

DAYSRING DAYBOOK

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

October 2018

Responses to Nurturing our Faith

When I originally read this 'spiritual road map' (in *The Glad Tidings*), I thought it was worthwhile for us to re-publish in the Dayspring DayBook. Nurturing Our Faith then became the whole emphasis for our September issue.

The opening prayer set the scene and gave me a glimpse of what would unfold. I appreciated that Dr. Vais covered the whole range of life's experiences: emotional, spiritual, mental, physical, communal, and personal; and encouraged readers to be intentional in applying the guidelines for their own devotional practices. The background material in each section provided inspirational material to enlarge the topic and is useful for study purposes, with the addition of a book list.

The Action paragraphs were especially helpful as prompts for personal application. I am still thinking of the Strength/Physical section, affirming those moments of activity when we might have considered going on automatic pilot: walking the dog, mowing the lawn, chasing dust, or exercising. As the Action paragraph suggested: when engaged in a physical act, let your spirit soar.

See pages 3 and 4 for responses by Izak Roux, Sam Malayang, and Susera and Cornelius Smuts.

Marilyn Carr

On a completely different note, the page 2 article is about Stephen Ministry, following up on the presentation during Sunday worship on September 30 by Brian and Esther Link.

On page 3, our minister, Heinrich Grosskopf, reflects on his journey to South Africa for a vacation and for family events.

Pastoral Care: *The term 'pastoral' relates to shepherds and their role caring for sheep. The term was adopted for metaphorical usage historically first by Christians, although many religions and non-religious traditions contain an emphasis on care and social responsibility. The pastoral care movement in the West has since expanded to embrace many different religions and non-religious beliefs. [Increasingly, publicly funded institutions are using the generic term "spiritual care."]*

<https://web.archive.org/web/20130621155552/http://www.canberra.edu.au/multifaith-centre/pastoral-care/pastoral-worker>



QUOTE OF THE MONTH

I am a little pencil in the hand of a writing God who is sending a love letter to the world.

- Mother Teresa

In This Issue

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What Is Stephen Ministry?

Bear one another's burdens, and in this way you will fulfill the law of Christ (Galatians 6:2, NRSV).

Stephen Ministry is a one-to-one lay caring ministry that takes place in congregations that use the Stephen Series system. Stephen Ministry congregations equip and empower lay caregivers, called Stephen Ministers, to provide quality, confidential, Christ-centered care to people who are hurting.

How Stephen Ministry Works

Stephen Leaders direct the overall ministry in the congregation. They build awareness of Stephen Ministry within the congregation and community. They recruit and train Stephen Ministers. They meet with potential care receivers to assess their needs. They match care receivers with Stephen Ministers. They provide Stephen Ministers with ongoing supervision and continuing education.

People learn to serve as Stephen Leaders by attending a Leader's Training Course—a one-week conference that introduces the resources used to lead Stephen Ministry, develops key skills, and gets people excited about this caring ministry. Most congregations begin with two to four Stephen Leaders, typically including a pastor, possibly another church staff person, and one or more lay leaders.

Stephen Ministers are lay caregivers trained in the congregation by Stephen Leaders.

A Stephen Minister usually provides care to one person at a time, meeting with that person once a week for about an hour. Twice a month, Stephen Ministers gather with their Stephen Leaders for supervision and continuing education.

Care Receivers are people going through tough times who are being cared for by Stephen Ministers. They are congregation members and others in the community—who receive care from a Stephen Minister. These are people struggling through a difficult time in life—experiencing grief, divorce, job loss, chronic or terminal illness, or some other life crisis.

- The relationship between a Care Receiver and a Stephen Minister is confidential.
- Men are matched with men; women with women.
- When a care receiver's needs exceed what a Stephen Minister can provide, the Stephen Ministry team makes a referral to an appropriate mental health professional or other community resource.

The Blessings of Stephen Ministry

- Congregations receive a practical and powerful way to respond to Christ's commandment: *Love one another as I have loved you* (John 15:12 RSV).
- Congregations develop a team of gifted, trained, and committed lay caregivers ready to minister to hurting people.
- Laypeople nurture and use their gifts in meaningful ministry, growing spiritually as they serve others.
- People who are hurting have a compassionate companion—a caring Christian friend who provides emotional and spiritual support.

Since Stephen Ministries was founded in 1975

- More than 13,000 congregations have enrolled in the Stephen Series.
- More than 75,000 pastors and lay leaders from those congregations have been equipped at Leader's Training Courses.
- More than 600,000 laypeople have received Stephen Minister training.
- More than one-and-a-half-million people have had a Stephen Minister to walk with them, providing one-to-one Christian care during tough times.

Source: <https://www.stephenministries.org/stephenministry/default.cfm/917>

Dayspring's Pastoral Care Committee and Session are considering initiating a Stephen Ministry program as a way of caring for our congregation and community. Feedback can be provided to our minister, to any of our elders, or to Nesta Sawdon.

For a personalized presentation on Stephen Ministry, check out what Brian and Esther Links shared with the congregation at <https://www.youtube.com/watch?v=6PK9tw1FTZs&feature=youtu.be>.



FROM OUR MINISTER: Travelling to South Africa

Somehow, when I wanted to give this month's contribution a title, "Travelling home" just did not sound right. Home for me is Edmonton, and more specifically Dayspring Church. How can I still call South

Africa "home," after having emigrated from the country almost 15 years ago? But then, how can I not call South Africa "home?"

To be frank about it, as the writer to the Hebrews puts it: *"But as it is, [believers in God] desire a better country, that is, a heavenly one. Therefore God is not ashamed to be called their God; indeed, He has prepared a city for them"* (Hebrews 11:16, New Revised Standard Version).

So "home" for the child of God turns out to be at a third place, not where we live, nor where we were born and raised. "Home" for us is our spiritual home, to be with God, to be at peace in the heavenly home.

Carina, Carin and I took off on a three-week vacation to Cape Town, South Africa, on October 15. It was a flight that took us thirty hours. Upon arrival, it was quite a delight to see how many of the young local people are working out a meaningful existence. To them, living in Cape Town is life at its best. They are at home. To be frank, a sunny (southern hemisphere) Spring day in Cape Town could seem very appealing to me as a place to live as well, although, once again, that could not be real "home" for me.

We left Cape Town on the next day and travelled four hours to Prince Albert where Carina's mother lives in a retirement facility. Then we took her to where she spent the most of life, to Uniondale. A surprise birthday-tea was held for her and some thirty friends and loved ones were able to celebrate her eightieth birthday with her. We are well, and we are enjoying time with family and friends.

Responses to Nurturing our Faith

Izak Roux writes: When I first read this article about practicing an holistic faith it got me worried. How can I do all these things? How can I do all these, I have limited talents and I felt like Moses, complaining I cannot do all these..

Then I read Mark 12:30 again. I tried to have a better understanding. Faith permeates every aspect of our lives. That is what Jesus pointed out to the scribes. Faith (read our daily living) is not only about knowing the scriptures or following the laws of Moses. No, our everyday lives, therefore the way we practice our faith, should be holistic. We should have an holistic approach, every day. We should seek God, every day. We should care for our neighbours and every day we should care about ourselves.

We must find time for a faith balance in our busy lives. It is not about only the one or the other. It is about these three aspects: God, our neighbours and ourselves. Faith is also about love - love for our Father in heaven. Not all people show their love to their partners, or their family, or to God in the same way. Some of us like to provide support, or spend quality time with our neighbours/members of the church or teach the scriptures or offer our services or offer physical or monetary support. We do not have to do it all. We are all part of one body, the body of Christ. The church brings us together in a holistic way. Together we can have faith in a holistic way.

Sam Malayang writes: Thank you for allowing me to provide my thoughts on the September issue of the Dayspring Daybook. I thoroughly enjoyed the article!

The practical approach to an holistic spirituality appealed to me as a layman and ordinary churchgoer. It certainly resonated with me, especially the way the action plans are systematically laid out for each aspect of our lives.

Reading the article made me realize that attaining a healthy spiritual life can be easy - as simple as riding a bicycle or even breathing. At the same time, it also made me realize that, just like everything else, practice makes perfect. Following the recommended sample actions once or twice will not work. Repetitively doing them will most certainly work! And more importantly, the actions must be progressive in order to attain the best results.

Response to Nurturing Our Faith

Susera and Cornelius Smuts reflected on the article in the light of their experience with pilgrimage (see the May 2017 Issue of the DayBook): "Walking for 40 days you come close to God and earth, realizing how grateful we should be to walk on this world and experience all the small wonders that God has made. Walking over mountains and through valleys, seeing all the wonderful views, you realize that God is everywhere.

"From the tranquility of the sunrise to the stillness and yes sometime isolation you realize how little you really need to be content and experience happiness; the strength of simplicity. God provides. Count your blessings and you will realize that your cup overflows. Away from the fast pace chaotic and stress filled world a pilgrimage gives you the opportunity to reflecting on, renew and nurture your faith.

"When you think that you can go no further you get the strength seemingly out of nowhere to continue. You learn that you are capable of much more than what you realize. Everyone that you cross paths with is fighting their own personal battle. Through a simple act of kindness you can inspire and encourage someone and have a positive impact on their lives. Let your light shine in this Christian community.

"We are all on a pilgrimage. Life is a journey. Only you can decide what you do on your journey. The pilgrimage was also referred to as Walking the Way. Are our lives still on the right way to reach heaven? We have to ask God for strength on our daily journey. You have only one life. Choose well."



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DayBook Deadlines

3rd Sunday of September, October
and June

2nd Sunday of December, January,
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SESSION

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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

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Vaughan

Youth Coordinators: Shane Johnson &
Zachary Bruce

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Alternate Pianist
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