

# FALL NEWSLETTER



practice gratitude

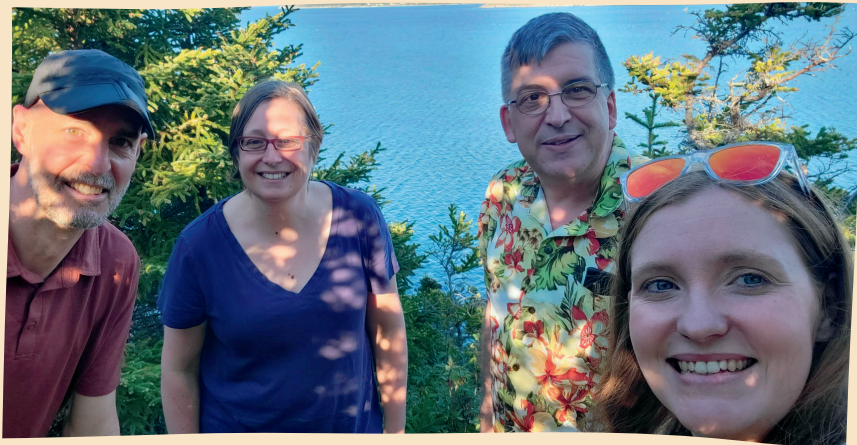
The Gower Ministry team have each taken time to practice gratitude when preparing for this newsletter. Throughout the newsletter you will find pieces from each member of the Gower Ministry Team about what they are grateful for this thanksgiving.

We invite you to take some time to think about all that you're thankful for in your life. Write down a list of everything and everyone. For each thing, take a deep breath, and for each person you are grateful for, send a quick text or note. (You just might make someone's day with this simple act of connection!)



# BOARD EVENTS

In June Gower Board Members had their final meeting for the spring at Otterbury Hallow. hosted by Linda and Bruce Nickerson. While business was taken care of it was also a time of community meal sharing for the first time three years. The Board had their first meeting of the year on September 22 before which they shared in dinner as well.



As I sit here with my morning coffee gazing out into my garden, I notice the leaves have started to turn and fall to the ground. My gorgeous hydrangeas are taking on the last of their loveliness. I had a fabulous summer and for that I am truly grateful. I spent many days sailing on the mysterious ocean, lazy days basking in the sun on Gambo Pond, lots of time in my garden reading and reading and reading, hanging clothes on my clothesline, tending to my flowers...oh summer how I love thee!!

While I so look forward to the routine that comes with Fall and the turning of the seasons, I also mourn the loss of the lazy, hot, hazy days of summer. With the coming of Thanksgiving I am reminded of all the gratitude which fills each day; the Gower Community of Faith, my children-Sophie, Nathan and Julia, my partner, Scott, good food, my health, family and friends. Each day brings joys, sadness and challenges but for all of these aspects I am grateful and feel blessed.

Each year as I reflect on gratitude my thoughts also return quite poignantly to those people whom I have worked with at Stella's Circle, those who frequent the streets of the downtown core and those whom I share time within the Stella's Circle Inclusion Choir. Many continue to struggle through life so deeply.

The stigma of mental health continues to live amongst us, poverty exists in our city, people struggle to make ends meet, lack of access to health care and sustainable food ....the list goes on. There are so many obstacles to a life well lived that are just not there for all who live amongst us. Perhaps what I am most grateful for is the ability to provide a listening ear, to be involved with folks on the margins of society in a real and productive way and to push myself every day to work for peace and justice in our city and world. These gifts which are ours are everyone's! We have a responsibility to ensure that ALL have access to a fulfilling and productive life no matter who they are, where they come from or how they come to be in the particular situation in which they are living.

Take a few moments in the next days to compile a gratitude list. Then together let's continue our call to serve others, do justice, and walk humbly with our God!

Blessings to you and your loved ones!

Happy Thanksgiving!

Rev. Pamela





# FINACIAL UPDATE

A detailed update from our treasurer, Fred Earle, will be coming out in the coming days. Please keep an eye out for this information.

As always, there are multiple ways to donate to support the ministry of our Gower community. See below for the ways to donate.

- Sign up for P.A.R. (Pre-Authorized Contributions), or if you are already on P.A.R., consider increasing your contribution. This can be done by leaving a message on the office voicemail (709-753-7286) or by email ([office@gowerunited.com](mailto:office@gowerunited.com))
- You can also go to our website and donate by clicking Donate on the home page.
- We also accept e-transfer. Just send it to [gsuc@nl.rogers.com](mailto:gsuc@nl.rogers.com)
- You may also send a cheque via mail or drop it in the dropbox accessible to the right of the office entrance. Our mailing address is 99 Queens Road, St. John's, N.L., A1C 6M6

## Prayer Vigil for Palestine & Israel

On September 22 , 2022 Rev. Ettie and Rev. Rebecca hosted Gower's second World Week for Peace in Palestine and Israel Vigil.





# UPCOMING EVENTS

## AUCTION

This year, the Gower Men's club is partnering with the Gower Board to conduct its 50th Annual Auction. The auction will run from October 30 through to November 14. Stay tuned for more information on how to participate.

## SENIORS SUNDAY

Join us as we celebrate seniors and their contributions to our community! Seniors' Sunday worship and luncheon, October 23, 2022! Gower Youth will be hosting a luncheon and there will be entertainment from Gower Young Peoples' Choir. If you would like to attend, please RSVP to the church office by October 17, 2022.

## DESSERT AUCTION & CONCERT

Join us on October 29th, 2022, for our 2nd Dessert Auction and concert. Performers are to be announced in the coming days. It will be an evening of delicious desserts, Beatles Music, and other musical pieces. Tickets cost \$20.00 and can be purchased at the door with cash or cheque, or in advance by e-transfer to [gsuc@nl.rogers.com](mailto:gsuc@nl.rogers.com).

### Other events to keep in mind:

- An invitation to experience a yoga class with a difference: Somayog with SuAn - Introductory class: Thursday, October 20, 11:00 a.m. - noon. Lecture Hall, Gower Street United Church. Cost: Donation of dry food items for Bridges To Hope
- Pastoral Care Week - October 22 - 29
- An Evening of Advent Preparation - November 24
- Prayer Vigil for the National Day of Remembrance and Action on Violence Against Women - December 6
- Advent Pauses - Thursdays in December - Online Only
- Alternative Service with Stella's Circle - December 8

It's that time of year again when we pause as a nation to show our gratitude for the gifts bestowed upon us by Mother Nature. Pausing to comprehend all that nature provides and the notion that our earth provides all we need for existence on this planet we call home can be daunting. While it is important to ponder the web of life from the perspective of the big picture today, I would like to share my experience of nature from my backyard.

Experiencing time in nature - whether it is with a few plants indoors, on a deck, on the ground cultivating a flower bed, vegetable patch, or container garden is one of the most rewarding activities I know for relaxation and spiritual renewal.

Closeness to nature is something I have enjoyed throughout my life - more intentionally so during these past three years - a good outcome in tumultuous pandemic times that saw us staying closer to home. I had almost gotten away from the sheer delight I find working in my garden - people I do not know notice it - when I talk of my garden, some have said, "you love gardening, don't you" - I cheerfully affirm what they suspect...

This Thanksgiving, I celebrate the way nature fills my senses - through the beauty and awe of a starlit sky, the sound of a nearby brook, and the aroma from the berry patch - raspberries and black currants are particularly favourites of mine. Then there is the feel of the earth beneath my feet or the scent of digging in the soil and the feel of it on my hands. Later the taste of blueberry muffins or raspberry tarts reminds me of the outside while satisfying my hunger. I am truly grateful for the way nature stirs senses with food to nurture body and mind and spirit.

My prayer for you is that this Thanksgiving, in addition, to having fun in what have become traditional ways that include food, family, and friends, you and yours will find or make time to celebrate nature and its goodness in other ways, also.

Blessings at Thanksgiving and always,  
Ettie







# SUMMER STUDENTS

This summer we were able to hire three students thanks to grants from both the federal and provincial government.

## OFFICE

We welcomed Hayley Collins as our Office Assistant! Hayley filled in for our Admin from May till Labor day. She helped us with creation of PowerPoints, managing the phones, office email and housing the office, along with organization of office files.

## ARCHIVES

We welcomed Andrew Ballam as our Archies Assistant this summer! Andrew worked closely with the Archives committee and he hosted the tours of Gower for the summer from late June until mid-August.

## PROPERTY

We welcomed Clay Tuck as our Maintenance and Community Connections Student! Clay worked to help with the coverage for cleaning while David was on vacation and organization projects from late June until mid-August.

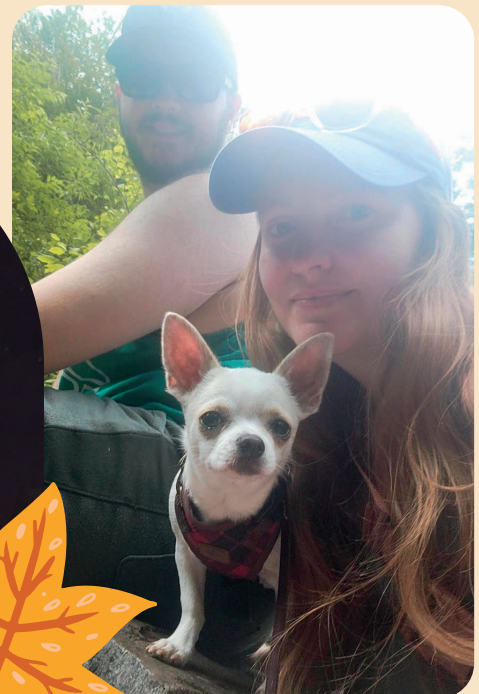


When I pause to list what I am grateful for, my mind fills with all these little moments.

I reflect that instead of simply saying I'm grateful for my family, my health, and the beauty of nature, I am very thankful for these things. This year's list is filled with moments that I am grateful for and are sitting in my heart and vital aspects of who I am today.

- I am grateful for the star gazing walks in Terra Nova National Park this summer with my partner Kyle and our puppy Milo.
- I am grateful for Saturday afternoons doing crafts with my niece Aria once a month and catching up with her mother while we sit on the couch.
- I am grateful for an evening of covenanting and relationship with this Gower Community.
- I am grateful for the evening sitting around the fire pit with my extended family on my father's side for the first time since Covid.
- I am grateful for the moments of tears for those I miss from family gatherings.
- I am grateful for the sporadic walks in nature with my mother or dear friends.
- I am grateful for the weekend of air conditioning, backyard pool and fun with my niece, nephews, cousins and other family members.
- I am grateful to have a life filled with moments of joy, little moments of sadness, and little moments of reflection because each adds to a whole life I cherish deeply.

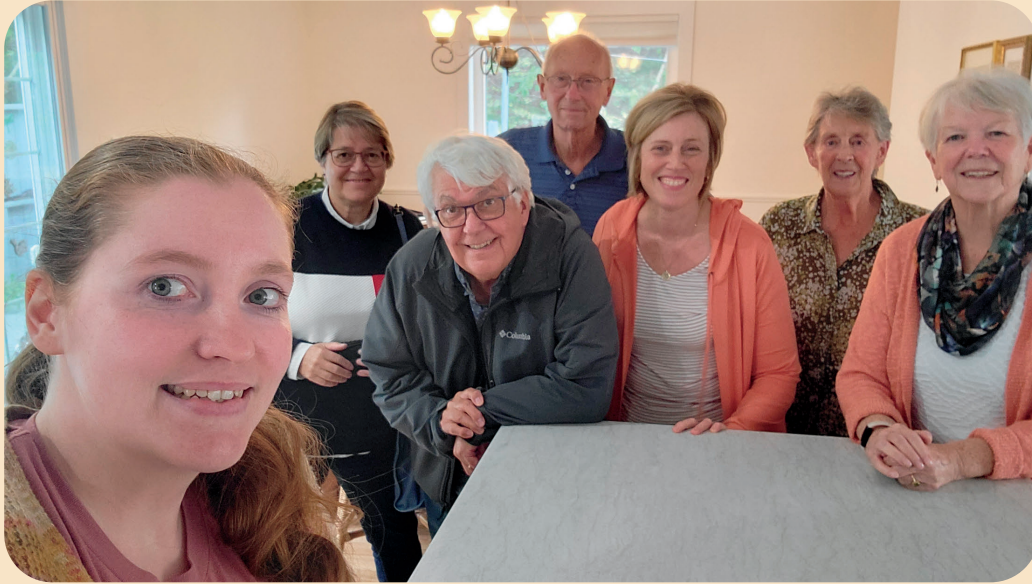
Thanksgiving blessings to you and all your loved ones,  
Rebecca





# Worship & Sacraments Fall Meeting in Cupids

On September 18, 2022 the Worship and Sacraments committee met for their first meeting of the fall at Gwen and David Alcock's home in Cupids. This has been tradition for the committee for many years, this was the first time since COVID.



# Gower in St. John's Pride Parade

On September 25, 2022 following the Gower Block Party Gower along with other Communities of Faith walked in the St. John's Pride Parade.





# Gower Block Party

For the first time since Covid we were able to have our Annual Gower Block Party with the Anglican Cathedral, The Basilica, and St. Andrew's Presbyterian Church.





# CHILDREN, EDUCATION AND FAMILIES PROGRAMMING

- **Gower Learners** - Sundays during 11:00 a.m. worship
- **Gower Youth** - Bi-Weekly on Tuesday from 5:00 p.m. to 7:00 p.m.
- **Sundaes on Sunday** - Third Sunday of the month from 4:00 to 6:00 p.m. - A time of community, dinner, crafts, and delicious treats.
- **Gower Young Peoples Choir** - Sundays at 10:20 a.m.
- **Gower Handbell Choir** - Wednesdays at 6:30 p.m.



Jordan Wright, Director of Events and Conference Services at the Emera Exchange Campus of Memorial University, speaks to Gower Men's Club at their May Dinner Meeting. Mr. Wright gave an introduction, briefing and Q&A session on the renovations of the campus and many organizations operating there.