

The

Contact

Saint Paul's

Nanaimo, B.C.

June 2017

*Keeping your home
in contact with your parish*

Rector: The Venerable Brian Evans

From the Rector's Niche ...

“FROM ASCENSION TO PENTECOST” and beyond ----

Reading Day-By-Day for Ascension Day we are reminded, “*As we celebrate Jesus' Ascension, let us recall his blessings on earth and let us be instruments of both love and blessing to each other, sharing the good news that we are never truly alone.*” The meditation on that day was a reflection on the young person leaving home for college. The writer reflected on two blessings from that day.

The first was the blessing her Mother gave her as she drove away from the college dorm, the second was the blessing of the seasoned college student who took her 'under wing' offering the gift of hospitality and kindness.

I was reminded of what will be 46 years ago as my parents drove away leaving me sitting on the step of my new home and the picture they took that day!!! I was left with a 1963 Pontiac Acadian two-door hardtop, a mattress on the floor, a 12” black and white TV, enough bedding for a weekly change, some dishes and a two burner stove supplied by the municipality. (Micro-wave ovens were not quite the norm yet! If you ask Flo there is a story about that.)

What I quickly discovered was a community filled with hospitality, kindness and blessing.
SKIP AHEAD TO PENTECOST

What are we to do with Pentecost. I write this article on the heels of our weekly clergy Bible

Study. Asking this question has directed a look ahead to Day-By-Day for Pentecost Sunday. I quote from the writer's reflection on an Orthodox icon for this day, “What are we to do with the gift of God's Holy Spirit? At the bottom of the Orthodox icon stands a man in royal garb, wearing a crown, holding a white cloth. He beckons those newly inflamed with Wisdom to light up the dark corners of the world, to kindle the undeniable blaze of the kingdom to all flesh and to declare the truth and joy of the gospel.”

In the past year we have adopted a Vision Statement for St. Paul's as part of fulfilling our vision, “WHERE STRANGERS BECOME FRIENDS.” The strangers we encounter on the road of life will no longer be strangers when we encounter them with hospitality, kindness and blessing. In addition, then, we will begin to light up the dark corners of not only the world but also the lives of people.

One of the real gifts of the NEW Centre for Ministry I have witnessed is the blessing of giving light to people in the midst of darkness. Yes, our building operations come with a cost, but the blessings, in my mind, outweigh the costs. The blessings are the living out of Ascension and Pentecost.

Let us continue together to be this place of STRANGERS BECOMING FRIENDS with the real Good News of Jesus Christ in the midst of the Ascension and Pentecost. What a gift for us to take on the road of Summer.

Fr. Brian

Deacon's Musings ...

Depression – Seniors

I have noticed and continue to notice how much depression there is around our seniors. This can be shown in many different ways. For example, anger, not wanting to see anyone, giving everything away, not keeping oneself tidy, not eating, quite often sick, and something as simple as an “I don't care” attitude, and not being social in any way. We see it particularly in facilities whether Assisted Living or someone being put into a home or facility. We also see this expressed when family do not visit, or act differently towards to the senior/family member.

Just a reminder: An Assisted Living facility is like an apartment block, except either Dinner or Lunch and Dinner is served to them. The clients go to a dining room and sit in group settings for this meal or meals. Families can join in for the most part. It is different how it is arranged in each facility.

The other day I came across a senior in an Assisted Living facility who was not doing well, and I asked her what was wrong, the response was, I don't know anyone, there is nothing to do in here, I am depressed. This is new to her to be in a facility and I am thinking she is feeling isolated and all alone.

There are activities in facilities for one to be part of always, craft groups, trips to shopping, trips to the theatre, music is brought in. I know the facility that I work in, they have pub night, movie night, Cribbage Night, 2-3 nights a week for each. There are services every Sunday and sometimes through the week for those who cannot get out to church.

This depression is not only with our seniors but also with family members such as when a spouse is being placed in a facility, suddenly the realization that Dementia has seized the partner/ father, mother, etc. The life that was is no longer.

When we give pastoral care to people, be mindful about what might be happening and do not forget to report it. Be mindful and do not get caught up with someone else's emotions and pull you, the care giver, down.

Rev. Lynn Cawthra,
Deacon

THE WARDEN'S CORNER

Although I only write this column every second month, it seems to sneak up on me very quickly. The month of May began with Bishop Logan's Town Hall visit. This was an opportunity for members of St. Paul's to ask questions and comment upon various topics of interest and was well attended.

The Capital Campaign Committee has been active this past month and will continue its work throughout June. There is a pie chart in the hall beside the door to St. Matthew's room which shows the progress to date on paying down the Diocesan loan. Slightly more than half of the funds have been raised or pledged. I would encourage you to read the chart and keep track of the progress as it occurs. Thanks go to the Committee for their diligent work.

The St. Paul's Refugee Sponsorship Committee requested that Council dissolve the current committee and received the approval of Council. The situation for sponsorship has undergone recent changes and Council approved a further proposal that St. Paul's come together with St. Mary's, Nanoose and St Philip-by-the-Sea, Lantzville to form the new, Oceanside Refugee Sponsorship Committee. Under this auspice, St. Paul's will continue to be actively involved in sponsoring a refugee family. Council thanked the members of this Committee for their time and work.

As we look forward to the month of June, please keep your eyes on the bulletin announcement inserts. June 10 is the Garage/Book Sale. Contact Alison Walsh if you can contribute or help. June 18th, the 10:30am Service will be followed by the Parish Picnic at the Kin Hut at Departure Bay. And if the sunny weather holds on until then, remember your sun screen. Note the other events at St. Paul's in this issue of The Contact.

Thanks be for all the busy hands, feet, and hearts that work diligently in service of St. Paul's.

Janice Valecourt,
People's Warden

NOTES FROM THE TREASURER



The last Financial Statement available is to the end of April 2017.

Total Income for 4 months	\$ 93,373.82
Total Outgo for 3 months	<u>109,602.63</u>
	\$ (16,228.81)
Balance fwd. Jan. 1/17	<u>(16,509.98)</u>
Balance	\$ (32,738.79)

In April, thanks to the very generous Easter donations, we showed a **profit** for the month of \$4,205.83, decreasing our deficit by that amount. Total Easter and Lent offerings were \$9,096.35 - thank you all for your support!

Open and Envelope offerings are still below our 2017 budget, by \$6,526.85.

We did a little exercise the other day, comparing our major expense categories to do with running the building (Hydro, heat, insurance and repairs & maintenance) for the first four months of the year in 2014, when we still were in the old hall, and 2017 in the new hall. Guess what? - those expenses are now double what they were. This should really be no surprise, as we now have double the space! Thanks be to God! Just something to keep in mind when you are making your weekly offerings.

Full copies of the Financial Statements may be found on the bulletin boards in the Narthex and hall. If you have any questions, I will do my best to answer them. I can be reached by email at sue_gue@telus.net, or by telephone at 250-758-6674.

Sue Gueulette,
Treasurer

HAPPENINGS AROUND THE BUILDINGS AND GROUNDS

Spring and warm weather have finally come. Our garden area is green and growing well. It is home to white crown sparrows who let you know it is their territory if you get too close to their nest area. Robins and a pair of crows also call the church yard home. Little pruning will happen until the young have fledged.

So many of the folks who walk through the garden area on their way to the Court House or other businesses comment on the peacefulness of the garden.

When Lee cleaned up the holly at the entrance to the front walk the fence that was covered by the holly became more visible. Bill Purdy, a long time St. Paul's parishioner and Nanaimo resident, told me that the fence originally was the altar rail of St. Anne's Convent. It will be painted and repaired as much as is possible.

Full credit goes to Lee for her fresh approach to the gardens and to Wayne for his careful mowing of the lawns. Thanks Lee and Wayne.

Some plumbing issues have occurred in the New Centre, Father Brian is an excellent person with a toilet plunger having cleared several plugged toilets. Archie Johnstone's had to come to tighten faucets in meeting rooms. We have to go through Heatherbrae for repairs on the New Centre as there is a new building warranty for one year.

The down spout saga is still continuing. Nanaimo Sheet Metal were to come the week of the 15th to replace the three vandalized sections. We will see them sometime. They are going to credit us with the amount realized from the scrap copper from the down spouts that were removed.

There has been a lot of evidence of activity around the grounds at night – and other times too. The “3P” committee has had to clean up human waste, condoms, new and otherwise, clothing, jackets, sweaters, trousers, and right down to dirty underwear! One wonders what they are wearing when they walk away!

Maybe it's time for security patrols at night. During the construction the property was patrolled and we didn't have the problem of refuse or vandalism.

The irrigation system is functioning in the lawn and church are but I am waiting for the "sprinkler man" to come to repair a mister that is broken.

Enjoy the summer, hopefully we get lots of sun and enough rain to keep the plants happy.

Caroline Grimmer,
Building & Grounds

ALTAR GUILD

The Main Altar needs Flower donors for the following date: June 25, 2017

For more information about flower donations, please speak to Colleen Johnston 250-753-2528.

FUN, FOOD & FELLOWSHIP

Please join us for our Annual Outdoor Service at Departure Bay on Sunday, June 18th.

Watch for news of our planned activities for fall. Enjoy your summer.

Les Annesley

ANGLICAN CHURCH WOMEN

The ACW has planned a summer lunch at the Beekeepers Restaurant on June 7 at 12:00 pm. We welcome all to join us as we gather to enjoy a time of social enjoyment. Please know that this is not limited to ACW members and that you only need to let either Carol Shaw or Norma Humphreys know that you wish to come so we can advise the restaurant of our numbers. If you would like to come and need a ride we can arrange that for you.

Last summer's outing was so much fun that another day trip has been scheduled for Wednesday, August 2nd. The destination is Qualicum for a bit of browsing then lunch at a restaurant on the beach. All are welcome and rides will be arranged.

On June 13 we are going to St John's at Cobble Hill to hear a presentation from Joke Bergink a Director

with Precious Jewels Ministry in Manila and Uganda. Joke's talks are always interesting as she updates us on the progress this ministry is experiencing. The departure time is 11:30am from Nanaimo and we are hoping to have a couple of cars going. Let Carol or Norma know if you are interested in coming along.

Carol Shaw, President
Norma Humphreys, Vice-President
Diane Scott, Secretary/Treasurer

STEWARDSHIP COMMITTEE

Your Stewardship Committee has been doing some research regarding Income and Expenses. We notice a substantial increase in Hydro, Heat, Insurance, Repairs and Maintenance, not surprising as we have a much bigger building now. We also recognize that this winter has been more wet and cold than usual. I'm sure you all have noticed an increase in hydro and heating costs in your own home similar to those of the Church. Without a complete year of operations we cannot do a comparison to previous years but comparing the first 4 months of income from 2014 to first 4 months of 2017 shows a 4.2% only, increase in giving.

How can we generate more income? One suggestion by our Rector at the Annual Vestry Meeting was to increase our giving by \$5.00 a week (the cost of a cup of coffee). Some parishioners have already adopted this suggestion. You can do this in many different ways, through your weekly envelope, by a change to your electronic giving (the office would be pleased to assist with this, or as some have chosen to make a one time offering of \$250.00 (a discount of \$10.00) in addition to your present regular offering.

Hopefully by the end of the year some of these figures will balance out.

When you think the little fun calendar we had for Lent raised over \$3,000.00. Who would have thought a few pencils, crossword puzzles, appliances and electronic gadgets could add up to so much. (You might ask Rod Brown how many crosswords he does in a month!!!!!!)

Marjorie I. Adams

VISION FULFILLMENT COMMITTEE

The above named committee was formed in February 2016 with the purpose of guiding the implementation of the Ministry Plan developed for St. Paul's Centre for Ministry and Community Service.

The committee met monthly on a regular basis. We celebrate the launching of our new parish website: www.stpaulsnanaimo.ca with Joy Adams Bauer as webmaster.

Work was completed on our **Welcoming Booklet**.

A Vision/Mission workshop brought the parish together in review. Our "Why statement" was endorsed as "Strangers become Friends" and our dismissal statement as "Go and be a Friend".

We celebrated the completion of our building on Sunday, September 18, 2016, in glorious style.

An ongoing project annually will be the creation of the **Parish Events Calendar**. This will help us all in the awareness of the various Ministry groups working in this parish.

We continue to focus on welcoming all who enter through our church doors in the ministry of hospitality.

We will have a "booth in the park" for our 150th Celebration of Canada on July 1st.

On Tuesday, June 17th (1:00- 4:00pm) St. Paul's will host the Cowichan/ Malaspina Regional meeting. This will begin with a Service of Holy Communion. The meeting will provide opportunities for reflection on individual parish roles within the Diocesan Vision.

I extend my heartfelt thanks to the members of the Vision Fulfillment Committee for their work over the past numerous months. Our mandate was completed in May 2017 and it is good to see the work assigned and completed in that time.

Special thanks to all the Committee Members: Fr. Brian, Amy Fleming, Carol Shaw, Boyd Shaw, Heather Lester, Joanne Bevis, Rev. Lynn Cawthra.

Les Annesley,
Chairperson

PWRDF NEWS

Help For Famine-Affected Children in South Sudan

Special supplementary food saves lives of hundreds of South Sudanese children affected by severe malnutrition.

Sarah, a mother of three young children in Unity State, South Sudan, watches as her youngest daughter Martha has her arm circumference measured. Arm circumference is one way of determining if a child is at a healthy weight for their age. After Martha was found to be severely malnourished, Sarah received emergency therapeutic food through Canadian Foodgrains Bank to bring her daughter back to health. She is now growing stronger and recovering.

Sarah's hometown was torched, civilians caught and killed, the cattle stolen, and women were kidnapped and raped. And to make survival a further challenge, her town was located in an area declared to be in a state of famine by the United Nations. So her best, and perhaps only, option was to take the risky three-mile journey to the Protection of Civilians camp at Bentiu. Travelling for three days with a baby on her back and her two small children following behind was a necessary decision for their survival.

The Protection of Civilians camps spontaneously grew up around United Nations bases in the civil war-torn country and provided some protection for those caught up in the conflict. Sarah and her children stayed in the Bentiu camp for many months. There were challenges to living in the camp as well and eventually she decided to try to return to her hometown. It took only one short month for the situation to again descend into dangerous conflict and again, Sarah was forced to leave and make the risky trip back to the Protection camp.

When she arrived at the camp this time, her youngest child was suffering severely from malnutrition. Sarah was brought into a program of Canadian Foodgrains Bank member World Relief Canada. The program, implemented locally by World Relief South Sudan, provides Plumpynut, a special supplementary food that helps extremely malnourished children regain their health. Sarah was admitted to this program and after eight weeks in the program, Martha improved. She is no longer

close to death. The food is provided by the World Food Programme free-of-charge.

Through the project, which totals \$460,000, about 42,000 pregnant and lactating women and young children found to be below certain levels of malnutrition are receiving treatment through the specially designed high-nutrient foods.

Janice Valecourt,
PWRDF Representative

PRAYER SHAWL MINISTRY

Prayer Shawl Ministry When the student is ready, the teacher will appear.

Buddha Siddhartha Guatama Shakyamuni

On behalf of the Prayer Shawl Ministry, I would like to thank Jessica Snydmiller, Sue McDonald and Dorothy Lund for their generous donations of yarn. At times we share our yarn with Dorcas Ministries. The Prayer Shawl Ministry will provide prayer shawls to all the Lenten Speakers. The Prayer Shawls will be presented by Father Brian to our guests.

We received many heartfelt notes from our recipients, their gratitude, and feelings of love, comfort; describing their reflections in a time of healing. Words from a recipient:

“Thank you for the beautiful prayer shawl. It warms me—heart, soul, and body. I felt covered with God’s love. A wonderful gift, from such kind folks.”

Even if you have never knitted or crocheted before and would like to learn, here is your opportunity. Teaching to knit or crochet is available. Once you have learned to make a shawl, you can then work on your shawl at your leisure.

We accept donations of completed prayer shawls or monetary donations so we can purchase yarn ourselves - yarn of any colour, soft and washable, approximate 1000 yards of worsted weight yarn. The Prayer Shawl Ministry meets to pray, share, knit or crochet on the second and fourth Thursday of each month at one to three o'clock in St Matthews’s room. All are welcome.

If you have any questions, please contact Yvonne Oliver at 250-754-8614

'TIS THE SEASON

Cruise Season that is. There will be 4 more Cruise Ships visiting our harbour on Friday, June 2nd; Wednesday, July 12th; Thursday, July 13th and Thursday, October 19th. We are asking for volunteers to staff the Church during these times, 2 or 3 hour shifts to accommodate visitors. We have entertained 3 vessels already.

We will also need volunteers to staff the Church during the summer months of July and August so that we might keep St. Paul’s open to the public until 3 o’clock. Like the Ark, we will work in twos. If you have a friend who would like to help with this ministry you could bring them along. There will be sign up sheets in the Narthex.

Stewardship is what you do, after you say you believe.

For more information contact Marjorie I. Adams
250-754-2171
miadams@shaw.ca

VACATION TIME

Over the summer a number of us will be taking vacation time. It is our intention to keep the office open as much as possible. If your call to the office is not answered please leave a message and we will return your call as quickly as possible. The messages will be listened to and responded to accordingly.

MARK YOUR CALENDARS

GARAGE & BOOK SALE SATURDAY JUNE 10TH

St. Paul’s Centre Main Hall: 8 a.m.- 1 p.m.
Breakfast served in the “Early Bird Café” \$5.00

Absolutely NO T.V.’s or Electronics, Clothing or Bedding. No Text books. Items may now be brought to the hall. Hurry! Hurry!

Contact Alison Walsh for more information.
Tel: (250) 754-2096

**OPEN AIR SERVICE & PICNIC
SUNDAY JUNE 18TH**

**ANNUAL OUTDOOR SERVICE AT
DEPARTURE BAY AT 10:30 AM**

Hot dogs, pop, and ice cream will be provided.

Bring your lawn chairs.

Games for children of all ages.

And we must not forget that it is also Father's Day!

CANADA DAY

St Paul's is having an information booth at Maffeo Sutton Park on Canada Day. There will be a sign-up sheet in the narthex every Sunday until the end of June for enthusiastic volunteers to talk up St Paul's to the Community at the booth.

Volunteers will be needed for setting up the tent, table and display in the morning. Four people will be required for one or two hour shifts each until 3:00pm. The last shift will be required to pack up and dismantle the display and tent.

CANADA'S MOTTO & NAME

The Easter letter by the Rector of All Saints Anglican Church, St. Andrews, New Brunswick, The Venerable John A. Matheson, included the following note regarding Canada's name and motto.

"It was Sir Leonard Tilley, one of New Brunswick's Fathers of Confederation, who is credited with choosing Canada's official name, "The Dominion of Canada" and its motto, "A Mari Usque Ad Mare", ("From Sea to Sea").

He had been inspired by his reading of Psalm 72:8. "He shall have dominion also from sea to sea, and from the river unto the ends of the earth".

The Tilley Family lore relates that it was on his way to divine service at All Saints Church that Sir Leonard read the psalm that gave Canada its name and motto."

A special thanks to Caroline Grimmer for submitting this very interesting article.

Parish Happenings

In Memoriam

Derek Wynne Pritchard
25 April 2017

Hendrik (Hank) Jacob Hofstra
2 May 2017

Joan Cathleen Finlayson
13 May 2017

Patricia (Pat) Anne Radcliffe
20 May 2017

Alice Elizabeth (Betty) Barr
21 May 2017

Kenneth (Ken) Rupert Martin
26 May 2017

Marketplace News!

It seems a little early to be thinking of Christmas, but our single biggest fundraiser for the year is scheduled for **Saturday, November 25 from 10:30 am to 1:30 pm**. As you know, the proceeds from this event go to the General Operating Budget, and if you read Sue's report elsewhere in this newsletter, you will know that we really need to make this a financial success, as well as a time of great community.

How can you help?

If you make jams and preserves this summer, remember to include a few extra jars for our Jams & Jellies Stall. For all of you crafty people, you can sit and enjoy our summer sun while crocheting or knitting away! If you are travelling and can pick up some unusual souvenirs, pick one or two up for either the Silent Auction or the Gift table. This year, we are giving the China and Glass Stall a rest, but it will be replaced by another exciting stall for you to enjoy.

So, as you go about the coming summer months' activities, keep that Christmas spirit alive in a corner of your mind, and remember the Marketplace. This will be our 38th consecutive one!



NOTES OF THANKS

Thank you to our St. Paul's Family;

I am so blessed to have wonderful friends at St. Paul's and wish to thank you for the special birthday greetings for my 75th birthday.

*With love,
Marilynne Mark.*

Tony's footnotes ...

My favourite time of year has arrived!

The wonderfully nourishing mixture of sunshine and rain that we've been having during the past few weeks has ensured that once again the gardens of Nanaimo (my own included) are resplendent in a variety of colours.

And like everyone else at this time of year, I look forward to the Summer and the many possibilities that it brings.

Now to business ...

The new Worship Schedule is now out. Everyone on the schedule should have their copy by now, but if you think you need one or if you have already mis-placed your copy, please let me know as I do have a few spares.

This is the final issue of the Contact until the start of the Fall season. The deadline for the September contact is Monday August 27th.

Have a wonderful Summer!

Until next time ...

Dancing



Dancing down centuries, country style,
The rhythm is the same,
I hold the hand of Sophocles,
And stamp the joyous beat.
I catch my skirt and bow,
Henry of Navarre next to me,
My partner in the dance today
And yesterday.

Catherine the Great is fair,
And great company.
William of Orange and Wilhelmina
Court in the Minuet.
Zola, Pushkin and Renoir,
All in a single night's affair,
Life is long and evens
All men's days.

Hardly fair, ask Gorky,
something is always wrong,
Yet the dance is gay and lovely,
Costumed the glittering throng.
I dance down the centuries,
That is where I belong,
Clapping, twirling, swirling
As time rolls on and on.

Jean Parkin