



SouthWinds

DECEMBER 2022

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Patrick's Words of Wisdom!

The days are getting shorter and the nights longer and we once again find ourselves coming to the Winter Solstice, that day when it seems that the sun only appears for a few hours and darkness reigns. It is also the time of year that we prepare for the coming of God 'with us' as we find ourselves in the season of Advent. Yet, I think that there is something important for us to think about this year as we enter this time. As much as we are experiencing the shortest daytime and longest night, as we are preparing for the coming of something, which in many ways we don't understand, we might want to look at this time as a time when we ourselves experience a turning point.

Once we come to the Winter Solstice the days will begin to get longer and the daylight will once again slowly overcome the darkness. Under the blanket of snow, the seeds that have been lying dormant will eventually awaken and break forth anew. The world has turned the corner of another cycle around the sun and with this turning life returns. The same can be said for our Advent season. It too might be a turning point for us as we enter into the mystery of God incarnate in our world. It is a time when we look at our own lives and what it means for each of us to understand that God is with us. It is a time when we might look at where our lives have taken us and how each of us might want to live life anew in our own lives. It might also be time for us to do this as a community as well.

These past few years we have been through a lot together. We have lived through isolation. We have lived through fear and loss. The world seems to have changed, and I am not sure that it has all been for the best, but we are still in this together. We have lived through, what might be described as, a dark time. Maybe this is the time for us to turn the corner. Maybe this is the time for us, as a community, to see where we have been and see where we feel God is calling us to go as we come to know God 'with us.' This might be time for us to live our lives anew in this community of faith. At this turning point in the seasons, at this turning point in faith, at this time when we recognize that God comes anew, let us experience a turning point ourselves to see where God is truly leading us and as we do this, we know that we always go together in community. So, this season I wish you a renewed vision of your own lives, a renewed vision for this community and life being born anew in your hearts as the seasons turn.

Advent peace and blessings,



Rev. Patrick Woodbeck
Minister, WPUC



2022 Advent Calendar

<i>November 28</i>	First Sunday of Advent: Worship in-person and online at 10:30 a.m.	<i>December 21</i>	Blue Christmas: Online at 7:30 p.m.
<i>December 3</i>	Cookie Walk: 10:00 a.m. to 11:30 a.m.	<i>December 24</i>	Christmas Eve: In-person and online and 7:30 p.m.
<i>December 4</i>	Second Sunday of Advent: Communion, Worship in-person and online at 10:30 a.m. Thinking of You Basket Packing at 11:30 a.m.	<i>December 25</i>	Christmas Day - No service
<i>December 9</i>	Hamper Packing - 9:00 a.m.	<i>December 26 to January 3</i>	Church Office closed
<i>December 10</i>	Hamper Deliveries - 9:00 a.m.	<i>December 31</i>	New Year's Eve Service: Online at 7:30 p.m.
<i>December 11</i>	Third Sunday of Advent: Worship in-person and online at 10:30 a.m.	<i>January 1</i>	New Year's Day - No service
<i>December 18</i>	Fourth Sunday of Advent: Worship in-person and online at 10:30 a.m.		



Contact Update Reminder

Laura Steidl

Please contact the church office (204-256-8792) if you have any changes to your phone number, address, or email. We have lost touch with some people because we have outdated information and are unable to reach them. Also, please let someone in your family know to contact the church should you become unable to, so that we can continue to offer support to you and your family. Some people leave an alternate contact number/email of a family member with the church so that we can contact them. Due to privacy laws, we are not able to get information from hospitals and care homes without family permission.

Have you subscribed to our congregational email, website, and YouTube channel?

CONGREGATIONAL EMAIL: These emails come from the church office. They include things like the weekly e-blast (announcements), Patrick's mid-week devotion, Sunday morning instructions for the live stream. Please note that some people have had trouble receiving these emails. If you have subscribed but are not getting weekly emails, please call the church office, so that you can be put on an alternate mailing list.

WEBSITE: If you subscribe to the website, you will get an email letting you know when things are posted to the website. You will get notification for the Bulletin, Notes on the Notes, Weekly services, etc. To subscribe to the website, go to www.windsorparkunitedchurch.com. Go down to the bottom of the page and add your email in the email address box above the words Subscribe and Follow posts.

YOUTUBE CHANNEL: You can get to our YouTube channel by clicking the link at the bottom of the page on our website. Services are posted weekly, and you can also see WPUC music videos, recorded memorial services, and previous recordings from WPUC.

Even if you do not want to subscribe, we would invite you to visit the website and YouTube channels.

Light and Sound

June Kaan

The Christmas season is, to me, a feast of light and sound.

Lights shine everywhere, on trees, homes, balconies, as we strive to cut the darkness of winter. One notices that with the darkness of the past two years those lights are shining earlier in the season - perhaps a push for hope, peace, joy, and love.

I place greens and lights in pots on my balcony, and, although I doubt few others can see them, they are a source of joy to me - day and night. The candles come out, the sparkly wreath goes on my door (but certainly not until December 1st), and with the decorating of the tree, more light shines inside. (I do always have a real tree, and will until I tire of finding that one errant needle in the corner in July.)

December means bringing out all the Christmas CDs. They are played for about two weeks, then tucked away for another year, but the sound of that glorious music sung by soloists and choirs is wonderful. We hear and sing some of that music at church. I try not to miss the program on CBC, Joy to the World, where eight hours of Christmas music from around the world is broadcast on December 18th this year.

December 25th brings the sounds of laughter as stockings are opened, with all their silly and fun contents. At dinner there is the snap as we try to open that cracker and remove the crazy paper hat. Fortunate as I am, that day is spent with family: the permutations vary as time goes by, but joy and love are always present.

This month brings other gifts: the wonderful sound of that crunch of boot on snow, and the occasional sight of sun dogs in a clear, cold, bright winter sky. And then, of course, toward the end of the month the winter solstice brings the promise of the lengthening of daylight as we wonder about the year to come.

The Church Gardens

Bill & Carol Belsham

We would like to thank all the volunteer “Angels” who helped with watering, weeding, and maintaining our church gardens and the Memorial garden.

It gives us “Joy “ when we see it growing so beautiful during the summer and fall. We always receive compliments from church members and the community.

Special thanks to the following volunteers.

June Kaan, Ron & Beth Kubik, Catherine Smallwood, Morris & Joyce Deveson, Don & Wilma Hunnie, Leo & Margaret Grandy, Gwen Polak, Major & Diena Rodd.

Our “Hope” is that we can continue to have the support of our volunteers and maybe some new recruits.



Happiness is ...

Diena Rodd

Thank you to all those saving stamps and depositing them in the stamp box. Happiness is finding a nice package there with stamps that enables me to continue to enjoy my collecting hobby.



My collection continues to grow. I trade around the world and was able to really enjoy this during the lockdown. Remember the leftovers go to the Bible Society, who sell them to raise funds for work in third world countries.


when
you
CHOOSE
joy
You feel good
& when you feel
good, YOU do good
& when YOU do good
it Reminds others
of what joy feels like
& it just♥
might inspire
them to do
the same.

www.homegrownhospitality.typepad.com



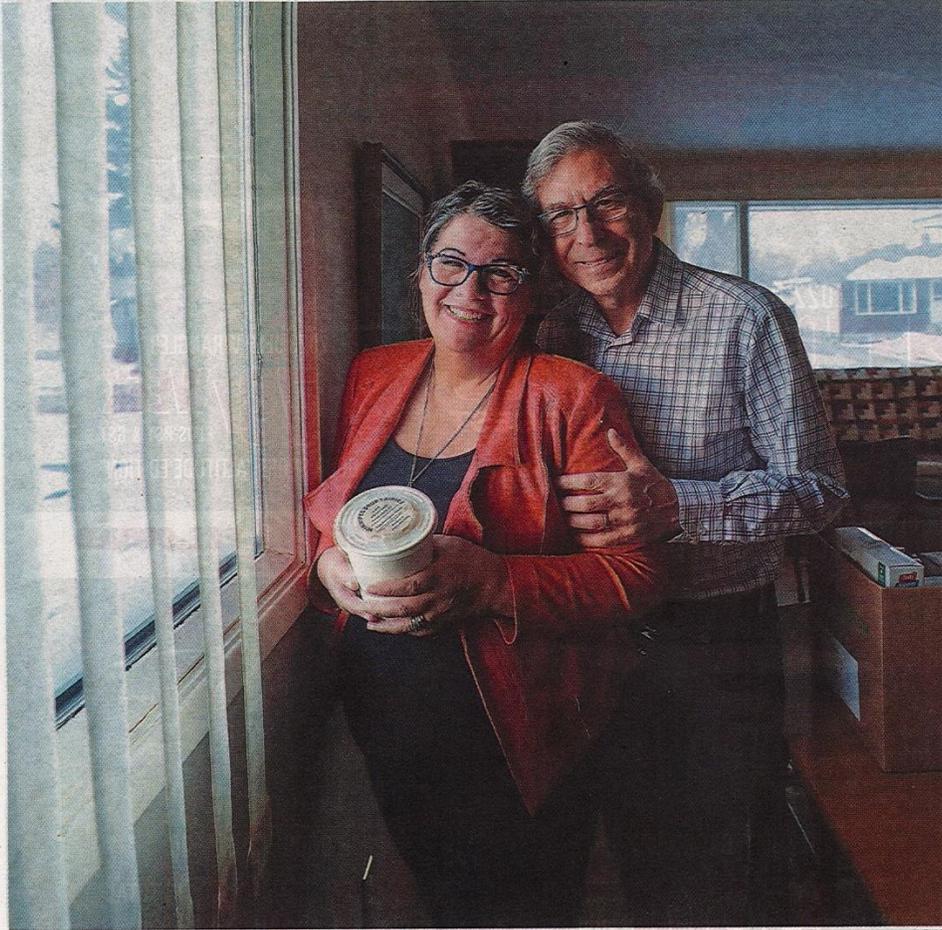
CHRISTMAS CAROL MATCH

Match the song lyric on the left to its song title on the right.

- | | |
|--|---------------------------------|
| 1. Now the jingle hop has begun | A. Away in a Manger |
| 2. How are thy leaves so verdant | B. Deck the Halls |
| 3. And heaven and nature sing | C. Frosty the Snowman |
| 4. It's the best time of the year | D. Hark! The Herald Angels Sing |
| 5. Two eyes made out of coal | E. Here Comes Santa Claus |
| 6. City sidewalks, busy sidewalks | F. Holly Jolly Christmas |
| 7. What fun it is to laugh and sing | G. Carol of the Bells |
| 8. I gave you my heart | H. Jingle Bells |
| 9. Bells are ringing children singing | I. Joy to the World |
| 10. The stars are brightly shining | J. Let It Snow |
| 11. All is calm, all is bright | K. O Holy Night |
| 12. Christmas is here, bringing good cheer | L. Rudolph |
| 13. I've brought some corn for popping | M. Silent Night |
| 14. They used to laugh and call him names | N. Sleigh Ride |
| 15. In the lane, snow is glistening | O. 12 Days of Christmas |
| 16. Glory to the newborn king | P. Silver Bells |
| 17. Little Lord Jesus, no crying he makes | Q. Jingle Bell Rock |
| 18. Fa la la la la la la la la | R. Winder Wonderland |
| 19. Five golden rings | S. O Christmas Tree |
| 20. Giddy yap, giddy yap, let's go | T. Last Christmas |

Soup Fairies Get A Medal

Janine Legal



Retired couple Paulette Côté and Peter Czehryn created Winnipeg Soup Fairies, a group of volunteers serving homemade soup and bread to those who fell ill during the pandemic.

Married couple behind Winnipeg Soup Fairies honoured with Queen's Platinum Jubilee

DELIVERING COMFORT

JANINE LEGAL

A PASSION for community involvement has remained constant for Paulette Côté and her husband, Peter Czehryn, since they first met more than 30 years ago. The retired couple founded the Winnipeg Soup Fairies, a group of volunteers initially established to serve homemade soup and bread to those who fell ill during the pandemic.

The couple and an expanding number of helpers quickly began to fill a larger community need, including people living with cancer, individuals without supports and people newly home from hospital.

They partnered with a licensed kitchen, allowing them to connect with various community groups to deliver nourishing meals and comfort to a large number of people in need, serving more than 1,750 people last year.

They were surprised and humbled

by the couple's compassionate, loving stance for anyone who crossed her path.

"We had been grateful to bring her home to die of cancer and to experience so many healing family and friends' visits on the deck at the lake, giving her the death at home with grace and dignity she had longed for. That experience — with the juxtaposition of so many others suffering with COVID and other illnesses at home alone without, or with limited, supports as they lay isolated — drove the birth of the Winnipeg Soup Fairies."

When Côté's cousin became very ill with COVID-19 early on in the pandemic, the couple responded by dropping off soup.

"Then it was a sibling's family, and then friends we were hearing about, and soon, once it was made public, the demand and space needs meant our homemade chicken soup production moved into St. Mary's Road United Church's licensed kitchen, where we have been welcomed into a community with its own strong sense of service

"We have been joined by so many others with their own stories who work hard as retirees (and also many younger employed and unemployed friends and family members) to hold the fabric of our society together.

"While Peter and I have co-ordinated the Winnipeg Soup Fairies, taking in requests and chatting with each of our soup recipients prior to delivery, and initially doing all the food preparation, we soon had a number of organizations and volunteers contact us to say they were interested in becoming soup fairies too," she said. "Over the last two years, we have easily had from 250 to 300 generous people offer to volunteer, drop off food items needed for soups, bread and cookies, and of course our most generous benefactors, who have sent contributions from Florida, to Halifax, to Vancouver, with most being centred right here from our incredibly caring citizens of Winnipeg."

The couple now acts as a co-or-

"We would encourage everyone to light a candle in memory that evening so the people of Winnipeg know they are not forgotten and they will be remembered."

"There are many experiences that have been kind to us and have been incredible. We have chosen to give what we can, while we are here. Truly, we have been blessed with a number of folks who have shown courage over the pandemic; it's the caregivers, medical professionals and wonderful helpers who together make a difference in the community."

To support the Winnipeg Soup Fairies, visit the Neighbourhood Foundation website at www.neighbourhoodfoundation.ca for programs and ways to donate food or a recipe and soup-making tips.

Hallmark Movie Magic Madness

Courtney Maertens

Fake snow, down parkas in July, and more Christmas trees than you can imagine!!!

Working on a Hallmark movie set is definitely a unique experience, and one that is both fun and chaotic! I've had the opportunity to work on three different Hallmark sets in my career and while the energy on set is usually positive and everyone's in a good mood, things can get pretty chaotic in the process of creating a winter wonderland. There are so many different departments working simultaneously and quickly to make it look like it's the middle of December and full of holiday cheer, as well as making sure all the technical aspects are working correctly and ready to roll when they call "ACTION"!



This year, they filmed over 20 Hallmark movies in Winnipeg alone, which means that they bang them out pretty fast! (one movie is typically shot in three weeks.) My workdays on set are about 10 - 12 hours long and they manage to shoot a huge

chunk of the script in that amount of time. When I arrive on set in the morning, my job is to get the camera set up and ready to shoot as fast as possible. I'm also the one to mark the actors which is really cool because I get to be up close and personal with the actors - Teri Hatcher was hilarious and always made everyone laugh on the set of **Kiss Before Christmas!**

Sometimes it takes some time to find where set is, but when you're working on a Hallmark movie it's nice not to have to worry about that since it's real easy to spot the one house that's decked out in lights, Christmas wreaths, and Santa decorations in the middle of summer. It's pretty neat when you're filming in a public area or in a public building and people walk by and know exactly what you're shooting - I've been asked more than once "Ooh which Hallmark movie is this one?!" It's a really fun atmosphere to work in, too, because it's not a super high pressure situation and it's not like it's heavy or serious subject matter you're dealing with, which lets you really just focus on your job but also have fun and not worry too much about messing up!

One Hallmark set I worked on, throughout the three weeks of filming, multiple crew members started taking small bits of the set dressing and wearing it all day. By the last week of production, it was a competition of who could wear the most pieces of set dressing they'd collected! There were people wearing ornaments as earrings, tinsel in their hair, fake snow as a shawl and I remember my colleagues and I in the camera department had taken a few strings of Christmas lights and strung them around our camera carts. I had also stuck a snowman stuffy to the top of my camera as a little buddy to keep my camera operator company!

Another great memory I have of working on Hallmarks is on one set, someone always played Christmas music on their phone while we were setting up in the mornings - I'm not gonna lie, by the end of the production, I would've rather listened to anything else!

I hope to work on more Hallmark movies in the future! Until then, enjoy your batch of new Hallmark movies this holiday season!

Christmas Tradition

Patrick Woodbeck



For as long as I can remember this angel was always on the top of our Christmas tree.

My parents acquired this ornament when they were first married in the early 1960s and it was used every

year up until they moved for the final time. This little angel has moved from Thunder Bay, to Pinawa, to Seddons Corner, to Beasejour, and finally to Winnipeg and although her storage box has disappeared, she is still in good condition. As a young child we would take a Sunday afternoon close to Christmas and, as a family, go out hunting for a Christmas Tree. Once we got the tree home we would put the stand on it outside and it would be brought into the house and placed in a prominent place in our living room. Usually we would all have a cup of hot chocolate, cookies would be brought out, and Christmas music would be put on the record player. The three of us boys would be all excited about decorating, but we would have to wait for the tree to thaw, so we would spend the time taking the boxes of decorations out of the storage box, saying which ones we wanted to put on the tree. When the time came my father would take this little angel and place her gently on the top of the tree and the decorating would then begin.

I am happy to say that I now have this angel and she will forever be a symbol of the tradition that I grew up with, a family afternoon of tree decorating.

What Brings You Love?

Doug Waldron

The flippant short answer is Amazon if you are into material things for yourself. Although those material things may allow you express your love in its spectrum of Eros: passionate love; Philia: love of friends and equals; Storge: love of parents for children; Agape: love of mankind.

You may buy flowers or chocolate for your partner. You may gift a friend with favourite sports team hat. You may buy a toy for your child. You may buy a product from a company that promises to plant a tree.

Personally, I like to buy cooking aids that allow me to improve the flavour, texture, or shape of the food I am preparing for friends, family, or complete strangers. Or it allows me to be more efficient with my time so I can spend it interacting with others.

The Cookie Walk is a prime example of using the cooking gadgets to produce the very best cookies you can that could be enjoyed by strangers. You may make extras to share with family and friends. The important thing is that you added TLC (tender loving care) to your recipe and hopefully the joy you bring to others will in turn inspire them to do loving things that brings peace to the world.

Bake a cookie and save the world.



What it Means to be at Church

Laura Steidl

As we've moved through the various phases of the pandemic, we have had a lot of time to think about what it means to be the church at this time. For the past two years, even though we were able to keep worship services going and connect with many people online, we really missed the in-person community, and each time we were able to meet brought about a great sense of joy and a feeling that we weren't going through this difficult time alone. There have been many instances of people shedding tears unexpectedly at seeing church friends or hearing the live music on their return to the building for worship.

I was reading an interesting article the other day in Zoomer magazine. In an article by David Cravit, he reflects on data from a collection of studies of 75,534 women over a 16-year period. The studies concluded that:

“Frequent attendance at religious services was associated with significantly lower risk of all-cause, cardiovascular, and cancer mortality among women. Religion and spirituality may be an underappreciated resource that physicians could explore with their patients, as appropriate... Many other studies have found important correlations between the presence of strong social networks (implicit in regular church attendance) and longevity. Regular church attendance might also promote greater peace of mind and less stress, and there is a growing body of research suggesting a relationship between lower levels of stress and longevity...”

(Source: Zoomer Magazine

<https://www.everythingzoomer.com/health/2022/04/11/spirituality-and-long-life-regular-attendance-at-religious-services-is-associated-with-longevity-researchers-say/>)

Even though these studies did not look at men, youth, or children, I would imagine the reasons - strong social networks, a sense of belonging and peace of mind - would also apply. Being part of a church community is also an opportunity to find a sense of purpose and the satisfaction of working together. Think of the fun and connections made through being part of a church tea/dinner, cookie walk, hampers, or choir. Even washing dishes or cleaning cupboards can be fun!

At this time of Advent, we wait for the coming of Jesus; but it is not a stagnant waiting, it is an active waiting. We wait, work, and plan with hope for the future. We wait, work, and plan for peace, within our hearts, our communities, and our world. We wait, work, and plan for times of joy; by celebrating life's small moments as they come, or by turning our thoughts to plan for a future together. We wait, work, and plan for our hearts to be open to the love of God, so that we may take that love into the world.

If you are looking for a spiritual connection with God and others and want to build a multi-generational community and support system, you can find all of that at church. Get involved and see what happens!



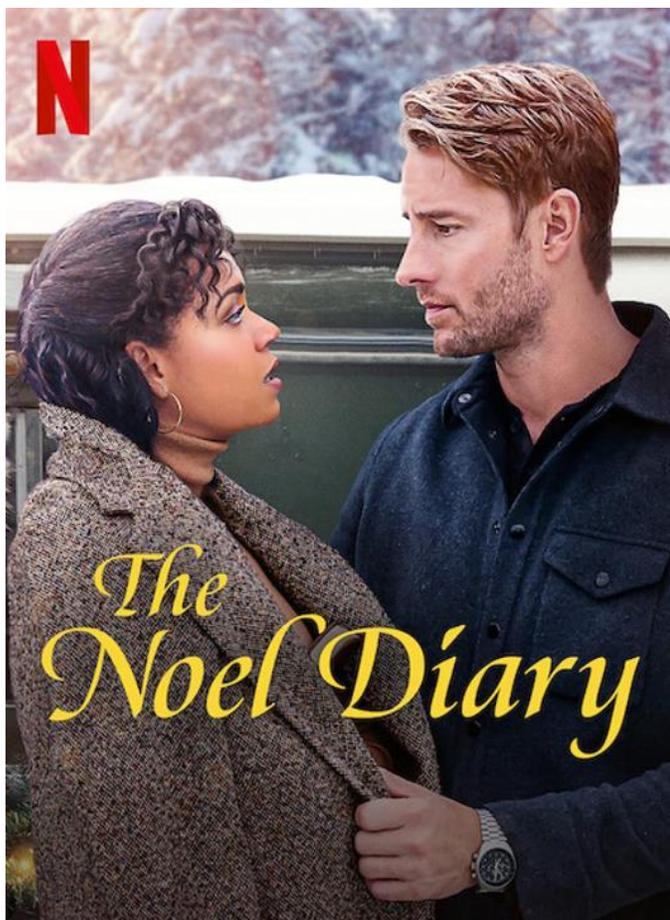
Christmas Movie Review

Patrick Woodbeck

THE NOEL DIARY

Okay so many of you know that I am fan of those cheesy Hallmark Christmas movies and I watch many of them each year. I was looking through Netflix the other day for a movie to watch and I was looking for something that I might not have to think too much about, but would just pass some time. I came across “The Noel Diary” starring Justin Hartley, whose most recent work includes ‘This Is Us,’ as Jacob Turner and Barrett Doss as Rachel.

To be honest I did not hold out high hopes that this would be a good movie but I was pleasantly surprised. This was a heartfelt movie that explored difficult topics with gentleness and honesty.



Jacob is a successful writer who, just before Christmas, has to go and clean out his late mother’s home. They had been estranged since Jacob was a young man, as he left home unable to deal with his mother’s depression and mental health challenges after the death of his older brother many years earlier. His father had previously left and Jacob had no relationship with either of his parents. When he gets to his mother’s house he finds the home of a hoarder as items are piled up in every room and Jacob is clearly overwhelmed.

A young woman, Rachel, shows up one day. Rachel was adopted as a baby and she is now looking for her birth mother. All she has is a first name, Noel, and the address of the house where she apparently worked as a live-in babysitter for Jacob’s family. Rachel has been questioning why her mother gave her up and wondered if she was unwanted.

As they clean out the house they find Noel’s diary. This sets the two off to find Noel and it takes them to Jacob’s estranged father’s house, where difficult conversations are had around loss and coping with grief. In reading the diary Rachel sees that Noel loved her, but was unable to care for her being a teen herself who was kicked out of her house by her parents. Jacob eventually finds Noel and gives her back her diary. Noel tells Jacob that if Rachel wants to meet she has been waiting to meet her daughter again.

In the course of the movie Jacob, who has never let anyone in, begins to fall in love with Rachel and it is only at the end that Rachel realizes that she also loves Jacob.

Of course, no good Christmas movie would be any good if the two leads didn’t end up together, which they do, but this was a movie that did not shy away for challenging topics that many of us deal with during these times. If you have Netflix, I encourage you to give it a watch.

WPUC Advent Random Acts of Kindness

Anne Onomous

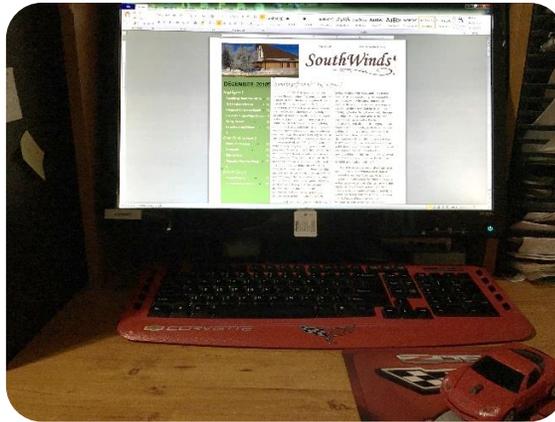
**Do the activities in any order that you like!*

Pay for a stranger's coffee	Compliment a friend	Tape change to a vending machine at the hospital	Pick up litter in the neighbourhood	Bake cookies for the Cookie Walk	Send a virtual hug to someone you love	Tell silly jokes to someone
Give a loved one a random hug	Donate a book to a little free library	Call someone you haven't talked to for awhile	Make a list of things you are grateful for	Do a chore for someone	Write a note to someone you appreciate	Buy cookies at the Cookie Walk and then give them away
Leave a quarter in a candy machine	Donate to the church food pantry	Tell a busy story employee that you appreciate their help	Donate to support Christmas Cheer hampers (or be a driver!)	Give items you no longer need to a thrift store	Buy groceries for the Harvest Bin at the store	Send a card to someone you're thinking of
Say "hi" to everyone you pass when out for a walk	Leave a bigger tip than usual	Purchase pet food and drop it off at an animal shelter	Support a local business	Let someone go in front of you in line	Eat dinner by candlelight	Do something you love to do!



A Note from the Editor

John Lwiwski



I would like to thank the following contributors for this edition of the Southwinds:

Bill & Carol, Courtney, Diena, Doug, June, Laura and Patrick.

A special thanks goes to **Sue Turley** for her assistance in rounding up the contributors and also helping with proofreading of each edition throughout the year.

Wishing you all a safe and healthy Advent season.

Have a Merry Christmas and Happy New Year!

