

Pulse of Parkwood

October 2009

PULSE OF PARKWOOD IS THE MONTHLY NEWSLETTER OF PARKWOOD PRESBYTERIAN CHURCH

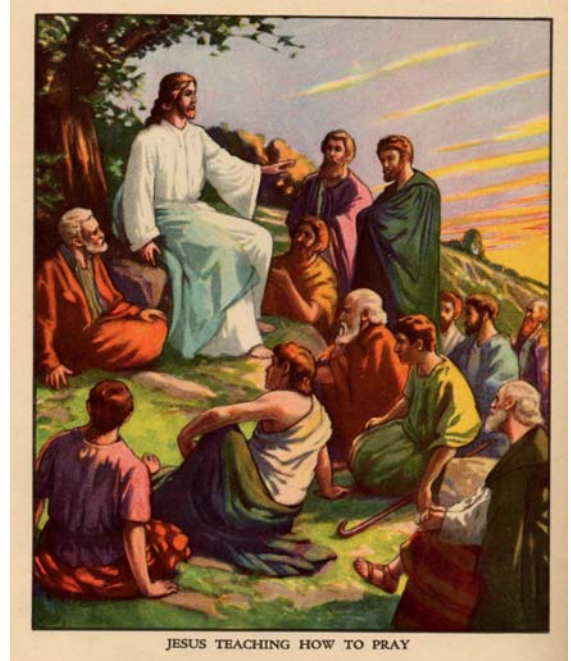
Source: <http://breadsite.org>

Time -- and a Prayer

Psalm 90: 12 - "Teach us to number our days aright, that we may gain a heart of wisdom." (NIV)

As I write this on the 30th of September, I am tempted to ask, "Where has this month gone?" Looking back over my appointment calendar, only two days can be found with pages unmarked with meetings, visits, appointments, or services.

For most of us, the fall is a busy season. The "back to school" schedule for those with children is often marked with not only a return to classes, but also to music lessons, sports practices, and a host of other activities. Students juggle classes, labs, and part-time jobs. For those in the working world, new assignments, fresh deadlines, or extra travel can make the best planned schedules hectic.



"Where can we find the time?" is often the question in our minds, if not on our lips.

Amid the busyness, we are challenged by the eternal and unhurried Lord of time to consider each day as a gift, to be savoured and enjoyed. Moses, who spent days on end in communion with the Lord God on Mount Sinai, receiving the ten commandments and descending with his face glowing so brightly that his fellow servants and the people whom He served could not bear to look at him, prays, "Lord, teach us to number our days aright, that we may gain a heart of wisdom." To number our days is not only to count them, but to use each one of them rightly, for the purposes for which God has given them to us.

Jeremy Taylor, a pastor and chaplain to King Charles I, offered a prayer which captures the spirit of those who would use time in the way God intends it.

With slight accommodation to current English, these were his sentiments of his heart:

O eternal God, who has created me to do the work of God after the manner of human beings, and to serve You in this generation, and according to my capacities, give me Your grace that I may be a prudent spender of my time, so as I may best prevent or resist all temptation, and be profitable to the Christian community, and, by discharging all my duty, may glorify Your name.

Take from me all slothfulness, and give me a diligent and an active spirit, and wisdom to choose my employment, that I may do works proportionable to my person, and to the dignity of a Christian, and may fill up all the spaces of my time with actions of religion and charity, improving my talent entrusted to me by You, my Lord, that I may enter into the joy of the Lord, to partake of Your eternal bliss, even for Your mercy's sake. Amen.

Let us join in similarly acknowledging our time as a gift from God, and in offering all our time -- one day at a time -- to our Lord in consecrated service. In so doing, we shall be freed from the tyranny of schedules and deadlines, and be enabled to enjoy each of our days as God has designed them for us.

Your time-challenged but thankful pastor,

James T. Hurd

Circle the Date on Your Calendar

CANHAVE's Annual Fundraising Dinner will be held on **Saturday, October 24th**, 5:30 pm – 10 pm, at Christ Church Cathedral Hall, 420 Sparks Street. It will be an evening of food, crafts, entertainment and silent auction. This year, instead of a buffet, dinner will be served to each table. Advanced tickets are \$35 each or \$260 for a table of 8. After October 8th, tickets will be \$40 each. See Jan Sheridan if you would like a form to reserve a full table of 8.



Please e-mail all Pulse submissions to office@parkwoodchurch.ca

DEADLINE FOR NEXT PULSE:
Wednesday, October 21, 2009

Parkwood Presbyterian Church
10 Chesterton Drive
Ottawa, Ontario K2E 5S9
www.parkwoodchurch.ca

613-225-6648

office@parkwoodchurch.ca

The Pulse is in colour online.



THE SHAKERS
(1774 – mid-1980's)

“Hands to work–hearts to God”

Tenet

This is what the Lord Almighty says “ In a little while I will once more shake the heavens and the earth, the sea and the dry land. I will shake all nations, and the desired of all nations will come, and I will fill this house with glory” says the Lord Almighty. Haggai 2:6-7

Tenet

Fellowship and Community – Acts 2:44-47. Also Humanitarianism

24 Communities scattered over 10 States.

Symbol – The Tree of Life

Presbyterians, Baptists and Methodists met at a revival meeting at Cane Ridge, Kentucky in August 1801. “the Presbyterians were divided between rugged conservatives who outdid Calvin in orthodoxy and those who wished to accept the spirit of revivalism”. Six men became Presbyterian dissenters and became prominent members and leaders among the Shakers.

Shaker style furniture, manufactured in great quantities at Eastern communities. The Shaker chair is still popular.

Some Shaker inventions:

Clothespin, Cut nails, the flat broom, the circular saw, a metal pen, a rotary harrow, a tongue & groove machine, a screw propeller, a threshing machine, an improved washing machine, a pea sheller, water repellent cloth, a combination window sash and various other timesaving gadgets.

SIMPLE GIFTS

‘Tis the gift to be simple, ‘tis the gift to be free,
‘Tis the gift to come down where we ought to be.
And when we find ourselves in the place just right,
‘T will be in the valley of love and delight.
When true simplicity is gained,
To bow and bend we shant be ashamed,
To turn, turn will be our delight
‘Til by turning, turning we come round right.

Shaker Symbol - Tree of Life



MY GUIDE

Let the most Blessed be my Guide,
If't be his blessed will.
Unto his Gate, into his fold,
Up to his Holy Hill:
And let him never suffer me
To swerve or turn aside
From his Free Grace, and Holy Ways,
Whate're shall me betide.

- John Bunyan

THE PILGRIM'S PROGRESS

Thus far did I come laden with my sin:
Nor could ought ease the grief that I was in,
Till I came hither: What a place is this!
Must here be the beginning of my bliss!
Must here the Burden fall from off my back?
Must here the strings that bound it to me crack?
Blest Cross! Blest Sepulchre! Blest rather he
The man that there was put to Shame for me!

This Hill, though high, I covet to ascend,
The Difficulty will not me offend.
For I perceive the Way of Life lies here:
Come pluck up Heart, let's neither faint nor fear;
Better, though difficult, the Right Way to go,
Than Wrong, though easy, where the End is woe

O World of Wonders (I can say no less)
That I should be preserv'd in that Distress
That I have met with here! O blessed be
That Hand that from it hath delivered me!
Dangers in darkness, Devil, hell, Sin,
Did compass me while I this Vale was in:
Yea Snares, and Pits, and Traps, and Nets did lie
My Path about, that worthless, silly I
Might have been catch'd, entangled, and cast
down:
But since I live, let Jesus wear the Crown

- John Bunyan



Lunch and Learn
October 19th at Parkwood Church
12 noon-2:00PM

All are invited to attend Lunch and Learn October 19th at 12 noon for lunch followed by an interesting and dynamic speaker.

Our guest speaker is **Sarah Bercier** a Psychology and Clinical Counsellor. Her topic will be: "Enjoying Later Life to the Fullest" – an informative and humorous overview of the key issues that older adults face including changes in relationships, identity, activities, lifestyle choices and more.

Everyone is welcome.



Pastoral/Spiritual Care Week October 25-30, 2009

Pastoral/Spiritual Care Week is a time to celebrate and honour all practitioners of pastoral/spiritual care. It is a week to recognize the value of spiritual care in our congregations, communities and institutions.

The 2009 Theme is Supportive Presence “where there is life there is hope”

Pastoral/Spiritual Care week gives an opportunity to recognize the ministry that is provided by the pastoral care team and others in our midst. It reminds us of the importance of the spiritual concerns of every person and our connection to a source of strength beyond ourselves.

Thanks to all who provide pastoral/spiritual care.

Little Muscle – Big Might!

*For you created my inmost being;
you knit me together in my mother's womb.*

*I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.*

--Psalm 139:13-14

Your body has over a trillion cells, 206 bones, 600 muscles, and 22 internal organs. It has many systems to keep it functioning, such as our circulatory system, our respiratory system, and our immune system. We are an incredible creation!

To get a deeper appreciation for God's artistry, let's take a closer look at one of the most influential parts of the human anatomy, a little muscle with big might!

You eat, speak, and sing with it. You may also have had the innocent misfortune of getting it stuck to a steel pole in winter.

Yes, I'm talking about your tongue! Imagine what life would be like without your tongue?

Let's think along the lines of what you eat. Do you think eating an ice cream cone would be the same? It would be quite hard to attempt to eat one without your tongue, wouldn't it? You also wouldn't get very much enjoyment from the flavour of the ice cream without all of those tiny little taste-buds. Generally, we are born with somewhere around 10,000 of them and eventually, as you get older, you start to lose your taste buds and may only end up with about half of what you started with. This helps explain why our taste in food changes as we grow older.

Your taste buds are also vital to helping you determine whether or not the food you put in your mouth is safe. Without a tongue, you wouldn't even be able to detect if your glass of milk has gone sour. In essence, your tongue protects your health!

Another thing we do with our tongue which sets us apart from the rest of God's creatures on this earth is speaking. Without our tongue, our singing might resemble the sound you hear while your doctor is using a tongue depressor and asking you to open wide and say "Ahhhhhhhhhh". We are very blessed to have a tongue!

On the other hand, if we did not have a tongue, we'd be less likely to offend people, we wouldn't interrupt conversations as easily, and we'd have to listen more. Have you ever heard the expression that we have one mouth and two ears for a reason? God gave us two ears as opposed to two mouths because He wants us to listen more than we speak. Why is that?

Of all the bible verses which make mention of the human anatomy, the tongue is the one we are most often cautioned about, because it can cause so much damage in such a small amount of time.

There are over 100 scriptures about the tongue! Here are just a few of many scriptures referring to the tongue and its incredible power to do both good and evil.

Your tongue plots destruction; it is like a sharpened razor, you who practice deceit.
– Psalm 52:2

When words are many, sin is not absent, but he who holds his tongue is wise.
– Proverbs 10:19

The mouth of the righteous brings forth wisdom, but a perverse tongue will be cut out.
– Proverbs 10:31

Reckless words pierce like a sword, but the tongue of the wise brings healing.
– Proverbs 12:18

A man of perverse heart does not prosper; he whose tongue is deceitful falls into trouble. – Proverbs 17:20

He who guards his mouth and his tongue keeps himself from calamity.
– Proverbs 21:23

Through patience a ruler can be persuaded, and a gentle tongue can break a bone.
– Proverbs 25:15

The tongue can bring much joy into our lives, but if used unwisely, it can bring great pain. Words are very powerful! After all, didn't God create the world with the Word?

“In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made.”

John 1:1-3

Submitted by Genevieve Donaldson

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**Parkwood E.Y.E.**  
(Engaging Youth Everywhere)

Will return next month.

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In Memoriam - Stocky Stockford

It is customary for the session of Parkwood Church, in common with those of other Presbyterian congregations, to adopt a memorial minute at the time of the death of an elder of the church, or shortly afterwards. At its September, 2009 meeting, the session resolved to adopt a memorial minute for Stocky Stockford, an active elder in our congregation for some 27 years. The session thought it appropriate to share this with the congregation; hence it is reprinted below.

Memorial Minute Mr. Wentworth Norwood (Stocky) Stockford

The Session of Parkwood Church records its thanksgiving to God for the life and witness of Elder Wentworth N. (Stocky) Stockford, who was summoned to his eternal home by our Lord early on Tuesday morning, June 9, 2009 at the age of 82. A memorial service was conducted by Rev. James Hurd at the church on Friday, June 12, 2009.

Stocky, as he was known to all, became a communicant member of Parkwood on March 7, 1976. He was ordained as a ruling elder on June 25, 1978 and served faithfully in that capacity until failing health forced him to demit from the active eldership in October 2005.

Stocky was a native of Hamilton, Ont. He was a veteran of World War 2 and continued his career in the Armed Forces after the war, retiring in Ottawa. Subsequently, he was employed for many years at the Grace Hospital. He was a kindly and friendly man and is remembered with much affection by all whose lives he touched. For many years, his was the welcoming face first encountered by those arriving at worship services. Stocky made it his personal ministry to greet friend and newcomer alike at the church door on Sunday mornings. He also assisted Session by keeping count of attendance at services. During his service as an elder, it became a Session tradition that Stocky moved the motion to adjourn at the end of meetings.

Stocky was predeceased by his brother, Barton, and by his beloved wife Elizabeth (Betty), whose loss he bore with fortitude sustained by his strong Christian faith.

The Session conveys our deepest sympathy to his son Barry, his daughters Cheryl Ann DiMaria and Karen Elizabeth Lefebvre and their husbands, his six grandchildren Ben and David DiMaria, Timothy and Michael Stockford, and Christopher and Amy McKay; his two great grandchildren Brook Hood and Brianna Stockford, as well as to his surviving sisters June Moore and Norma Hayes, of Hamilton.



Crown Financial Ministries Money Map - Your Visual Guide to True Financial Freedom

This month: Steps to Making a Budget, Part I

In making and using a budget, there are several logical steps, each requiring individual effort. Sample forms for budgeting are shown on pages 14 and 15. Use these forms to guide your budget preparation.

Step 1—List Monthly Expenditures in the Home.

a. Fixed Expenses

- Tithe
- Federal income taxes (if taxes are deducted, ignore this item)
- Provincial income taxes (if taxes are deducted, ignore this item)
- Federal Social Security taxes (EI & CPP; if taxes are deducted, ignore this item)
- Housing expenses (payment/rent)
- Residence taxes
- Residence insurance
- Other

b. Variable Expenses

- Food
- Outstanding debts
- Utilities
- Insurance (life, health, auto)
- Entertainment, recreation
- Clothing allowance
- Medical/dental
- Savings
- Miscellaneous

NOTE: In order to accurately determine variable expenses, it is suggested that both husband and wife keep an expense diary for 30 days. Every expenditure, even small purchases, should be listed.

Step 2—List Available Monthly Income.

NOTE: If you operate on a non-fixed monthly income, use a yearly average divided into months.

- Salary
- Interest
- Rents
- Dividends
- Income tax refund
- Other

Continued next issue. Source: www.crowncanada.ca With thanks to Tim Visser



It's Been 500 Years

Do You Care?

Does It Matter?

(the life of John Calvin, that is)

Join us on Saturday, October 24, 9-11am
for a Breakfast Panel Discussion
and Audience Conversation on...

"The Relevance Of John Calvin's Legacy For The 21st Century."

Panelists will be:

- Dr. A. Donald MacLeod, professor at Tyndale Seminary (Toronto)
- Dr. L. Gregory Bloomquist, professor at St. Paul University (Ottawa)

*(You'll have to wait and see who speaks
"For" or "Against"
the relevance of "Brother John")*

Reserve your tickets **BEFORE OCTOBER 19** to enjoy stimulating conversation,

as well as a wonderful catered breakfast by calling 613-225-2889 x2,

or via email to pastor@calvincrc.ca

Cost is \$7.50, payable at the door

Location: Calvin Christian Reformed Church,

1475 Merivale Rd, Nepean.

sponsored by: The Ottawa Reformation Rally Committee

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**NOTICE**

On the **Sunday, Oct. 25th**, we will have a pulpit exchange between several Presbyterian and Christian Reformed pastors in the city for the morning services. In the evening, at 6:30 p.m., the Reformation Rally Service will be hosted by St. Paul's Church, 971 Woodroffe Avenue. **Dr. A. Donald MacLeod**, formerly minister at St. Andrew's Presbyterian Church, Trenton, Ontario, is due to be the guest preacher on the theme, "Make your calling and election sure". The **Carleton Men's Chorus** is due to provide some music, and also a praise team from one of the Christian Reformed congregations will share. **Marilyn Savage**, pastor at St. Andrew's Church, Perth, is planning to offer a rendition of a couple of Psalms which she has set to new music. Everyone is invited as we share in celebrating the heritage of the Reformation, and in particular the 500th anniversary of the birth of **John Calvin**.  
 Plan to join us!



**Photo Directory**

We are planning to produce a new photo directory of the Parkwood Church family. It has been seven years since the last one was done. This time, rather than have it done commercially with the expectation of the "professionals" that families buy photo packages, we have decided to do it "in house", so there will be no expectation for anyone to purchase anything.

Andre Marion, a photographer in our congregation, has consented to take digital photographs of each person and family in Parkwood Church. The resulting photos will be assembled on a series of pages, and printed economically. We plan to provide one copy of the directory for each family in the congregation.

In order to complete this project, we are looking for a co-ordinator who will assist in scheduling the appointments for each family in the congregation. Photos will be taken during a specified week when the photographer is available.

If you are interested in volunteering to serve as a co-ordinator, or to assist, please contact the minister or the Administrative Assistant in the church office.

We hope to carry out this project in either October or November and have the directories completed shortly thereafter. This will help us to greet one another by name, especially new members and adherents, and help newcomers to identify us.

Session encourages everyone to participate.



**A Mother's Prayer**

My hands were busy every day,  
I didn't have much time to play  
The little games you asked me to.  
I didn't have much time for you.

I'd wash your clothes, I'd sew and cook,  
But when you'd bring your picture book  
To have me read and hold you near.  
I'd say, "A little later, dear."

I'd tuck you in all safe at night  
And hear your prayers, turn out the light,  
Then tiptoe softly out the door.  
I wish I'd stayed and played some more.

For life is short, the years rush past,  
And little ones grow up so fast!  
No longer are you by my side,  
Your precious secrets to confide.

Now all your books are put away,  
There are no children's games to play.  
No good night kiss, no prayers to hear,  
That all belongs to yesteryear.

My hands, once busy, now lie still,  
The days are long and hard to fill.  
I wish I could go back and do  
The little things you asked me to.

I called you up the other day,  
To see if you could come and stay.  
"I'd be so glad if you could come...."  
You said, "A little later, Mom".

Dear Heavenly Father up above,  
Assure me of your heavenly love.  
Forgive me for my foolish ways;  
And guide my children all their days.

Thanks to Arthur Pattison

