OCTOBER - DECEMBER **2026**

# PINEHOUSE Connect

Growing Together in Christ's Mission




## FROM DRIFTING TO SHIFTING

- **SIXTEEN** weeks
- **SEVEN** participants
- **ONE** intentional journey toward deeper intimacy with God

**3RD EDITION**

# Together in Mission



Every ministry tells a story, and every story points to the same mission: to reach, relate, revive, and restore all through Christ's love. As you read this edition of our newsletter, I invite you to sexe not simply a collection of activities, but a picture of a a church seeking to make a difference in the lives of people at every stage of life. Our commitment to our community, wildern, and families continues to grow through Children's Ministry initiatives such as Vacation Bible School (VBS) and community-centered activities such as Let's Move Day. These ministries remind us that our mission extends beyond the walls of the church and includes nurturing the physical, emotional, social, and spiritual well-being of both our children and the wider community.

Drug abuse and addiction can bring tremendous pain to individuals, families, and communities. As a church, we are called not merely to recognize the problem but to respond with compassion, prevention, support, and pathways toward restoration. Our ministry must continue to remind people that their struggles do not define their worth and that healing and hope are possible through Christ and caring relationships.

We are equally grateful for ministries that strengthen the bonds within our church family. Pastor Conrad Spence's ministry among our aging members reflects an important truth: no one should become invisible as they grow older. Our seniors are not simply recipients of ministry; they are valued members of our church family whose wisdom, faith, experience, and stories enrich the generations that follows.

And then there is **SHIFTING** – seeking higher intimacy and faithful transformation in God. This is an initiative designed to encourage intentional spiritual and personal growth. SHIFTING reminds us that ministry is not only about what happens around us; it is also about what God is doing within us.

As you explore this newsletter, I hope you will celebrate what God is doing, pray for these ministries, and ask yourself a simple question: “Where is God inviting me to participate?” There is a place for every gift, every generation, and every willing heart. Together, let us continue to reach, relate, revive, and restore all through Christ's love.

Pastor Geskin Etienne

**Lead Pastor, Pinehouse Drive**
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# FROM DRIFTING TO SHIFTING

## PASTOR GESKLIN ETIENNE

On August 29, 2026, Pinehouse Drive Seventh-day Adventist Church celebrated the graduation of seven people who completed the **SHIFTING** program: Kristy Reed, Jeanette Manonyane, Kereen Morrison-Spence, Diana Tanasiiciuc, Elaine Bubnick, Jude Asiodu, and Perry Bowyer.

For the graduates, **SHIFTING** was much more than a weekly class. It was a journey of learning, reflection, practice, and personal transformation – one step at a time.

Each week introduced a new concept connected to what participants had explored before. They were then invited to carry that learning into everyday life, practise it for seven days, and reflect on what they experienced. The following week, they returned ready to share, learn, and build on the previous lesson.

Why meet once a week for sixteen weeks? Because transformation takes more than hearing new information. It needs time: time to process an idea, put it into practice, learn from the experience, and consider what comes next. **SHIFTING's** weekly rhythm makes space for that process. Learning leads to practice; practice leads to reflection; reflection prepares the way for further growth. Rather than offering a collection of disconnected lessons, the program creates a continuing path of development.

The name **SHIFTING** expresses the heart of that path: Seeking Higher Intimacy and Faithful Transformation in God.

Life can carry us from one responsibility, challenge, relationship, or season to another before we have paused to ask where we are heading. We may find ourselves drifting – not necessarily through one dramatic decision, but through the steady pace of daily life. **SHIFTING** offers a chance to stop, pay attention, reconnect with God, and consider how we can move intentionally toward the people He is calling us to become.



> **"SHIFTING is an invitation: pause instead of drifting; seek deeper intimacy with God; embrace faithful transformation; and become better equipped for life and service."**

Throughout the program, participants were encouraged to develop greater spiritual intelligence: the ability to recognize what is happening within us, understand how those experiences relate to our relationship with God, and choose responses that reflect our faith and values.

The journey follows a simple but meaningful progression: **Think → Know → Do → Be**. Participants are encouraged not only to understand a concept, but to practise it in daily life and, over time, allow it to shape their character and lifestyle.

By the end of the sixteen weeks, the seven graduates had identified a clearer path for continued spiritual growth and personal transformation. Their graduation was not simply the end of a course. It was a celebration of people who had committed themselves to an intentional process of growth.

During the celebration, the congregation heard directly from each participant through personal testimonies. Their stories offered a glimpse of the challenges, discoveries, growth, and changes they experienced along the way. Together, they showed the value of consistency, intention, community, and commitment to the **SHIFTING** process.




We celebrate Kristy, Jeanette, Kereen, Diana, Elaine, Jude, and Perry for their commitment and perseverance. Their achievement reminds us that transformation rarely happens overnight. More often, it grows through small, intentional shifts – repeated over time.

**SHIFTING** is an invitation: pause instead of drift; seek deeper intimacy with God; embrace faithful transformation; and become better equipped for life and service.

May these seven graduates continue to **Think, Know, Do, and Be** as they take their next steps in the journey with Christ.

# The Journey of SHIFTING

SIXTEEN WEEKS | SEVEN PARTICIPANTS | ONE INTENTIONAL JOURNEY TOWARD DEEPER INTIMACY WITH GOD.



My name is **Jude Asiodu,** and this is my SHIFTING story.

For a long time, I have believed in God and trusted that He has a purpose for my life. I prayed, worked hard, and tried to move forward in faith. Still, doubt sometimes crept in. I wondered, "Will this work out? Am I making the right decision? Is God truly leading me?"

Proverbs 3:5 says, "Trust in the Lord with all your heart and lean not on your own understanding." That was a challenge for me. I often wanted to understand everything before I trusted God. Through SHIFTING, I began to see that doubt may come, but it does not have to control my decisions. I started remembering what God had already brought me through, and my prayer began to change: "God, I don't understand, and I don't know how this will work out – but I trust You."

"For we live by faith, not by sight" (2 Corinthians 5:7). I'm still learning. I still have questions, but I've discovered that courage doesn't mean doubt never comes. It means moving forward with God even when it does.

God's Word is "a lamp for my feet" (Psalm 119:105) – enough light for the next step. I may not know what tomorrow holds, but I know Who holds tomorrow. I'm learning to choose faith over fear and trust over uncertainty.

I am **Elaine Bubnick,** and this is my SHIFTING story.

At this stage in life, with many years of experience in a variety of roles, I have seen that people can achieve things yet struggle to live well with one another. Out of curiosity and a need for change, I joined SHIFTING.

We explored the emotional, physical, social, mental, and spiritual dimensions of life. I learned that following Christ affects every area of who we are. My takeaway was a simple question: Who sits on the throne of my life–self or Christ?

The parable of the ten virgins in Matthew 25 made this clear. All awaited the Bridegroom, but only five were prepared. Knowing about God is not the same as being transformed by truth. We need the Holy Spirit to make Christ the centre of our lives and shape us into His likeness.

SHIFTING helped me see that transformation means allowing God's character to be seen through us. Our world needs care and the experience of Christ's love, hope, faith, peace, and joy.

I was encouraged to serve with my gifts and prepare for Christ's return. Come with an open heart–you may arrive curious and discover God inviting you to transformation.



I am **Diana Tanasiicius,** and this is my journey of SHIFTING.



Since my baptism, my spiritual life has felt like a rollercoaster. I grew close to God, then became busy, and my prayer time shortened. Though I saw Him answer prayers, I longed for a growing relationship. I was tired of broken promises and struggles. For about a year, I prayed for a deeper relationship with God.

When Pastor Etienne introduced SHIFTING, I hesitated about scheduling. He helped me join a small group, where – even as an introvert – I could open up. Reviewing my notes helped me see how the lessons applied to my life. I felt God answering my prayer and teaching me to draw closer to Him.

A reminder of His faithfulness came when I requested a week off to help my sister after childbirth and received two. When complications took her from a home delivery to the emergency room, I could support her through recovery. God sees the picture and provides in ways we cannot anticipate.

The crowning of the program feels like the beginning of a walk with God. SHIFTING helped me recognize spiritual gifts, overcome addictions, and grow in resilience. I'm grateful for God's patience and this program. "Draw near to God and He will draw near to you" (James 4:8).



Here is the SHIFTING story behind my name, **Perry Bowyer**.

Before SHIFTING, I knew my character flaws were affecting my relationship with God and my family. Misunderstandings and conflicts left me frustrated and inadequate. I responded impatiently and struggled to connect with loved ones and God. I felt unsettled, aware these patterns were diminishing my happiness, but unsure how to change.

Family conflicts became a wake-up call. I realized I was part of the problem and needed to take responsibility. When I met Pastor Etienne, his passion for personal growth and transformation inspired me to join SHIFTING. That decision marked the beginning of my change.

Through the program, I identified my personality traits and spiritual gifts. I learned to pause when I feel uncomfortable instead of reacting impulsively. Recognizing triggers helps me respond with calm and clarity. Most importantly, I discovered my identity and purpose. I find fulfillment in serving by faith through giving, and this understanding helps me live with intention.

Today, my relationships with God and my family are more authentic and fulfilling. I approach life with peace and confidence, grounded in who I am and what I stand for. I continue to serve, grow, and embrace each day with gratitude, carrying SHIFTING's lessons into my relationships and choices.



I'm **Kereen Morrison-Spence**, and this is what SHIFTING has taught me.

Curiosity led me to SHIFTING, where I explored my thoughts, emotions, wounds, and relationship with God.

One of the most powerful things I learned through this course was the practice of journaling. Putting my thoughts on paper gave me a safe place to be honest about fears, anger, sadness, and disappointments. Bringing those words to God in prayer made my journal a conversation between my heart and Him.

SHIFTING taught me that forgiveness does not mean excusing what happened, forgetting, or trusting someone unsafe. It means acknowledging pain and choosing not to let it define my future. Forgiveness can be a choice we make repeatedly. When memories return, I can pray, write, and surrender my hurt to God. I learned that healing also means forgiving myself.

I learned to pause and ask why I feel a certain way instead of reacting immediately. Healing requires honesty; I must acknowledge my pain and allow God to work in it. I am still growing, but I no longer carry everything alone. I have learned to write, pray, face the hurt, and release it. The past happened, but it needs not control my future. By God's grace, I can forgive and move forward in faith.

My name is **Jeanette Manonyane**, and this is a glimpse of my journey of SHIFTING.

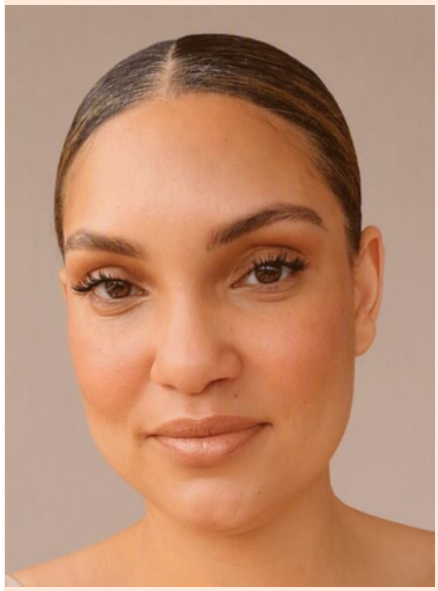


I knew God lived within me and was my answer, yet I longed for His glory to shine through my life. I wanted to know Him more deeply and learned that growing closer to God takes seeking Him.

In South Africa, Tuesday prayer gatherings strengthened my faith. After moving to Canada, adjusting to life made it harder to make time for God. My body was here, but my thoughts remained back home. I missed routines and community. When reading, concentrating, and remembering became difficult, I knew I needed change. I registered for SHIFTING.

Through the program, the mist began to clear. I understood God wanted to transform not only my circumstances but my thinking. As my perspective changed, I began to see His creativity and ask Him for ideas and passion for work. I learned growth means sharing what God places within me.

Grateful to follow Jesus with a mind renewed, I know I do not need to see every step ahead; God knows where I need to go and will lead me. My prayer is: "Lord, help me follow You. Lead me and let others see You through my life." I may not know the way, but I know who leads me.



I am **Kristy Reed,** and this is a reflection of my SHIFTING journey.

Growing up, I faced challenges that left me carrying hurt and anger into adulthood. I reacted quickly and defensively, unsure how to pause or respond as I wanted. I longed for healing, peace, and purpose – for myself and my family.

I asked God, "What is my purpose?" I wanted to understand how He could use my life, but knew I needed healing. I longed to be a gentle mother, guiding my children with patience and love. I realized change at home had to begin within me.

After hearing SHIFTING testimonies, I felt this was my opportunity. I learned about my gifts, personality, and emotional triggers. I gained tools, including prayer, fasting, and bringing my feelings to God. The Holy Spirit helps me pause before reacting. Not every comment needs an answer; sometimes growth means choosing silence or walking away peacefully.

I am still growing, but now I learn from moments instead of staying in guilt. I celebrate victories when I pause and respond differently. SHIFTING has shown me how much I need God daily. My story is still being written. I am willing to heal, grow, surrender, and let God continue His work in me – for my family, purpose, and His glory.

# WHEN THE CHURCH BECOMES A PLACE OF HOPE

*Dr. Jacob Manonyane*

> **For a person living with addiction, recovery may begin with one trusted person saying, 'You are not alone. Let us help you find the support you need.'**

Addiction can take a person to places they never expected to go. It can strain families, disrupt work and education, undermine physical and mental health, and leave people feeling isolated from the very communities that once gave them strength. Yet, addiction is not a moral failure or a life sentence. It is a treatable health condition, and recovery is possible.

For churches, this reality presents both a challenge and an opportunity. A congregation cannot replace doctors, addiction counsellors or treatment programs. But it can become a place where a person is seen with dignity, encouraged to seek help, supported through difficult change and welcomed as they rebuild their life.

Pinehouse SDA Church offers sessions where experts speak to the congregation about drugs and substance abuse. The church's role is not to offer easy answers. It is to walk faithfully alongside people in recovery—with compassion, truth and practical support.

## The journey into addiction

Addiction rarely begins with the intention of losing control. A person may first use drugs to cope with pain, stress, trauma, grief, loneliness, anxiety or depression. Others may be influenced by social pressure, experimentation or prescription medication that gradually becomes difficult to stop using. Over time, repeated drug use can change the brain's reward, stress and self-control systems. What may have begun as a choice can become a powerful cycle of cravings, withdrawal and compulsive behaviour. The substance increasingly takes priority over health, family, work, finances, relationships and faith. For loved ones, the changes can be painful to witness. The person living with addiction may genuinely want to stop, pray for a new beginning and promise to change — yet still find themselves returning to use.

This is one of the most important truths communities of faith must understand: wanting recovery and being able to sustain recovery are not always the same thing. Addiction can weaken a person's ability to regulate behaviour, make sound decisions and resist cravings. That does not remove personal responsibility, but it does mean recovery often requires more than willpower alone.






## The moment help begins

Recovery often begins when someone recognizes that drug use is causing harm. Families and church members can play an important role at this stage. Instead of accusations, family and church members can help use specific observations. Begin a conversation like, “I have noticed that you seem unwell and have been missing work that you seem unwell. I am concerned about you, and I want to help.” That approach communicates concern without humiliation. It also leaves room for honest conversation.

People struggling with addiction often live with deep shame, fear and isolation. Harsh confrontation, public exposure or gossip can push them further away from help.
A church can offer a first safe doorway back into connection. Prayer can be a source of comfort, courage and hope. However, spiritual support should complement, not replace medical care,
counselling and evidence-based addiction treatment. Faith can sustain a person through recovery, but professional assessment is often essential, especially when withdrawal, overdose risk, mental illness or trauma is involved.

## Treatment is part of healing

Treatment looks different for different people. The appropriate care depends on the substances involved, the person’s physical and mental health, their living situation, safety concerns and the severity of their addiction. The church can support treatment and recovery in practical ways. Members may provide transportation to appointments and childcare while someone attends counselling, meals during a difficult period or help accessing housing, employment and community services. Practical help should be offered wisely. Giving unrestricted cash, covering repeated drug-related debts or concealing unsafe behaviour may unintentionally keep the addiction going.

## Recovery is more than abstinence

A church can offer a community where people are not defined by their addiction, but by their God-given worth and capacity for change. Regular worship, fellowship, service, mentoring, prayer and supportive friendships can help replace isolation with belonging. Still, recovery is rarely a straight line. A return to use can happen, particularly during periods of stress, grief, trauma, loneliness or exposure to old environments and relationships. A setback calls for renewed response: reassessing safety, reconnecting with treatment, identifying triggers and strengthening the recovery plan. The church should resist both extremes, minimizing a relapse or responding with rejection. A person needs honest accountability and a clear path back to support.

## A recovery-friendly church

A recovery-friendly church is not a church without rules. It is a church where people know they can seek help without being shamed, while also understanding that safety matters for everyone.
This means welcoming people with dignity while maintaining clear expectations around drug dealing and unsafe conduct on church property. Confidentiality is also essential. Personal information should be shared only with the person’s consent and only with those who genuinely need to know.
A healthy church response combines five commitments: commitment, dignity, treatment, safety and persistence. Treat each person as valuable and capable of recovery, connect pastoral care and prayer with qualified healthcare, protect the person, their family and the church community, and remain present through setbacks. The church may not be able to solve every problem addiction creates. But it can offer something many people desperately need: a community that will not abandon them, while still calling them toward a healthier and safer life.
When churches partner with families, healthcare professionals, counsellors and recovery services, they can become places where people find not only acceptance, but a real path toward healing, stability and renewed purpose.

# A DAY OF WELLNESS, FELLOWSHIP AND COMMUNITY

# Q&A

## WITH CHERI MARCHUK



**Q How does running or walking together connect with the mission of sharing God's Word?**

Running and walking together create opportunities for fellowship, encouragement, and meaningful conversations. As Christians, we believe our faith is lived out not only in worship services but also in community. When we gather to move together, we demonstrate God's love through relationships, support one another, and create natural opportunities to share the hope and message of Christ.

**Q What are the key highlights of the day?**

Seeing people of all ages come together in a spirit of unity and joy. We welcomed more than 50 participants, and they took part in activities such as walking, running, stretching, family games, and fellowship opportunities. Throughout the day, we shared the message that caring for our physical health is an important part of being good stewards of the bodies God has given us. Participants were encouraged to make healthy choices that support physical, emotional, and spiritual well-being.

**Q What do you hope participants will take away spiritually as well as physically?**

Physically, I hope participants leave encouraged to stay active and to make health a priority in their daily lives. Spiritually, I hope they experience God's presence through fellowship, realize they are part of a caring community, and understand that faith and wellness can work together to strengthen and enrich our lives.

**Q** **How can activities such as running together strengthen relationships within the church and the wider community?**

These activities create opportunities to build friendships, encourage one another, and connect with people who may not normally attend church events. These shared experiences help break down barriers and strengthen unity both within the church family and throughout the wider community.

## Faith, fitness and fellowship are stronger when they work together.

## When we care for our bodies, grow in our relationship with God and support one another in community, we are better equipped to live purposeful and fulfilling lives.

**Q** **What is your prayer or hope for the long-term impact of Let's Move Day?**

My prayer is that Let's Move Day becomes more than a one-day event. I hope it inspires people to embrace healthier lifestyles, build lasting relationships, and grow in their faith. I also hope it serves as a reminder that the church cares about the whole person, body, mind, and spirit, and continues to be a source of encouragement and hope in the community.

**Q** **If you could share one message with the community about faith, fitness, and fellowship, what would it be?**

Faith, fitness, and fellowship are stronger when they work together. When we care for our bodies, grow in our relationship with God, and support one another in community, we are better equipped to live purposeful and fulfilling lives. My message would be simple: Move with purpose, grow in faith, and walk together in fellowship. Micah 6:8

# CACTUSVILLE VBS

## *When ordinary kids answer an extraordinary God*




*Kereen Morrison-Spence, Shalom Mutarugera and Inonge Mwenda*

What an incredible week we shared at this year's Cactusville Vacation Bible School! Our church was filled with excitement, laughter, learning, and worship as children, youth and volunteers came together to discover what it means to answer God's call. Our Main theme verse came from 2 Timothy 1:9, "Who has saved us and called with a Holy calling not according to our works but according to his own purpose and grace which is Jesus Chist before time began". Yeehaw!

This year's Cactusville Vacation Bible School reminded children that God has a special purpose for every person. Through five inspiring Bible stories, children discovered that God calls us to live differently, forgive others, serve faithfully, trust Him, and share his love.





### Five Days, Five Calls, One Big Truth

Every lesson, craft, game, song, and skit worked together to reinforce these important truths in fun and memorable ways. Each day focused on a different Bible character whose life demonstrated what it means to follow God's call.

**Standing apart from the crowd**

The week began with John the Baptist, who was called to be different. Children learned that following God sometimes means standing apart from the crowd and courageously sharing his truth. The crafts, songs, and skits encouraged children to be confident in their faith and to let their words and actions point others to Jesus. The story of Joseph taught children that God calls us to forgive. Even after being mistreated by his brothers, Joseph chose forgiveness instead of revenge. Through interactive games, discussions, and creative activities, children explored the importance of showing grace, restoring relationships, and trusting God's plan even when life is difficult.







The lesson on Deborah showed that God calls us to serve. As a wise leader and judge, Deborah demonstrated courage, faith, and a willingness to help others. The day's activities emphasized that everyone – regardless of age – can serve God by encouraging others, helping those in need, and using their gifts to make a positive difference. Children also learned from Abraham, who was called to be faithful. Abraham trusted God's promises even when he could not see the outcome.

## Faith means trusting God everyday

The Bible lesson, crafts, and games reminded children that faith means trusting God every day, obeying Him, and believing that he keeps His promises. The week concluded with the greatest example of all — Jesus, who was called to give. Jesus willingly gave His life because of His great love for us, offering forgiveness, hope, and eternal life to everyone who believes in Him. The closing activities, worship songs, and skits helped children understand the depth of Christ's sacrifice and challenged them to respond by showing generosity, kindness, and love to others.

The games reinforced biblical principles through teamwork, encouragement, and participation, helping children experience God's truth in action. The songs filled each day with joy while repeating key messages and Scripture in ways that were easy to remember. The skits brought the Bible stories to life with humor and relatable situations, helping children see how these timeless lessons apply to everyday life.

## Jesus is the best guide

Together, every part of Cactusville Vacation Bible School supported the central message that God calls each of us to live for Him. One of our youth volunteers Shalom Mutarugera, remarked “the theme was especially meaningful because kids are surrounded by so many different voices and choices every day. Cactusville reminded them that Jesus is the best Guide they could ever have. It was a fun way to help them grow closer to God while making memories they’ll hopefully carry with them long after VBS ended.

# How one Children's Ministry is raising a generation of disciples

**Katherine Marquez**

The room hums with the sound of crayons, giggles, and off-key worship songs. A seven-year-old raises her hand at the beginning of the session "I will pray today" she offers.

At the heart of this children's ministry lies a simple but radical conviction: kids don't just need to hear about Jesus—they need to experience His love in ways that make sense for their age. Through Bible stories that stick, songs they can't stop singing, and relationships that make them feel seen, this ministry is planting seeds that will grow for a lifetime.

### The heart of the matter

Children's ministry, done well, creates a space where kids feel valued, accepted, and safe—just as Christ accepts us. Leaders model kindness, patience, and compassion, helping children not only hear about God's love but actually live it out through real relationships.

Crafts, songs, and conversations make spiritual truths tangible. Prayer isn't a ritual—it's a conversation. Simple acts of service become faith in action. And the goal isn't just knowledge; it's connection. Because when a child builds a personal relationship with Jesus early, that faith has room to grow all the way into adulthood.





### The Four R's: A Framework for Faith

This ministry doesn't leave discipleship to chance. It's built on four pillars—**Reach, Relate, Revive, Restore**—each one designed to help kids live out their faith in everyday spaces: at home, at school, and in their neighborhoods.

**Reach** is about ripple effects. Kids learn that even small actions—welcoming a new classmate, sharing a snack, inviting a friend to church—can reflect Christ's love. They're encouraged to be inclusive, to notice the outsider, and to understand that kindness is never wasted.

**Relate** teaches children how to build healthy, Christ-centered relationships. They practice empathy, learn to listen, and discover that forgiveness isn't just a word—it's a choice. Whether it's making up with a sibling or standing up for someone being left out, kids are equipped to connect meaningfully with family, friends, and peers.

**Revive** keeps the spiritual flame alive. Through prayer, worship, and learning God's Word, children are taught how to stay encouraged—and how to encourage others. A prayer for a friend, a Bible verse shared at the right time, or a simple "I'm proud of you" can become tools for uplifting those around them.

**Restore** is where grace gets real. Kids learn that mistakes don't define them; forgiveness does. They practice apologizing, making things right, and bringing peace to conflicts at home or school. Reconciliation isn't just for grown-ups—it's a skill that starts young.

> In a world that often treats kids as an afterthought this children's ministry sees them as who they are: image-bearers of God. capable of deep faith, real relationship, and meaningful impact.

## Parents: The primary disciple-makers

Here's the thing: no children's ministry can do it alone. That's why this team partners closely with parents and caregivers, recognizing that they are the primary spiritual influencers in their children's lives.

## Beyond the classroom

The discipleship doesn't end with Sabbath school. Children's choir, Children's Church, Adventurer and Pathfinder clubs, Sabbath school classes, and Children's Story during divine service all weave faith into the fabric of a child's week. Each program offers another thread in the tapestry of spiritual formation.

## The long game

By modeling Christ-like behavior and giving children opportunities to practice it, Pinehouse SDA Church children ministry is helping raise a generation of young disciples who don't just know about Jesus – they know Him.



# MORE THAN CARE



## “Helping older adults feel seen and valued.”

**Pr. Conrad Spence**

Aging can change the shape of a person’s days. Friends may pass away, familiar routines may disappear, and everyday tasks may become difficult. In those moments, care means more than meeting physical needs. It means helping people feel that their lives still matter, their choices are respected and they belong.

At Sunnyside Adventist Care Centre, our community includes Seventh-day Adventists, Christians from other traditions, people of other faiths and people who are not religious. Each resident brings a lifetime of wisdom, skills and resilience. Meaningful spiritual care begins by listening to each person’s story – not by assuming what they believe.

Belonging also requires practical thoughtfulness. Activities and spaces should be accessible to people with different physical and cognitive needs, and welcoming across cultures and faiths. Congregations can invite older adults to share their talents, lead activities, mentor younger people and take part in community life.

Care is strongest when it is shared. At Sunnyside, chaplains work with nursing staff, physicians and families. Churches can also support older adults and caregivers through practical help, visits and community connections. Workshops on navigating healthcare, advance care planning and grief can offer useful guidance without pressure to participate in religious activities.

I saw the impact of this approach through CR and her family.

Our relationship began before CR came to Sunnyside. Her husband had been a resident, and we got to know the family during his time with us. Some relatives held beliefs different from our own. They found that spiritual care was not about expecting everyone to think alike; it was about offering steady support.

After her husband died, CR moved to Sunnyside, and that trust continued. Her son and daughter were connected to SOS Trees, an organization dedicated to preserving urban forests. They wanted to improve Sunnyside's green space in honour of their parents. With help from volunteers and the organization, they sponsored and planted several fruit trees on the grounds.

The trees became more than a landscaping project. They were a tribute to CR and her husband, and a gift to residents and visitors who might one day sit beneath their branches. The family's values and passions had a place at Sunnyside, alongside CR's care and spiritual life.

As my relationship with CR deepened, she asked me to officiate her funeral. When she passed away, I was honoured to help her family celebrate her life in a way that reflected who she was.

Afterward, her children told me the experience had changed how they viewed the Seventh-day Adventist church. They had been supported through grief without being asked to set aside their own beliefs or their mother's faith.

That is what care that helps people belong can look like: listening, practical support and a willingness to walk alongside each person and family. No church can meet every need, but it can help build a circle of care that honours people's dignity, choices and stories.

**"As a chaplain serving older adults at Sunnyside Adventist Care Centre, I have learned that meaningful spiritual care begins with listening and creating spaces where every person feels they matter."**




## Regular Events

**Bible Study:**

*First Sabbath of the Month 4:00-5:30 pm*

**Romanian Language**

*Friday Nights at 8:00 pm*

**SHIFTING Classes:**

Thursdays: 6:00-7:00pm & 8:00pm-9:00pm

**Wednesday Prayer Meeting:**

*7:00 pm Zoom ID: 965 957 4728*

**Sunnyside Adventist Care Centre:**

*Every 3rd Sabbath of the Month 3:00 pm*

**Pathfinders Club**:

*Second & Fourth Sabbaths at 4:00-6:00pm & Sundays at 9:30am-12:00pm*

**Adventurers Club:**

Third Weekend; Sabbaths at 2:00pm, Sundays at 10:am

## Upcoming Events

**Christmas Concert:**

December 2026

**ManSask Constituency Meeting:**

April 9-11, 2026

PINEHOUSE
# Connect

## At Pinehouse Drive Seventh-day Adventist Church our differences are not barriers to belonging; they are part of the beautiful community God is forming together.

**Many cultures. One community. Shared hope.**




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