

# CENTENNIAL HOTSPOT

Centennial Presbyterian Church

103 Pinetown Place NE, Calgary, AB T1Y 5J1 403-285-7144

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## IN THIS ISSUE

Minister's Musings	1
Pews News	1
Upcoming Events	1
Notes from the Loft	2
Worship Committee	2
Mission Team	2
Session	3
From the Office	3
Family Dinner Night	3
Did You Know	4
Prayer Calendar	4
FISH Network	5
Christian Education	5
Board	6
Volunteer Certificate	6
Shoebox Gift Lists	7

## MINISTER'S MUSINGS

### Love: EGR (Extra Love Required)

One of the greatest experts in human relationships was an expert in the art of marriage, Swiss psychiatrist Bernard Harnik. Bernard offered a very potent definition of Christian love. He said, "Love is a willingness to be frustrated." I remember thinking, "I thought love was the emotion of goose bumps or the actions of a serving heart. What do you mean, 'Love is a willingness to be frustrated?'"

Bernard explained, "For example, when there is only a quarter inch of milk left in the milk carton, I throw it out. It drives me nuts to have cartons with a quarter inch of anything sitting in the refrigerator, but my wife thinks throwing out a quarter inch of anything is horribly wasteful and it drives her crazy when I do it. So, love says to me, quit throwing out the milk cartons with the quarter inch of milk. It frustrates me not to do so but that is love.

Bill Bright used to talk about loving by faith. At times, you and I may feel so much annoyance or anger at another person that our mood is in no way interested or even willing to be frustrated on behalf of the other. Love is cold. Extra grace may be required but we find no grace at all. Bill's point is simple. Human love has its limits; God's love does not. So, begin to love one another with God's love, trusting God to give you God's love as a substitute for your lack of love. The whole Christian life is founded on faith—faith in Jesus, faith in the Holy Spirit to live in us, fill and lead us. Loving with God's love means trusting by

faith that God will give us His love for the EGR, Extra Grace Required people in our lives, especially when our own inclinations are anything but to act in a loving way. So, ask God for His love and act in accord with God's love and not your frustration.

Bill liked to challenge people to make a list of all the individuals they do not like. I suggest you make such a list and begin to love them with God's love, to be willing to be frustrated out of love when extra grace is required. Pray, "Lord, I do not like this person. In fact, I am angry or annoyed with him or her. I ask you to give me your love for this person and the grace for me to behave in accord with your love and not in accord with my feelings." In the EGR moments of your life, you may choose to ask God by faith to give you His love and His extra grace for the situation and act accordingly. Your messy life will get less messy!



## PEWS NEWS

### Birthdays to celebrate in November

November 2, Bradley Anung, Francis Djakan; November 5, John Legge; November 7, Jalie Serina; November 8, Maya Ayongwa; November 15, Richard & Rosie Carter; November 16, Doug Zacharias; November 19, Lindsay Zacharias; November 24, Sam Kiplagat

As we head into a season of gatherings and celebrations, keep one another in your prayers that we all can stay safe, healthy and able to enjoy our time with friends and family.

## UPCOMING EVENTS

November 2	Family Night Dinner
November 5	CCWF, 11:00 am at the church
November 6	Communion and Remembrance Service
	Daylight Savings Time Ends
November 9	Board Meeting, 7:00 pm
November 13-18	Shoeboxes to be in to the church
November 20	Shoebox dedication
	Presbytery Visitation
November 23	FISH Network Meeting, 7:00 pm, zoom
November 27	Registration deadline for Dec. 7 Dinner Night
November 29	Worship Committee, 11:00 am, church Session, 7:00 pm

## NOTES FROM THE LOFT



We have been able to present some hymns during the service since the start of choir. Information will be coming out to the parents of the Sunday School students as we look to starting a Junior Choir. The plan for the Junior Choir is that it is separate from the Sunday School music component and rehearsals will take place 15 minutes after the church service ends on Sundays, every other week.

**Our Praise Team:** We are looking for a few singers to help us lead the songs during the Praise Time at the beginning of the service each week. The requirements are pretty simple. We would have a practice to learn the newer songs, or ones that are not familiar, and then we meet Sunday morning at 9:30 to run over the praise songs for the service and work out any kinks that inevitably pop up!

One casualty of the past few years has been our Advent Carol Festival. It will take the hit for one more year as we redevelop our choir(s) and we will come back bigger and better for 2023!

Please talk to me and let me know if you are interested.

Carla Zacharias  
Music Team Leader

## WORSHIP COMMITTEE

We are back to regular worship. It is great to see everyone again.

As you are aware, we value your feedback on all aspects of worship. Particularly now, we would like your thoughts positive or negative on the hymn sing before service. You can let either Jim Broadwell or Carla Zacharias know.

We are pleased to announce that Israel Ayongwa has taken on responsibility of recording services. More information will be forthcoming soon.

Upcoming services include:

Advent I – **November 27**, communion

Advent II – **December 4**, Mitten Tree story for Children's Cottage

Advent III – **December 11**, White Gifts for Calgary Pregnancy Care Centre

Advent IV – **December 18**, Pageant

Christmas Eve – **December 24**, communion

Christmas Day – **December 25**

Please mark your calendars for next year, **January 7, 5:30 pm** will mark the return of our Epiphany pot luck. Plan to come and share your favourite dish and hear stories of **Christmas** celebrations in various cultures.

As we fast approach the close of the year we begin thinking of plans for the new. If you have a passion for matters of worship and would like to join the committee, please let us know. Our meetings are quite informal and we are flexible in determining dates and times.

As always, we value your input on all matters pertaining to worship. Please direct your comments to us at [office@centennialchurch.ca](mailto:office@centennialchurch.ca) or [broad2well@shaw.ca](mailto:broad2well@shaw.ca)

Jim Broadwell  
Chairman

## OPERATION CHRISTMAS CHILD

Shoebboxes are here! **Pack for boys or girls 2-4 years, 5-9 years, 10-14 years**

A few quick suggestions: school supplies, hygiene items, fun things. Some restrictions are no liquids, breakables, candy or unethical items

The collection dates are November 14-20, **so please have them in on or before Sunday, November 13 or into the office by Thursday, November 17** so they can be dedicated on Sunday, November 20, before the team delivers them to Samaritan's Purse

At the back of the newsletter you will find the suggestion lists to help you make your choices.

If you plan on contributing towards the mailing cost of the shoebboxes (\$10), please do not place the donation in the shoebox. Instead, please place it in an envelope with your number and "Shoebbox Donation" written on it, and Sally will ensure that donation gets handled properly.



Evelyn  
Missions Committee

## SESSION

- The session is looking at revamping our current committee structure to reduce the number of active committees. The resulting committees will be given clear goals and objectives in a manner that progress and effectiveness can be evaluated and changes made where necessary.
- The regular Presbytery Visitation, to assess the health of our congregation, will be held on Sunday, November 20<sup>th</sup>. These visitations happen every 2 to 3 years and usually consist of a small team of Presbyters who talk with the Minister, Session and Board of Managers.
- An ongoing fundraiser has been approved to help with our depleted finances.
- The Mission team has heard from the refugee sponsorship program that members of our third sponsored family may arrive before the 2<sup>nd</sup> family. Three of the six people sponsored in the third family have received their interviews and medical clearances. Plans are in place for any arrival in the next few months. Government officials have not been in contact with the second family at this time.
- The job posting deadline for a Youth Pastor has passed and the committee is moving to the interview phase.

Doug Bonar  
Clerk of Session

## FROM THE OFFICE

Office Hours:

Rev. Kim's office hours: Tuesday—Friday, 10:00—4:00

Carla will be in the church office Thursdays and Fridays from 9:30—12:00, and working from home on Tuesdays, 9:30-12:00.

If you have **upcoming birthdays and anniversaries** you would like us to celebrate as we do every Sunday, please send the dates to [office@centennialchurch.ca](mailto:office@centennialchurch.ca) or call Carla Zacharias and we will get them in for celebrating.

\*\*\* **ANNUAL DIRECTORY UPDATES:** Does it seem too soon? Not really. In order to get our address, phone numbers and new family members updated, I am collecting that information now. If you would like your family photo included in the directory, as well, check last year's directory and see if your family has changed and the photo needs to be updated, please email a copy to [office@centennialchurch.ca](mailto:office@centennialchurch.ca) for inclusion. ***If you have had an address or phone number change, or additions to the family, please send that in to the office so that the directory and in-house database can be updated.*** \*\*\*



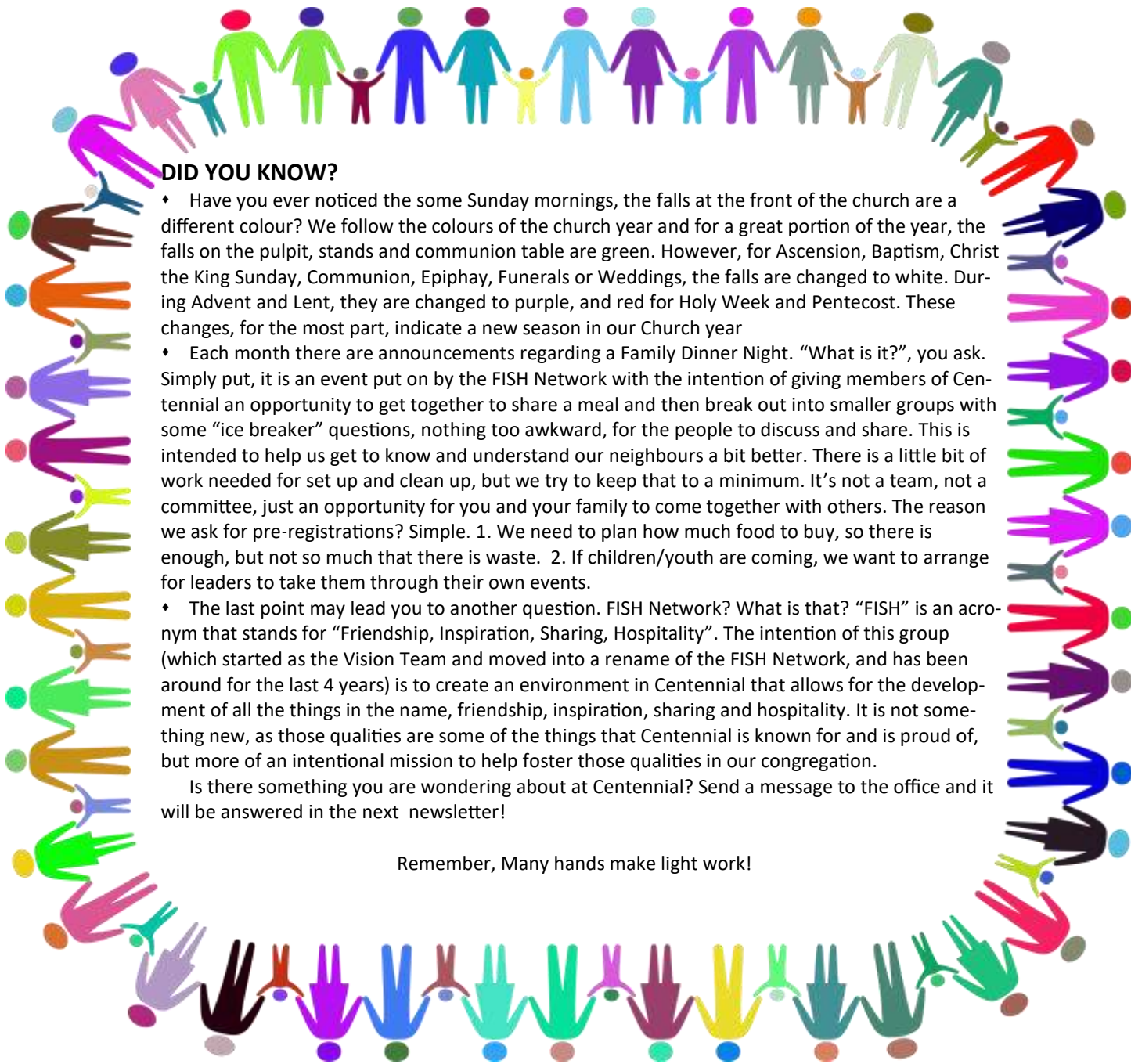
## Wednesday, November 2

**Doors open at 5:00 pm**

**Dinner served at 5:30 pm**

**Fellowship at 6:30 pm**

**Pre-registration required**



**DID YOU KNOW?**

- ♦ Have you ever noticed the some Sunday mornings, the falls at the front of the church are a different colour? We follow the colours of the church year and for a great portion of the year, the falls on the pulpit, stands and communion table are green. However, for Ascension, Baptism, Christ the King Sunday, Communion, Epiphany, Funerals or Weddings, the falls are changed to white. During Advent and Lent, they are changed to purple, and red for Holy Week and Pentecost. These changes, for the most part, indicate a new season in our Church year
  - ♦ Each month there are announcements regarding a Family Dinner Night. “What is it?”, you ask. Simply put, it is an event put on by the FISH Network with the intention of giving members of Centennial an opportunity to get together to share a meal and then break out into smaller groups with some “ice breaker” questions, nothing too awkward, for the people to discuss and share. This is intended to help us get to know and understand our neighbours a bit better. There is a little bit of work needed for set up and clean up, but we try to keep that to a minimum. It’s not a team, not a committee, just an opportunity for you and your family to come together with others. The reason we ask for pre-registrations? Simple. 1. We need to plan how much food to buy, so there is enough, but not so much that there is waste. 2. If children/youth are coming, we want to arrange for leaders to take them through their own events.
  - ♦ The last point may lead you to another question. FISH Network? What is that? “FISH” is an acronym that stands for “Friendship, Inspiration, Sharing, Hospitality”. The intention of this group (which started as the Vision Team and moved into a rename of the FISH Network, and has been around for the last 4 years) is to create an environment in Centennial that allows for the development of all the things in the name, friendship, inspiration, sharing and hospitality. It is not something new, as those qualities are some of the things that Centennial is known for and is proud of, but more of an intentional mission to help foster those qualities in our congregation.
- Is there something you are wondering about at Centennial? Send a message to the office and it will be answered in the next newsletter!

Remember, Many hands make light work!

**PRAYER CALENDAR**

If you have any prayer concerns that arise, please contact the office and we can include these in our prayer chain. If you would like to be part of our prayer chain, please contact the office and have your name added to the list. Updates will be given via text or email as is suitable for you.

Do you wonder how you can reach out to others in the congregation? Every day on the prayer calendar is a person or family to pray for that day. Look them up in the directory and give them a quick call to say hello! It’s a small gesture that could go a long way.

Newsletters will continue to be emailed, for those who do not have email addresses or have not provided one a physical copy of the newsletter will be mailed.

September newsletter deadline is October 26.



The FISH Network

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament grows and builds itself up in love, as each part does its work.

Ephesians 4:15-16

**FISH Network: Friendship Inspiration Sharing Hospitality**

We are so looking forward to gathering in **f**riendship on Wednesday, November 2 for **FISH** Family Night. A reminder to those who registered:

5:00 p.m. Doors to the church open

5:30 p.m. Dinner (home-hardy macaroni and cheese) served

6:30 p.m. Fellowship, friendship, sharing

8:00 p.m. Evening closes

You may be disappointed that you missed the registration deadline for the November **FISH** Family Night... but don't despair! Our next **FISH** Family Night has been scheduled for Wednesday, December 7. Registration is coming soon. For your convenience, registration forms will be available electronically and by hard copy. Or you can call the church office (404 285-7144) to confirm your attendance and registration information will be taken at that time. Be certain to register your family for the December 7 **FISH** Family night by November 27 so we can plan appropriately for the meal and number of breakout time leaders, i.e., how many children, youth, adults. December's meal will be lasagne, salad, crudites, and cheesecake.

Have you been enjoying getting calls, emails, or texts from your church family? Have you been enjoying reaching out to your church family in **f**riendship by phone, email, and text? Thank you for keeping the network going . . . the **FISH Network**: reaching out in **f**riendship!

Please feel welcome to contact our **FISH Network** -- Annie Edie, Carla Zacharias, Israel Ayongwa, Jean Tupper, Jin Woo Kim, Phyllis Russell, Shirley Watts, Simon DeVries. If you are uncertain how to reach us, please call Centennial Presbyterian Church (403 285-7144) or reference your annual report church directory.

Experience the joy of **FISH: Friendship, Inspiration, Sharing, Hospitality.**

**The FISH Network**

## **CHRISTIAN EDUCATION COMMITTEE**

Sunday School classes are going well. The morning worship is averaging about 20 students per Sunday and they are split into 2 classes, ages 3-7 and ages 8-12. We are working to get registration forms for all the students attending.

Currently there are only 3 full time teachers and one spare which does not allow many breaks for the teachers. More teachers are needed. There is a very committed group of helpers, mostly young adults that could become teachers at some point.

A Junior Choir is being planned but this will be separate from the Sunday School. The children will still be working on songs as part of their lessons and may perform them AT the Intergenerational services.

There was a young adult group Pizza Night get together on Friday, October 28<sup>th</sup> at 6:00 to 8:00 PM to start discussing a continuous youth program.

The committee needs to be made aware of new babies in the congregation so we can add them to the Cradle Roll and get pastoral information to the families. If you have had any new additions to your family in the past two years, please let either Ana Colina-Carter, Doug Bonar, Heather Bonar, or Carla Zacharias know.

A date has been set for a next years' Vacation Bible School program. It will be held from July 24-28<sup>th</sup>. The committee is planning a Library update for later in November.

Doug Bonar  
Christian Education Committee

## FROM THE BOARD

We want to thank all those who used their Thanksgiving envelopes to make an extra offering to YOUR church this fall. If you forgot...it is not too late, it's never too late!

As you know, there are 3 ways to make your church offerings. At this time I wish to discuss the pros and cons for each method

### 1. Envelopes:

- + the envelopes are dated to help you keep track of when you have donated.
- + you decide on the amount of your offering and can change this amount at will
- you have to remember to bring your envelope each week
- when you are away, you may have several Sundays to make up for.
- offering envelopes must be counted each week.

### 2. PAR or pre-authorized remittance

- + your offering is withdrawn from your bank account each month
- + your offering amount is set by you and can be changed by notifying the envelope secretary. This process may take a few weeks.
- + the Sunday offering counters have no work to do!
- the withdrawal date is non-negotiable and as it falls as

much as 3 days before government pensions cheques are deposited, this can be a problem for some pensioners.

- Special offerings must be made by cheque of cash using your envelope number.

### 3. Interac e-transfer

- + you decide on the amount and date of your offering.....you can make your offering at 3 a.m.!!
- + you can make your offering a different amount each time
- + you can set up the e-transfer for automatic transfer each month
- + extra or special offerings can be made at any time by E-transfer.
- + no work for the Sunday counters

Banks charge a small fee for e-transfers but these tend to be no more than the cost of a cheque.

So those are your options. Whichever method you choose we encourage you to give generously and consistently.

The Board of Managers endeavours to spend the church funds wisely and prudently.

Gwyn Crowe  
Interim Chair



# Shoebox Gift Suggestions

Visit [SamaritansPurse.ca/occ](http://SamaritansPurse.ca/occ) to learn how to pack a shoebox, and get the latest resources.



## Girls Age 2-4

### A "Wow" Item

- Doll
- Soccer ball (*Make sure to include a manual air pump so that the ball can be reinflated.*)
- Stuffed animal
- An outfit of clothing to wear
- Small musical instrument (*such as a harmonica or woodwind recorder*)

### Personal Care Items

- Comb
- Hairbrush
- Toothbrush
- Washcloth
- Bar soap (*packaged and/or in a container*)
- Adhesive bandages (*Colorful ones can help a child be more willing to wear a bandage. Do not include liquid antibiotic ointment.*)
- Reusable plastic containers: cup, water bottle, plate, bowl, blunt-edged utensils (*Consider filling an empty container with non-liquid items such as hair bows, bracelets, sunglasses, or washcloths to maximize the space.*)
- Small Blanket

### Clothing and Accessories

- Shirts and pants
- Pillowcase dress (*loose-fitting sundress*)
- Underwear
- Shoes and socks
- Flip-flops
- Hat/scarf/mittens
- Sunglasses
- Tote bag/purse
- Hair bows
- Friendship bracelets (*woven with yarn or embroidery thread*)

### Crafts and Activities

- Pencils
- Small manual pencil sharpener
- Colored pencils
- Pencil case
- Crayons
- Markers
- Pens
- Coloring pads
- Coloring books
- Picture book
- Notebooks
- Glue stick (*Do not include liquid glue.*)
- Small adhesive tape
- Powdered paint set (*Finger paint palette/crayons/markers (non-liquid containers), paint brushes, canvas or paper*)
- Make-it-yourself craft items or kit
- Playdough (*Consider adding plastic cookie cutters as non-sharp utensils the child can use with the playdough.*)
- Stickers
- Skipping rope/Jump rope

### Toys

- Foam ball
- Kickball (*Make sure to include a manual air pump so that the ball can be reinflated.*)
- Finger puppets
- Slinky
- Etch A Sketch
- Interactive toys that include push buttons, lights, noise (*include extra batteries*)



## Boys Age 2-4

### A "Wow" Item

- Soccer ball (*Make sure to include a manual air pump so that the ball can be reinflated.*)
- Stuffed animal
- An outfit of clothing to wear
- Small musical instrument (*such as a harmonica or woodwind recorder*)

### Personal Care Items

- Comb
- Hairbrush
- Toothbrush
- Washcloth
- Bar soap (*packaged and/or in a container*)
- Adhesive bandages (*Colorful ones can help a child be more willing to wear a bandage. Do not include liquid antibiotic ointment.*)
- Reusable plastic containers: cup, water bottle, plate, bowl, blunt-edged utensils (*Consider filling an empty container with non-liquid items such as combs, markers, sunglasses, or washcloths to maximize the space.*)
- Small Blanket

### Clothing and Accessories

- Shirts and pants
- Underwear
- Shoes and socks
- Flip-flops
- Hat/scarf/mittens
- Sunglasses

### Crafts and Activities

- Pencils
- Small manual pencil sharpener
- Colored pencils
- Pencil case
- Pens
- Crayons
- Markers
- Coloring pads
- Coloring books
- Picture book
- Notebooks
- Glue stick (*Do not include liquid glue.*)
- Small adhesive tape
- Powdered paint set (*Finger paint palette/crayons/markers (non-liquid containers), paint brushes, canvas or paper*)
- Make-it-yourself craft items or kit
- Building blocks
- Playdough (*Consider adding plastic cookie cutters as non-sharp utensils the child can use with the playdough.*)
- Stickers

### Toys

- Foam ball
- Kickball (*Make sure to include a manual air pump so that the ball can be reinflated.*)
- Tennis ball
- Finger puppets
- Slinky
- Etch A Sketch
- Play cars/trucks/boats
- Plastic tools
- Plastic dinosaurs
- Interactive toys that include push buttons, lights, noise (*include extra batteries*)



## Shoebox Gift Suggestions

Visit [SamaritansPurse.ca/occ](http://SamaritansPurse.ca/occ) to learn how to pack a shoebox, and get the latest resources.



### Girls Age 5-9

#### A "Wow" Item

- Doll (*Consider including accessories such as doll clothes or a small doll bed.*)
- Soccer ball (*Make sure to include a manual air pump so that the ball can be reinflated.*)
- Stuffed animal
- An outfit of clothing to wear
- Small musical instrument (*such as a harmonica or woodwind recorder*)

#### Personal Care Items

- Comb
- Hairbrush
- Toothbrush
- Washcloth
- Bar soap (*packaged and/or in a container*)
- Adhesive bandages (*Colorful ones can help a child be more willing to wear a bandage. Do not include liquid antibiotic ointment.*)
- Reusable plastic containers: cup, water bottle, plate, bowl, blunt-edged utensils (*Consider filling an empty container with non-liquid items such as hair bows, bracelets, sunglasses, or washcloths to maximize the space.*)
- Small Blanket
- Non-liquid lip balm
- Flashlight (*solar-powered or hand-crank; if battery operated, be sure to include extra batteries of the type needed*)

#### School Supplies

- Pencils
- Small manual pencil sharpener
- Colored pencils
- Pencil case
- Pens
- Crayons
- Markers
- Notebooks
- Blank index cards
- Solar-powered calculator
- Safety (blunt tip) scissors
- Ruler
- Protractor
- Glue stick (*Do not include liquid glue.*)
- Small adhesive tape

#### Clothing and Accessories

- Shirts and pants
- Pillowcase dress (*loose-fitting sundress*)
- Underwear
- Shoes and socks
- Flip-flops
- Hat/scarf/mittens
- Sunglasses
- Tote bag/purse
- Hair bows
- Friendship bracelets (*woven with yarn or embroidery thread*)

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### Boys Age 5-9

#### A "Wow" Item

- Soccer ball (*Make sure to include a manual air pump so that the ball can be reinflated.*)
- Toy truck or boat
- Stuffed animal
- An outfit of clothing to wear
- Small musical instrument (*such as a harmonica or woodwind recorder*)

#### Personal Care Items

- Comb
- Hairbrush
- Toothbrush
- Washcloth
- Bar soap (*packaged and/or in a container*)
- Adhesive bandages (*Colorful ones can help a child be more willing to wear a bandage. Do not include liquid antibiotic ointment.*)
- Reusable plastic containers: cup, water bottle, plate, bowl, blunt-edged utensils (*Consider filling an empty container with non-liquid items such as combs, markers, sunglasses, or washcloths to maximize the space.*)
- Small Blanket
- Non-liquid lip balm
- Flashlight (*solar-powered or hand-crank; if battery operated, be sure to include extra batteries of the type needed*)

#### School Supplies

- Pencils
- Small manual pencil sharpener
- Erasers
- Colored pencils
- Pencil case
- Pens
- Crayons
- Markers
- Notebooks
- Blank index cards
- Solar-powered calculator
- Safety (blunt tip) scissors
- Ruler
- Protractor
- Glue stick (*Do not include liquid glue.*)
- Small adhesive tape

#### Clothing and Accessories

- Shirts and pants
- Underwear
- Shoes and socks
- Flip-flops
- Wrist watch
- Hat/scarf/mittens
- Sunglasses

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# Shoebox Gift Suggestions

Visit [SamaritansPurse.ca/occ](http://SamaritansPurse.ca/occ) to learn how to pack a shoebox, and get the latest resources.



## Girls Age 5-9

### Crafts and Activities

- Coloring Books
- Watercolor Set [*Finger paint palette/crayons/markers (non-liquid containers), paint brushes, canvas or paper*]
- Make-it-yourself craft items or kit
- Puzzles
- Playdough (*Consider adding plastic cookie cutters as non-sharp utensils the child can use with the playdough.*)
- Stickers
- Chalkboard and chalk
- Binoculars
- Skipping rope/Jump rope

### Toys

- Foam ball
- Kickball (*Make sure to include a manual air pump so that the ball can be reinflated.*)
- Costume items to play dress-up, such as crowns and costume jewelry
- Plastic toys and toy figures
- Yo-yo
- Small Frisbee
- Small kite
- Etch A Sketch



## Boys Age 5-9

### Crafts and Activities

- Coloring Books
- Watercolor Set [*Finger paint palette/crayons/markers (non-liquid containers), paint brushes, canvas or paper*]
- Make-it-yourself craft items or kit
- Puzzles
- Playdough (*Consider adding plastic cookie cutters as non-sharp utensils the child can use with the playdough.*)
- Stickers
- Chalkboard and chalk
- Binoculars
- Building blocks
- Tool set

### Toys

- Foam ball
- Kickball (*Make sure to include a manual air pump so that the ball can be reinflated.*)
- Baseball and mitt
- Tennis ball
- Plastic dinosaurs, animals, action figures (*nothing war-related*)
- Toy cars
- Yo-yo
- Small Frisbee
- Small kite
- Etch A Sketch
- Hacky sack



# Shoebox Gift Suggestions

Visit [SamaritansPurse.ca/occ](http://SamaritansPurse.ca/occ) to learn how to pack a shoebox, and get the latest resources.



## Girls Age 10-14

### A "Wow" Item

- Doll (*Consider including accessories such as doll clothes or a small doll bed.*)
- Soccer ball (*Make sure to include a manual air pump so that the ball can be reinflated.*)
- Stuffed animal
- An outfit of clothing to wear
- Small musical instrument (*such as a harmonica or woodwind recorder*)

### Personal Care Items

- Comb
- Hairbrush
- Toothbrush
- Washcloth
- Bar soap (*packaged and/or in a container*)
- Adhesive bandages (*Colorful ones can help a child be more willing to wear a bandage. Do not include liquid antibiotic ointment.*)
- Reusable plastic containers: cup, water bottle, plate, bowl, blunt-edged utensils (*Consider filling an empty container with non-liquid items such as hair bows, bracelets, sunglasses, or washcloths to maximize the space.*)
- Small Blanket
- Non-liquid lip balm
- Flashlight (*solar-powered or hand-crank; if battery operated, be sure to include extra batteries of the type needed*)
- Compact mirror
- Nail clipper and file
- Stick deodorant
- Washable/reusable cloth menstrual pads

### School Supplies

- Pencils
- Small manual pencil sharpener
- Colored pencils
- Pencil case
- Pens
- Crayons
- Markers
- Notebooks
- Blank index cards
- Solar-powered calculator
- Safety (blunt tip) scissors
- Ruler
- Protractor
- Glue stick (*Do not include liquid glue.*)
- Small adhesive tape



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## Boys Age 10-14

### A "Wow" Item

- Soccer ball/football (*Make sure to include a manual air pump so that the ball can be reinflated.*)
- Toy truck or boat
- Stuffed animal
- An outfit of clothing to wear
- Small musical instrument (*such as a harmonica or woodwind recorder*)

### Personal Care Items

- Comb
- Hairbrush
- Toothbrush
- Washcloth
- Bar soap (*packaged and/or in a container*)
- Adhesive bandages (*Colorful ones can help a child be more willing to wear a bandage. Do not include liquid antibiotic ointment.*)
- Reusable plastic containers: cup, water bottle, plate, bowl, blunt-edged utensils (*Consider filling an empty container with non-liquid items such as combs, markers, sunglasses, or washcloths to maximize the space.*)
- Small Blanket
- Non-liquid lip balm
- Flashlight (*solar-powered or hand-crank; if battery operated, be sure to include extra batteries of the type needed*)
- Nail clipper and file
- Stick deodorant

### School Supplies

- Pencils
- Small manual pencil sharpener
- Erasers
- Colored pencils
- Pencil case
- Pens
- Crayons
- Markers
- Notebooks
- Blank index cards
- Solar-powered calculator
- Safety (blunt tip) scissors
- Ruler
- Protractor
- Glue stick (*Do not include liquid glue.*)
- Small adhesive tape



### Clothing and Accessories

- Shirts and pants
- Underwear
- Shoes and socks
- Flip-flops
- Wrist watch
- Hat/scarf/mittens
- Sunglasses
- Bandana



(Continued on next page)

# Shoebox Gift Suggestions

Visit [SamaritansPurse.ca/occ](http://SamaritansPurse.ca/occ) to learn how to pack a shoebox, and get the latest resources.



## Girls Age 10-14

### Clothing and Accessories

- Shirts and pants
- Pillowcase dress (*loose-fitting sundress*)
- Underwear
- Shoes and socks
- Flip-flops
- Hat/scarf/mittens
- Decorative hat
- Wrist watch
- Sunglasses
- Tote bag/purse
- Bead jewelry/bead kit
- Hair accessories  
(*hair clips, hair ribbons, elastic hair bands, etc.*)

### Crafts and Activities

- Puzzles
- Binoculars
- Compass
- Chalkboard and chalk
- Sewing kit, fabric (*1-2 yards*), and ribbon
- Laminated decorative pictures with looped ribbon attached as a picture hanger
- Gardening kit with gloves and trowel hand tool  
(*Do not include gardening seeds.*)
- Skipping rope/Jump rope

### Toys

- Foam ball
- Kickball (*Make sure to include a manual air pump so that the ball can be reinflated.*)
- Yo-yo
- Small Frisbee
- Small kite
- Etch A Sketch
- Kaleidoscope
- Marbles



## Boys Age 10-14

### Crafts and Activities

- Puzzles
- Binoculars
- Compass
- Chalkboard and chalk
- Tool set with work gloves
- Fishing kit
- Brightly colored rope or twine
- Gardening kit with gloves and trowel (*no seeds*)
- Magnets
- Kaleidoscope
- Skipping rope/Jump rope
- Marbles

### Toys

- Foam ball
- Kickball (*Make sure to include a manual air pump so that the ball can be reinflated.*)
- Baseball and mitt
- Tennis ball
- Yo-yo
- Small Frisbee
- Small kite
- Hacky sack
- Toy cars

