## **Heartbeat Newsletter ~ December Edition 2018**





#### **Our special edition includes:**

- Updates on page 1, 2 and 3
- Upcoming events on page 4 and 5







## **Updates from the Beach United Church**

### **Beach United's Community Christmas Market**

Thank you to everyone who helped make the Christmas Market a success!

We are happy to report that the event generated over \$8,600 for Beach United. It was a very successful fundraiser and a great way to spread some Christmas spirit throughout the community.

Thanks to all of our volunteers from meat pie makers, bakers, cooks in lunch crew, crafters, sellers, wreath makers, musicians and our artistic decorators to the church staff for their support, to VETS Toronto for sponsoring the Dog Treats Table and Total Body Chiropractic for sponsoring the Meat Pies and a big thank you to all of our gift basket donors.

-Leigh, Wendy and Mary Anne

## What the Vendors Thought of the Christmas Market

from Nicole Tanti [ Community Engagement Coordinator]

The atmosphere of the market was great! The decor, delicious food, beautiful music welcoming volunteers and other vendors all made the market a welcoming and lively place to be.

Many vendors said they would return next year if invited.







### **Parking Lot Progress**

Development of the parking facility on our south property is moving along. Several rainy days in early November have put the work well behind schedule; however, the crew has worked hard to try to catch up. Landscaping work will be completed by end of November, thanks to a very committed crew of volunteers. Allan Baker, Martin McFarland, Frank Plue, and Ron Fitton have put backs into digging tree pits and trenches for planting shrubs in several areas on the property. Geoffrey Vernon, the gardener extraordinaire who helped prepare our existing gardens, provided much needed guidance in our work. Geoff also broke out his own shovels as needed. Check out the new trees, 2 Oaks near the church entrance, 2 Maples behind the south side retaining wall, 4 Locusts along the city boulevard on Wineva. Shrubs have been installed near the oaks and maples, and all should provide significant visual impact for our new facility.

The work remaining into December will be preparing the surface of the lot with gravel and the Ecoraster grid system. Next step will be installing the recycled tire rubber Bloxx into the grid. Lighting, Green P sign, and Pay machine installation will follow shortly thereafter, and all should be completed before the end of the year. We can look forward to using our new facility early in January.

- Parking Lot Committee

#### **Online Advent Retreat**

Again this year, **Jan Richardson** is leading an **online Advent retreat** to provide space for reflection in the weeks prior to Christmas. Jan is an artist, writer and ordained minister in the United Methodist Church who travels widely as a retreat leader and conference speaker. Her work has attracted an international audience drawn to the welcoming and imaginative spaces that she creates in her books, online blogs, and public events.

Illuminated 2018: An online journey into the heart of Christmas will take place from December 1-28. It includes three emails a week featuring written reflections, questions and blessings by Jan, along with her artwork and the music of Garrison Doles. An online forum provides space where you can offer responses and engage with Jan and others during the retreat. The individual cost for the retreat is \$90 US, but a group rate of \$60 US is available for groups of 8 or more registering together. If you are interested in participating or have questions, please contact karen.watson@kmwatson.com before November 28. More information about the retreat can be found at https://janrichardson.com/adventretreat.





### **Church Garden Layout**

In the church garden layout, the slope along the east wall facing the street was a particular challenge - there was quite a lot of building rubble close to the surface. Right now, one plant on that slope stands out - our flower of the month Cotoneaster, donated Geoff Vernon along with many of the plants along the east wall.

Cotoneasters have bright glossy leaves with little flowers in spring, and masses of beautiful red berries that start in the fall and last well into winter.

For these conditions Cotoneaster was a great choice. Cotoneaster can be grown as a shrub or hedge. It is particularly good as ground cover for a slope, as it tolerates adverse conditions like drought, winds, poor soil, and even salt spray

Maintenance is easy - experienced gardeners say just "let it rip"! If it spreads too much, take just one or two stems from low to the ground. It can be used as a hedge in which case take out the dead wood inside the bush. Cutting out an internal stem makes way for a new one.

And how is it pronounced?

- There's a You Tube video showing people trying various alternatives including 'Cotton Easter'. Not correct!
- Correct pronunciation is C'tone-ee-aster. (I think!)

-Hastings Withers, Animator, Ministry of Engagement and Communications

## Holiday Carol Event with Pegasus, December 5, 1.30 – 3 p.m. at Beach United Church.

You are invited to come and sing with the community members and staff of Pegasus; a community project for adults with special needs. Enjoy and participate in the comforting and uplifting sounds of Christmas and Holiday songs and join us for a cup of hot cocoa and nourishing treats after we sing. Get to know other members of our community!

Pegasus Community Project believes that all citizens are entitled to the opportunity to participate in the life of their community and to grow as individuals and that the health and vitality of a community are enhanced when its members know each other and appreciate each other's gifts. www.pegasustoronto.ca/.

Steven Webb and I look forward to seeing you then. For more information and to RSVP contact Nicole Tanti at community@beachuc.com.

-Nicole Tanti, Community Engagement Coordinator







## **Upcoming Events**

#### **WORSHIP MATTERS**

Advent 2018 Worship theme - **STILL WAITING** - explored through the spiritual practice of *Gazing*—deep, attentive looking. When scripture becomes dry to us, or when we become too familiar with it, artists remind us that there's always something new to see. They show us what was, what is and what could be. When we open ourselves up to the imaginings of artists, we find our views of God and humanity enlarged- Victoria Emily Jones

**Dec 2** Waiting for hope - coming through vulnerability. Celebrate Communion

**Dec 9** Waiting for peace - coming in uncertainty

**Dec 16** Waiting for joy - Choir Cantata *A Noel Celebration* Lloyd Larson

Sunday for sharing "white gifts" [card + \$5 and socks] and poinsettias.

**Dec 21** Longest Night Service 7 pm. This service offers an opportunity to acknowledge the burdens that we carry silently during the Christmas season - - - grief, loneliness, illness. All will be held in the comfort of one another's presence, and God's presence: through music, prayer, readings and candle-lighting.

Dec 23 Waiting for love - coming as a baby

Dec 24 Christmas Eve 8 pm Come out of the cold.

Shared service with Out of the Cold quests and wider community.

Dec 30 Words & Carols: with acoustic guitar accompaniment

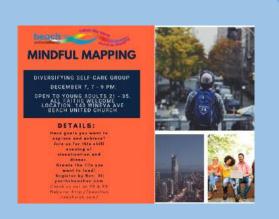
### Poinsettia in Memory & Celebration

Poinsettia will decorate the sanctuary on Dec 16 and then be delivered to friends who are unable to attend service. To make a donation towards poinsettia please see Marion Hilton or Pat Plue before or after service on Dec 9. An insert in the Dec 16 bulletin will recognize our loved ones. Offers of assistance with delivery would be appreciated. Contact Pat at pat.plue@gmail.com or Marian - marian.hilton@sympatico.ca.

# Jazz & Reflection Saturday, December 1, 4.30 to 5.15 pm

**Theme:** A Gentle December Day

Paul Novotny, (bass) Tom Reynolds (piano) and Alana Bridgewater (vocalist). Please join us to experience spiritual jazz music and inspiring philosophies about what connects humanity in "oneness." Dr. Tom Reynolds uniquely blends jazz and theology to seek profound spiritual inspiration in life. Paul, Tom, and Alana will combine their individual gifts for performance to offer a *heightened spiritual awareness*, on this Gentle December Day.









## Mindful Mapping, Diversifying Self-care Group, December 7, 7-9 p.m.

OPEN TO YOUNG ADULTS 21 - 35. ALL FAITHS WELCOME

Have goals you want to explore and achieve? Join us for this chill evening of visualisation and dinner.

Create the life you want to lead!

Register by Nov. 30: youth@beachuc.com

Check us out on Facebook and Eventbrite.

#### Cadence Saturday, December 15, 7:30 p.m.

For the fourth straight year, this pre-Christmas family concert will feature the amazing vocal music interpretations of Cadence, an internationally acclaimed cappella ensemble based in Toronto.

Cadence has been wowing audiences across the country and around the world for nearly 20 years. The group's four critically acclaimed studio albums, Cool Yule (2011), Speak Easy (2010), Twenty for One (2005), and Frost Free (2000) have won or been nominated for numerous awards, including three nods from the JUNO Awards and 10 from CARA, the Contemporary A Cappella Recording Awards. Please visit

# Circles of Friendship-A Women's Spirituality Event, Saturday, March 2, 2019, 9:30 p.m. to 12:30 p.m.

Come and make connections with women throughout the community Program will include music, discussion and a Guided Meditation "Befriending Yourself." RSVP to vicar28@gmail.com (so we can plan for numbers). Childcare will be provided. Please bring a donation to the Calvary Baptist Foodbank.

## **Rental Events**

Mindfulness-Based Stress Reduction (MBSR) Fridays starting October 26 to December 14, 2 to 4: 30 p.m.

Learn practical ways to manage stress, develop capacity for greater calm and improve your well-being. **Register Now** at MindfulnessStudies.com/east-toronto.