



EDUCATING LEADERS FOR JUSTICE, COMPASSION, AND TRANSFORMATION



George and Bev Carlson today and on their wedding day.



Lynn McGrath

You helped Lynn care for caregivers. Thank you!

A month after stepping into ministry at Agassiz United Church, diaconal student Lynn McGrath noticed a buzz. Many people were talking about changes in their spouses, declining interest in activities, partners who were in care because of dementia or were not in care and living at home with symptoms. She heard frustration and questions about what was happening and how people who had become caregivers could have some sort of normal life.

Lynn spoke to Bev Carlson, a member of the congregation's Pastoral Care team whose spouse George had been progressing through dementia symptoms for several years. Bev had had the idea of contacting the Alzheimer's Society. Lynn thought that her role as a spiritual leader in the community could help engage the Society in presenting an information workshop.

Lynn contacted the Alzheimer's Society and pulled together a workshop. She prepared an information centre at the church and put posters up around town and in neighbouring communities. She contacted businesses and care homes to enlist their support in publicizing the event. When the day arrived, 46 people gathered in the church hall on a Tuesday morning. The workshop provided safe space for caregivers to talk openly with others about dementia, to share their challenges, to get information, and find places of support.

Out of that initial workshop, Lynn is now facilitating a monthly peer support group for caregivers. The group provides practical, emotional and spiritual support. They gather in a circle, light a candle, and offer prayers for family members who live with dementia. Then they share stories. The

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CCS friends gathered across the country for last year's AGM.

You're invited to gather with us CCS Annual Meeting

All students, alumni, volunteers, donors, and friends of CCS are invited to join us for our Annual General Meeting.

**Thursday, March 7, 2018,
6 p.m. CST**

Those in Winnipeg can join in person at 60 Maryland Street.

Those outside of Winnipeg can join through Zoom video conference:

<https://zoom.us/j/816182223>.

Contact Cheryl at 1-866-780-8887 or office@ccsonline.ca if you plan to attend.

Watch for the Annual Report at ccsonline.ca

Because of your support, Seafarers far from home find a compassionate friend in Annette

Annette Hoare is surprised to have discovered her niche on the shore of Lake Ontario. Home to Ontario's largest port, Hamilton annually hosts nearly 550 cargo ships bringing goods into central Canada. It is with Mission to Seafarers that Annette has found a place to offer her ministry gifts to those who crew the ships.

An Anglican graduate of the Centre for Christian Studies Annette has a passion for the place where deep caring and social outreach meet. Prior to hearing about this ministry from a visiting priest, she had been unaware that Hamilton has such a large port community. And she knew nothing about the people who worked onboard international cargo ships.

The crews come from all over the world, particularly the Philippines, Russia, the Ukraine, India and Poland. They are typically away from home between 4 and 9 months at a time. Annette is part of a team of people who visit with the seafarers, (mostly) men, bringing comfort to people separated from family and lonely. And cold.

Since many come from warm climates, they often do not have adequate clothing for a Canadian winter. Of the many services arranged by Mission to Seafarers, providing warm jackets and homemade knit toques is one that is particularly appreciated.

According to Annette, the ministry is about human connection and hospitality. It's listening, it's engaging in conversation and it's sometimes helping someone get around while they are in port. "One man, a Ukrainian, wanted to go to Walmart," she said. "We dropped him off and picked him up an hour later. He had this big bag. 'Frozen! Frozen!' he said to us. 'My daughter. Six. Frozen!' He just sat there grinning with all of this Disney paraphernalia peeking out of the bag. He was so happy to have something to take to his daughter. Every week I've got a story of connection."



Annette dressed for a ship visit.

Official ship visitors are trained to keep alert. Not only are ships complex and dangerous to move about on, workers can be vulnerable to safety violations

Living out a spirit of abundance and gratitude.

Caregivers, Continued from page 1

sharing is critical, Lynn notes. In the sharing caregivers get a chance to hear how others have dealt with different situations, and they also hear how others experience their loved one. They might be frustrated that their spouse no longer remembers the details of their life together, whereas someone else experiences someone happy when friends visit and who still loves to sing. It puts a different perspective on it. "I've learned that people really need each other for support," Lynn said. "People

need an outlet to express their feelings and to know they are not alone. It's important to talk about this issue because people are struggling."

Bev agrees. She attended that first information session and is a regular at the monthly caregivers support group. "The more I learn, the more George benefits," she said. "Some people we know realized something was going on with their spouse but kept it bottled up. The support group is a safe, open space. Even when I've gone in feeling grey, I always come away feeling

better. George is happier. He's not as frustrated and that's because I'm in a better way too."

Lynn attributes her ability to notice and act on what she was seeing to her formation with the Centre for Christian Studies. And once she had done the logistics, her spiritual training gave her the tools to set the circle to create the space for open and safe conversation. "I hear great affirmations," Lynn said. "It's been beneficial to caregivers, their families and people with dementia."

~Lori Stewart & Kimiko Karpoff

and abuse, particularly when they are isolated and in foreign countries. Volunteers and chaplaincy staff pay attention to spiritual and emotional needs, but they also check to see if proper health and safety notices are posted. They listen for talk about conditions, note how people look, and watch to see if there are tensions. Mostly the people Annette visits are OK. It's the emotional needs she sees.

"As we learned at the Centre for Christian Studies, it's a ministry of presence," Annette said. "It's listening. You're going in and you're a guest of the people you're visiting. I'm very much led by what they want to do. If they want to go shopping, we go shopping. If they want to sit and talk about the weather we do that.

"Having visitors means they're not so lonely. It helps with their isolation. It's contact with an outside world that isn't hostile that isn't asking something of them. We're saying 'hello, we've brought chocolates.'"

~Kimiko Karpoff

IN MEMORIAM



We remember grads, friends and Companions who have recently passed away:

Margaret Fleck, ACC 1980

Jessie McLeod, UCC 1946

Joan Harding, UCC 1958

Ross McIntosh, Friend

Scott Gale, Friend

Thelma O Clear, UCC 1957

Faye Wakeling, Friend

Garth Mundle, Friend

CCS Learning Circles ~ Spring 2019

March 20-26, 2019

Power and Privilege (SJ2)—social location, individual and systemic power, social analysis, and the role of the prophet.

March 28-April 3, 2019

Health, Pain, and Trauma (SC4)— mental health, chronic pain, stress, depression, suicide, abuse, trauma, and healing.

June 10-22, 2019

Learning on Purpose (Winnipeg)— Learning on Purpose: Changing Leadership for a Changing World is the Centre for Christian Studies' 2-week intensive leadership development module. It is a practical, holistic, hands-on, learning community experience, and those who take it come out feeling transformed (in a good way!)



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A willing legacy

Laura Hunter is Minister for Justice and Mission for the United Church in the Atlantic Region. A 2004 CCS graduate, her mission statement for this work is "To Inspire.... Encourage... Equip... Communities of Faith to make a difference in lives by growing in love, justice, and compassion."

Laura is a donor to the Centre for Christian Studies. She has also made a point to include CCS in her will. "The good training of CCS is woven into my work every day," she said. "So, as a way of saying 'thank you', while I am alive I can make contributions with my time, mentoring students, and with my monthly donations. But when I die, there will be some cash freed up. That's when I can make a larger contribution. It's the last thing I can do."

You might be tempted to think making a bequest is only for elders. Perhaps you feel there's just no time in your busy life to sit down with a lawyer. Maybe it seems difficult to think through where you want to have a long-term impact. But in truth God's gift of the days of our lives are numbered and you never know when life on this earth will end. Laura urges, "Just do it". With her background in financial planning she knows that if you want to have important things happen, you've got to plan for them.

When three leaders from an indigenous

community in the Maritimes had a vision to take a group of youth to the United Nations Permanent Forum on Indigenous Issues, Laura worked with them to find funding, plan the trip, and recruit the youth. It was transformative to be in a space entirely led by indigenous folks. One young indigenous participant found the experience encouraged her to embrace her tradition more fully. She said to Laura, "I've got to put my nursing studies on hold and learn my language. I've had opportunities before but now it's time to begin."

It's at CCS that Laura learned to stand with the vulnerable and make space for the perspectives from the edge of

dominant society. She credits CCS with equipping her to have courage and skill to make room for this challenging work. For Laura, "That education didn't just make me a better minister, it made me a better person. Being able to use analysis for good is a skill that is a gift to the church." She wants her bequest to make sure that kind of learning is available into the future.

"There's not a day goes by when I don't appreciate the education I got at CCS." That's why Laura is happy that the Centre for Christian Studies has a place in her will.

~Lori Stewart



Laura Hunter (far right) with leaders and youth at the United Nations Permanent Forum on Indigenous Issues

<p>YES! I want to celebrate education for leaders with my gift...</p> <p>Name: _____</p> <p>Address: _____</p> <p>City/Town: _____ Province: _____</p> <p>Postal Code: _____</p> <p>Phone: _____ E-mail: _____</p> <p><input type="checkbox"/> I have already put the Centre for Christian Studies in my will.</p> <p><input type="checkbox"/> I would like more information about putting CCS in my will.</p> <p>Please return this form with your donation</p> <p>Charitable Registration No. 106897812RR00001</p>	<p>Enclosed is my donation of:</p> <p><input type="checkbox"/> \$1000 <input type="checkbox"/> \$250 <input type="checkbox"/> \$100 <input type="checkbox"/> \$50 <input type="checkbox"/> \$25</p> <p><input type="checkbox"/> Other \$ _____</p> <p>Donations can be made by:</p> <p><input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card</p> <p><input type="checkbox"/> Monthly</p> <p>Credit Card Number _____</p> <p>Expiry _____ Code (back) _____</p> <p>Name on Card _____</p> <p>Signature _____</p> <p>Thank you for your gift!</p>
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