

# DAYSRING DAYBOOK

Monthly Newsletter of Dayspring Presbyterian Church, 11445-40 Ave, Edmonton, AB, CAN, T6J 0R4

February 2017

## A Valentine Day Reflection by Nathan Harms

I will always remember the first time I met Kristin. I will remember the room. I will remember the dress she was wearing. But I cannot remember exactly what we said, because I was too busy falling head-over-heels into those blue, blue eyes.

Things became very different for me, starting at that moment. I went home and taped a photograph of Kristin to my office wall where I would often look at it. A friend asked, "Who's in the photograph?" I replied, "That's Kristin. I think I like her." During the following weeks and months I thought of many excuses to call her, although I never picked up my phone. I imagined spending time with her, although I was never anywhere near her. I had imaginary conversations with her, in which I told her how much I desired her and wanted to spend my time with her. She knew none of this. You could say that I was obsessed, both with the joy of finding Kristin, and the frustration of not expressing my feelings or being with her.

Helen Fisher, an anthropologist who has studied the phenomenon of falling in love, says romantic love burrows its way into our most primal brain—into our primitive emotions—and hijacks our mental processes. A cocktail of chemicals runs riot in our head. Dopamine (a natural stimulant) spreads throughout our brain cells. We become obsessed. We lose our sense of self. Someone else is camping inside our head. And it gets worse; Ms. Fisher's research shows that the longer we are deprived of what we desire, the more intense our feelings become. She compares the emotional responses to that of a cocaine addiction, but says it's probably worse.

Of course "falling in love" feelings do not last that long for many of us. Yes, we deeply love and adore the partner with whom we share our life. But as time goes on, we find that we are able to function, day-to-day, without obsessing non-stop over the one we love. We have not fallen out of love, but we have found a way to cope with love in a practical way. There is nothing wrong with this. Truthfully, if we continued with the frantic out-of-control brain processes of falling in love, we might burn ourselves out. At the very least, we would find it hard to get anything done from day to day.



Still, I think we need to remember "our first love," the way we felt at the very beginning. And sometimes we need to act on those memories.

How long has it been since we sat down purposefully, held hands, looked at each other and said, "I still remember how I felt when we met. I'm so glad to have you in my life today. I still love you completely!"



Dayspringers at Worship

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Time with the Children

## Filling Buckets

I had the joy of leading the children's' time recently and focused on the key to being happy.

I used a wonderful book called *Bucket Filling from A to Z, The Key to Being Happy*, by Carol McCloud and Caryn Butzke, to tell the story.

The book is filled with rhyming verses using the letters of the alphabet to help the children (and adults!) see how there are so many simple ways to fill someone else's bucket, and their own as well, by being kind and helpful.

The bucket, to me, is our heart....we want to fill the hearts of others and ourselves by being nice, kind, helpful, generous and friendly.

In a world that is continuously filled with hatred and fear, this story helps show us all that if we want to be happy, and set a good example as Christians, we need to be kind to others and ourselves.

By making the moment by moment choice to be kind and caring we will help fill the bucket of others...giving them one of the greatest gifts we can give someone.

And by being that sort of person we will be happier.

I loved the opportunity to tie this simple story into a lesson of Jesus's love and how we can be His light in the world.

**Judy Smith**

(Judy is pictured above with the children.)

## LENTEN DEVOTIONAL RESOURCE

The Presbyterian College, Montréal has produced a devotional resource for the season of Lent in 2017. This resource includes daily scripture readings, and reflections and prayers written by friends of the College — Board members, graduates, or faculty.

We trust and pray that these devotionals will be a blessing to those who use them through this season and on this journey to the cross with our Lord.

The devotional is available in three formats.

Download it as a PDF (click [here](#))

Receive it daily in your Email inbox during Lent (complete this [form](#))

Printed format – for purchase (\$8) and delivery (complete this [form](#) or ask Linda in the Church Office to order it for you— deadline is February 22)



Dayspring Office Entrance

## QUOTES OF THE MONTH

*Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.*

I Corinthians 13: 4-7  
(NIV)

*Love is our true destiny. We do not find the meaning of life by ourselves alone - we find it with another.*

Thomas Merton in  
*Love & Living*  
(edited by Stone & Hart)



Dayspring Singers

### **FROM OUR MINISTER: A New Minister at Faith Presbyterian Church in Fort McMurray**

On Sunday February 5, after church, five of us from our local Presbytery travelled by car from Lloydminster as well as Edmonton, respectively, to Faith Church at Fort McMurray. This is the furthest and northernmost Presbyterian Church in Canada congregation in our Presbytery and Canada-wide, about 450 km north of Edmonton.

You might recall that the pastoral charge became vacant just before the wildfires broke out in Fort McMurray in May last year. This congregation has never had its own building and they have always worshipped as a "church in a box" so to speak. Currently they use a space in the Westwood Community High School.

That Sunday evening the newly arrived South African minister, who was called in October last year, The Reverend Gabriel Snyman, was to be inducted as minister of Faith Presbyterian Church. He and his wife Isabel have a son Steph and daughter Marise, both in elementary school. We gathered for a potluck supper, which was followed by the induction service in the theatre of Westwood School. What a "goose bumps" occasion it was, especially as I kept in mind that I had gone through this same experience 13 years ago in Manitoba. So much is awaiting Gabriel and their whole family - thrust into God's wonderful care in a new country 16,000 km away from where they grew up.

The Reverend Charlie McNeill delivered a sermon based on "... to do justice, and to love kindness, and to walk humbly with your God" from Micah 6:8. "What is God up to?" was the theme. Elder Barb Acton, the moderator of presbytery then did the induction, upon which The Rev. Gabriel gave the benediction. The next day we returned home after a joint breakfast on Franklin Drive downtown.

*Heinrich*





## PCConnection

PCConnection is a new publication that will merge some of the news and features once covered in the *Presbyterian Record* with educational and informational materials produced by the ministries, committees and agencies of the PCC. It's coming this spring. Don't miss out — subscribe to get your free subscription at <http://tinyurl.com/ha435kc>.

Look for the Presbyterian Church in Canada on Facebook at <https://www.facebook.com/pconnect/> and <https://www.facebook.com/groups/2346973826/>.

You can launch to these and other internet resources from [www.DayspringChurch.ca](http://www.DayspringChurch.ca).

## Contact Us

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DayBook Deadlines  
3rd Sunday of September, October and June  
2nd Sunday of December, January, February, March, April, and May

## SESSION

**Moderator:** Heinrich Grosskopf

**Session Clerk:** Darlene Eerkes

**Deputy Clerk:** Iris Routledge

**Roll Clerk:** Jim Jeatt

### Other Elders

Bill Davis	Walters Munde
Jane de Caen	Nick Nation
John Carr	Stanley Ngwa
Ingrid Dukhedin-Lalla	Laura Patterson-Fortin
Peter Eerkes	Todd Shipman
Carina Grosskopf	Darleen Springstein
Sam Jaikaran	Heather Tansem
Gina Kottke	

## MINISTER

The Rev. Dr. Heinrich Grosskopf

## CHURCH STAFF

**Church School Coordinator:** Lynn Vaughan

**Youth Coordinator:** Shane Johnson

**Worship Arts Coordinator**  
Gordon McCrostie, B.Mus., M.T.S.

**Pianist:** Binaifer (Binu) Kapadia,  
B.Mus.

**Alternate Pianist**  
Darolyn McCrostie, B.Mus., P.D.A.D.  
(Education)

**Administrative Assistant:** Linda  
**Custodians:** Lindsey & Jim Matthew