

Good Medicine for Depressed People

Connie Kaldor was invited to help lift the spirits of a hurting community.

I reckon there wasn't a segment of our community that wasn't hurting during the summer of 2003. There were endless days of heat, our feet were slipping on heaps of grasshoppers, our sinuses burned because of smoke from the near-by forest fire, and BSE devastated our livestock industry.

People were doing what they could to help the frontline workers hold these disasters at bay. But our Ministerial were most concerned. Pastoral Care was upper-most in the minds of all of us. We felt we needed a community happening where we could come together to lament, to share our stories and be lifted out of our despair.

Connie Kaldor brings with her a wonderful elixir of tears and laughter as she teases her audience, sings her songs and entertains with an earthy kind of humour. We invited her to come. "We are hurting" we wrote. "We don't have much money, but Pincher Creek needs you to help lift our spirits."

Connie suggested a date when she would be in the vicinity, offered to waive her fee, and asked only that we cover the necessary local expenses (venue, light and sound equipment, accommodation).

The Town, the Municipality and the Ag Society heard what we wanted to do and agreed to pool the budgets they had set aside for volunteer appreciation events.

We booked the Community Hall, a councilor offered to head a kitchen crew to serve burgers and salad. By having each audience member pay \$2 toward the cost of the Hall, we figured we could hold a night to remember. You know how wonderful people are to volunteer for advertising, setting up and cleaning up, etc. The Ministerial served as the coordinator and the host. And it truly turned out to be cathartic.

Our theme: *"By being together, working together, praying together, and supporting each other, we are better able to face tough times."*

One person, writing the seniors column in the local paper the next week, said this. "We had a blonde bombshell explode at the Cow Palace last week and the fallout was felt all over the Town and the M.D. Connie Kaldor has a voice as loud as your local auctioneer and as sweet as any dessert from the Farm Women's cookbook. She made us laugh at our foibles and take pride in our strengths, and we could use more of it. A great big thank you to the Town, the M.D., the Ag Society and the Ministerial for lighting the fire under this one."

Thanks Connie. Thanks everyone. We felt better prepared to face the future.