



Cross Walk



Winter Cycling in Saskatoon

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Lighting Our Way



Wendy Harder

Where do we get this idea that we do not need God to live??

As life becomes busier, God is slowly being pushed aside. As you are well aware, Lent has already started. The youth group takes the season of Lent very seriously. We use Lent as a time of examining our lives. Lent offers an opportunity to strip away all that blocks us from growing in relationship with God. Through Lent, we learn the difficulties of denying ourselves something so that we can identify with Christ being in the desert for 40 days. Jesus had a choice. He could follow what the devil was telling him to do or he could follow what he knew in his heart God wanted him to do. Each temptation reveals that the outcome is transient and ultimately unsatisfying. Bread will make a meal but we will be hungry again in a few hours. We will never satisfy our taste for more extreme – pushing ourselves to do better, go higher, have more friends, more stuff, or conquer the next level. The world and all its splendour is not enough

to fill the thirst for power. When Jesus was faced with temptation, he remembered the mind of God, and the tempter had no choice but to leave. Jesus was not buying into what the devil offered.

When we give up something for Lent, each time we are tempted to eat or to do what we gave up, we have a choice. In a very minute way, giving something up for Lent reminds us that Christ gave up his life for us. By doing this, we remind ourselves of our dependence on God for our life. The youth have made some hard choices. It will not be easy to do what they propose. These are some of the challenges that the youth have given themselves: giving up caffeine, adding a time of meditation, daily telling one person something they appreciate about them, giving up swearing, adding exercise, giving up being rude, giving up eating chocolate... and the list goes on.

How are you marking this season of Lent? How are your actions showing that God is a priority in your life?



Cross Walk

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Our goal is to keep you informed and connected with one another. We would appreciate contact from you regarding any news items you may have about the joys and concerns of our church family.

**Due Date for the Next
Cross Walk
is March 21**

Winter Cycling in Saskatoon

On Sunday, February 7 almost 200 enthusiastic winter cyclists assembled at the Farmers Market for the city's first winter ice cycle. Graham Forrester and I were the lone Nutana Park representatives as far as I know so I thought I would fill the rest of you in on this great event and share some of my experiences as a winter cyclist.

Ice Cycle was organized in the interest of promoting cycling as a viable transportation choice and building some camaraderie among practicing winter cyclists. The afternoon began with a winter riding workshop for new riders and then the group bundled up in style and completed a short route en mass throughout the core of downtown Saskatoon.

The parade filled an entire lane and stretched over many city blocks. For many of you, the idea of a parade of cyclists might conjure up images of sunglasses and spandex, but on this occasion the chill of winter necessitated an eclectic combination of hockey jerseys, tutus, ear muffs and ski goggles. The spirit present throughout the event showed that winter cycling is viable, growing in popularity and even fun.

Only a decade ago, winter cyclists were a rare breed but today they are a common sight on Saskatoon's icy winter streets. While the cost of fuel escalates and it becomes ever more frustrating to navigate the congested roadways in an automobile more and more people are making the switch to their bicycle. As an automobile driver one may not have been aware of this shift but I can vouch for the dramatic increase in winter cyclists I have observed quietly filtering through the less traveled streets of the city.

I remember trying to ride my bike to my elementary school once and this initial experiment gave me the impression that bikes and winter do not go together. I struggled to maintain momentum and balance

through loose freshly fallen snow and probably could have made the trip faster on foot. This first winter cycling experience was slow, cold and just plain ridiculous. It's a safe bet that's probably what most people would think of winter cycling. However, I would later learn that with the proper equipment and clothing winter cycling is not always as ridiculous as my first experience.

A few years ago, inspired by other winter cyclists, I let my vehicle registration expire and committed to riding my bike for one whole winter season. I took this second experiment a bit more seriously and acquired some new equipment to give me the best chance of success. To help make my journeys safe, I began by purchasing a studded tire. I first bought just one for the front tire and now ride with two studded tires because they work so well to improve traction on icy roads. I also wanted to make my journeys relatively comfortable so I invested in a good pair of long underwear, a balaclava and some ski goggles as well. I am happy to say the results of this experiment were much more positive. I remained committed for the entire season and have yet to renew the registration of my vehicle!

I have found winter cycling to be more enjoyable than I expected, but yes, it still has some challenges. Just as you would think, it has been cold sometimes if I do not dress just right. However, I have now learned what clothing to wear for each temperature range and I have found that my body will generate plenty of heat as long as I keep moving. Cycling is also slower in the winter months. A bike has more mechanical resistance due to the cold temperatures and I think my body must have the same increase in resistance because I just don't seem to pedal as fast. There are also days where cycling would be ridiculous such as the week after our blizzard in January but these exceptional periods are not reason enough to avoid

Upcoming Events & Important Notes

cycling altogether. I simply choose to walk or take the bus for a few days and resume cycling when the streets are packed down again.

Finding solutions or compromises to address these challenges has allowed me to enjoy the many positive aspects of winter cycling: I now appreciate my urban travels because I can easily avoid busy roads and enjoy the quiet travel time for reflection; I am more in touch with my surroundings because I can hear the birds sing and experience the peaceful silence that comes with each day of freshly fallen snow; I probably benefit a little from the physical activity; and being frugal, like a good Mennonite, I always love being able to travel at will for free. While these are all great positive aspects, the largest reward of winter cycling is that it allows me to minimize my impact on God's creation and that is more than enough motivation to get me through the coldest days, horn honks and occasional tumbles.

March 5 World Day of Prayer 2010

Bethel United Church
2:00 pm

March 7 Rosthern Junior College Guys & Pies

Fundraiser and Dessert Auction
Featuring:
A Buncha Guys and RJC Man Choir
7:00 pm

March 14 Evening of Trios & Quartets

Cornerstone Mennonite Church
MCC "Food for All" Fundraiser
7:00 pm

March 19-20 Songfest Rehearsal

First Mennonite Church
Conductor: Phil Siebert
Registration Friday @ 7:00 pm

March 20 Songfest

First Mennonite Church
7:30 pm

March 19-20 Marriage Enrichment Conference

"A Time For Hope"
Sheraton Cavalier
Registration forms by mailboxes

March 28 Nutana Park Mennonite Church

Annual General Meeting
Following the Noon Potluck

Church Family News

Congratulations & Best Wishes

Sarah Unrau & Mackenzie Fast recently announced their engagement

MAY GOD GO WITH YOU

Jamie Rempel is relocating to Edmonton, initially to work and then to study accounting at NAIT. Thank you, Jamie, for your work as a youth sponsor at NPMC

Lydia & Peter Schroeder will be working with Mennonite Disaster Service rebuilding homes in Ramona, California from March 3 to April 3

Delmar Rempel & Betty Brown and Lorraine Harder will be in Uganda with a mission project from February 24 to March 13

Our Condolences to Those Who Are Grieving the Recent Death of Loved Ones

Anne & Verner Friesen on the death of Anne's sister, Tena Tiessen

Rick & Wendy Roe, Connor and Katie on the death of Rick's brother, Stephen Roe

Evelyn & John Schellenberg on the death of their brother-in-law, Dan Peters

Bill & Helen Kruger on the death of Bill's brother, Abe Kruger

Ruth Enns, Trish, Marcel, Joey, Anthony, and Kristian St. Onge, Elsie & Wes Heinrichs and Debbie Heinrichs & Stan Bartel on the death of husband, father, grandfather and uncle, Menno Nickel

Anne & Verner Friesen on the death of their brother-in-law, Herb Baturin

A Year in Germany

Alina Balzer-Peters

One Week At A Time

I thought some of you might be curious as to what I actually do.

Monday: 9:30-11: I help out in the Altenheim with handwork. I wheel and walk with the old people to the craft room and then I help a blind and deaf woman make a rug. 2pm-3: I go to Frau Teacher for a German lesson. She hand writes work sheets and teaches me very basic grammar and new words and then I read out loud. 3-4: I go to Frau Insistent. She's insistent because if you don't have anything on your plate or in your cup then she will make sure you do. I really enjoy visiting her because she's always got something funny to say and she can bake really well. And at the end of every visit she gives me a bag of fruit to take home. 4-5: I've talked about this woman before. She can't really walk anymore and mostly sits in her living room all day. I go to talk with her a bit and run errands that she needs done. Sometimes I buy groceries, drop off mail and run down to the Pharmacy. Or I wash a shirt or two or iron her clothes. She's like really old, like born in 1916 old and despite the fact that she can't really walk anymore she seems in good health. So she's also pretty cool.

Tuesday: 9:30-11: I work at the Altenheim again but instead of crocheting or making rugs we do crafts. Sometimes we colour, or glue things onto other paper. The last thing we made was cool stars. Think of anything you'd find in a Gr.1 class and we've done it. 11-12: I go to My Lady's house (I went to Berlin with her). We have coffee and sit and talk. She's never lost for words and has a really cute dog. 12-2: I eat lunch with my Committee Family. I really love this part of the day. And to be truthful this is one of my favourite days of the week. Donna always cooks a mean meal and the kids are almost always sweet. It's also really nice to talk in English about life things instead of old lady topics. 2-4: I have a visit with Frau B. She's absolutely amazing. She's actually blind

but I didn't know that when I first met her. She like totally rocks my world every time I see her. We always have Kaffee und Kuchen and talk lots. Sometimes we listen to classical music and sometimes I walk her seeing-eye dog. But she's so inspiring. 8-9pm: Is choir! I love choir because it's singing.

Wednesday: 9-11:30: I help my host Mother with a kids play group. I help set up coffee for the moms and I watch the kids in the play room. It's super awesome because the kids are so darn cute! And how is it not fun to have a break from octogenarians? 2-3: I go to Frau Helma. We always play Helma or Chinese Checkers. We talk too. It's a nice brain workout to play the game. She wins most of the time and bakes her own cookies, which are always delicious. Here you have to assure everyone that their food is good, after you take one bite you have to say that they're good and you like them. Also if you don't tell them what your favourite foods are they always worry about what they feed you. I'm not a picky eater (mostly) and anything you put in front of me I will eat – especially when that thing is cake. So I never say that I really like one thing over another because I'm perfectly content with whatever they set in front of me. But a couple of times now I've had remarks like 'well I don't know what you like to eat', or they'll put out half their kitchen and watch what I'll take first and what I eat the most of. It's pretty funny. 3-5: Is Frau Always the Same. I have a hard time coming up with a good name that doesn't sound bad. And not that she's a bad woman, I really like to visit her. The only thing is that she always has something to complain about. And really I don't blame her. She's kinda got it tough right now with health issues and being old. Every Wednesday I sweep and mop the floors for her and vacuum the hallway and then we have kaffee und kuchen. 5-whenever: I go over to C. C is a 40-ish woman who has the mental capacity of a 4 year-old. She lives with

her mother who's a very nice lady. C and I either put a couple of puzzles together or we colour. It's very different from the work I do with the other ladies and she isn't always much of a talker. I then stay for dinner and talk with C's mother before going home.

Thursday: 10-11 am: I go to whomever seems to need a visit that week. 11-12: I go to Frau Funny. She's hilarious. She can't hear so well so she talks a lot and if I try to get something in there she never hears me. So for the most part I just sit and listen to her tell jokes, stories, town history etc. We have a make-shift kaffee und kuchen with snacks because it isn't proper to have kuchen so early in the day. 3-6: Thursdays I really play by ear. Sometimes there's a service at the Altenheim so I help wheel the people to the chapel room and wheel them home. When I'm not doing that I go to Frau Talks Fast. And we've heard of her before. She's just as dear as ever, a handful at times and most of the time makes for a humorous day.

Friday: 10:30-11:30: Is my Little Old Man. This is tricky since it's just odd that a young girl goes and visits an old man every week. I don't think he always knows what to do with me. Sometimes we just sit over tea and cookies, sometimes I help prepare lunch by peeling vegetables and sometimes I vacuum the house. 11:30-1: I visit My Lady again. On Friday sometimes we bake because we actually have time to and lately I've been staying for lunch with her. 2-4: I play rummy with Frau Funny, Frau B and sometimes Frau Always Something joins us. This is fun. I always pick up Frau Funny and we walk together to the Altenheim where Frau B lives. Playing Rummi with old ladies is just entertaining because there's always something to talk about and they've known each other for so long that they're always telling me stories.

Well that's my week... I hope you didn't find it too boring!

Jamie Rempel is pleased to receive a special cake at his farewell party
photo by Wendy Harder



Gallery



Karen Martens-Zimmerly, representing Mennonite Church Canada, spoke at the Mennonite Disaster Service Conference in Warman
photo by Hedie Borne

Stacey, Nicole and Tammy are ready to assist at the information desk during the Mennonite Disaster Service Conference in Warman
photo by Hedie Borne



An example of God's beautiful creation and a reminder that spring will come once again
photo by Hedie Borne

Lynn Driedger directs the choir during the Sunday worship service



Carl Wiens and Peter & Lydia Schroeder are informing the children about Mennonite Disaster Service
photos by Jake Nickel



The country church stands as a beacon of faith and hope on the prairies
photo by Richard Butzelaar



Delmar Rempel, Betty Brown and Lorraine Harder are telling the children about their upcoming mission project to Uganda

Patrick Preheim and the children pray for the safety and success of the mission workers as they prepare to leave for a foreign country
photos by Jake Nickel

"Y" WALK

Rachell Zurevinsky
Senior High Retreat



Although I was a little skeptical about my first time attending the Sr. High retreat, I arrived to find out that it was a lot more fun than I previously gave it credit for.

After everyone showed up, we played mixer games to get the inevitable awkwardness out of the way. It was like using a "cheesy pick-up line" to break the ice, although this method actually works to help you get to know people. This segued into the infamous Walk-A-Mile where girls and guys get to know each other even better...if you catch my drift. He-he, anyway, once you got to know the people you had no problems playing the games we played the next day. ATTACK! Well not quite. We played games like red rover and tackle soccer, though there was more tackling than soccer.



I think the most memorable event of the weekend for me was tobogganing. Kerstin, Wendy and I went down the hill in a group, which made us go extremely fast. All I remember was screaming "Not the trees!" Thankfully we didn't crash, just spun around without leaving any permanent scars.

Jerry Buhler was a wonderful speaker. He was gripping and easy to listen to. Plus it was also wonderfully awesome that he made it relate to our generation. He has a real superpower, the power of speech.

All in all it was a great weekend and I would definitely recommend going to any skeptics out there. You won't regret it.



Kerstin Balzer-Peters, Rachell Zurevinsky and Rachel Flath enjoying some "down time" at the retreat

Emily Hooge, Macaila Funk, Sara Bartel and friends

Letting Christ's light shine through all that we do -photos by Wendy Harder

Sentiments of Appreciation

From Vern & Helen Ratzlaff

Belated appreciation for all the thoughts and cards and support received from our NPMC family this past Christmas season and into 2010. We're sorry not to see more of you, but we're also appreciative of the warmth and welcome that the Aberdeen Mennonite Church continues to give us, and we are very fortunate to have friends in so many places. We will be continuing there for the next little while (at least they said I could come back next Sunday). Joy and peace. (Charlie also sends his regards)