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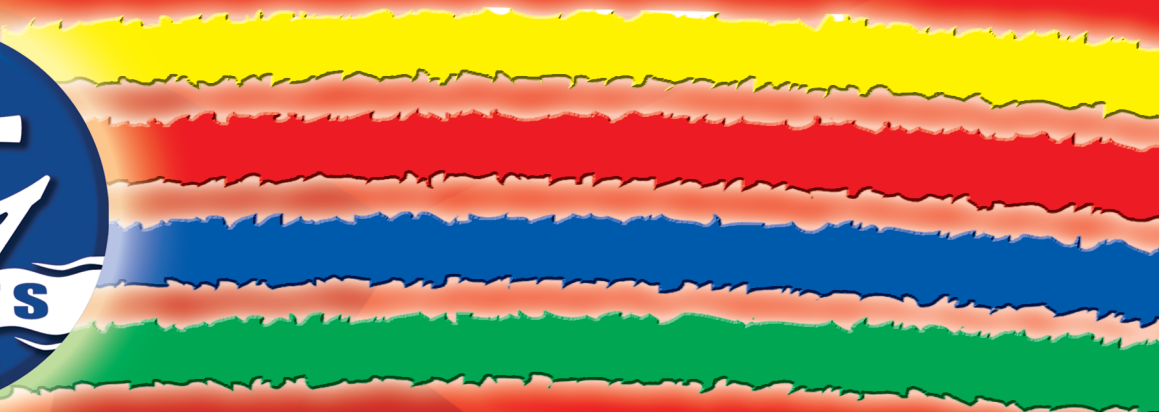


The
United
Reformed
Church



CANADA

Pilots
Overseas Voyage 2016





CANADA 2016



AIMS AND OBJECTIVES

Pilots Overseas Voyage Materials are produced annually to support Pilots, along with the whole Church, in:

- ✿ discovering something about the history and geography of another country
- ✿ learning what it is like to be a child or young person in another country
- ✿ exploring the culture, food, games and pastimes enjoyed in another country
- ✿ looking at the Church traditions of another country
- ✿ sharing their new found knowledge of another country with those around them

This year, the materials invite Pilots and others to focus on Canada.

HOW TO USE THIS MATERIAL

These materials may be used and adapted to suit the needs of differing groups, communities and contexts. They could, for example, be used:

- ✿ to organise a series of weekly sessions for a Pilots company through part, or all, of their term
- ✿ throughout the year, woven into other parts of a Pilots company's programme
- ✿ as a theme for a Worship Service to be organised and led by children and young people
- ✿ as a main theme for an Away Day or camp weekend

Each Section covers a different aspect of life in Canada, offering information, Biblical reflections, activities, games, discussions, 'Did You Know...' facts and other programme ideas to further encourage companies and groups to engage with these materials in ways most relevant for their own contexts.



INTRODUCTION



Canada is a country located in North America with ten provinces, three territories and six time zones! Canada stretches 5,513 kilometres (about 3,426 miles) from the Atlantic to the Pacific Ocean and 4,634 kilometres (about 2,879 miles) from the United States border, almost to the North Pole.

Canada spans around 9.98 million square metres, making it the world's second largest country by total area. In addition, its border with the United States of America, as well as the vast amount of water around it, gives Canada both the world's longest border and largest coastline.

Despite its great size, Canada is sparsely populated, with the majority of its land dominated by forest and the famous Rocky Mountains. The population of Canada sits at approximately 36 million people, with 80% living near the southern border.

English and French are the two national languages of the country. The Canadian Dollar is the officially recognised currency of Canada.

Many find their origins in tribes and families of various

indigenous Canadian groups, including First Nations, Inuit and Métis peoples.

In the 15th century British and French colonies were established on the Atlantic coast and, what has now become the Canada we know today, was established in 1537. Canada has twice been invaded by the United States of America in 1775 and 1812.

It is said that Canada was named as a result of a misunderstanding. The story goes that Jacques Cartier, a French explorer, visited the land and met with natives who invited them to their 'Kanata', the word for village, which the visitors mistakenly took to be the name of the country, 'Kanata' or 'Canada'.

The Capital city of Canada is Ottawa and the largest city is Toronto. Canada's cities have much to offer, ranging from Montreal with its many beautiful churches, often called 'The City of Saints' or 'City of a Hundred Bell Towers' right through to Ontario, believed to be home to the world's smallest jail!

There truly is something for everyone, it seems, in this vast, diverse nation.



THE FLAG

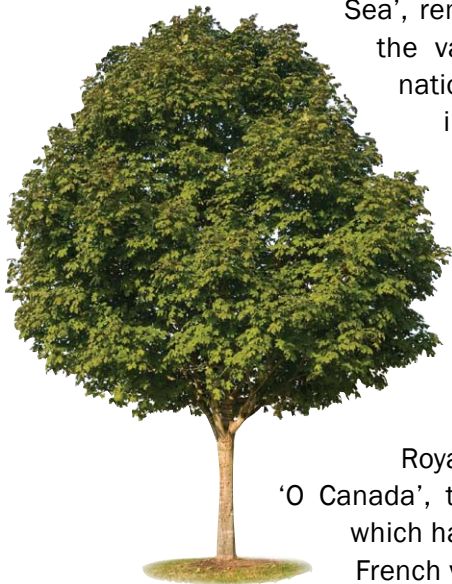
The flag of Canada has a red background with a white centre, in the middle of which is a red, 11-pointed maple leaf, representing Canada's national tree. The flag is unofficially known as the Maple Leaf and l'Unifolié (French for 'the one-leaf'). Canada's official colours, red and white, come from England's cross of St George.



MOTTO



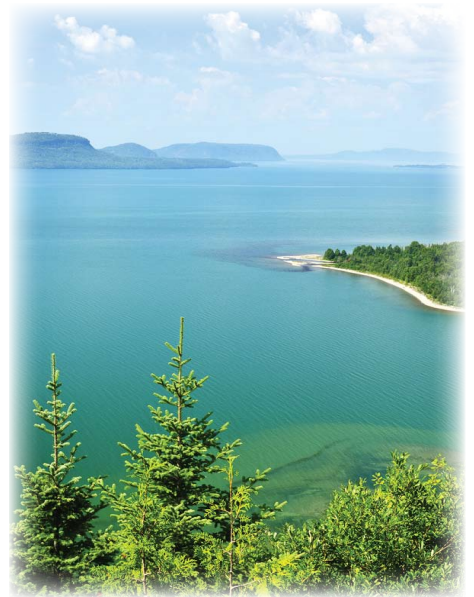
4 The Canadian Motto is "A Mari Usque Ad Mare" which means 'From Sea to Sea', reminding Canadians of the vast space which the nation covers, not only in physical distance, but also in terms of people, culture and tradition.



Queen Elizabeth II reigns as Head of State in Canada, with 'God save the Queen' being the Royal Anthem alongside 'O Canada', the National Anthem, which has in both English and French versions.

LAKES

Canada has more than 30,000 lakes, 561 of which have a surface area larger than 100 square kilometres (around 37 square miles). The Great Lakes (also called the Laurentian Great Lakes) are a series of interconnected freshwater lakes located in North America, on the Canadian-US border, which lead to the Atlantic Ocean through the Saint Lawrence River. Consisting of Lakes Superior, Michigan (US), Huron, Erie and Ontario, they form the largest group of freshwater lakes on Earth, containing 21% of the world's surface fresh water by volume. Lake Superior is the second largest lake in the world by area. With so much water around, it's no wonder that Canada's national animal is the beaver!





HISTORICAL TIMELINE



Canada is still physically connected with Asia across the Bering Land Bridge. Travelers and settlers come and spread across the continent, developing different traditions.



Canada creates the North-West Mounted Police, now known as the Royal Canadian Mounted Police or Mounties, to help keep order.

Jacques Cartier, a French explorer, lands at Gaspé, plants a cross bearing the arms of France and makes an official claim over the territory in the name of France.



Gold is discovered in the Klondike region of western Canada.



Samuel de Champlain builds a trading post where Québec City is today. Acadia develops in what are now the Maritime provinces.



The St Lawrence Seaway opens, allowing cargo ships to travel from the Atlantic Ocean to the Great Lakes.

King Charles II of England grants a charter to Prince Rupert of England and his 'Company of Adventurers' trading into Hudson's Bay, founding the famous (and still active) Hudson's Bay Company.



Canada flies its red and white maple leaf flag for the first time.



France is defeated in war, with most of Acadia coming under British control.



English and French become Canada's official languages.

The Treaty of Paris ends seven years of fighting between France and Britain. France gives its Canadian settlements to Britain.



The Charter of Rights and Freedoms becomes the law of the land. It outlines rights for all Canadians.



Nova Scotia, New Brunswick, Ontario and Québec, which had all formed through various political arrangements and conflicts over the years, join to create the Dominion of Canada. Its government is similar to Britain's and includes a governor-general, who represents Britain's royalty.



Nunavut becomes a self-governing Inuit territory recognising its majority native population.





BIBLICAL LINK

(Psalm 104: 1&2, 10-23, 27-32)

Psalm 104 uses wonderful, creative, poetic imagery to describe the majesty of all that God has made and does. It talks about the awesome nature of the world, the splendor of mountains and lakes and the richness of the earth's landscape. This Psalm is obviously written by someone who cares a great deal about Creation and believes that everything within it, through all its wonder and splendor, has a purpose.

Canada displays so much of God's creation with vast Mountain ranges, over 30,000 lakes, the world's longest shoreline and nearly half of the land covered with trees, not to mention the huge, open spaces, throughout the country.

Encourage Pilots to think about how they feel about the world around them. Living on this planet might not always be easy or pleasant, but the fact that we can always find sources of comfort in times of difficulty, food in times of hunger, hope in times of despair, is a reminder of how much God loves us, looks after us and will never abandon us.

Ask Pilots to write a psalm or prayer of their own, praising God for the wonder of Creation. Perhaps they could write new words to an old tune, or write a poem, starting each line with a letter from the word 'Creation'. Encourage Pilots to be creative.

ACTIVITIES

- ✿ Work as a group to make a flag of Canada.
- ✿ Create a mountain range using paper maché or junk modelling.
- ✿ Work as a group to research different varieties of tree found in Canada. Canada is home to 10% of the world's forests, which cover nearly half of the Canadian landscape. Perhaps Pilots could plant and tend a tree together as a reminder of this.
- ✿ Organise a 'Creation Walk' around the local community, appreciating the natural world around us.
- ✿ Play the balloon game. Split the Pilots into watches (teams) and give each watch a balloon. Challenge the pilots to hit the balloon into the air as many times as possible, without the balloon dropping to the floor, or the same person touching it twice in a row. When Pilots hit the balloon, they should shout out something which God created, such as 'trees', 'water' or 'people'. The watch to come up with the most items wins.

DID YOU KNOW THAT...

- ✿ Canada's longest river, at 4,241 kilometres (around 2,635 miles) long, is the McKenzie River?
- ✿ Canada's highest mountain, with a height of 19,551 feet (around 5,959 metres), is Mount Logan?
- ✿ Canada has the largest waterfalls by water volume, the Niagara Falls, which drop at least 1,416,000 litres of water per second?
- ✿ Canada has over 30,000 lakes?
- ✿ Canada features the longest coastline in the world, covering approximately 202,080 kilometres (around 125,570 miles)?



PEOPLE

Famous People

Alfred John Scow (1927 – 2013) was the first Indigenous Canadian to graduate from a British Columbia law school, the first Indigenous Canadian called to the British Columbia bar and the first legally trained Indigenous Canadian judge appointed to the Provincial Court.

Alexander Graham Bell (1847 – 1922), a Scottish-born scientist, inventor, engineer and innovator who is credited with patenting the first practical telephone, lived in Nova Scotia.

Sydney Cecil Newman (1917 – 1997) was a Canadian film and television producer who played a pioneering role in British television drama from the late 1950s to the late 1960s. During his career in British television, he was responsible for initiating two hugely popular television programmes, the spy-fi series *The Avengers* and the sci-fi series *Doctor Who*.

Joseph Boyle (1867 – 1923), known as king of the Klondike, laid claim to a huge stretch of the Klondike River and made his fortune, not only in gold, but in sawing timber and generating electric power.

Cluny MacPherson (1879 – 1966) was involved in setting up the St John's Ambulance Brigade and invented the MacPherson gas mask.

Robert W Service (1874 – 1958) was nicknamed the poet of the Yukon after he published poems about life during the Klondike Gold rush.

Ethel Blondin-Andrew (1951 – Present), born in Fort Norman, was the first Indigenous Canadian woman to be elected to the Canadian House of Commons.

Reginald Fessenden (1866 – 1932) of Milton-Est is considered the father of the radio. In 1900 he shouted into the microphone of the invention he called the wireless and was heard by his assistant one mile away.

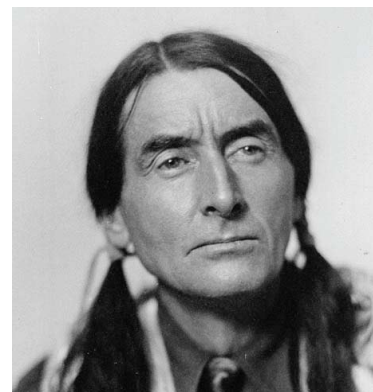
James Naismith (1861 – 1939) invented the game of basketball.

Frederick Banting (1891 – 1941) and **Charles Best** (1899 – 1978) developed insulin, a drug that saves the lives of people with diabetes. In 1923 the Nobel Prize was awarded for this discovery.

Nellie McClung (1873 – 1951) was a teacher and a writer fought successfully for the rights of women. She was part of a group of women named the 'famous five' for their work fighting for women's rights.

Grey Owl (1888 – 1938), an Englishman who was made an honorary Ojibwe, was a conservationist who worked to save the beaver population.

Emily Murphey (1868 – 1933) became the first female magistrate in the British Empire.



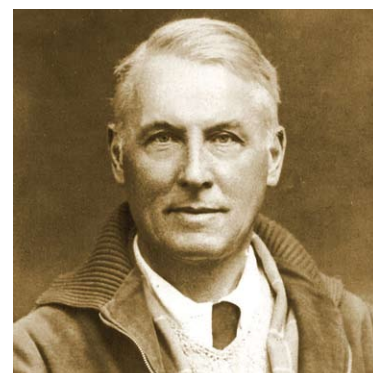
Grey Owl



Ethel Blondin-Andrew



Emily Murphey



Robert W Service



Indigenous Peoples of Canada

Around 12,000 years ago, the north of, what is now, Canada was still connected to Asia via a land bridge. As visitors and settlers moved over, a range of new traditions and cultures began to emerge amongst the differing families and groupings. These indigenous peoples are commonly referred to, collectively, as 'Inuit'.

Indigenous peoples in Canada have not always been treated with the respect which they deserve. Their varying cultures and traditions have often been ignored, neglected or, in some cases, completely destroyed by other groups in society. This regrettable situation has come about through a lack of societal knowledge about indigenous peoples, a lack of interest in their needs and a wish, on the part of some groups, to impose their own beliefs and behaviors on others, regardless of the cost.

Due to the important role which indigenous peoples have played throughout Canada's history and development, reference will be made, throughout these materials, to Inuit culture, language and philosophy.



PLACES

Banff National Park, located in the province of Alberta, is not only Canada's first national park, but also one of the nation's largest and most visited green spaces. The park's breathtaking scenery and wildlife draw many tourists every year along the Trans-Canada Highway, which passes through the park. Banff National Park is one of the Canadian



Rocky Mountain Parks, a collection of four national parks as well as a number of provincial parks which, together, are considered a UNESCO World Heritage Site. It has several hiking trails to explore, hot springs, winter sports, archeological sites and stunning views with plenty of room to camp and enjoy the outdoor life. Banff National Park boasts a large variety of wildlife, including black bears, grizzly bears, bison, moose, bighorn sheep, wolves and bald eagles.



Vancouver Island, named after the British explorer George Vancouver, is the largest island off the West Coast of the North American continent. Located across from Washington State, it is accessible by ferry through the San Juan Islands from Anacortes, Port Angeles on the state's Olympic Peninsula, or Vancouver on mainland British Columbia. It is famous for the city of Victoria, the Butchart Gardens, the surf town of Tofino and the wilderness in the north, where you can catch a ferry to Prince Rupert, or on to Alaska.

Québec City is the capital of the Québec province in eastern Canada, but its French heritage, architecture and language make it more like a European village. Perched on a hill, overlooking the St Lawrence River, is Vieux Québec, the city's historic district.



A walk along the cobblestone streets of the Old City offers such attractions as the Citadel and the Place-Royale, the area where explorer Samuel de Champlain established the first North American-French settlement.

Ottawa is the capital of Canada, located at the confluence of the Ottawa, Gatineau and Rideau rivers in southeastern Ontario. As the nation's capital, Ottawa is home to many financial, commercial and federal establishments including Parliament Hill, the government seat, where the famous ceremonial Changing of the Guard takes place daily during the summer. Running right through the heart of the city is the Rideau Canal which, in winter, becomes the world's largest ice skating ring.

Toronto, the capital of Ontario, is the most populated city in Canada, as well as one of the largest cities in North America.



With a high number of ethnic minority districts, such as Chinatown, Little India and Little Italy, Toronto is also one of the world's most culturally diverse cities. The CN tower in Toronto is 553M (1815ft) high, the tallest free standing structure in the western hemisphere.

Niagara Falls is a series of three, awe-inspiring waterfalls situated on the border of Canada's Ontario and the United States' New York. The Canadian side of the falls is called Horseshoe Falls and offers the best views. The immediate area surrounding the Falls is a premier tourist spot, with observation towers, restaurants, souvenir shops, casinos and high-rise hotels.





BIBLICAL LINK

(John 13:34-35)

It's very easy to judge a person or a place based on looks or initial feelings. For many white settlers, the indigenous peoples of Canada were seen as uncivilised and depraved, failing to use the resources of the land to their full potential. For many indigenous people of Canada, white settlers were seen as arrogant and disrespectful, destroying the land and the sacredness which it held. However, opportunities to genuinely meet with each other, to learn about each other's cultures and to appreciate the benefits of each has allowed the Canada we know today to develop in diversity, peace and prosperity for all. It isn't perfect, of course. Nowhere is, but the general acceptance of varying cultures and traditions in society has greatly helped.

Jesus commands us to love one another. This command, he tells us, is more important than all the others. The love of which he speaks is not simply superficial. It's very deep. It knows no bounds and has no end. This sort of love can be very difficult to share, especially with those we don't agree with, or who have been nasty to us. However, if we don't, it will not be possible for us to understand and respect those around us, and if we can't understand or respect those around us, then we will not be able to live in peace together. It is very important that we do everything we can to love our neighbours, whoever they may be.

The Canadian game, Trivial Pursuit, uses different colours to represent different types of questions. Encourage Pilots to come up with a Trivial Pursuit colour code of their own, representing different things they wish to pray for. As Pilots play the game, instead of answering questions corresponding to a particular colour when they land on it, ask them to think of something to pray for. If Pilots wish, they could pray out loud, or ask someone else to do so, or the group could pray silently. God hears all prayers, spoken and without words.

Here is an example colour code and some things which Pilots may wish to pray for:

Green – God's Creation – birds, trees, oceans, sun...

Pink – Other People – friends, mum, dad, grandparents...

Blue – Forgiveness – sorry for bad things we've done, said or thought...

Orange – Thank you – food, games, home, pets...

Yellow – Ourselves – health, love, understanding, joy...

Brown – The World – peace, an end to poverty, human rights, climate change...

ACTIVITIES

- Print out a map of Canada showing the ten provinces and three territories in the country. Split the Pilots into watches (small groups) and encourage each watch to find out and share interesting facts about a person or place associated with one of these areas.
- Ask Pilots to design a poster or leaflet encouraging people to visit Canada. What sort of information would such a poster or leaflet need? How might Pilots make their poster or leaflet exciting and appealing?
- Encourage Pilots to make a model of their favorite Canadian celebrity or famous person. Perhaps they could use building blocks, ironing beads or paper maché. Challenge Pilots to be as creative as possible.



DID YOU KNOW THAT...

These famous names from stage, screen and sport all come from Canada?

- 🍁 Leslie Nielsen – Actor (1926-2010)
- 🍁 Ryan Reynolds Actor – (1976-)
- 🍁 Jim Carey – Actor (1962-)
- 🍁 Rachel McAdams – Actress (1978-)
- 🍁 Michael J Fox – Actor (1961-)
- 🍁 Bobby Orr – Ice Hockey Player (1948-)
- 🍁 Jaques Villeneuve – Racing Driver (1971-)
- 🍁 Nancy Green – Alpine Skier and Canadian Senator (1943-)
- 🍁 Kurt Browning – Figure Skater (1966-)
- 🍁 Celine Dion – Singer (1968-)
- 🍁 Justin Bieber – Singer (1994-)
- 🍁 Michael Buble – Singer (1975-)

DID YOU KNOW THAT...

- 🍁 a bear cub named Winnipeg, or 'Winnie' for short, was imported from Canada to London Zoo in 1915? Rescued by cavalry veterinarian Harry Colebourn, Winnie is best remembered for inspiring AA Milne's character, Winnie-the-Pooh.
- 🍁 the game, Trivial Pursuit, was conceived in 1979 by Chris Haney and Scott Abbott? Haney was a picture editor at the Montreal Gazette, and Abbott was a sports journalist for The Canadian Press. The friends were playing a game of Scrabble when they decided to invent their own game. In the past three decades, more than 90 million Trivial Pursuit kits have been sold in 26 countries and 17 languages.
- 🍁 The Royal Canadian Mounted Police (RCMP) or, in French, the Gendarmerie Royale du Canada, also known as the 'Mounties', is Canada's federal police force, responsible for Canadian internal security? On normal duties, the RCMP uses standard police methods, equipment, and uniforms. However, horses are still used for such ceremonial operations as escorting the Governor General's open landau to the Opening of Parliament.





EDUCATION AND LANGUAGE

Education

In Canada, parents have the primary responsibility for educating their children. To assist them, provincial and territorial governments administer and regulate educational systems. There is no federal department of education and no national system of education. Instead, each province and territory has its own system of education. Educational systems are generally similar across Canada with some variations between provinces and territories.

Education in Canada usually starts with kindergarten followed by Grades 1 to 12. By law, children must go to school at the age of 5 or 6. Students move from primary to secondary school between grades 6 and 8, depending on the province or territory. Students who successfully complete secondary school receive a High School Diploma. Education is compulsory up to the age of 16 in every province in Canada, except for Manitoba, Ontario and New Brunswick, where the compulsory age is 18, or as soon as a High School Diploma has been achieved.

Students may attend university, college or Cégep studies. Cégep is a French acronym for College of General and Vocational Education, a two year programme of general studies or three years of technical education at an academic level somewhere between high school and university.

The school year usually begins at the end of August and finishes towards the end of June. Children go to school from Monday to Friday during the school year.

As Canada has two official languages, both English and French schools are available across the country, even in areas where one language is spoken more commonly than the other.

It is up to parents to choose which type of schooling their children will receive. Parents can choose to send their children to free public schools or pay to send them to private schools. In many areas, parents can choose between English and French school options. Parents also have the right to educate children at home, rather than send them to school.

Encourage Pilots to learn more about a typical day for a Canadian school pupil by reading about Jackie's day here: www.timeforkids.com/destination/canada/day-in-life

Language

Most Canadian families have original roots in Britain or France, especially as the French and British colonised much of the country. As a result of this heritage, many British and French people have emigrated to Canada and continue to do so today.

The many languages spoken in Canada are a reflection of the country's long history, but Canada has two official languages; English and French.

The majority of Canadians speak English as their first language and French is the main language in the province of Québec. In Québec, almost half of the population is bilingual, which means that they are able to speak both languages fluently.

Newfoundlanders are known for their distinctive way of speaking. The province is home to more varieties of spoken English than anywhere else on earth. The province's English dialects are so distinct that there is even a dictionary of Newfoundland English!





Languages of Indigenous Peoples

A large number of local, indigenous languages that can be heard around the country, particularly in the most northern reaches of Canada. According to the latest census information, there are over 50 distinct languages and many more native dialects spoken throughout Canada, which are classified into 11 indigenous language groups.

As of 1996, only three out of fifty indigenous languages, namely Cree, Inuktitut and Ojibway, had large enough populations to be considered truly secure from the threat of extinction in the long term.

The Inuktitut family of languages is spoken in all areas north of the tree line, including parts of the provinces of Newfoundland and Labrador, Québec, northeastern Manitoba (to some extent) as well as the territories of Nunavut, the Northwest Territories, and traditionally on the Arctic Ocean coast of Yukon.

The Canadian census reports that there are roughly 35,000 Inuktitut speakers in Canada.

In a bid to protect and encourage indigenous languages, the Northwest Territories has eight official languages; English, French, Inuktitut and five other indigenous languages.

A few words from the Inuktitut language family:

| | | |
|------------------------|----------------|----------------------|
| How are you? | Qanuipit? | Ka-nwee-peat? |
| I am fine | Qanuingittunga | Ka-nweeng-ni-toon-ga |
| What is your name? | Kinauvit? | Kee-nau-veet? |
| Thank you | Qujannamiik | Coo-yan-na-mee-ick |
| Help ! | Ikajunga ! | Ick-eang-nak-took |
| Yes | li | Ee |
| No | Aakka or Aagaa | Ah-ka or ah-gah |
| Goodbye(to one person) | Tavvauvutit | Tah-vow-voo-teet |
| Goodbye to you all | Tavvauvusi | Tah-vow-voo-see |
| Good Morning | Ulaakut | Oo-lah-coot |
| Good Afternoon | Unusakut | Oo-nah-sa-coot |
| Good Evening | Unukut | Oo-new-coot |





BIBLICAL LINK

(Mark 4:26-29)

If you had an important message to explain, what would be the best way to share it with others, especially if it could be difficult for them to understand?

Jesus came to spread the important news of God's Kingdom, the need for people to love one another and the knowledge that, with God, all things are possible. Aramaic was the language which Jesus mainly used with his followers, so they would have understood the words he was using, but understanding words and making sense of them are two different things. Sometimes, the disciples couldn't understand what Jesus was telling them, even though they all spoke the same language. In order to help with this, Jesus told parables; stories which helped to illustrate the meaning behind his words.

In the parable of the growing seed, Jesus explains that, just like a plant under the ground, even when we can't see the Kingdom of God growing, or the love, peace, justice or hope associated with it, we can rest assured that it is still building up, slowly but surely. If we want it to continue to grow, though, we have to work hard to make it happen. We have to love one another, forgive each other when we do wrong and support the most vulnerable around us, just as we need to give plants water and light to grow. Otherwise, like plants, the Kingdom of God will not grow or produce good fruit.

The parable of the growing seed is just one of the many stories Jesus used to teach us how to live God's way. Although some of things might be difficult for us to understand or live out, we can learn a whole lot more about God's Kingdom and what we need to do in it by reading the stories of Jesus. What other stories of Jesus do Pilots know? What do these stories help us to see or understand?

Encourage Pilots to ask God for help as they read the stories of Jesus, seeking to understand more about God's Kingdom, God's way and God's will for their lives.

ACTIVITIES

- Encourage Pilots to learn phrases in English, French and Inuktitut. Ask them to have conversations with each other in each of these three languages.
- Challenge Pilots to play board and/or team games in both French and English, calling out numbers or instructions in each of the languages.
- Encourage Pilots to plant seeds to remind them of how the Kingdom of God constantly needs our attention, even when we cannot see it. Why not involve the whole company in planting a tree to remind Pilots of the forests of Canada?

DID YOU KNOW THAT...

The top twenty languages spoken in Canada are:

- English – 20,584,775 speakers
- French – 6,608,125 speakers
- Chinese – 790,035 speakers
- Punjabi – 500,000 speakers
- Spanish – 209,955 speakers
- Italian – 170,330 speakers
- Dutch – 159,440 speakers
- Ukrainian – 148,090 speakers
- Arabic – 144,745 speakers
- German – 128,350 speakers
- Tagalog – 119,345 speakers
- Vietnamese – 111,440 speakers
- Portuguese – 103,875 speakers
- Urdu – 102,805 speakers
- Polish – 101,575 speakers
- Korean – 101,500 speakers
- Persian – 97,220 speakers
- Russian – 93,805 speakers
- Tamil – 92,680 speakers
- Greek – 55,100 speakers



FOOD

Cuisine varies across the Canadian Regions. Dishes tend, on the whole, to find their origins in the traditions of indigenous peoples, English, Scottish and French sources.

Diet amongst indigenous peoples has been traditionally built on a mixture of wild game, foraged foods and farmed agricultural products. Each region of Canada uses its own local resources and preparation techniques to create their own, unique dishes.

The famous Canadian maple syrup was first collected and used by the indigenous peoples of Eastern Canada. It has gone on to become one of the most commonly consumed Canadian foods of indigenous origin.

Foods such as 'bannock', popular with certain indigenous groups, reflect the historic exchange of these cultures with Scottish fur traders, who brought with them new ingredients and foods.

Some Favorite Canadian Foods

Poutine is a classic Canadian treat. It consists of French fries generously covered in gravy and cheese curds. It is said to have originated in Québec in the 1950s.



Since then, it has been served in many different ways, from gourmet versions with lobster through to a doughnut version! It has also inspired a crop of trendy 'pouteries' and a 'poutition' to make it Canada's official national dish.

Maple Syrup is a classic sweet topping, regularly used on pancakes and waffles. It comes from the sap of the maple tree, using approximately 40 litres of sap for every litre of syrup. It often accompanies pancakes with bacon at breakfast time! Maple products are popular across Canada, reflecting the significance of the maple tree, whose leaf adorns the national flag. Many families



enjoy an early spring visit to a maple sugar 'shack', special rustic buildings where sap from maple trees is boiled in large open pans to make maple syrup. Québec is the largest producer of maple syrup in the world.

Butter Tarts are a classic Canadian dessert made with butter, sugar, syrup and eggs. They have buttery pastry shells, and often include raisins or nuts. They can be served runny or firm, so it's hard to mess them up when you're baking them. Butter Tarts are a truly classic Canadian confection.



Tourtiere is a French-Canadian meat pie, originating in Québec as early as 1600. Most recipes for tourtière include ground pork and other ground meats. The



tourtière is a traditional part of Christmas and New Year's celebrations in Québec, but the pie is also enjoyed at other times, as well as throughout Canada and the upper mid-west and eastern United States. There is some debate about the origin of the

name of the dish. Some believe that the dish is named after the now extinct passenger pigeons, called 'tourtes', which were originally cooked into the pies. Others argue that the pie is named after the deep ceramic baking dish that families used to create the pies. Several recipes for tourtière were printed in *La Cuisinière Canadienne* (1840), possibly the first French-language cookbook published in Canada.

Nanaimo Bars are a layered chocolate dessert originating from Nanaimo, British Columbia. There are many variations on this dessert, but it generally consists of a bottom layer of cracker crumbs, cocoa, coconut, and nuts with a middle layer of butter icing topped with melted chocolate. The layers are gently cooked together and the dish is chilled before being cut into snack-sized



squares for serving. The first known recipe for Nanaimo bars appeared in the *Women's Auxiliary to the Nanaimo Hospital Cookbook* in 1952.



FESTIVALS



Popular Canadian Festivals

Victoria Day is a statutory holiday remembered informally as the 'twenty-fourth of May' or 'May Two-Four'. Originally, it was a celebration of Queen Victoria's birthday, but the holiday now marks Queen Elizabeth II's birthday too. Victoria Day was established as a provincial holiday in 1845 and accepted as a national holiday in 1901. It is observed on the first Monday before 25 May. Today, Victoria Day is a holiday throughout all of Canada, except the Atlantic provinces of Nova Scotia, New Brunswick, Prince Edward Island and Newfoundland and Labrador. In Québec, a holiday called 'Journée Nationale des Patriotes' (National Day of Patriots) is celebrated on the same day. Victoria Day is marked in most cities with parades, outdoor events and elaborate firework displays.

Canada Day celebrates that, on 1 July 1867, Canada became a self-governing dominion of Great Britain and a federation of four provinces: Nova Scotia; New Brunswick; Ontario; and Québec. The anniversary of this date was called Dominion Day until 1982.

Since 1983, July 1 has been officially known as Canada Day. Pancake breakfasts, parades, concerts, carnivals, festivals, firework displays and citizenship ceremonies for new Canadian citizens make this a very special day for the whole nation, often with a strong, patriotic spirit. The celebrations in Ottawa, which is Canada's capital city, are particularly exuberant.

Memorial Day is also celebrated on 1 July, in the province of Newfoundland and Labrador. This commemorates the heavy loss of life in the Newfoundland Regiment on the first day of the Battle of the Somme during World War I. In Newfoundland and Labrador, the morning of 1 July is usually somber. Flags are flown at half-mast and memorial services are held at cenotaphs (war memorials). In the afternoon, Canada Day celebrations in the province are similar to those in the rest of the country.





Regional Festivals

Given the vast size of Canada, and the variations in climate, culture and tradition which come with this, it is not surprising to find unique, seasonal celebrations across the country.

In Nova Scotia, there is the annual Annapolis Valley Apple Blossom Festival and, in Ontario's fruit belt, the Niagara Falls Blossom Festival, featuring the Blossom Festival Parade.

There are maple syrup festivals held in April in Ontario, Nova Scotia and Québec. There are 32 held in southern Ontario alone!

The Festival of Spring (Tulip Festival) is held in Ottawa each year. To express her thanks to Canadians for their hospitality during her World War II exile, Queen Juliana of the Netherlands gave 10,000 tulip bulbs to the city. The royal family of Holland and the tulip producers continue to send 25,000 bulbs each year.

In summer, the number of festivals decreases as food becomes the main focus. Potatoes, strawberries, salmon and shrimp, blueberries, oysters and trout are all celebrated (and very much enjoyed) in the places where they are grown or harvested.

In mid-June, Pine Days in Pine Point, North West Territories, celebrate the longest day of the year in the land of the midnight sun with horseshoe tournaments and canoe jousting.

In mid-July, the Nova Scotia Pictou Lobster Carnival marks the end of the lobster fishing season and in late July, in Altona, Manitoba, there is the annual Sunflower Festival.

Québec has the Fall Festival, focusing on the relationship between humans and the land, and the famous Winter Carnival.

Ottawa holds the 10-day Winterlude festival along the Rideau Canal, one of the world's most famous skating rinks.

In Whitehorse, Yukon, a Sourdough festival features dogsled and snowshoe races, as well as a more modern competition between snowmobiles. The namesake food, first eaten in the north by prospectors, is the main dish at Sourdough Hotcake Breakfast celebrations.

These are but a few of the regional festivals celebrated across Canada every year.

How many more can Pilots find out about?





BIBLICAL LINK

(John 2:1-11)

Food and festivals played a significant role in the life and ministry of Jesus. He fed a crowd of five thousand. He spoke of heaven rejoicing when people commit themselves to the ways of God. Indeed, the first miracle which Jesus carried out, the one which demonstrated his abilities for the first time, the one which started a whole ministry of healing, multiplying, caring and sharing, was to turn water into wine.

Right from the outset, Jesus lets us know that it's important to celebrate and express our gratitude for those things in life which give us hope, comfort, reassurance and joy, not least as it is in recognising and enjoying these things that we come to appreciate the work of God in helping us to reach our full potential.

When God is at work, everyday things like water can become very special. God can make ordinary things extraordinary. Though we are all ordinary people, God has a purpose for our lives and has, accordingly, given every single one of us gifts and talents to meet that purpose.

If we continue to remember this in the times when things aren't going so well, then we too will be transformed from ordinary, lifeless water, into living, vibrant wine, ready to serve God, do the best we can do and be the best we can be.

Fill a bowl with water and invite Pilots to sit around the bowl in a circle. Think about the miracle Jesus performed by turning water into wine. Encourage Pilots to think of something they would like God to do for them or help them with. Invite everyone to be quiet for few moments and, if Pilots so wish, say a simple prayer, out loud or silently, for the thing they've thought of. As they say or think about it, invite Pilots to add one drop of red food colouring to the water. As the Pilots pray, the water will change colour, symbolising how prayer changes things in our lives, not just for ourselves, but for everyone and everything around us.



ACTIVITIES

- ✦ Host a Pancake and Maple Syrup Party and invite friends who do not come to Pilots.
- ✦ Encourage Pilots to find out more about some of the festivals which are celebrated across Canada throughout the course of each year. Invite them to present their findings to each other in creative ways.
- ✦ Challenge the Pilots to make some Nanaimo bars or Butter Tarts and invite members of your church to join you for tea and coffee. Recipes for each can be found here: <http://www.nanaimo.ca/EN/main/visitors/NanaimoBars.html> and here: <http://www.bbcgoodfood.com/recipes/1837/canadian-butter-tarts> or by contacting the Pilots Desk.
- ✦ Play some celebration party games, such as the 'Chocolate Game'. Invite Pilots to sit in a circle around a chocolate bar on a plate, with a knife, fork, gloves, scarf and hat nearby. Pilots take it in turns to roll a dice. When somebody rolls a six, they must sit in the middle of the circle, put on the garments and eat the chocolate bar with the knife and fork. They can only eat what they can get hold of with the knife and fork whilst wearing the garments. While they are doing this, the rest of the group continues to roll the dice. If someone else rolls a six, they interrupt the player in the middle, who must take off all the garments and the new person must put them on. This continues until time is up, or all the chocolate is gone!

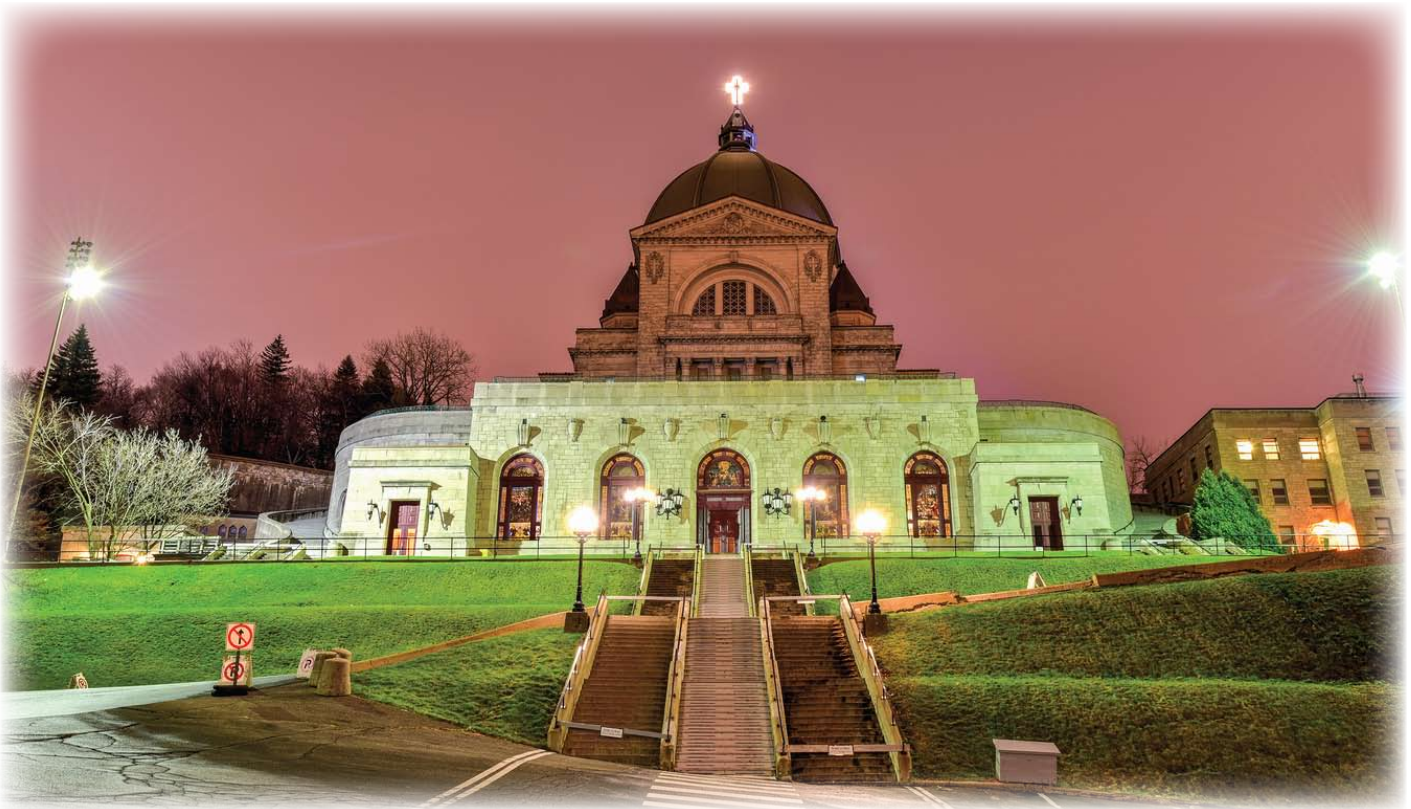
DID YOU KNOW THAT...

- ✦ Florenceville-Bristol, New Brunswick, is the world's largest manufacturer of French fries? Indeed, one in every three fries eaten on earth is a McCain fry!
- ✦ Canada is the leading producer of maple syrup? Canada produces 80% of the world's maple syrup and more than 90% of that maple syrup comes from Québec. About 83% of the syrup produced is exported.
- ✦ the Prairie provinces in Saskatchewan are the world's largest mustard exporter? In 2013, the province produced 117,000 tons of mustard.





RELIGION IN CANADA



As with Britain, church attendance in Canada has been in a state of decline over recent years. While specific numbers differ from province to province, about 67% of the population consider themselves to be Christian, with somewhere between 11% and 20% attending church regularly, the Roman Catholic Church being the largest denomination.

communities. As a result of this, Canada has committed itself to a policy of religious pluralism, which means full freedom to choose whichever religion you wish, or none at all, as long as you respect others' rights to the same freedoms. As Canada continues to welcome people from around the globe, the diversity of faiths and beliefs represented will continue to grow.

20 The Canadian 'Charter of Rights and Freedom' refers to God, with the Monarch (currently Queen Elizabeth II) referred to as the defender of the (Christian) Faith. The national anthem, in both its English and French forms, makes reference to God. In 1957, the Parliament of Canada made a proclamation designating the second Monday of every October 'A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed'. Thanksgiving remains an annual public holiday in Canada.

In recent years, a few Christian Orthodox churches have been founded, especially Coptic congregations. The growth of these churches comes as a result of Canada's increasing ethnic, cultural and religious diversity, especially in the province of Ontario and the city of Toronto. This has also allowed other faith groups to grow, including Muslim, Sikh, Hindu and Buddhist



The United Church of Canada

The United Reformed Church has a strong relationship with the United Church of Canada, the largest Protestant denomination in Canada, with around 600,000 members and approximately 2 million adherents. Other Protestant churches in Canada are Baptist, Lutheran, Presbyterian and the Anglican Church of Canada.

The United Church of Canada adopted a creed in 1968, detailing its core beliefs and principles:

We are not alone,
 we live in God's world.
 We believe in God:
 who has created and is creating,
 who has come in Jesus,
 the Word made flesh,
 to reconcile and make new,
 who works in us and others
 by the Spirit.

We trust in God.

We are called to be the Church:
 to celebrate God's presence,
 to live with respect in Creation,
 to love and serve others,
 to seek justice and resist evil,
 to proclaim Jesus, crucified and risen,
 our judge and our hope.

In life, in death, in life beyond death,
 God is with us.

We are not alone.
 Thanks be to God.

The acceptance of diversity as a gift of God to be enjoyed by everyone, the focus on justice for all people and the commitment of sharing the Good News of Jesus Christ which are reflected in this creed very much relate to the views and aims of the United Reformed Church.



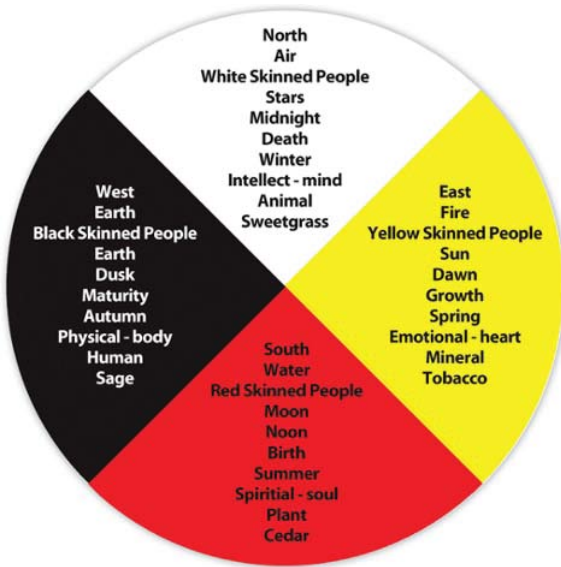


SECTION 5: THE CHURCH

Christianity Amongst Indigenous Canadian Peoples

The contributions of indigenous peoples to the life of the United Church of Canada is recognised through the inclusion of the Mohawk phrase 'AkweNia'Tetewá:neren', in the denomination's logo. This translates into English as 'all my relations'.

The Medicine Wheel, which reflects respect for diversity and interdependence, often includes four traditional colours of yellow, red, black, and white, which incorporate important teachings from the four directions, the four stages of life, and the four seasons.



These colours are used in the logo of the United Church of Canada.

indigenous spirituality, leadership, and participation are vital to the Church's life. As such, the United Church of Canada works ecumenically with the Truth and Reconciliation Commission of Canada to secure honesty, justice and equality for the indigenous peoples of Canada, who have, so often, been failed, neglected and abused by the rest of society.

As part of the Anglican Church of Canada, there is the Anglican Council of Indigenous Peoples, which celebrates both the European and indigenous heritage of the denomination.

The fish at the centre is formed by the overlap of two circles, representing indigenous and European traditions, coming together.

The point at which they unite is where Christ is to be found, represented by both the cross and the fish.



The cross is surrounded by the four colours of the Medicine Wheel, representing the part which all races, people, cultures, traditions, directions, seasons and everything else in existence plays, together, throughout God's Creation.

The eagle has always been a strong image for indigenous peoples. The eagle feather attached to the cross represents Isaiah 40:31, 'but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles.' If people can come together, united in their service to God and one another, they will fly.

The green in the logo represents our Mother Earth, and the blue the waters of the oceans that surround the continents. Blue is also the colour of hope for many indigenous peoples. When we are watching for good weather to come, we look for the first signs of blue in the sky.





BIBLICAL LINK

(Colossians 1: 15-23)

In his letter to the Colossians, Paul reminds readers that God is the ultimate creator and sustainer of all peoples, their traditions and institutions, irrespective of race, status, power or wealth. As a child of God, every human being is created as a unique person, but we are all, above everything else, called to love one another, setting aside our differences as we serve God's purposes of justice, peace and unity.

Canada is a vast and diverse nation. A great number of religious groups and Christian denominations are represented, each one playing an important role in Canadian life and society. There are also various groups of indigenous peoples, adding richly to the mix.

So many people, cultures and traditions, each with something unique and special to bring to the table in service to God and each other.

Sometimes, unity can be difficult to build and maintain. For centuries, the culture, beliefs, principles and practices of indigenous peoples in Canada have been disrespected, mocked and even, in some cases, destroyed completely by people who either didn't understand, were afraid, or wanted to impose their own ideas, culture and practices on others, regardless of the cost.

Paul reminds us that, with God, there is always a chance to make things right again. We have to be willing to turn our back on ways of division and conflict, making the effort to understand those who are different from ourselves, looking after one another and supporting those around us as we seek to build a world of justice and joy for all. Otherwise, things simply won't work out. Everyone needs to be play their part.

Looking at the Creed of the United Church of Canada, ask Pilots to think about their own beliefs. What might their own creed look like? Would it take into account the need to love and respect others? Might anything in it upset others or make it difficult for them to practice their own religion? How can we make sure, in standing up for what we believe in, that we don't hurt or limit others?

Encourage Pilots to pray for the willingness to understand those around them, the grace to respect their fellow human beings and the compassion to ask for and offer forgiveness when they fail to get along with others.

ACTIVITIES

- ✦ Challenge Pilots to design a logo for their own company, incorporating elements of the company's history and heritage as well as expressing what the Pilots believe as a community.
- ✦ Encourage Pilots to invite friends who wouldn't normally come along to come and see what Pilots is all about. Pilots is for all children and young people, regardless of who they are.
- ✦ Play 'All God's Children'. This game can either be played with a parachute or by running round a circle. Ask Pilots to spread out around the parachute (or circle), everyone holding its edges with both hands, fingers on top and thumbs underneath (or holding hands with the people either side of them). Call out something such as 'everyone wearing red' or 'everyone who likes bananas'. On that signal, everyone should lift the parachute and all those who answer the description should run through the centre, find a gap at the other side and take hold of the parachute again (or run through the middle of the circle, finding a space on the other side). Try to use a wide variety of calls so that everyone will be able to run several times. Every now and again call 'all God's children', whereupon everyone should lift the parachute, take a step forward, bringing the parachute over their heads and down to their shoulders so that you are all enclosed beneath it, like a canopy (otherwise everyone should run across the circle).

DID YOU KNOW THAT...

- ✦ Around 43% of Canada's population identify as Roman Catholic, 29% of the population is Protestant and 4% are part of a Christian Orthodox tradition or another Christian denomination?
- ✦ Jewish, Buddhist, Hindu and Sikh religions each account for around 1% of Canadians while 2% are Muslims?
- ✦ Canada has two patron saints, St Anne, the Virgin Mary's mother, and Mary's husband, St Joseph? St Anne is also the patron saint of housewives, cabinet makers, and all women in labour. St Joseph shares his patronage of Canada with Mexico, China, Belgium, and carpenters.





The
United
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