



Carlisle  
United  
Church

# Newsletter



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Fall 2025

## From the Minister's Desk - Finding Joy

I admit it. Sometimes I scroll through the short reels on Facebook (Meta) or YouTube to see if there is anything interesting; in particular, anything uplifting I can share with others. I came across a gem, but can I find it again? The message went something like this: spend 15 minutes on news, and 50 minutes on joy.

The person expounding the importance of joy in this short reel was addressing the current situation in the United States and its effect on the population, leaders in particular. She admitted how easy it is to become anxious and depressed.

When we are worried and anxious, when the things before us seem unknown or out of control, it is difficult to know what the right decision or the right action might be. How do we relax into the moment? How do we let our faith nourish us? How do we trust that God is at work in a world that is full of chaos?

But hasn't the world always, in some place or another, always been a place of chaos and uncertainty, as well as a source of love and joy? The world Jesus lived in was full of political uncertainty and danger – and yet Jesus advises: <sup>25</sup> “Therefore I tell you, do not worry...<sup>27</sup> Can any one of you by worrying add a single hour to your life?” And yet, how can we help it? We have work to do, we have responsibilities. How do we balance our concerns and difficulties so that our faith, our spirit, remains strong? How do we live from day to day?

That is the secret really – live from day to day. Take pleasure in accomplishing the little things. Notice what gives you joy. As a matter of fact, seek out what gives you joy. *Spend 15 minutes on news and 50 minutes on joy.* In other words, be intentional, nourishing your spirit with the gifts in your life, with joy and love.

Joy is listed in Galatians 5:22 as one of the gifts of the Spirit. Joy is not the same as fun (which can be enjoyable). Joy is deeper than that. It is the deep knowing that there is more to life than world events; that what we do every day is in the ordinariness of living matters. Joy comes from the faith that somehow, somewhere, someday, things will work for good, even if we can't see it now.

So, practice joy. Practice taking time for what restores and nourishes your spirit, what heals your hearts, what gives you hope. Doing this will give you resilience in difficult times. Doing this will give you the strength and compassion to help those for whom joy is fading.

***Spend 15 minutes on news and 50 minutes on joy.*** To quote C.S. Lewis may you be “surprised by joy.”

Peace, love, joy,  
Gayle

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## Chili Cook-Off Fun Event

Mark your calendars! The First, and hopefully Annual, CUC Chili Cook-off event is being held mid-day (during lunchtime) on **Saturday November 8** at Carlisle United Church.

Contestants will prepare their favourite chili, and match their culinary skills against other cooks. The chili judges will be everyone attending the event, who willing to take on the tasting challenge in exchange for a cash donation!

Expect this fundraising event to be an enjoyable hour of laughs while you enjoy some great chili. Proceeds will support our ongoing ministries.

We're looking for people willing to exhibit their chili-making talents. Please let Andrea know if you are interested in preparing a chili, along with the type you expect to contribute: regular, spicy, or vegetarian!

More details to come ...

*From the Chili Cook-off Organizing Team,  
Andrea, Bob and Mark*



**Advance notice:** We will be having a poinsettia sale again this year, with pick-up at the Christmas Bazaar. Please consider getting your Christmas gift plants and

home decorations from us, in support of the church. More details to follow.

## "A Musical Buffet": Upcoming Food Bank Fundraising Concert

On **Sunday October 5 at 3 pm**, Carlisle United is hosting a concert to raise funds for the Flamborough Food Bank, which shares physical space with our church and provides area families with a much-needed service. The Food Bank distributes 97 tons of food each year, supporting 463 families in our community with nutritious groceries every two weeks. Concert admission on October 5 is by freewill offering, which will go directly to the Food Bank to help support their amazing work.

Local musicians are all donating their time and talents in support of this cause: we are privileged and excited to welcome Timothy Wilford, a singer performing crooner classics of the 40s-70s; Sarah Shelley, a classical soprano studying Historical Performance at the University of Toronto; and ensembles and soloists from Freelon-Strabane, St. James, and Carlisle/Kilbride United Churches. Carlisle folk can look forward to seeing our friends Music Director Joan Simpson and Al Hopkins alongside other talented Freelon-Strabane musicians and can cheer on Music Director Emily Germain, Rick Harper, and other praise band members from St. James in Waterdown. Many of these gifted artists are multi-instrumentalists, and you can expect a variety of instruments and musical styles to delight your ears: voice, piano, guitar, banjo, and jazz, rock, classical, folk, easy listening, country, film music... a veritable buffet!

Please help spread the word to friends, family, neighbours and passers-by, and come out to support our local musicians and community food bank in an afternoon of fun!

Delicious sweet treats baked and packaged by our church bakers will also be available for purchase by donation to the church. See you on **Sunday October 5!**

*Heather Olaveson*

## Shred that Stuff!

We are again offering the very popular service of secure document shredding in partnership with Papersavers. This year's event is scheduled for **Saturday October 18 from 10 am to 1 pm**. Just drive in to the Carlisle Church parking lot and we will unload from your vehicle into the shredding truck.



And as always, you may bring any kind of confidential paperwork, such as family documents, receipts and tax returns, to be disposed of confidentially. Photographs, magazines and cardboard are also accepted.

Prices are unchanged from last year, with a suggested donation of \$5 for a grocery bag and \$10 for a banker's box. Additional donations are greatly appreciated.

Please tell your friends and neighbours. And come early, before the truck fills up!

## Trustees Report

The CUC Trustees are probably one of the least visible groups at the church. We meet 5 times a year and via email when an issue needs to be resolved. Monday September 29 we are meeting at the church. The agenda includes: church and cemetery finances, security (lights, cameras, computer), Cemetery Manager's report, cemetery maintenance and winter closing dates, maintenance of the butterfly, columbarium and church gardens, update on the progress on the Way Forward discussions, compliance with the latest Bereavement of Ontario regulations. The next meeting will be scheduled for December.

*Andy Tarrant, Trustees Chair*

## Transition Team Update

The Transition Team (TT) has been dedicated to its task all summer. In July, the TT participated in introductory meetings with two consulting companies, TUCC and Credence & Co.

Throughout August, much of the team's effort was spent in preparing a detailed Request For

Quote/Proposal to these two consultants, which included the history, background and recent undertakings of both churches.

In parallel, work continued on researching, refining and determining the impact of each of the three options (previously explained), to enable the Joint Board to make the best choice that will lead our churches towards discerning and fulfilling our path forward.

We have now received proposals from both consultants and are in the process of evaluating them for completeness, value and potential to meet our requirements. It is expected that the completed presentation will be made to the Joint Board towards the end of September, date to be determined.

We will miss Linda Swance of Kilbride and regret that she has decided to withdraw from the team.

Since we have promised transparency, a team member will always be ready to provide clarification and answer your questions.

*Submitted by Transition Team  
Helen, Andrea, Erin, Pat and Catherine*

## Prayer Circle

Our dedicated prayer partners continue to uplift before God personal, community and world issues and to come together monthly to support and encourage one another and update our list of concerns. We feel that our monthly interactions help us grow spiritually and believe that our prayers make a difference. We do welcome new members and encourage anyone who does not regularly participate to feel free to join us — or speak to a group member if you have questions.

Upcoming dates are: **Tuesday October 14** (after Thanksgiving), **Monday November 10** and **Monday December 8**. Please join us at 12:45 in the church parlour.

*Joan Eagle*



## Kilbride is Really Happening!

Things have been very busy since the spring. We had a very successful strawberry sale pop-up. This was followed by an equally successful Car Show and Firefighter BBQ. And no event at Kilbride United Church would be without a bake sale!

October will be very busy with our annual pumpkin (squash and gourd) sale on **Saturday October 4 from 9 am to 2 pm**. Stock up for Thanksgiving and Hallowe'en! You can also bring your bottles for our bi-annual bottle drive at the same time. It's a two for one day!

A very important, not-to-miss, 4-part series of interest to both seniors and others is being offered at the church:

- **October 9 - Advance Care Planning –** What's That? Designed and led by Ruth E. Forbes (MScN, RN), this one-time session supports older adults in navigating essential conversations about future healthcare decisions. You'll learn about the role of a Substitute Decision Maker, how to communicate your healthcare preferences, including end-of-life care, with family and friends, and how to ensure your wishes are respected. These conversations aren't always easy, but they matter.
- **October 16 - Navigating Primary Care as an Older Adult**
- **October 23 - Navigating the Hospital System**
- **October 30 - Navigating Community Supports**

Duration for each session is approximately 1.5 hours. These **free** workshops are open to anyone who wants to feel more informed and confident about making future healthcare decisions. **Registration is required.** Register at [kilbrideunited@gmail.com](mailto:kilbrideunited@gmail.com) or call Helen Callaway at 905-659-1947.

Join us on **Sunday October 26** for our Afternoon Tea in honour of Sharon Banks. We were not able to hold this before she passed away, so we hope that she will be with us in spirit. More information will be available in the

church bulletin and on the Kilbride Church website.

Of course, our annual Maker's Market and Firefighter BBQ is happening on **Saturday November 15 from 9 am to 2 pm**. We have both new vendors and returning favourites. Did I mention that we will have a bake sale and raffle too?

Still looking for something to do? Our 4<sup>th</sup> Annual Festival of Floats is happening on **Saturday December 6**. This event was started in honour of Maureen Trenkler and has become an annual, free event with some wonderfully creative stationary floats, entertainment, hot chocolate and more. Why not enter a float? More info will be coming shortly.

*Helen Callaway*



*Two photos from the car show at Kilbride United Church. (Photos courtesy of Helen Callaway)*



## Mark Your Calendar



- **Wednesdays**~ United Church Women and Friends meet weekly at 9 am
- **Sunday September 28** ~ Orange Shirt Day
- **Saturday October 4** ~ Bottle drive in Kilbride, drop-off from 9 to 2. Pumpkin, squash and gourd sale at the same time.
- **Sunday October 5** ~ World Communion Day at both churches
- **Thursdays Oct. 9, 16, 23, 30** ~ Advanced health care series in Kilbride
- **Wed. & Thurs. October 8 & 9** ~ UCW cabbage roll bee, helpers needed
- **Sunday Oct. 12** ~ Thanksgiving service
- **Tuesday October 14** ~ Prayer Circle 12:45
- **Wed. & Thurs. October 15 & 16** ~ UCW cabbage roll bee, helpers needed
- **Saturday October 18** ~ Paper Shredding event, 10 to 1
- **Sunday October 19** ~ Anniversary of Kilbride United Church, joint service at 10 am in Kilbride
- **Wed. October 22** ~ UCW cabbage roll bee, helpers needed
- **Sunday October 26** ~ Afternoon tea at Kilbride UC in honour of Sharon Banks, 2pm
- **Saturday November 8** ~ Chili Cook-Off Contest, details TBA
- **Monday November 10** ~ Prayer Circle 12:45
- **Saturday November 15** ~ Makers' Market and Firefighter BBQ in Kilbride, 9 to 2
- **Saturday November 22** ~ Carlisle Christmas Bazaar and Artisan Sale
- **Saturday November 22** ~ Pickup of poinsettias at the Bazaar
- **Wed. Nov. 26** ~ UCW wrap-up meeting and pot luck lunch
- **Sunday November 30** ~ Deadline for donation of bath sheets for migrant workers
- **Saturday December 6** ~ Festival of Floats in Kilbride
- **Monday December 8** ~ Prayer Circle 12:45

## Mitten Tree



The Flamborough Food Bank really appreciated the gift of our hand-knitted items last Christmas and throughout the Winter months last year. They would love to have them donated again this year. Some of you like to start your knitting early, so I wanted to assure you that your handiwork will be received most gratefully.

The "mitten tree" that Bob Moulder created to display your work will be erected as usual during the latter part of November.

For those of us who are non-Knitters, gloves and hats of the waterproof variety are needed for donation to Wesley Ministries. They will have a place on the tree as well!

Further updates for Wesley, and perhaps other Outreach projects, will be forthcoming in our next Newsletter. Notices will also be posted on the bulletin board near the coffee table in the Gathering room.

*Lynn Gladstone*

## United Church Women

The ladies began preparing full gear in September for the Christmas Bazaar and Vendor Sale. This year the event is on **Saturday November 22** from 10 am to 2 pm.

As always, there will be lots of pies, cabbage rolls, baking, preserves, knitting, crocheting and crafts.

To reserve a table for the Vendor sale, please contact Gale Bale at [galebale@hotmail.com](mailto:galebale@hotmail.com). Table rental will be confirmed on receipt of payment. Please make cheques payable to "Carlisle United Church Women". Advertising for your sale items can be added to our online advertising after your table is booked.

We look forward to seeing you there.

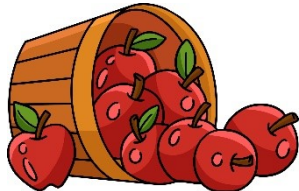
*Lynda Speck*

## Thank You to Guest Musicians

Kilbride and Carlisle were privileged to have two fine musicians share their gifts with us at Sunday worship over the last few months. On June 1, Bob Finlay, Jean Shaw's brother, came to Kilbride and gave a beautiful performance of Albert Malotte's setting of the Lord's Prayer, delighting the congregation. Bob and his wife Rose Marie hail from London ON, so we were lucky to have them come all this way and join us! Then on August 24 we welcomed Rick Harper from St. James in Waterdown to a joint service held at Carlisle, where he played guitar and sang, including leading us in a 70s pop-rock version of the Lord's Prayer. He offered his music and his words of gratitude in response to the outpouring of support and condolences he received upon the death of his father John Harper in May. We thank Bob and Rick for their generous gifts of time and talent and, most particularly, for their meaningful music ministry.

*Heather Olaveson*

**Special thanks to** Charkanai Apple Orchard for donating one and a half bushels of apples for the Christmas Bazaar pies. Please support them! They are located at 114 Concession 8 East and welcome "pick your own" customers. <https://charkanai.com/>



**Migrant Worker Update:** There are expected to be around 100-120 workers here over the holiday season and Migrants Matter Waterdown has decided to "wrap these workers in community love"! They are asking individuals, families or groups to purchase a very large, high-quality bath sheet. It will be gifted to a worker at Christmas! This is something that they would consider a luxury and most would likely never purchase. If you would like to personalize your gift, please see Andrea for a first name to write on a Christmas card or other greeting. Towels can be dropped off in the Church Office. Deadline for donations is **Sunday November 30.**

## Board Report

As has been the case over the past several months, the Board has been working towards developing a plan for the future of Carlisle United Church. as well as finding common ground between the two churches of the Pastoral Charge.

We had identified four possible options:

1. Realignment of the Pastoral Charge. This will involve a separation of the two churches in the Pastoral Charge, with each church going its separate way.
2. Hiring a minister to meet the spiritual needs of the two churches as each church deems fit.
3. Hiring an Interim Intentional Minister.
4. Hiring a consulting firm to help us map our path forward

A Transition Team, comprised of members from both churches as well as Region Representatives, has been tasked with exploring these options in terms of the details of each as well as their pros and cons. The Transition Team will be presenting the results of their work to the Joint Board in late September. The two Boards will then make a decision as to how they feel we should proceed and will be making a recommendation to the congregations who will ultimately decide.

The process has been long and not without some set backs, however all of those involved have been solely focused on what they deem to be the best interest of each congregation. We are very fortunate to have had a very talented and dedicated Transition Team who devoted have much time and effort on this. On behalf of the Boards and congregations Thank you!!!!

Transition Team: Catherine Swatten, Helen Callaway, Andrea McRae, Erin McBryde, Pat Miller

*Bob Moulder, Board Chair*



## M&P News

In parallel to the work of the Transition Team, the Ministry & Personnel committee is delighted to let you know that Rev. Gayle has graciously and generously accepted our request that she stay with us until the end of June 2026, working the same 30 hours/week.

Over the past several months, Rev. Gayle has endeared herself to both communities, has learned our ways well and has been an icon of stability during these times of change. Extending her appointment until the end of June next year if needed, will provide both our churches with continuity of unsurpassed spiritual leadership, and will give us more time to work on our plans for the future of our churches.

This request has received advance approval of Horseshoe Falls Regional Council Pastoral Relations, and is expected to be endorsed by the Human Resources Commission later this month.

*M&P Committee (Catherine Swatten, Mark Stanski, Linda Dodman, Debbie Serneels)*

## Flamborough Food Bank

The food bank is supporting more than 400 families. We have made strides this summer to offer more fresh food while reducing the amount of less-than-healthy non-perishable food. This has been a positive change for the food bank and the families who are relying on it for food support.

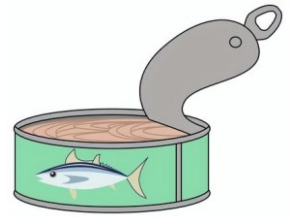
Our programs were very successful this summer. Our community garden grew beautifully, thanks to our wonderful group of volunteers and Mother Nature. Our "Back to School" program provided 107 Flamborough children with school backpacks and supplies.

We look forward to fall and its change of season. Our Thanksgiving hampers will be given out on **October 1 and 8**. We will begin

registration for our Secret Santa programs on **November 1**.

We are excited about the many food drives happening in our community. Our most needed items are:

- Canned Vegetables
- Canned Beans
- Canned Fish
- Canned Tomatoes
- Pasta Sauce
- Meal Replacement (Equate/Boost/Ensure)



Thank you to the Carlisle United Church and its community for your continued support of the food bank. We wish you a wonderful fall season!

*Jim Leamen*



*Food Bank director Jim Leamen poses happily on a mountain of backpacks and school supplies. (Photo courtesy of Jim Leamen).*

## Finance Comments

A BIG THANK YOU to our volunteers from the church and community for their help with our several fundraising events. Fundraising receipts to date are \$30,500, generating a net profit of \$15,200. The Chicken Dinner at the end of May was a great success again this year. We have three more events this fall. The church donated \$200 to the Flamborough Food Bank from the net proceeds of the Heeley and the Mothballs concert. Earlier in the year we donated \$450 from the net proceeds of our fertilizer sale.

To the end of August, envelope and PAR givings were \$46,442, a 4.8% increase over last year. The increase is primarily a result of donations made by the Freed family, including financial support for the Butterfly Habitat. Mission and Service donations were \$5,391, down 1.4%. Rental income is \$18,375 which is \$1,200 greater than last year, thanks to two elections. For the first eight months of the year, total revenue was \$116,000. Total expenses were \$132,700 which is much less than last year due to lower staff compensation and property maintenance costs. The net result is a deficit of \$16,700.

Our mutual fund investments have performed very well (so far) during these uncertain times. The \$7,500 grant received from Ontario's Anti-Hate and Protection fund is being spent on three projects: 3 new surveillance cameras, motion sensor lights facing the cemetery and a cyber-security assessment with installation of advanced wireless network. These projects need to be completed before October 31, 2025.

Looking ahead, to achieve our 2025 givings budget of \$88,000, we need an additional \$41,500 donated in the remaining four months of the year. It's the United Church of Canada's 100th Anniversary, so let's try to achieve 100% of our budget givings. Also, please keep our church in mind when considering "Legacy Giving". Thank you.

*Barry Gilbert, Treasurer*

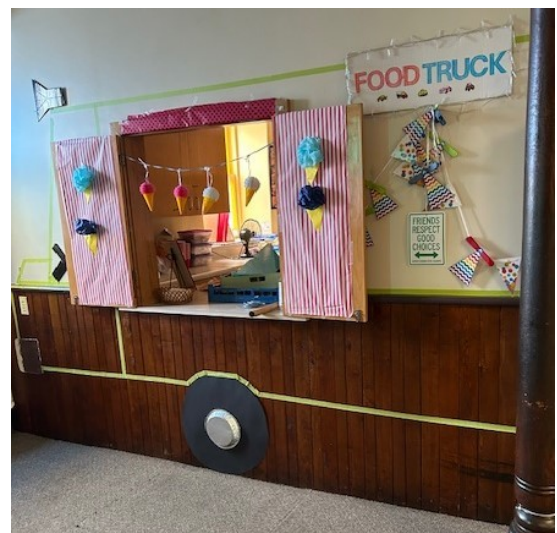
## VBC: On The Road with God

In July, CUC was transformed into road trip destinations and filled with youthful voices, laughter and exuberance for a week of Vacation Bible Camp (VBC). Sincere thanks to our amazing group of CUC volunteers: Cathy and Andrea for behind-the-scenes support, and Linda, Nan, Andrea, Erika, Mary, Lynn, Fran and Mark who planned and facilitated "Road Trip: On the Go with God" for three very eager groups of campers plus a record number of youth volunteers.

In addition to the fun games, activities, snacks and "dance parties", this year's outreach project was dedicated to St. John Ambulance (SJA) Therapy Dogs. We had a wonderful visit from SJA Therapy Dog "Lexi", and the campers enthusiastically completed chores at home to raise money for this amazing charity.

Our Road Trip VBC was such a popular event that word spread and we received requests from new families and volunteers to join midway, as well as participant families asking if we had spots available for the rest of the summer. All families, including some that couldn't join us this year, have shared that they can't wait until next summer's camp. And with all that excitement from our community, dreaming has begun for planning a new adventure next July!

*Submitted with much gratitude, Erin McBryde*



*Fun Food Truck, part of the "Road Trip" VBC. (Photo courtesy of Erika Friesen)*



## World War I Memorial Plaques

In June, the Church received a call about the deteriorating condition of the WWI plaques on our Cemetery gates. The caller, John (Jake) Ireland, is a descendant of (Samuel) Harry Green, one of the nearly illegible names on the worst plaque. Mr. Ireland kindly offered to assist with the cost of restoring these stones.

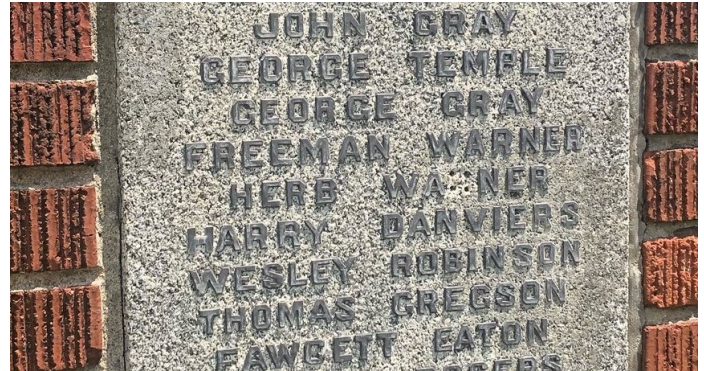
The Trustees engaged Al Ernest, a local historical monument specialist, to see what could be done. These plaques display lead letters on a granite background. Al suggested that they have been treated with inappropriate chemicals at various times in the past. The letter "R" was missing from the name Warner, a very tricky restoration involving creation by hand of a new lead letter, and the stones were very discoloured.

Al completed the restoration of the two plaques in September. His description of the work is quite interesting:

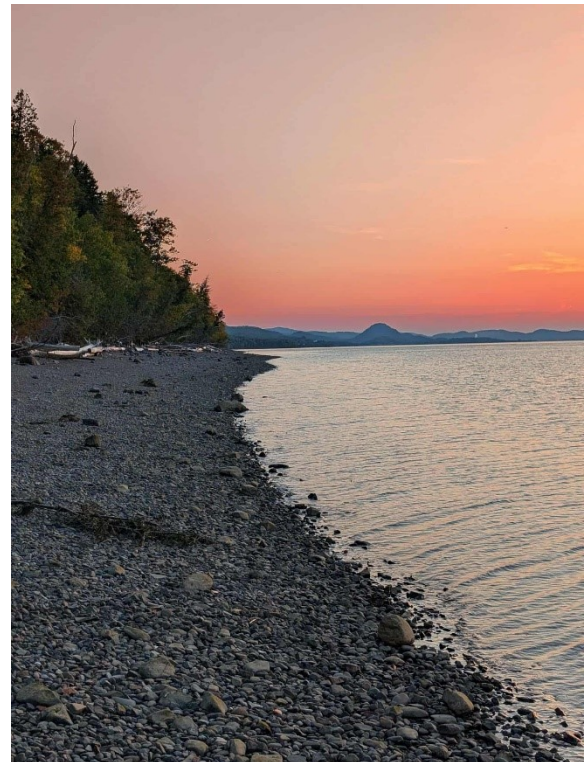
*"In addition to filling the 2 holes in the mortar I repointed a few other small areas. Replacing the "R" was challenging as it seems like someone did an acid wash on the tablet at some point (this would explain why the granite is so rough and pitted). The holes which the lead gets hammered into were too rounded for the normal process so I had to improvise - not ideal but better than the missing R I think. I was not happy with the initial cleaning, so I did another treatment with a different product today, which improved the results. There is still a bit of yellowish staining on the top part of the left hand tablet, which may be a remnant of some kind of sealant that was applied at some point. None of the approved products for historic monuments (I used 3) are able to remove this completely. I noticed some similar staining on the marble tablets located on each side of the front door to the church. I also cleaned these (No charge) and they have brightened up, although not perfect."*

Sincere thanks to Al Ernest for his expertise, and Jake Ireland for his concern and support.

Cathy Moulder



Before (above) and after (below) photos of part of the restoration of the WWI Memorial plaques.



And to end the newsletter on a glowing note, this is a photo of a place that brings joy to the heart of Rev. Gayle, near her home on the Restigouche River at Dalhousie Junction, New Brunswick.