

Participants in Sunday leadership for October, 2023

Date	Reader	Liturgist (Prayers)	Greeter
Oct 1	Cathy D	Cathy J	Ralph
Oct 8	Kathy J	Monica	Rocky
Oct 15	Katharine	Jennifer	Jerry
Oct 22	Pam	Monica	Larry
Oct 29	Katharine	Jennifer	Ralph

Readings and prayers are available on the "Sunday Service" page of our website.

Gloria Dei Lutheran Church is located on original lands of Anishinaabe, Cree, Ojibwe-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.

Each of us is a unique creation drawn into being by the Source of Life. While committed to the Christian path, we do not all believe the exact same things; there is room at Gloria Dei for doubt, exploration, and diversity. We celebrate and give thanks for the many diverse gifts among us. We strive to be an open and affirming congregation to all, welcoming and including in our ministry persons of every race, culture, age, gender identity, gender expression, sexual orientation, ability, and economic status. We commit ourselves to the work of anti-racism and creating an anti-racist space. We believe that through our openness, we all grow in our faith following Christ's model of love, respect, kindness, and generosity.

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*Nourished, go to thankful labour,
bearing fruit in love for neighbour.
Those you serve can taste from you
what wonders God in love will do.*

ACS #963

Each week, when we set the table (altar) with bread and wine, we share what's called the Eucharist. That word comes from the Greek meaning "Thanksgiving."

I love the image of communing with all the saints in light – that, as we approach the front, and share from one loaf and one cup, we understand that we are connected to a body of believers that has been the life of Christ in the world extending back generations, and looking forward for generations.

Part of the challenge we face, today, is: how do we share that desire and work we do towards unity, as well as our work for welcome and inclusivity, in our community and world, today, in a way that it is relevant and attractive to others? We gather to give thanks, we gather to live in peace, we share that all are fed, we share that need might be met... how do we take that good news into the world in meaningful ways, today?

It is important for me, your pastor, to be in the community, and to let people know that I am part of a faith group that cares about need in our area. When I've had opportunity to connect with people in the community, and they realize that I represent something different than they may have assumed – that I care about what matters to them, and want to support them and help them feel whole – walls of division fall down.

We are called to invite and welcome in new and radical ways. This can lead to widening the table, and feasting in ways we may not have imagined, before! And that is reason to give thanks! *-Pastor Tyler*

SEASON OF THANKFULNESS

“For what do you give thanks?”

In October, we give thanks for the harvest, and we celebrate God’s abundance with a big meal on Thanksgiving! And, we’re going to make a special point of being thankful through the Sundays in October.

We are blessed beyond measure – to live in a peaceful place, to be in a country and province with farms and lakes and rivers, to gather with family and friends and church community, to freely pursue creative endeavors, to have access to health care and education, and so much more!

We lift up our prayers of thanksgiving!



We’re trying something new, this Fall.

The abbreviation is “3P,” and it stands for **Play/Pizza/Pray**.

Come at **4pm on Sunday, October 15**, and we’ll have a time of fun and conversation,

we’ll eat together, and then we’ll have informal worship together!

In October, we’ll have a **Blessing of the Animals** in our prayer-time – pets invited (with leash and/or kennel, please)!

Everyone welcome!

“Happy Retirement, Karen!”

We thank Karen H for her faithful years of service in the Gloria Dei church office!



FIRST CONTACT

Six Canadians Take an Extraordinary Journey Through Indigenous Canada

Adult Educational Series

First Contact takes six Canadians on a 28- day journey intended to challenge attitudes and shed a light on the true Indigenous experience.

See our e-news for links to join in with this series!



WHAT DOES IT MEAN TO CREATE ‘SAFE SPACE’?

The term “safe space” can be complex to define. However, using vernacular terms, a safe space can be considered as an environment in which a person or group of people can feel confident that they will not be exposed to criticism, harassment, or any other emotional or physical harm in. There are two main ways that people think about safe spaces: ideologically or as a physical space that allows for the physical safety of members.

A safe space does not necessarily have to be a physical location or place. It can be something as simple as a group of people who hold similar values consistently providing each other with a supportive and respectful environment.

Why is it important?

It can start to feel emotionally taxing and exhausting to constantly have your guard up and not display vulnerability. Safe spaces can provide a break from judgment, unsolicited opinions, and having to explain yourself. It also allows people to feel supported and respected. They allow us to build resilience so that when we are outside of these spaces, we can engage maturely with our peers and be the strongest, most authentic versions of ourselves. Most importantly, safe spaces allow us to practice self-care so that we can continue making thoughtful, productive contributions to difficult discussions.

When we think about safe spaces in the context of mental health, it is obvious how they can be a beneficial and even critical part of our lives. After all, learning to prioritize and take care of our mental health is a lifelong endeavor and should be a priority which may be achievable through safe spaces. (<http://aware-ae.com/the-importance-of-having-a-safe-space/>)

Congregational Visioning Day

Saturday, October 28

9:30am – 3:00pm

Come and join in the conversation, facilitated by Deacon Michelle Collins of the MNO Synod.
Let's talk about our future!
Lunch is provided.



- to Jennifer, for the energy and enthusiasm with which she leads council;
 - to Ralph for tending to property needs as they arise;
 - to Karen F for coordinating Altar Guild needs;
 - to Jett for making sure our livestream works every Sunday;
 - to Barb M and Lillian for serving in Fellowship and hospitality;
- to our rotation of readers and liturgists: Monica, Pam, Cathy J, Cathy D, Katharine, Jennifer, Trudy;
 - to our ushers: Jerry, Larry, Ralph, Rocky;
 - to Jean for the beautiful and timely narthex displays;
 - to Al Herman and Deborah for keeping track of church finances;
- to Irmgard and Pam for sending cards on behalf of our congregation;
 - to those serving on Altar Guild – arriving early, leaving late;
 - to Ellie Ring for the encouragement she shows other youth;
 - to Lexy for taking on the role of Office Administrator.

PROVINCIAL ELECTION IS OCTOBER 3rd – MAKE SURE TO VOTE! ☒

Follow-up: last month, we introduced Dale as our Music Director. Unfortunately, she has decided to step back from that role.
We wish her well!



Transgender Children & Youth: Understanding the Basics



Children are not born knowing what it means to be a boy or a girl; they learn it from their parents, older children and others around them. This learning process begins early. As soon as a doctor or other healthcare provider declares – based on observing the newborn's external sex organs – “it's a boy” or “it's a girl,” the world around a child begins to teach these lessons. Whether it's the sorting of blue clothes and pink clothes, “boys' toys” and “girls' toys” or telling young girls they're “pretty” and boys they're “strong.” It continues into puberty and adulthood as social expectations of masculine and feminine expression and behavior often become more rigid. But gender does not simply exist in those binary terms; gender is more of a spectrum, with all individuals expressing and identifying with varying degrees of both masculinity and femininity. Transgender people identify along this spectrum, but also identify as a gender that is different than the one they were assigned at birth.

Gender identity and expression are central to the way we see ourselves and engage in the world around us. This is certainly true of transgender and gender-expansive children and teens, for whom family support is absolutely critical.

In fact, an increasing body of social science research reflects that gender-affirming behavior on the part of parents and other adults (teachers, grandparents, etc.) greatly improves mental health and well-being. The opposite is true---transgender children are more likely to experience anxiety, depression, and at greater risk of substance abuse and homelessness when their immediate caregivers are rejecting or hostile.

It is important to know--and quite alarming, that research finds that transgender youth are at greatest risk of suicide (compared to their non-transgender peers) as a result of rejection, bullying, and other victimization.

In other words, for some transgender youth, family support can be the difference between life and death. Parents and caregivers can find resources, peer support, and professional guidance to help along the journey, and to insure that your child can not just survive, but thrive. (<https://www.hrc.org/resources/transgender-children-and-youth-understanding-the-basics>)

May Gloria Dei be a place of welcome, support, and safety

“Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.” (Matthew 25:40)