

# *Between the Aisles*

*A Robertson-Wesley United Church Quarterly*

**SUMMER**

Rise above the storm  
and you will find the sunshine

- Mario Fernández

# Editor's Greeting

We had a wonderful response to our request for more articles and participation from the congregation members. We really enjoyed your poems, pictures and book reviews. We look forward to seeing more from everyone. Even if you think it doesn't fit the theme, for the paper, please feel free to send us content. If you can think of something else you would like to see in the paper, feel free to talk to any of us or email us at mail@rwuc.org. I hope you all have a safe, warm and healthy summer. Don't forget, the book sale is coming up and so are the baking, art and clothing sales. Be blessed and safe in God's love.

Lisa Lane

Co-editor of Between the Aisles

*One of the deep secrets of life is, that all that it is really worth, is what we do for others.*

Lewis Carroll



## A PEEK AT THE PAST: FRANK OLIVER

If you don't like a certain action, why not tell lies and encourage protest? Frank Oliver's actions as the editor of the Edmonton Bulletin did just that. Oliver was determined to get the reserve land that had been given to the Papaschase band via Treaty Six. He felt that the land, on the southern edge of Edmonton, was better suited to settlers rather than to those of Indigenous heritage.

When he was a young man, Frank Oliver, whose real name was Francis Bowsfield, took his mother's maiden name. Given his position at the Edmonton Bulletin, he was able to incite all kinds of fear and dislike amongst the settlers and made sure it was aimed at indigenous people .

The Oliver area in Edmonton was named for him, but there has been a great push for change. The area has recently been renamed to Wîhk-wêntôwin, pronounced We-Kwen-To-Win. It means "circle of friends" in Cree. Regardless, he was involved in much of Edmonton's early history and should not be forgotten.

### Sources:

Hall, D.J. From Treaties to Reserves, McGill-Queen's University Press, 2015

Hansen, Jennie and Waiser, Bill. Cheated, ECW Press, 2023

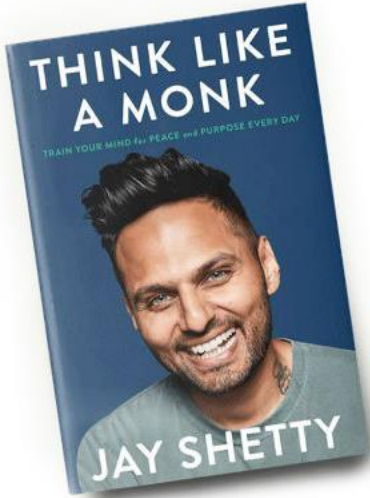
Konhauser, M. Frank Oliver's Edmonton Bulletin and the Removal of the Papasces, 1880-1888 Alberta History Volume 71, Number 4, Autumn 2023

Submitted by Nancy Huele



## Book Review

### *Think like a Monk*



*Think Like A Monk* by Jay Shetty is a wonderful book full of ancient wisdom, practical advice, and inspiration to connect with one's higher purpose.

After heading to India to become a monk and meditate for up to eight hours a day for three years, Jay was inspired to share his experiences in the ashram with humor and kindness.

I especially liked chapter 11 titled SERVICE - Plant Trees Under Whose Shade You Do Not Plan To Sit, beginning on page 254. Here are several enlightened points from the book:

- The highest purpose is to live in service.
- Selflessness heals the self.
- When we live in service, material attachments can diminish.
- We seek to leave a place cleaner than we found it, people happier than we found them, the world better than we found it.
- Serve with intention.
- Serve with your dharma.
- Service connects us.
- Service amplifies gratitude.
- Service increases compassion.
- Service builds self-esteem.
- Service can fix a bad day.
- Service is the direct path to a meaningful life.

The author writes, "The Bhagavad Gita sees the whole world as a kind of school, an education system structured to make us realize one truth: We are compelled to serve, and only in service can we be happy. True service doesn't expect or even want anything in return. When I do something to serve you and you're happy, I'm happy."

I thought of my own journey of service. One of my favorite jobs was being a waitress! I loved serving custom-

ers, seeing them smile and enjoy their dining experience. Even just filling up their coffee cup was satisfying because I imagined how they must be feeling. It feels good to be cared about. Service is love in action.

Jay Shetty says, "Monks don't make grand gestures. Love is in the small things."

This book is one that I will read again!

Submitted by Lauri Germain

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## Embracing

This is the season of Spring

Yet

It is not our usual Spring

The world too is different from the one we used to know

Our experiences from past years were so predictable

We thought we had everything figured out

Then things came tumbling down

We are being asked to change

To approach another with peace

To extend a hand to our community with kindness

To observe others with non-judgement

To speak with an encouraging tongue

To lead the way with love

Like Jesus

The Bible tells us there is a season for everything

Spring is a good time to begin planting

Peace within

Kindness within

Non-judgement within

Encouragement within

Love within

Devika Short

## FUNDRAISING AT ROBERTSON-WESLEY UNITED

Every year we plan fundraising events to help offset the shortfall in the budget. The board hosts a planning meeting to help coordinate the different ideas. The goal of the fundraising events is to target people who are not part of our faith community. The desire is to involve the wider community in the support of the ministry and outreach of R-W. We also seek to balance the volunteer work required and the investment of the church with the projected income.

This year there are several events already planned. There will be a Book Sale in the summer months, and the New to You Clothing Sale in September, and a Jam Sale in May. There were several ideas that came up as well which would need a coordinator to bring together a team to plan the event. One of the ideas is to have a Dinner that celebrates the 110th Anniversary of the Church building. The hope would be to bring in people from the wider community to celebrate with us. There was a thought about having a concert with the artist Tiffany Sparrow. There were lots of other ideas, some of which would be considered more fellowship events for the people of R-W.

If you are interested in volunteering or leading of these new ideas, please talk with the Board of R-W.

R-W Board

## MINISTER(S) SEARCH TEAM UPDATE

We have spent time reviewing the skills and gifts of a number of applicants. Having established our interviewing process, we decided to go ahead with our first round of interviews. Stay tuned, as there is more to come.

In the meantime, please pray for the applicants that they will come prepared and confident and for us, that we are able to provide a safe and welcoming environment in which each interviewee feels able to shine.

The Robertson-Wesley Search Committee

## ICPM LUNCH

The Inner City Pastoral Ministry (ICPM) is celebrating its 46th anniversary this year. ICPM was started in 1978 at the Bissell Centre by a group of churches: United, Anglican, Lutheran, and Roman Catholic. Robertson-Wesley joined the group of churches, which has now broadened to become a multi-faith ministry, including synagogues, mosques, and other organizations.



R-W assists with the Sunday church service and lunch at Bissell Centre once a year. This year on May 5th we provided lunch for 100, plus coffee ingredients in conjunction with another group. Our R-W youth group generously offered to make sandwiches and assemble lunch kits, which were delivered early on May 5th.

ICPM lunch is operated by Pastor Quinn Strikwerd and coordinator Maria Kruszewski plus a volunteer board. A gathering was held on Saturday, April 20 for all lunch conveners at Spirit West United Church at which many ideas and suggestions were shared, and certificates of appreciation distributed. Thank you to all involved!

Lois Field



## AWAKE MY SOUL

Awake my soul!  
 from winter's sleep  
 where death and darkness  
 conspire to keep mine eyes  
 from that eternal bliss,  
 the Perpetual Light,  
 the very Christ,  
 to whom our days have missed.

If I could but touch his gentle face,  
 what sins, in me, would he erase?  
 Which pains of heart might he relieve  
 if I could but fall before his feet?

O Saviour of the world  
 in hatred furred!  
 O Christ, yet kill our unbelief!

Ilona Bevan.  
 (April 2005)

There is a sacredness in tears.  
 They are not the mark of  
 weakness, but of power. They are  
 messengers of overwhelming grief,  
 and of unspeakable love.

Washington Irving

## My First Year

I've been on a mission to see how much my connection to God can be improved. Faith is an incredible thing, it goes up, it goes down.

I have found that there is no "right" answer. There is no "right way" to be a Christian, there is no "right way" to praise God, there is no "right way" to do anything .

What is it all about? It's you, your heart and your intention and that is the best thing I've learned in the last year. I think what pleases God is just us setting aside our egos and following his teachings, with a pure heart.

Reaching out to spread his word and help people is one of the best ways to be a Christian. Putting others before yourself is not easy, and I think that was intentional. We are hard wired to survive at all costs, but God says while you're doing that... bring your neighbour along.

In the last year, I've been baptized, become a member of the church, joined the Editors of Between the Aisles, and just recently, I became a member of the church board. I'm trying to find my path, so I can be who and what God needs me to be.

I don't know if what I'm saying makes sense, but it is some of the things I've struggled with and continue to struggle with. So, send me a story about a time in your life when you struggled to put God first.

Let me know if we can publish it or not.  
 Be blessed brothers and sisters !!!

Send it to : [news@rwuc.org](mailto:news@rwuc.org) attn Lisa Lane

Submitted by Lisa Lane

Here's to the life of a holy man.  
 Who suffered for our sins.  
 If I could take mine back from him,  
 surely he would win.  
 I live with guilt and pain for all that was done.  
 They say he was born to suffer,  
 cause he's God's only son.  
 My messiah, my teacher,  
 the healer of my broken pieces.  
 I try to live righteously to quell the pain and fear.  
 I celebrate his life, twice a year.  
 He fed the hungry, cured the ill,  
 gave peace of mind.  
 People really listened,  
 to what he had to say  
 and I truly, truly, thank him,  
 Every. Single. Day.

Lisa Lane

This is solely my property and is not for further publication.

## Write for Between the Aisles

Do you write poetry? Have you read a life-changing book lately? Do you have a faith question you are exploring or a passion you want to share? Then why not submit something for inclusion in the church's quarterly publication *Between the Aisles*?

For guidelines and publication requirements, see [www.rwuc.org/between-the-aisles](http://www.rwuc.org/between-the-aisles). Deadline for Fall Edition submissions is **Aug 11**, Published: **Sept 1**.

*You never find yourself  
 until you face the truth.*

Pearl Bailey

## LAURI'S HEALTHY HOMEMADE SALAD DRESSING



Last year I wrote a cookbook, *My Gentle Kitchen* - a collection of original recipes, all oil-free, low-fat, gluten-free, and vegan. Here is one of my favorites!

### DRESSING LIKE CAESAR

(Tastes similar to classic Caesar salad dressing; makes about 1 cup)

#### Ingredients:

1/2 cup water  
 2/3 cup hemp seeds  
 3 large garlic cloves (or to taste)  
 2 Tablespoons fresh lemon juice  
 2 Tablespoons fresh lime juice  
 1 Tablespoon apple cider vinegar  
 1 teaspoon dry mustard powder  
 1/8 teaspoon turmeric powder  
 2 teaspoons dulse flakes (or kelp powder)  
 1 teaspoon kala namak (also called 'black salt', for egg-like flavor)  
 1/4 teaspoon freshly ground black pepper

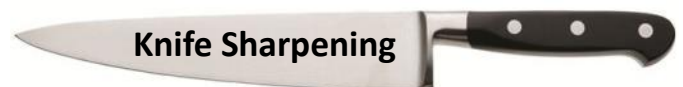
#### Directions:

Put all ingredients in a blender, mix until thick and creamy. Serve tossed with romaine lettuce and your choice of croutons and vegan bacon bits (optional).

#### Storage:

Store leftover dressing in fridge for up to 5 days. Enjoy!

-Lauri Germain



### Knife Sharpening

Need your knives or gardening tools sharpened? Very low rates call Louis Berlinguette @ 780-444-0532.

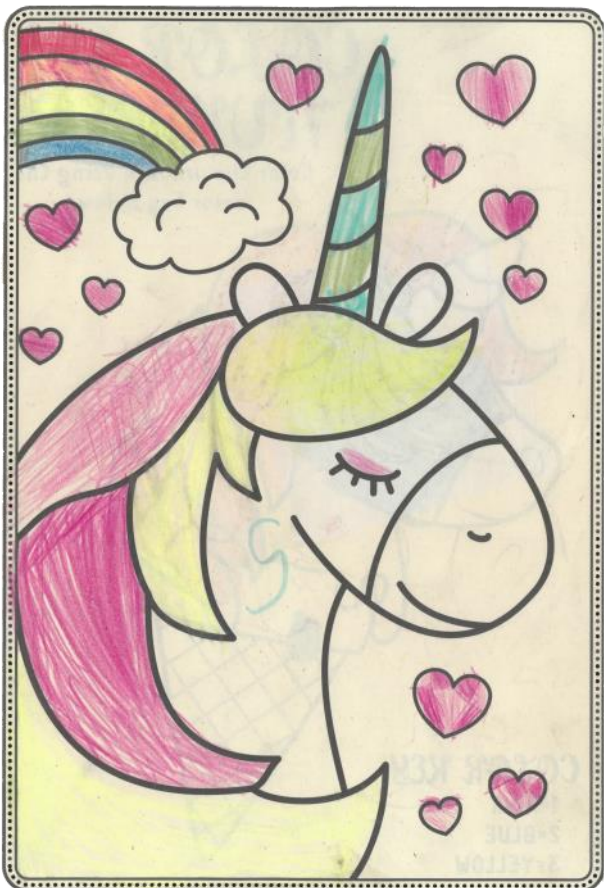


# ARTWORKS AT R-W

The following artworks were submitted for Between the aisles by R-W members.



Roy Skoreyko



Margaret Anthony



SPRING BRINGS OUT THE SMILES IN EVERYONE by Richard Kennedy

Cover photo by James Wheeler taken in Pitt Meadows, BC, Canada from Pexels.com

Between the Aisles is published on Treaty 6 territory, a traditional meeting ground for many Indigenous peoples. We also acknowledge the Métis, who are of mixed Indigenous and European heritage. Edmonton is home to the Métis Nation of Alberta, Region 4.

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