children in Power Hour, provide such excellent ministry to children in the Nursery, and prepare the coffee (and often cake!) for what we like to call "Fellowship Time" after church. All of this ministry is planned, evaluated, and coordinated by our Worship Committee.

Then we have Worship Teams to help lead us in singing God's praise. They gather during the week to practice, and the fellowship that takes place at these gatherings is significant in its own right. The experience of singing and playing together generates a special sense of

community, not unlike that which develops among crew members aboard a ship. This fellowship extends both horizontally and vertically. Even in our practice times we are worshipping together, fellowshiping with God in the power and presence of the Holy Spirit. We are blessed with wonderful melodies that bind our hearts together, and profoundly spiritual lyrics that meld us together in mind and spirit.



Worship practices don't always go smoothly. Each musician has their particular quirks and preferences, and all of us make mistakes - some of them quite painful to hear! The challenge for a worshipping community is to exercise compassion and forbearance with each other as we grow musically and spiritually in ministry. How do we handle disagreements about what songs to sing, or what style to use when singing the songs? What about the musician who feels underutilized, or the

singer who wants to try new harmonies when others are struggling to learn the basic melody.

That's why it is so special to take time after practice to pray. We share one another's burdens and pray for our ministry together. Someone has a cold, another has arthritis, a third has a family crisis that is making it a challenge even to attend on Sunday. Fellowship in worship means that we rejoice with those who rejoice and weep with those who weep. It

means interceding for one another and trusting that the Holy Spirit will minister to us and through us. Gerda's team does this best, and it is something for the rest of us to work on.

Fellowship in worship also means adding new members to the team. It has been a joy at Inglewood this year to see four or five new members join our Worship Teams, and many other new volunteers in all aspects of Sunday worship. And we don't just add new members to the team, we add new songs to our repertoire, and new ways of doing ministry. Wasn't the church beautifully decorated in a fresh, contemporary way this Thanksgiving?

Fellowship is important. Fellowship is necessary. We see this illustrated in the life of Paul the Apostle. Paul spent most of his time a long way from home. He never married, had no children, and found himself estranged even from his own countrymen after his conversion. But he wasn't a lonely man. Paul had a team of people he worked with, a team that supported him through the rough times, even while he was in prison. Aquila, Priscilla, Titus, Epaphroditus, Epaphras, Aristarchus, Archippus, and Demas - all of these are people described by Paul as "fellow workers," "fellow soldiers" or "fellow servants." Notice the common word each time - Paul cherished his fellowship with these people. And he had others that were even closer to him - Timothy, Luke, Apphia, Silas, Philemon, Tychicus and Onesimus are called friends, sons, sisters or brothers. On top of all these names we find 28 more names mentioned in Romans chapter 16, and 11 other people mentioned by name in his other letters.

That's what fellowship is all about. Living together, working together, journeying together, sharing together, growing together, struggling together, and glorifying God together. It happens in our worship ministry here at Inglewood, and in so many other ways as well. Soli Deo Gloria! ***By Jim Reynolds***

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## SABBATICAL Q&A

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### **So, how is your sabbatical going?**

It's going well, thank you. I'm doing the things I told Council I wanted to do. August was a bit tough because I had to find a different rhythm for my day. I had to give myself permission to slow down. My wife Bernice provided me with valuable advice on this. After a while I found my stride and I'm happy with it.

### **What is a sabbatical, anyway?**

That's a good question, and a lot of people ask it because it isn't a common employment experience outside the university and the church. In my context here at Inglewood, our Council granted me release from my regular responsibilities and duties in order to pay attention to my personal refreshment and to focus on a ministry theme that would be of benefit to the congregation and to me.

### **You were gone for 2 weeks in May. What was that for?**

Those 2 weeks were also part of my sabbatical time. You could say that my sabbatical included a very large group project. About 40 people—ministry leaders and spouses from Classis Alberta North—traveled, ate, and walked together as one group through parts of Egypt, Jordan, and Israel. This was a working study trip. Our leader was a man who knew Biblical history, geography, archeology, and Jewish interpretive traditions. He knew his Bible, too! We traveled in air-conditioned buses, but spent even more time walking through deserts, up hillsides, on top of mountains, across fields, and through ancient ruins. In each of these places our leader found a spot to do some serious teaching about the Biblical significance of where we were and what we were seeing. Our days were long and hot: 14 hour days for 14 days...and there was no Sabbath rest!

## What are you doing now in your sabbatical?

I meet twice a month with a spiritual director who helps me explore how God is present and active in my life. I can lay out my own anxieties, struggles, and questions. I come away with a deeper awareness of what it means to be God's baptized child. I'm also doing a lot of reading in something called "Systems Theory" and how it applies to the church and to my role as leader. I find this to be quite an eye-opener. I'm visiting churches, which is why you don't see me at Inglewood each Sunday. I spent the last week of October in Denver at a "clergy renewal retreat."

## Can you give a brief description of "Systems Theory"?

Sure. Systems thinking is basically a way of thinking about life as all of a piece. It's a way of thinking about how the whole is arranged, how its parts interact, and how the relationship between the parts produces something new. A systems approach to a congregation claims that any person or event stands in relationship to something. You cannot isolate anything and understand it. The parts function as they do because of the presence of other parts. All parts interface and affect each other. Thus, change in one part produces change in every other part, even in the whole. There is a "ripple" through the system. There are behaviours, reactions, and responses that can be identified and understood. I learned this from Peter Steinke's book *Healthy Congregations*. I see systems theory as an elaboration of Paul's "body of Christ" metaphor in 1 Corinthians 12.

## You mentioned Denver. What was that all about?

Quiet Waters Ministries is in Denver, Colorado. It offers leadership counselling in a retreat setting. I engaged in 15 hours of intense leadership counselling (3 hours every morning for 5 mornings) with a licensed counsellor experienced in church dynamics and "systems thinking." I explored personal experiences to understand how they relate to leadership in the church. This was at times really hard work, and it was very helpful.

## Is your sabbatical relaxing?

Yes, very much so. I am free of deadlines, and my responsibilities are of a different order without the intensity. But it is also proving to be quite unsettling at times, and challenging in ways I did not anticipate.

## When will you be back?

The last day of my sabbatical is Sunday, January 3. I will resume my regular duties on Monday, January 4. I think there is even a Council Executive meeting that night! Oh goodie!

## QUIET WATER MINISTRIES - DENVER, CO.



The QuietWaters Retreat Home is a welcoming, spacious home situated on three acres near Parker, Colorado just southeast of Denver. The adjacent open space offers a trail to hike. Large ponderosa pines, the occasional herd of deer, and the panoramic views of the Rocky Mountains is a constant reminder that you are truly in Colorful Colorado.