

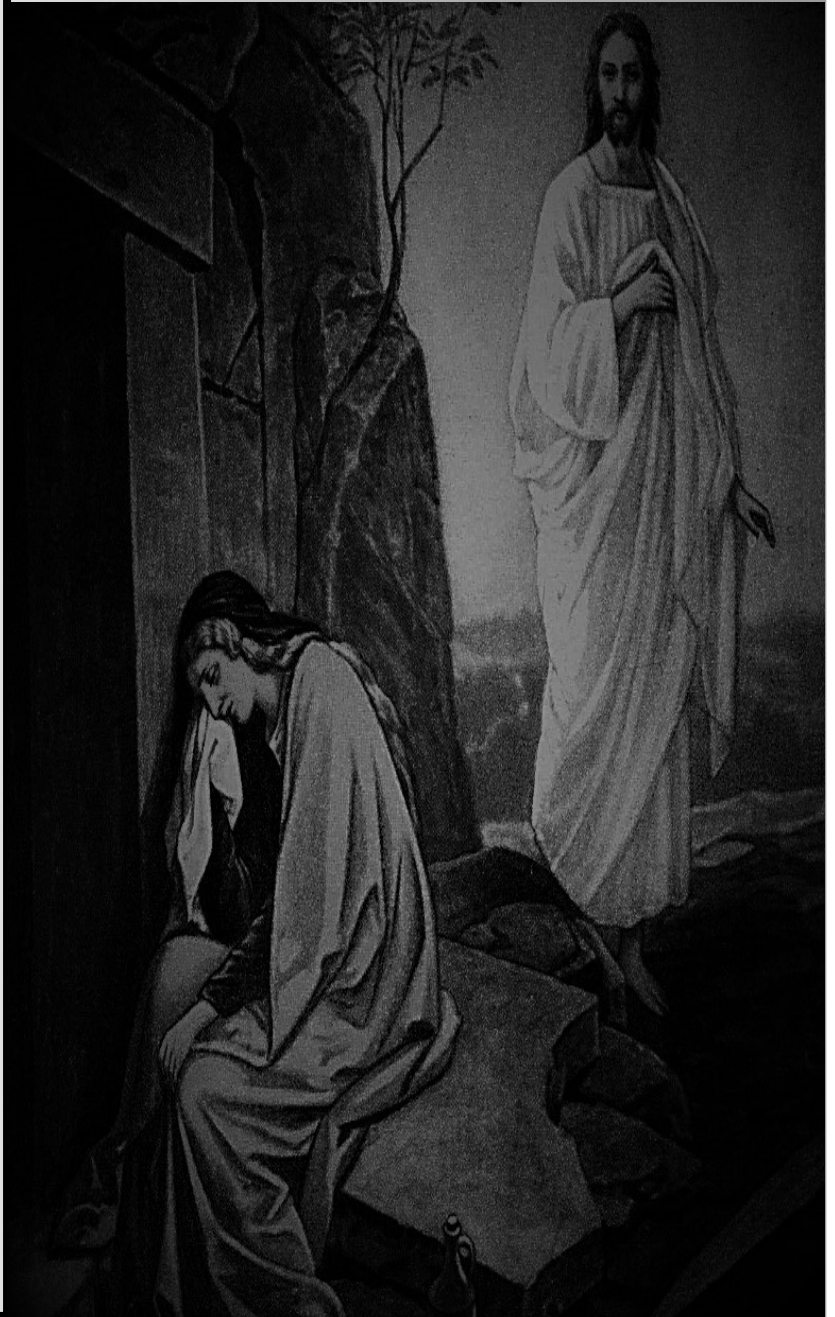


## WHILE IT WAS STILL DARK

She knew what hopelessness was like  
But this time somehow it was worse  
For she knew love and hope and peace  
Then watched as senseless violence burned  
Her hope and future into ash  
The one she loved, teacher and friend  
Tortured and murdered ruthlessly  
The eyes that saw her see no more  
The hands that touched and healed the sick  
Now bloodied, mutilated, dead  
Despair and fear now fill her heart  
As friends disperse, flee for their lives  
And yet she cannot stay away  
Her heart still yearns for what is lost  
She slips away, out of the city  
While it was still dark.

With heavy heart she seeks the tomb  
No hopes or plans in mind except  
To be close to the one she loved  
To care for him one final time  
She weeps and walks her lonely road  
Believing that this is the end  
But soon she'll find the tomb unbarred  
Her fear and sorrow overwhelmed  
Engulfed by wonder beyond hope  
Before her eyes he stands alive—  
But she is still upon the road  
In grief and darkness and despair  
Continues faithful step by step  
To where her heart at last will know  
The miracle already happened  
While it was still dark.

*By Leane Winger*



**EMMANUEL MENNONITE CHURCH**

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# A Personal Perspective on Aging

By Sue Kehler

Originally presented to the Adult Sunday School class on March 10, 2019

Aging just happens! It's a life-long process! We don't have to work for it; it just happens! The process begins with Infancy to Childhood, to Adolescence until we reach the "old" of the elderly (& that is where I am at!).. And throughout all these stages comes maturing in our physical, emotional, social and spiritual dimensions- and this is accomplished through trial and error; instruction and learning, ending up with each of us adapting and adopting, until we feel comfortable and functional in ourselves & in society.



In my adolescence I became a health professional along with Christian education, so you would guess this learning would influence my future years in aging. Aside from utilizing this education on behalf of others, you would expect I would apply it to my own stage of aging! So, in spite of the usual aches and pains, it has been my choice to choose a healthy lifestyle which would include maintaining healthy diets, proper rest & sleep, and exercise- and speaking of exercise, I'm sure you're familiar with the phrase, "use it or lose it"; also, some nursing textbooks say vigorous exercise is supposed to stimulate parts of brain proteins known as endorphins, which, when stimulated with exercise can take on similar action as opiates; therefore considered helpful in pain management. A healthy lifestyle would also include, not just warding off disease but also aim to have energy and enthusiasm to nourish one's own spirit, as well as maintaining social relationships and even contributing to our communities even if this included living with some chronic condition.

In Fall of 2017 I sustained a left paralyzed leg (doctors felt the cause may have been a sudden back jerk??) In any case this resulted in me needing to use a wheelchair- this was a tremendous set-back for me- not just physically but also emotionally and spiritually! I doubt that any of you escaped my plea of joining me in prayer that this problem may be resolved! I think I had 1/2 the world interceding for me! My prayers almost became one-sided, I scoured the Scriptures and any books I could lay my hands on to find help and comfort; especially books that spoke to the subject of miraculous or divine healing. I asked April and a deacon to come for a healing Service. At the same time, my Family Doctor arranged for a Cortisone-type injection into my back even though my doctor gave me little hope for possible help. It felt endless waiting nearly 2 months for that injection. But the hour finally arrived! I was told I needed to wait at least 3-4 days before the medication would "kick in". Nothing happened. Checking with a doctor-friend I inquired as to how long I may need to wait! After research his answer was: up to two weeks. But two weeks passed and nothing! Finally I surrendered to the Lord: "Lord, if you want me to live out my days, weeks, years in this state, so be it!" Never will I forget that time when days seemed like years! But I had no choice! After much searching, and tears, peace did come. My Model was Christ Himself in Gethsemane who also surrendered to His Heavenly Father! Then, Praise the Lord, another month down the road and one day I noticed some feeling in the leg- it was only about a week later that I could leave my wheelchair and return to my walker! What rejoicing! I give all the credit to the Lord!

In one of his books (??) Swiss Psychiatrist, Paul Tournier tells us that as we age, our physical, emotional and social abilities all begin to wane but that our spiritual dimension has the capacity to increase! What wonderful news this, together with the comforting Scriptures is! Thanks to "Him who is able too do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory..." Eph. 3:20



## DID YOU KNOW?

Wildwood Mennonite Church in Saskatoon, Saskatchewan just installed a system of 20 solar panels on its roof, which they hope will provide approximately 60% of their energy going for-



ward—the first Mennonite church in Saskatchewan to do so! Read the full article at <https://globalnews.ca/news/5032703/saskatoon-church-solar/>. Picture from Mennonite Creation Care Network E-News, March 2019.

## Creation Corner

### *Need some work done on your hair? Looking to switch up your style?*

Look no further than EMC's own Asma Alfred, a recent immigrant from Dubai & Pakistan with 16 years of experience in the beauty industry. She's available 6 days a week by appointment and always works to make her clients happy.

She's proficient in **cutting, colouring, perming, threading, waxing, and much more** so don't hesitate to reach out! Ask her for her promo card after services on Sunday in the foyer, or stop by her workplace at 33700 Essendene Ave.

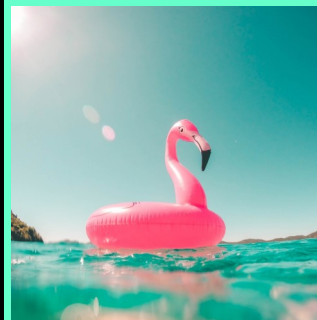


Whose Land is a web-based **app** that uses GIS technology to assist users

in identifying Indigenous Nations, territories, and Indigenous communities across Canada. The app can be used for learning about the territory your home or business is situated on, finding information for a land acknowledgement, and learning about the treaties and agreements signed across Canada. Check it out at <https://www.whose.land>. (Taken from MCBC Connect, March 20, 2019).

For our June newsletter, our theme will be:

### "SUMMER"



Sunny weather, vacations, barbeques, The Beach Boys... summer has its stereotypical identifiers like any season, but not everyone's summer looks the same, and not everyone even likes it! What does it look like for you? What are some things you associate with the season? What are you looking forward to? What are you dreading? Let us know, we'd

love to hear it! As always, all newsletter themes function mostly just as prompts to get your brain going, so if you've got something to submit that's not related to the theme, go for it! We'd love to read about it.

## A Note from the Editor:

The Emmanuel Mennonite Newsletter would love to receive submissions from the church community! We are looking for stories, articles, poetry, art, prayers and recipes under 800 words that are encouraging and promote community. Submissions may be edited and will be published depending on space.

The newsletter is published five times per year in the months of **February, April, June, September and November**. Thank you for reading and participating!

If you have something you would like to share please e-mail [waltrude@shaw.ca](mailto:waltrude@shaw.ca) or send it to the church office at [office@emmanuelmennonite.com](mailto:office@emmanuelmennonite.com).

**JUNE NEWSLETTER DEADLINE:  
MONDAY, MAY 20**

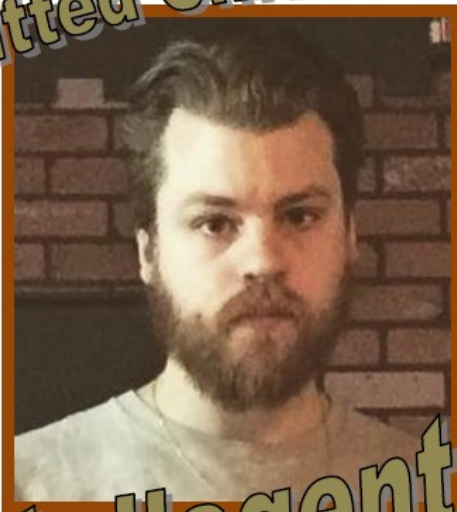


Compiled and presented by  
Waltrude Gortzen

# Humans of Emmanuel

## Joel Brandt

### Committed Christian



## Intelligent

From *Angelika Dawson*

### The 'Chillest' Office Administrator

When I learned that Joel would be our next office administrator, I immediately thought that the "chill" factor of our office would go up 1000%. For those who do not understand this use of this word, it is best defined this way: "someone who is laid back and has an attitude that isn't overly emotional." Joel is unflappable and is always willing to help solve a problem. He's honest, kind, smart and capable. Knowing that Joel is the first face and voice with whom people interact when they contact Emmanuel makes me very happy. We are lucky to have someone as "chill" as Joel serving us as a congregation and representing us in the community.



From *Laura Loewen*

....I have enjoyed Joel as a colleague: friendly, helpful, efficient!  
... I have also noted his professional approach as he relates to others.

**April 24<sup>th</sup>**

*Office Administrator Appreciation Day*

## Helpful



From: Church Council Chairman  
*Peter Dueckman*

When thinking about Joel and the job he does as office administration assistant I have to say that I am impressed with how he carries out his tasks. I'm sure that like most members of Emmanuel I don't know even a fraction of what he does because things work smoothly in the office and we've come to expect that and take it for granted. His assistance to our church council is always timely and accurate as he compiles and disseminates the staff reports and meeting minutes. He carries out his duties in a very unassuming manner and takes his responsibilities seriously, seeking input from staff and council when new issues arise or policies need clarification. I am particularly impressed by the perceptive manner in which he provides us with the mid-week message and see him as an integral part of our church family here at Emmanuel now and hopefully well into the future.



From *Erna Janzen*

Joel listens carefully to my requests and is always very accommodating to carry them out.

Thanks, Joel!

## Dedicated

You are the  
glue that holds  
us together!

Thank you for all of your  
hard work and dedication.



## Humans of Emmanuel continued...

From **Jeff Nickel**

We at Emmanuel are very lucky to have Joel as our Administrative Assistant. I am usually in touch with Joel by e-mail or a visit to the church weekly for bulletin announcements or deacon paperwork. He is always very friendly and upbeat (as much as an e-mail reply can be!) and smiling (although he looked pretty ragged and tired one day I visited, he was recovering from the flu, so we can give him a pass on that occasion!). He is the "information hub" for our congregation, knowing where to input everything properly, at a very timely rate, and distributing what we need to know very quickly too. My daughter enjoys having Joel as a youth sponsor. He is also a very good addition to the MPJ Committee. I have enjoyed seeing Joel grow up in the church, still having great memories of our time being in a mentoring relationship together while Joel was in middle and high school. Happy Office Administrators Appreciation Day on April 24 Joel!

### THANK YOU!

When I received via email Waltrude's usual "Humans of Emmanuel" feature for this newsletter, I certainly wasn't expecting to open up the attachment and find a full-page spread on me!! I am very flattered and very thankful for Waltrude's thoughtfulness and hard work in putting it all together, for the very kind words from Angelika, Erna, Jeff, Laura, and Peter, and for the entire congregation's encouragement and support for me throughout my time working in the office. I feel very loved and appreciated!

- Joel

### DID YOU KNOW?

There's a new counselling services provider in Abbotsford: Fraser Valley Counselling, located at 107-2692 Clearbrook Rd. They work with adults, adolescents, couples, and children covering an entire spectrum of issues including (but not limited to) anxiety, grief, depression, abuse, addiction, and various traumatic experiences. To find out more, visit [www.fraservalleycounselling.com](http://www.fraservalleycounselling.com) or call 604-746-7200.



**Canadian  
Blood  
Services**

BLOOD  
PLASMA  
STEM CELLS  
ORGANS  
& TISSUES

*Presented to*

## ***Emmanuel Mennonite Church***

*In recognition of 105 life saving donations collected in 2018.*

*Canadian Blood Services is pleased to honour you for your generosity  
and commitment to helping others.*

*Because of your organization's support, many lives have been saved.*

Event Coordinator, Donor Relations BC & Yukon

February 21, 2019

Date



## COMING SOON to the KARITON ART GALLERY:

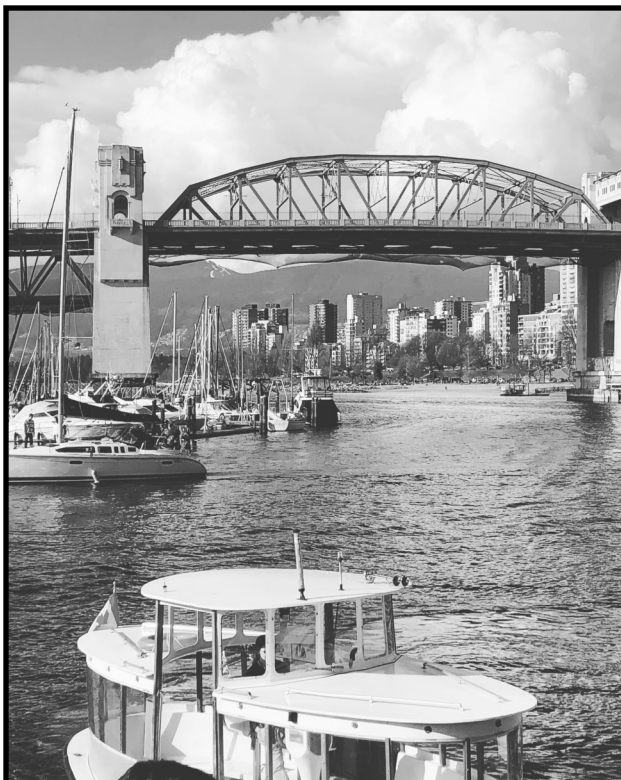
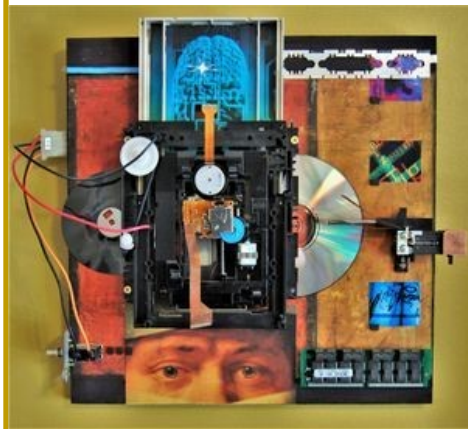
**APRIL 6-30: EVOLUTION / DEVOLUTION?** *From the Victorian Age and the Industrial Revolution to the Computer Age and the Digital Revolution.* In this exhibit, a husband and wife team

presents their unique 3-dimensional take on two impactful periods of our human history.

Opening reception on Saturday, April 6th from 6-8pm.

Kariton Art Gallery is located at 2387 Ware St., Abbotsford, BC.

Image: "Mind Over Matter II" by Ted Yudelzon



## THEATRE CORNER

### CHERRY DOCS

*Where?* Pacific Theatre

*When?* Apr. 5-28. Wed-Sat. @ 8pm with 2pm Sat. matinees.

*Synopsis:* Danny is an ambitious Jewish defense lawyer who believes in the common good. When he is assigned the case of an unrepentant neo-Nazi accused of murder, Danny finds himself defending the life of a man who wishes him dead. *Advisory:* Includes extremely strong/graphic language.



## FOTO FEATURE

Photos by Daryl Wilson



### A MIDSUMMER NIGHT'S DREAM

*Where?* Matsqui Centennial Auditorium

*When?* 5/17-18, 22-25 @7:30pm. Matinees: 5/18, 25 @2:00pm

*Synopsis:* On a midsummer's night in an enchanted forest, four young lovers deal with a love potion scheme gone wrong, while an acting troupe descend on the forest to rehearse a play for the King and get caught up in the hilarious shenanigans as well.

### THE CAKE

*Where?* Pacific Theatre

*When?* May 17-June 8. Wed-Sat. @ 8pm with 2pm Sat. matinees.

*Synopsis:* Della believes that the secret to a good cake and a good life is simple: just follow the rules. When her best friend's daughter asks her to make her wedding cake, she is overjoyed... until she learns that there will be not one bride, but two. Suddenly, Della is working without a recipe as her previously-unquestioned beliefs and emotions come into sharp conflict.





# YOUTH UNLIMITED UPDATE



CONNECTING YOUTH. TRANSFORMING LIVES.

March 2019  
**Abbotsford**

## BURGER BASH FUND- RAISER!

MAY 4TH 6PM

**\$10/ADULT - KIDS  
UNDER 12 EAT FREE**

2760 EMERSON ST  
ABBOTSFORD



RSVP BY APRIL 30TH  
604 852 2725

Many of our youth are lonely, looking for love, and desperately trying to find “anyone to spend time with”. We want to help them see past the shallow, meaningless understanding of “love” so often popularized in our culture, to experience the freedom and joy found in the unconditional love of God.

One of the young girls we work with has a new boyfriend. She was in a relationship with another guy until recently that she knew was not right for her. She told one of our youth workers, Lindsey Dyck, what she is looking for in a guy - someone who likes “going for walks and seeing more places.” She also said, “I am so glad that I am in a relationship. I could never be alone.”

At the C-21 Youth Centre, our youth workers make meals, listen, and spend time being the hands and feet of Jesus. As we learn the stories of our amazing young people, we need God’s compassion and understanding to help us respond them. Many are living burnt out lives. When they come to C-21, they see Jesus in the lives of our youth workers. Frequently our youth workers hear youth say that C-21 is “a place of rest”, “feels like home” and helps them quickly “feel better”.

Lindsey’s heart filled with compassion as the young girl shared her insecurity, hunger for love, and desperation to be validated. Lindsey wants her to experience the freedom and joy found in the unconditional love of God whether or not she is in a romantic

relationship. At the end of their visit, the young lady looked at Lindsey and said, “Thanks again for meeting with me! You’re, like, so chill, and I feel like I can just be me.”



*Lindsey Dyck, top left, on anti-bullying “Pink T-Shirt Day”.*

**Thank YOU for your partnership and love for young people.** You are providing youth like this young girl with youth workers like Lindsey who point them to Jesus!

**Dave Wiebe**  
Abbotsford Area Director  
Youth Unlimited

P.S. Our Burger Bash Fundraiser is Saturday May 4<sup>th</sup>. See enclosed invitation for details!

REEL  
CHANGE  
INDIGENOUS FILM SERIES

Taking place at THE REACH, 32388 Veterans Way, Abbotsford, this series showcases a diverse range of Indigenous films from the local to the global. Ranging from shorts to feature-length films, and spanning genres from documentary to horror, this series includes some of the most impactful films of our time. Audiences will have the opportunity to participate in a voluntary, guided discussion following each film. Doors at 6:30pm, films at 7:00pm. FREE ADMISSION! **APRIL 12:** The Northlander (2016) / **APRIL 26:** Boy (2010) / **MAY 3:** 1491: The Untold Story of the Americas before Columbus (2017) / **MAY 31:** Roundhouse (2017).



# What's Happening...

## AT EMMANUEL

**Tuesday, April 9, 1:00pm – 7:45pm: Blood Donor Clinic at Emmanuel in the gym!** Book now at [Blood.ca](http://Blood.ca) or call 888-2-DONATE. Take our eligibility quiz to ensure you can donate: <https://blood.ca/en/blood/eligibility-quiz>

**Thursday, April 18, 6pm: Maundy Thursday Journey to the Cross** in the banquet room. *Doors Open between 6pm and 8pm, closing at 9:30pm.* This is an interactive, walk-through, sensory experience of sound, touch, taste, smell, etc. that tells the story of Jesus' Journey to the cross (and the empty tomb) with scripture reading and insights designed for families, small groups or individuals to go through at their own pace. A sign-up sheet for groups is at the Welcome Centre.

**Friday, April 19, 10:30am: Good Friday Service**

**Sunday, April 21, 9:30am: Easter Celebration and Service.** Breakfast at 9:30am in the gym, worship at 10:30am.

**Sunday, April 21, 5:30pm: Vietnamese Christian Church Easter Celebration and Service.** Dinner at 5:30pm in the gym, worship at 7:15pm.

**Saturday, April 27, 9am-1pm: Step One in Emmanuel's Transition: Engaging Each Other Workshop.** This workshop seeks to help understand some underlying reasons why we disagree with each other and looks to help us engage each other in healthy conversations around sometimes controversial issues.

## AROUND TOWN

**Tuesday, April 6, 1-3pm: Interfaith Rally** at the CBC Building, 300 Hamilton Street, Vancouver. MCBC encourages people to come and show your solidarity with indigenous people and those supporting the Bill C-262 on indigenous rights.

**Saturday, April 13, 9:30am-2pm: A Rocha Volunteer Day** at Brooksedale Environmental Centre, 1620 192 St., Surrey. Catch a taste of A Rocha as you lend a hand alongside the team in our garden, habitat restoration projects, heritage site and grounds and more. After work enjoy a community lunch and free site tour! Wear weather-appropriate clothing for working outside, and bring gloves if you have them. RSVP at <https://arocha.ca/event/volunteer-day-surrey/2019-04-13/>

**April 19-22: Easterfest** at Taves Family Farms' Applebarn @ 333 Gladwin Rd. in Abbotsford. Hay rides, egg hunt, and lots of other fun activities and food and drink for kids and families. There's even an Adult Easter Egg Hunt on April 20, with tickets going towards Canuck Place. Get tickets and more info at <https://www.tavesfamilyfarms.com/easter-event/>.

**Saturday, May 4: Flourishing Congregations All-Day Workshop** at Columbia Bible College for lay leaders and pastors on flourishing congregations. The workshop will feature Project Director Dr. Joel Thiessen from Ambrose University. Contact the office to register, or register online at <http://mennonitefaithandlearning.net/workshop-may-4/>.

## MCBC Women's Day with Sarah Bessey

# AWAKE MY SOUL



Saturday, May 4 2019  
9:30 am - 3 pm

Emmanuel Mennonite Church,  
3471 Clearbrook Rd Abbotsford



Sarah Bessey  
Author, preacher, blogger, avid knitter, bookworm, church lady, podcaster, and a total hugger.

Online Registration:  
[www.mcbbc.ca/womens-ministry/](http://www.mcbbc.ca/womens-ministry/)

Early Bird (before Apr 15)  
**\$30 (Includes lunch)**

Procrastinating Bird (after Apr 15)  
**\$40 (Includes lunch)**