

# DAYSRING DAYBOOK

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

June 2018

## Seeking Care

Dayspring receives lots of positive feedback indicating that individually and as a community, we are caring folk. Certainly, that is what we aspire to be - a **community of faith and care**.

Jesus' ministry stressed the healing of the whole person. Early Christians were inspired by a sense of wholeness in their mission to the world. They believed that the new life that Christ came to impart was extended to the entire human being: body, mind and spirit.

Our minister is available to provide care to persons associated with Dayspring. Several of Dayspring's health professionals do what they can, on a volunteer basis, to assist with care when there are health needs or challenges and occasionally organize workshops on health-related topics.

However, we know that sometimes we "miss the boat." We may not notice that someone is "among the missing." We may not know that someone is hurting, or sick, or dying. Below are some indicators of when it might be important to pick up a phone and call or text our minister or the church office (or send an email) on your own behalf or on behalf of someone else who is struggling.

### When might you seek Pastoral Care?

- You or a family member or friend is sick
- You are having difficulty with something your physician has told you
- You are concerned about your children, parents, family member or friend
- You are lonely
- You are feeling overwhelmed
- You or someone you know is going for surgery
- You are dealing with loss or death
- You need someone to pray with you
- You are struggling with a relationship
- You are looking for ways to improve your life
- You need someone to listen to you



Confidentiality is always respected. Your concerns will only be shared if permission is given to do so (for example on the "Prayer & Praise" page of the *Dayspring Weekly News*).

See page 2 for ideas about how to have caring conversations.

Some of the material on this page can be found at the Dayspring website: <http://dayspringchurch.ca/activities/pastoral-care/>.



## QUOTE OF THE MONTH

*The Purpose of the Church and its Ministry is to increase ... the love of God and neighbour.*  
- Niebuhr, Williams, and Gustafson

## In This Issue

- Seeking Care
- Having Caring Conversations: EISPUA
- The Seven Cs of Caring
- From our Minister: Being a commissioner at General Assembly
- Images from General Assembly
- Presbytery Summer Student: Enjei Achah

## HAVING CARING CONVERSATIONS: EISPUA

(adapted from Howard Clinebell's  
*Basic Types of Pastoral Counseling*)

**EISPUA** is an acronym that can help us figure out what is the best way to exercise care for another person. We can also use the acronym to help us evaluate whether we are being as helpful as we want to be.

**EVALUATION:** An EVALUATIVE response indicates that the listener has made a judgment of relative goodness, appropriateness, effectiveness, or rightness. The listener stipulates or implies what the other MIGHT or perhaps SHOULD DO.

**INTERPRETATION:** An INTERPRETIVE response indicates that the listener's intent is to TEACH, to IMPART MEANING to the other, to SHOW him/her, to help the other understand WHY they are having the problem.

**SUPPORT:** A SUPPORTIVE response indicates that the listener's intent is to REASSURE and to REDUCE the other's intensity of FEELING. The listener implies that the other NEED NOT FEEL as they do. (This is not usually helpful unless the other's feelings are extreme and they need to reduce the intensity of their feelings in order to be able to address the issues with which they are dealing.)

**PROBING:** The listener probes for feelings or thoughts.

**PROBING FOR FEELINGS:** The listener offers a response indicating that they need further information about how the other is feeling.

**PROBING FOR THOUGHTS:** The listener offers a response that indicating it might be a good idea to discuss what the other thinks about their situation.

**UNDERSTANDING:** An UNDERSTANDING response is one that indicates the listener's intention is to be certain about what the other is saying, how s/he is feeling, what the impact or effect of the situation is, etc. – and at the same time convey empathy.

**ADVICE:** In offering ADVICE, the listener offers what she or he believes to be constructive SUGGESTIONS about coping with a problem, recommending certain approaches, actions, beliefs, or attitudes as helpful. The listener must be careful not to offer advice unless they have the knowledge or expertise do so. Most often, when advice is called for, the advice given will be to seek expert assistance.

## THE SEVEN Cs OF CARING

**CELEBRATE:** Making a point of noticing what works well. Explicitly saying what works well and asking questions that get at 'the why'. Continually striving to reframe language to the affirmative.

**BE COURAGEOUS:** Courage to ask questions and hear responses. Trying things out. Feeling brave to take a risk.

**CONNECT EMOTIONALLY:** Inviting people to share how they are feeling. Noticing how you are feeling and sharing this.

**BE CURIOUS:** Asking curious questions about even the smallest of happenings. Looking for the other side of something that's said, and checking things out. Looking for the sense in what other people are saying. Suspending certainties.

**COLLABORATE:** Talking together, involving people in decisions, bringing people on board, and developing a shared responsibility for actions. Constantly checking out with others if your interpretation is accurate; looking for the good in others to encourage participation and collaboration.

**CONSIDER OTHER PERSPECTIVES:** Creating space to hear about another perspective. Recognizing that we are not necessarily the expert. Checking out assumptions. Being open and real about expectations. Recognizing that other perspectives may not be the same as yours and feeling comfortable to discuss this in an open way.

**COMPROMISE:** Working hard to suspend judgment and working with the idea of neutrality. Helping the person to articulate what they need and want and share what is possible. Talking together about ways in which we can get the best experience for all.

Source: [http://www.evaluationsupportscotland.org.uk/media/uploads/7\\_cs\\_of\\_caring\\_conversations.docx](http://www.evaluationsupportscotland.org.uk/media/uploads/7_cs_of_caring_conversations.docx)

## FROM OUR MINISTER: Being a commissioner at General Assembly

Due to a last-minute change to the circumstances of one of the Presbytery of Edmonton-Lakeland's commissioner's schedules I was called upon to serve as his substitute. Padré Ken MacRae was being deployed to Kuwait and he couldn't go to General Assembly anymore.

I took it up with delight and got myself as ready as possible with only five days to represent our Presbytery at General Assembly at the Wilfrid Laurier University in Waterloo, Ontario. It was from Sunday June 3 to Wednesday June 6, From the get-go all the business that was being dealt with was uplifting and inspiring, the atmosphere was positive and I could sense a lot of optimism. Each table was decorated with a pot-plant of lavender and a red heart placed right in the middle, with some encouraging words. The moderator of the 144th General Assembly, the Rev. Daniel Cho, moderated the meeting with much tact and clear direction.

We worked diligently at making sure that votes could be done with consensus where necessary. One of the huge topics that needed careful discussion, was human sexuality. Core values spelled out, were 1) Openness to listen to others, 2) No "us" vs. "them", 3) Respect for all people's faith commitment and journey and 4) Common respect for Biblical authority. In order to prepare the ground for this discussion, another equally important discussion was that of "Unity among diversity." Our denomination is hugely diverse, not only cultural-ethnically, but also in age distribution. Yes, we do have many young Presbyterians in Canada.

By the Tuesday afternoon we broke into group discussions and really strived to be open and respectful. We listened to each other. We prayed together seriously. We shared heartfelt stories. Even though many of us would have wished to arrive at a conclusive decision, this was not to be the outcome. The matter is being deferred to a Special Committee, consisting of the General Assembly Moderators from 2005 to 2017, who will be reporting back at next year's General Assembly.



Let us trust the process and above all, continue to live with a true mutual respect for one another. My sincere hope is that the Lord of the church will lead us to treat one another as Jesus Christ would want us to.

*Heinrich*

## IMAGES FROM GENERAL ASSEMBLY 2018



Opening Worship



The Moderator and Clerks of General Assembly



The Commissioners Vote



Closing Worship



## PRESBYTERY'S SUMMER STUDENT MINISTER



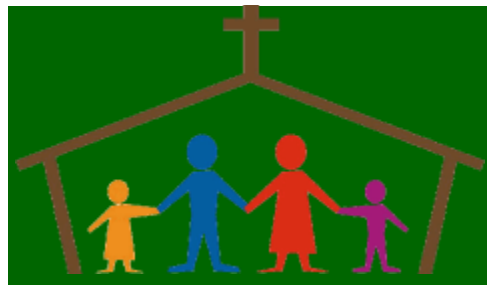
Coming to Edmonton for the first time and having to work with many different churches felt daunting and exciting at the same time. My first church was Dayspring where I worked for two weeks. It has been a lovely experience, and I would say that it has played a pacesetter role for the rest of my Edmonton experience.

To begin such a roller-coaster journey of working with different churches for a week or two at a time, I needed encouragement, love, and support. All these I got and more. I'm grateful to Dayspring and the minister Rev. Heinrich Grosskopf, a very unassuming and gentle man. I'm thankful for my experience and for the opportunity to serve such amazing children of God. Thank you all for everything. Shalom.

**Enjei Achah**, Presbytery Summer Student, 2018

Editorial Note: Enjei is studying to be a minister of the PCC at Presbyterian College, Montreal. She is spending Summer 2018 working with the ministers of Presbytery (about two weeks with each) as a component of her ministry training. Her sermon on June 10 can be found at

<http://dayspringchurch.ca/we-must-not-be-everyone-else/> .



### Contact Us

Dayspring Presbyterian Church  
11445-40 Ave  
Edmonton, AB, CAN, T5J0R4  
Admin@DayspringChurch.ca  
780-435-3111

Visit us on the web at  
[www.DayspringChurch.ca](http://www.DayspringChurch.ca)

### DayBook Editors:

Marilyn & John Carr  
DayBook@DayspringChurch.ca

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

### 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