

SUNDAY NEWS



2012 Living An Abundant Life!

January 29, 2012

Nursery (3 yrs and under) during our 9:00am and 11:00am services
(located in Room 109) ...follow the signs.

Children's Church (4 to 9 yrs and 10 to 15 yrs)

FOOD FOR FRIENDS SUNDAY

Today in our Social Hall

Income Tax Receipt Distribution

Euchre Tournament Registration

Thrift Shop second floor

Meetings / Events Today

Higher Praise Rehearsal (*New singers welcome*)

Sanctuary / 4:00pm to 6:00pm

Evening ELEVATION Service

Sanctuary / 7:00pm

Meetings / Events This Week

Choir Rehearsal

Thursday, February 2 / Social Hall & Sanctuary / 7:00pm to 9:00pm

Saturday, February 4 / Social Hall & Sanctuary / 9:00am to noon

Living An Abundant Life

January 29, 2012

Making a Difference

The Satisfaction of Serving

Each of you has received a gift to use to serve others.
Be good servants of God's various gifts of grace.

I Peter 4:10

Everyone has unique gifts. Each of us using those gifts in ministry or service builds a healthy church. We each must ask, "How can I discover and develop my own gifts or abilities, and then use them in the ministry of my church or service to others?"
Serving is about loving one another. It's about caring for one another. It's about bringing out the best in each other. It's about making a difference in the lives of others. Serving is a rich source of satisfaction in the abundant life!

Hello and welcome to MCC Toronto!

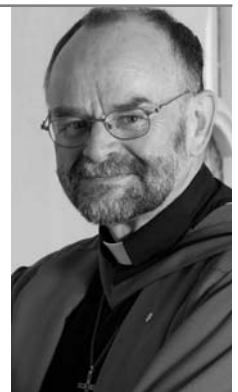
If you are visiting us for the very first time, we extend a special invitation to you. Please feel comfortable to participate as fully as you like in our service today. Even if you have never been to MCC Toronto - or to any church - before, you are invited to come forward to share Anointing and Communion. Please join us after the service today in the Social Hall for a time of refreshment.

MCC Toronto is a vibrant community, and we hope you'll experience that today. Our vision is to be a bridge, between people and God and each other. Inside this edition of Sunday News you'll find information about the life and work of our community.

And whether your journey brings you back to MCC Toronto next week or sometime in the future, know that we are grateful you have joined us today.

Blessings,

Rev. Dr. Brent Hawkes, C.M.



Lessons for Life



Living An Abundant Life

As a progressive Christian church, the Metropolitan Community Church of Toronto believes that we should embrace generosity of all kinds – a generous God, a generous theology, a generous spirit, a generous table – and that in so doing, we will know the abundant lives God has in mind for us.

January 8

*A Full Life in the Emptiest of Places:
An Encounter with a Generous God*

January 15

*Doing What You Do Best:
The Power of Giftedness*

January 22

*Growing in the Joy of Generosity:
The Privilege of Sharing*

January 29

*Making a difference:
The Satisfaction of Serving*

February 5

*The Sermon on the Mount:
The Seeds of an Abundant Life*

WEBCAST LIVE SUNDAYS AT 11:00AM
WATCH THE ENTIRE ARCHIVED SERIES.
www.MCCToronto.com/video

Keep up-to-date with news & events with
MCC TORONTO'S WEEKLY E-NEWS
Visit our website to SIGN-UP.
www.MCCToronto.com

We Recycle!

Please set aside the inserts that you want to take home for yourself (or to give to a friend) and place the other inserts in any recycle box along with your Sunday News.

Offertory

The A-Men

The A-Men are happy to be singing at MCC Toronto again. David Kenny, Mark Stephenson, Dan Rutzen and Greg Crisp are all good friends and members of The Choir of MCC Toronto and have enjoyed singing in quartet with each other for the past 2 years. The A-Men sing at a variety of MCC Toronto functions; some of their favourites being 2011's Bridges to Hope & Freedom and the Lessons and Carols service during Advent.

The quartet also enjoys singing for private functions and enjoy repertoire spanning from sacred and traditional a cappella music to wild glee-club and barbershop tunes. The A-Men are thankful to Diane and for the continued support from their extended choir family.

Refugee & Immigration Project

The Refugee Coordinator could use a 5 or 6 shelf unit for the office to hold booklets and brochures available for refugees. If you have one to donate please contact Brian Brenie 416 406 6228 ext 129 or email: BBrenie@MCCToronto.com.

Visit us on-line

WWW.MCCTORONTO.COM

SUNDAY EVENING ELEVATION SERVICE

Have you tried our Elevation Service?

Join us Sunday evenings at 7:00pm to experience the sacred touch of the holy through high energy worship. Raise your hands in praise or open your arms to God's presence. Great music, anointing for healing, communion, prayer partners.

Team Preaching with Rev. Dr. Brent Hawkes, Rev. Tom Decker
Rev. Deana Dudley, Rev. Jo Bell and Deacon Randi Williams

All in a community that welcomes you no matter who you are.

THANK YOU

The 519 thanks MCC congregants for the mittens, scarves and toques.

The donations were well received and appreciated by our members, they were all gone in a jiffy. Please, please extend our gratitude to the members of your congregation and Brent.

Karlene Williams-Clarke

SUNDAY NEWS CONTENT

WE'D LOVE TO HEAR FROM YOU

Financially supported by our advertisers, each week we report on the weekly ministry meetings and events of the church, upcoming Lessons For Life, volunteer opportunities, building projects and our financial report in addition to upcoming major events.

We invite you to submit content with regards to your experience and participation in the life of MCC Toronto including pictures.

Please e-mail
SNEWS@MCCToronto.com
 by noon on the Tuesday prior to publication.

ARE YOU IN NEED OF SOMEONE TO LISTEN?

Let the deacons of your church know.

416-406-6228 x 114 or Deacons@MCCToronto.com

We Care at MCC Toronto

WORSHIP ASSISTANTS

A Note from Deacon Sandra Millar

Coordinator of Worship, Pastoral Care and Funerals

I would like to introduce our Worship Assistants in service today so that you may know them better - to see the different gifts and life experiences they offer, and to know that we are here to serve you and join you on your deepest life journeys, as you invite us in.

To access support from a deacon:

- * speak directly to a deacon, Sundays
- * call 416-406-6228 x 114
- * email Deacons@MCCToronto.com

Deacon DARLENE MORRIS

Darlene Morris was born in 1936 in small town USA, now a retired nurse, mother of six and grandmother of 12. Darlene moved to Toronto in 1967 and started my search for a church. It took her 29 years to find MCC Toronto but when she did she knew that she was home. Darlene has been a member of MCC Toronto since 1993, volunteering in many jobs. She has fought her demons with alcohol, cigarettes and a relationship break-up ...and won. May this be of use to someone else? "The more that I participate in the activities in my church, the more I have loved every moment. I truly feel blessed to be a Deacon; may I serve you well."

Deacon BILL WADE

Bill has been a Nurse for 20+ years - most of that time treating Cancer patients. A large part of his professional life has been dealing with dying patients and their families. Bill has facilitated many bereavement groups through Genesis Bereavement Support services and has been a volunteer coach and trainer with Community Care home Hospice and Alliance Hospice. He is a member of the Steering Committee of Senior Pride Network and facilitates the Men with Cancer and their Spouses Support group through Wellspring. In addition Bill is the Nurse Coordinator in the Palliative Care Unit at St. Michael's Hospital. At MCC Toronto, Bill has been a Deacon since 2007 and has been a member of MCC Toronto since 2002.

Progressive

Vibrant
Inclusive

Have a company party or social event.

RENT OUR SPACE.

Contact our Facilities Manager,

Brian Woodlock for information.

416-406-6228 x 179 or email

BWoodlock@MCCToronto.com

First Tuesday of each month / Social Hall / 7:30pm - 9:00pm

DANCES OF UNIVERSAL PEACE

From the beginning of time, sacred movement, song, and story have brought people together. The Dances of Universal Peace are part of this timeless tradition of Sacred Dance. The Dances use simple music, lyrics, and movements to touch the spiritual essence within. No musical or dance experience is required and everyone is welcomed to join in. Contact: DUP@MCCToronto.com



Advocacy Caring Celebration

DEPRESSION INITIATIVE

How to Find a Support Service That's Right for You

Finding the support service that will be the most beneficial to you in dealing with depression, stress or anxiety is an important search that may take some time. Your first step may be to overcome your own feelings of hesitation and embarrassment about seeking support.

Thankfully today, partly because of ever-expanding media, we often get to witness the courage, accomplishments and personal satisfaction gained by those who dare to acknowledge their challenges and find ways to deal with them. Finding the right support or mix of supports is often the critical factor in achieving our goals and the things that are meaningful to us.

Each person's experiences and needs are different and each support service has different areas of expertise. Your choice of a support service may depend not only on the knowledge and skills they offer, but also on the ability of their staff to make you feel comfortable in working together to achieve your goals.

The following considerations may assist you in selecting a support service appropriate to you and your needs:

1. See your primary care physician to rule out a medical cause of your problems. If your thyroid is "sluggish," for example, your symptoms (such as loss of appetite and fatigue) could be mistaken for depression.
2. After you know your problems are not caused by a medical condition, find out what support service coverage may be provided by OHIP or your medical insurance policy.
3. Seek out referral sources for possible services that may be beneficial for you. It may be helpful to consider your age, gender, race, sexual orientation or religious background if these characteristics are important to you.
4. Call or email to find out about appointment availability, location, and fees. Ask the receptionist whether the support service is covered by OHIP or offers a sliding-scale fee based on income level.
5. Inquire about the experience of the support service in helping people whose challenges are similar to yours. You may want to ask the receptionist about the support service expertise, credentials and number of years in practice.
6. If you are satisfied with the answers, make an appointment and at that first session, be as open and descriptive as possible about your challenges and what you are wanting, so you can decide together if their services are a match for you.

Our Depression Initiative has put out a beginning list of community support services for dealing with depression, stress and anxiety. You can find copies of that list at the Depression Initiative Board on the south wall of the Social Hall closest to the kitchen.

If you want to speak to someone about challenges you are experiencing in finding appropriate support services, or would like to connect with MCC Toronto resources to assist you, please contact us at: DepressionInitiative@MCCToronto.com.



A MESSAGE FROM THE MUSIC MINISTRY

Happy New Year!

Thank you so much to all of you who sang in the Christmas Choir on Christmas Eve. I hope you enjoyed your experience and will think about spending time with us again at special events. Pride is only six months away! I would like to thank John Wright, Heather Magee, Greg Crisp, Brian Brenie and Mark Guiler for all of their extra work. The Bell Choir was a fine addition to the festivities and I congratulate them on mastering their instruments in such a short time. Elinor Mahoney was particularly helpful with extra tutorials! Last, but not least, I would especially like to thank my partner in crime, Dan Rutzen, for his fine conducting and choral leadership.

Soloists this month will include David Vanden Eden, Stephanie Martin, Mega City Chorus, Kelly Hollif and The A Men. What an amazing line-up for Stewardship month. I will be working in Edmonton from Jan. 9 to Jan. 29th and leave the choir in the capable hands of Dan and Jeffrey Huard. The choir will be enjoying two Thursday evenings of special coaching with two additional instructors - Mark Daboll and Deborah Tennant.

If you enjoy singing, or have sung in choirs before, this would most definitely be the time to think about our choir. We have an exciting year planned and you could be a part of it if you come out in January! We need tenors, sopranos and basses. Think about it!

Choir rehearsal starts at 7 p.m. in the Social Hall every Thursday night. If you want to know more about joining The Choir you can check us out at mccutorontochoir.com

Diane Leah
Director of Music

RECYCLE YOUR CARTRIDGES!

MCC Toronto has a Mission team that will sponsor refugees wishing to immigrate to Canada. To sponsor these refugees the Mission Team must raise funds in case the refugee needs help during their first year here.



RWorld is teaming up with this Mission Team to help raise some of these needed funds and you can help. Collect empty toner cartridges and place them in the donation box at/near the Information Centre. Please place used cartridges into the packaging that is provided with your new supply. Cartridges that are of interest to RWorld are original manufacturer cartridges. RWorld will donate \$1.00 for each usable toner cartridge to the Refugee Sponsorship Mission Team.

RWorld Toronto Centre 416 568 8581 brian@RWorldToronto.com

VOLUNTEERING AT MCC TORONTO

We commit to excellence and teamwork with a code of conduct that promotes a warm and loving environment.



Angel of the Week

Our Angels this week are
the group known as
HIGHER PRAISE.

Not only is their singing
a joy, but their enthusiastic
support of the evening service
(Elevation) and contribution
to that church community
is excellent. We thank
them for their gifts
so freely given.

SENIOR PASTOR'S OFFICE ADMINISTRATIVE ASSISTANT

Do you have administrative experience in your career and a professional demeanor? Our Pastoral Associate is seeking assistance once or more per week with administrative tasks, filing, and organizational projects. Demonstrated intermediate to advanced computer skills, such as Microsoft Office. Discretion and confidentiality required. Minimum six month commitment required.

VOLUNTEER INTEGRATION PARTNERS (VIP)

Be the first step in someone's volunteering. Assist congregants seeking a volunteer role during the morning social hours once a month. Share time with potential volunteers to find out what they are looking for from a volunteer experience and suggest options. The VIP desk is located next to the Information Centre.

MULTIMEDIA TEAM

Designers: A designer works at home on PowerPoint to create the slides used in all the Sunday services. Some familiarity with PowerPoint is helpful. A creation guide, monthly templates plus ongoing training and guidance are provided. Come join a team that creates beautiful images to enhance our worship!

Operators: An operator works in the Sanctuary media booth projecting the slides onto the screen. Good attention to detail and computer skills are needed but training is provided on the software and equipment used. An experienced operator assists during the internship phase. Come be a part of the action during Sunday worship!

USHERS & GREETERS - MORNING SERVICES

Would you like to be the smiling face and welcoming hand at the door of MCC Toronto? Greeters welcome congregants at the door and hand out the Sunday News. Ushers guide the congregation during anointing and communion. They take up the collection and bring the offerings to the altar for the Blessing of Gifts. These two teams work together to tidy the sanctuary after each service. On-site training is provided.

There's a place for you at MCC Toronto!

To get involved visit the Volunteer Integration Partners (V.I.P.) at the Information Centre on Sundays after any worship service to find more about volunteering. Carol Newman, Coordinator of Volunteers & Engagement, can be reached at 416-406-6228 ext. 126 or CNewman@MCCToronto.com

Dedication Day Calendar

Celebrate - Announce - Commemorate - Rejoice - Just Because...

Mark your special celebrations and dedications on our new Dedication Day Calendar. Your special day will be noted in all the Sunday News bulletins and our e-newsletter for the participating month, so book your day of the month early in the month. In addition, we will post a three-month-history of all the special tributes on our Dedication Day Calendar in the Social Hall.

Birthdays, anniversaries, memorials, community events close to your heart, and other special dates are excellent reasons to celebrate by booking a Dedication Day. Your donations contribute to the General Operating Fund of MCC Toronto, enabling us to continue to thrive, transform lives and realize our vision and mission of spreading hope to our local as well as our global congregation.

2012 GOAL: 75 Days
TO DATE: 0

*It's time to book your
 2012 Dedication Day.*

Share your special date by Dedicating a Day.
 The donation payments are: \$100 per day / \$500 per week
 Contact: NSanson@MCCToronto.com / 416-406-6228 x 111

REGISTERED CHARITY

MCC Toronto is registered as a charitable organization with the Government of Canada, and its charitable registration number is 130353469RR0001. MCC Toronto issues tax receipts every January for eligible contributions received during the previous year.

DO YOU HAVE FREQUENT FLYER MILES?



If you have some frequent flyer miles accumulated that perhaps you don't need, MCC Toronto could use those miles or airline travel vouchers. With a few minutes' worth of effort, you can put those miles to good use. MCC Toronto is able to provide a Gift in Kind receipt for the equivalent market value of the ticket. These are needed to help defray the travel expenses to our yearly budget!!!

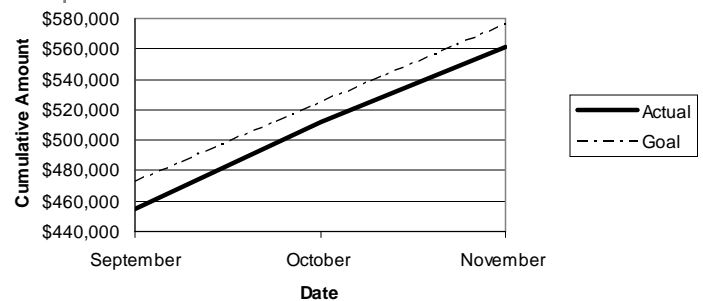
Contact Airmiles@MCCToronto.com to register for this program.

BUILDING BRIDGES

MCC Toronto has become a very important part of the lives of many people. We are able to play that role through the generosity of your financial support.

As of December 31, you have given **\$560,929** through your regular offerings. Our year-to-date goal was **\$576,483**.

2011 Offerings



*Thank you for being part of MCC Toronto,
 and sharing your resources.*

A NOTE FROM NANETTE SANSON

Manager Fund Development, NSanson@MCCToronto.com / 416-406-6228 x 111

MCC TORONTO PLEDGE CAMPAIGN 2012

Living An Abundant Life

Making a Pledge to MCC Toronto enables the Board of Directors to plan for the upcoming fiscal year. In particular, it enables us to manage our cash flow better especially during the quieter summer months when so many are away. You may participate as a Pledger in two ways; as a "Sustainer" or as a "Recurrent Giver."

What is a pledge? Your pledge is an indication of how much you plan to give to the church on a regular basis for the upcoming year. You may change or cancel your pledge at any time. If you pledge as a Recurrent Giver, giving statements will be mailed to you quarterly so you may track your donations. You may fulfill your annual pledge through weekly offerings during the service however we strongly encourage you to become a Sustainer. A Sustainer makes their pledge through automatic deductions to their credit card or through their chequing account. Your annual Pledge pertains to your regular giving and does not include special offerings such as the Roy Thomson Hall Christmas Eve service.

What are the goals of this campaign? Currently, 354 people have pledged their financial support to MCC Toronto. On average over 600 people per week worship in church. Our goal is to encourage those of you with existing pledges to increase your giving where possible and to inspire another 75 people to make a pledge. And, even if you are a current Pledger, please fill out a card to confirm your on-going Pledge and participate in filling the Pledge Fountain at the front of the Sanctuary. We are also hoping that 30 New Volunteers will register to contribute their time and skills.

How can I give? Sustainers gifts can be made via credit card, cheque, or automatic withdrawal. Other options include publicly traded securities, such as stocks, bonds and mutual funds.

Thank you for considering participating in this very important Pledge Campaign. Your Pledge makes a significant difference in MCC Toronto's ability to deliver excellent Stewardship of your spiritual home.

Pledge Results

	GOAL	TO DATE
New Volunteers	30	21
New First Time Pledges	75	18
New & increased pledges	\$70,000	\$32,356

Please Consider Joining Our LEGACY CIRCLE in 2012

Make a Perpetual Gift to your Spiritual Home through Planned Giving

The MCC Toronto LEGACY CIRCLE

Join the MCC Toronto Legacy Circle by making a planned gift to MCC Toronto. You will join a group of people who want to ensure that the spiritual sanctuary and the important community and social justice work of this church continues for many generations to come. By informing us of your intention to bestow a planned gift, through your Will or in a structured way during your lifetime, we can thank and recognize you for your generosity by name, or anonymously, if you prefer.

If you would like to join the Legacy Circle, you may fill out the form found in the pew or available at the Information Desk, or contact our Manager Fund Development, Nanette Sanson at 416-406-6228 x 111 or NSanson@MCCToronto.com.

"You will be enriched in every way for your great generosity, which will produce thanksgiving to God through us..."

II Corinthians 9:11

Living An Abundant Life

We ask that you participate in this year's Pledge Campaign by adding a water drop or brick to our fountain representing your pledge to your spiritual home. When you turn in your Pledge card, you will receive a water drop or a brick to help us build and fill the Pledge Fountain.

A water drop represents a financial pledge and a brick represents a volunteer pledge. The bricks will build the basin of the Pledge Fountain and those adding a water drop will contribute to the growing volume of water until our fountain "runneth over". The water basin will fill symbolically as water droplets are added with each pledge.

At the end of the sermon series, the fountain will present a harmonized vision of self sacrifice and giving, in support of the shared benefits to all which your pledge represents. Thank you for your participation in our 2012 Living An Abundant Life Pledge Campaign.

We'd like to thank Roy Dean for his vision and commitment to creating this representation our campaign animation.

HOW TO MAKE DONATIONS ON-LINE

If you would like to make your offerings or a special donation on-line, you may do so through CanadaHelps by logging onto the MCC Toronto website at www.mcctoronto.com. On the left side of our home page you will see the CanadaHelps button. Activate the button and you will go directly to MCC Toronto's CanadaHelps donation page.

Advocacy Caring Celebration

SPANISH BLESSING STATION

If you wish Communion or Anointing blessings in Spanish, please go to the volunteer at the north end of the main floor, who will have a Spanish flag on their nametag. Either quietly say "Español", or point to their nametag.

Con gran satisfacción y alegría os informamos que comenzamos a dar el servicio de unción y comunión en español.

Si deseas recibir en este idioma, por favor dirígete al voluntario identificado con la bandera española en la planta principal del santuario. Indícale silenciosamente al encargado de fila que deseas este servicio señalando a la identificación o diciendo "Español" cuando sea tu turno.

These volunteers will also offer blessings in English, so please do not hesitate to be directed to them.

Estos voluntarios también darán el mismo servicio en inglés, así que no dudes en dirigirte a ellos también para este otro idioma.

This new offering to the congregation was organized by Carmen and Raquel, to whom we give our thanks!

Este nuevo servicio a la congregación ha sido organizado por Carmen y Raquel a quienes transmitimos nuestro agradecimiento.

PRAYERS OF THE PEOPLE

The Prayers of the People should reflect what we, as a community, want to tell God. The Deacon leading the Prayers of the People helps us pray as a worshipping community.

S/He will offer a silent space during each prayer for you, the people of God, to offer your own prayer, either silently or aloud indicated by the symbol (☩) in our Order of Service.

Prayer is bringing people's concerns to God. When we pray, we talk with God about situations that concern us, things in our personal lives, situations happening in our community, and things we hear on the news.

"God, give to your church a renewed desire to pray, that together we may know your will, be filled with your love, and experience your grace and power for the healing of your world. Amen."

MCC TORONTO

115 Simpson Avenue, Toronto, Ontario M4K 1A1
Ph: 416-406-6228 Fx: 416-466-5207
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www.MCCToronto.com

CARE Line x 114 Care@MCCToronto.com

Responsive Pastoral Care

for confidential prayer requests and spiritual care.

ASE Line x 112 ASE@MCCToronto.com

Church Life (excluding CARE and ASE) x 114 Life@MCCToronto.com

For a full listing of our staff, their roles and responsibilities, visit our website at www.MCCToronto.com.

If you would like to make your offerings or a special donation on-line, you may do so through CanadaHelps by logging onto the MCC Toronto website at www.mcctoronto.com.

On the left side of our home page you will see the CanadaHelps button. Activate the button and you will go directly to MCC Toronto's CanadaHelps donation page.

MCC Toronto Partner

In collaboration with the Metropolitan Community Church of Toronto, Wellspring hosts two cancer support groups at their Coach House:



Support for Lesbians (and partners) Coping with a Diagnosis of Cancer

..a drop-in program on the first **Tuesday** of every month, 7:00pm to 9:00pm. For more information see **Jennifer Alexander** or **Sandra Millar**.

~ PLEASE NOTE NEW LOCATION FOR BOTH GROUPS ~

Gay Men (and partners) Cancer Information and Networking Group ..a drop-in program on Mondays from 6:30pm to 8:30pm. No registration required. For more information see **Bill Wade**.

For more information, please visit Wellspring between 9:00am and 5:00pm, Monday through Friday at **Women's College Hospital** 76 Grenville Street, Toronto.
www.Wellspring.ca
416-961-1928

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We want to hear what's on your mind. We're Male Call Canada –a confidential telephone survey of men who have had sex with men. Please give us a call toll free and help us build a healthier community.

1-855-846-MALE (6253)

malecall.ca

Male Call Canada is a university-community collaboration that surveys men who have had sex with men. Your participation goes a long way in helping create effective community health programs.

- THANK YOU TO OUR ADVERTISERS FOR FINANCING SUNDAY NEWS -

MCC Toronto Choir Fundraising

BUCKHIRE



**TOURNAMENT
NIGHTS - 2012**

&

**GRAND CHAMPION
COMPETITION***

February 24

March 23

April 27

-break-

September 28

October 26

November 23

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MCC Toronto Social Hall

115 Simpson Ave

7:30pm each Night

sharp Doors Open at 7:00pm

\$25

Registration Per Night

\$10 for Leisure

Players

Cash Bar

Free Food

Snacks

Player Prizes

Door Prizes

64 player limit per night plus 8 Leisure players
You **MUST** pre-pay to guarantee a seat

REGISTRATION - IN PERSON

Register after 9am & 11am

Services in the Social Hall

REGISTRATION - ONLINE

www.mcctorontochoir.com/events

**Play in 3 tournaments
in 2012 to be eligible to win!**

**Complete details/registration:
www.mcctorontochoir.com/events**

*Leisure Pool Players are not eligible for Grand Champion Competition.