

DAYSRING DAYBOOK

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

September 2023

WHAT DID YOU DO THIS SPRING-SUMMER?

This issue is about what happened in three Dayspring families this past spring-summer: settling in Edmonton, competing in the World Dragon Boat Championships in Thailand, and adopting a canine family member. We begin with a

Settling in Edmonton.

With the support of our group of five and DPC, we landed at Edmonton airport on June 1, 2023. Many church members came to the airport to welcome us, which gave us a feel of importance, and was surprising and exciting. We got another surprise to see a fully furnished townhouse when we reached home.

Since then, we have been blessed of many mental and physical things, which we were deprived of in Trinidad and Tobago. We feel that we are in our home and are an important part of this society.

Garry Tansem took us to the bank and registry so that we were able to open our bank accounts and received our Health Cards, bank cards and SIN numbers within the first week of our arrival.

In the following week, Darlene Eerkes took us to Catholic Social Services and Mennonite Centre, where they provided us very useful information about settling in Canada. CSS also provided us some forms for Leisure Cards and Edmonton Transit Services Bus Passes (at subsidized rate), and forms for Canadian Child benefits.

Within the first month time (June 2023), we also received our Permanent Residency cards, and Sabir received his driving license.

Also, in the month of June our three children got enrolled in Louis St Laurent School, which was a great memorable day for us, as our kids couldn't go to school in past 7 long years.

In the second month of arrival on July 8, 2023, Sabir got his job as operations associate and is still working with the same company.

With God's blessing, within three months of time, we've also bought a family vehicle. During all this time, church members specially group of five, are providing and supporting us with so many other things, i.e furniture and winter clothing.

Sabir and Saima



**As long as you're
alive, you have the
chance to start
again.**

- Emily Acker

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Dragon Boat Racing in Thailand

I feel very honored to have represented Canada at The World Dragonboat Racing Championship in Thailand as part of the ParaDragon team.

I began Dragon Boating in 2017 to get out and meet new people, and in 2019 I started training for the Canadian National Team after being encouraged by my daughter, family, and coaches. They believed in me, and my abilities and I knew I could make the team with their support.

The training part was not an easy feat. The schedule I followed in order to prepare for trial camps consisted of three evening practices and two 5am practices with my local team and coach at the Edmonton Dragon Boat Racing Club. Additionally, it was an expectation that we did 2-3 sessions of weight training per week. At times, it was difficult to keep up with this rigour, but I had to remind myself that hard work is often rewarded.

The process of trying out for the Canadian Dragon Boat teams consisted of 2 indoor testing camps and 2 on water testing camps which were held in Burnaby and Montreal. Initially I thought I would train as hard as I could in order to make it through the first round of cuts. Reflecting back now, I realize this was my initial goal because of how many talented athletes I would be competing against, many of whom have been doing this sport for decades. This lack of confidence stemmed from still feeling like a newbie who was trying to figure things out, but I now see how my support system and God were beside me.

I was happily surprised when I made the first round of cuts, and later was selected for the National team on May 25, 2023. I was truly overjoyed and could not wait to tell my family, who were equally as happy and proud of my accomplishments.

During this process I had to sacrifice a lot of time with family and friends but being able to celebrate my accomplishments with them has paid off. I have a lot of people to thank, but one person in particular is my wonderful club coach who volunteers countless hours to train my teammates and I and offer even more time to those of us who choose to take on the challenge of trying to compete at national and international levels. She has shared her love of sport and those of us who are taught by her see success through her passion for helping others achieve their goals.

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FROM OUR MINISTER: Be Bold and Win the Race

2 Timothy is traditionally attributed to St. Paul the Apostle. In it, Paul or "The Pastor" writes to his young protégé Timothy. Paul is imprisoned and knows his life will soon be over. The letter is written to encourage his young friend to keep the faith, to be encouraged, and to "finish the race" of life well. For me there are two key passages.

"Since childhood you have known the Holy Scripture that are able to make you wise enough to have faith in Christ Jesus and know salvation. Everything in the Scripture is God's word. All of it is useful for teaching and helping people and for correcting them and showing them how to live." (2 Timothy 3:15-16)

The second resonates deeply with me. It says, "For the Spirit God gave us does not make us timid, but instead gives us power, love, and self-discipline."
(2 Timothy 1:7)

Imagine yourself as an archer, standing before a target. The daunting expanse represents life's uncertainties and challenges. You hold in your hand a bow, but the arrows are fear, doubt, and hesitation. Your weapon is not of much use. Then the Holy Spirit fills your quiver with arrows of power, love, and self-discipline.

Your arrow of power propels you forward with unwavering resolve. It empowers you to conquer fears, surmount obstacles, and endure even when the path seems impossible.

The arrow of love is your tool for building bridges rather than walls and pierces the hearts of others with compassion and empathy. It brings people closer, fostering understanding and unity, even amid turmoil.

Your self-discipline arrow is straight and true and helps you maintain focus and direction in your journey through the forest of life. With it, you navigate challenges, make wise decisions, and stay true to your purpose.

Study the Word. Run the race. Know the Spirit's power. Shoot straight. Be bold and win the race.

Brad

Our New Pup

Summer of 2023 was full of fun and fur!

On June 2 we received our St. Berdoodle puppy. She was a tiny 15 pound bundle of strawberry blonde love. Our family has very quickly fallen in love with her. We named her Siobhan. Pronounced "Shavonne," it is the Celtic version of "Jane." She is a cross between a St. Bernard and a standard Poodle.

Siobhan is relatively hypoallergenic. She barely sheds; doesn't slobber; and has a lovely calm disposition. She is a puppy, so experiencing puppy "zooming" time has been quite an adventure. The bursts of chaotic energy that come out of nowhere can lead to some very interesting and sometimes entertaining activity.

She is moving into adolescence now, so is a bit more and a bit less settled at the same time. At 6 months old she weighs 60 pounds. Given her breed and paw size she could get to 100 pounds give or take, at maturity.

Weekly training classes have been very helpful and enjoyable. She graduated from Puppy/Beginner class at the end of August. She got a certificate and a grad cap! She is now in Intermediate and doing very well. We hope to move on to Advanced training over the winter and then Pet Therapy training in the spring.

We hope that she will be able to participate in the therapy we offer at our medical clinic. So far, the signs are good. Animal Assisted Interventions are becoming more common in mental and emotional healing and wellness practices.

And after all, God is Dog spelled backward!

Jane C

Dragon Boat Racing in Thailand (con)

I was privileged to complete with the ParaDragon Team. Our team consisted of half of people who live with a form of impairment, and half with no impairments. It was truly inspirational competing with people that had visual impairment, sensory issues, and mental health issues knowing that we had each overcome many obstacles to make it to the international stage to compete together.

In Thailand, at The World Dragonboat Racing Championships, we collectively exceeded our expectations. Within our division, the countries we raced against were from the Philippines, United States of America, and India. We received gold in the 1000m and 2000m races, silver in 200m and bronze in 500m. Our fiercest competitors were the Philippines as they were always close by.

During the competition the days were long and warm. Average temperatures with the humidex were around 44c, resulting in multiple people suffering from heatstroke. Water could not be consumed directly from the tap, and we had to rely on warm bottled water throughout the long warm days. Makes you appreciate the clean cold water in Canada. Right?

Our bodies were prepared for the races as we trained for many months, but like many other sports it is very mentally challenging. At many points you second guess your self and your abilities, but you can also persevere and conquer.

The trials before making the team, the racing and, after it all, visiting the country of Thailand was truly all an amazing experience. I have made some valuable lifelong friends through this whole experience.

Dreams do come true if you work hard enough, have faith, and trust that God will lead you on the path you were intended to travel.

Anna S



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