

NOVEMBER 2023

CONNECTIONS

ALL SAINTS LUTHERAN ANGLICAN CHURCH

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FROM THE PASTOR'S STUDY

Dear Members and Friends of All Saints:

All Saints' Sunday is approaching soon. Sunday, November 5. The namesake of our church.

All Saints' Day – or the Feast of All Saints – is actually November 1 every year as it has been marked by Christian communities since the 9th century when, regardless of the day of the week that November 1 actually fell, Christians would prepare for the feast day with an evening vigil (All Saints' – or All Hallows' – Eve) followed by a day of worship and commemoration of all the saints of the church, both known

and unknown. Today, it is a widespread practice to simply move the feast day of All Saints to whatever closest Sunday is most convenient.

That's not the only change that the modern church has affected upon the day.

We've also merged the meaning of the day together with its very close cousin, All Souls' Day, which has traditionally been marked on November 2 for over a thousand years. All Souls' Day is the commemoration of the faithful departed.

While what we have done to these two feast

days may not strictly adhere to western Christian traditions passed on throughout the generations, I think that there is some logic to commemorating the



faithful departed in our lives, naming them as saints, and celebrating their lives on a Sunday, the day of resurrection.

It has become popular, after a loved one has died, to hold a "Celebration of Life" rather than a funeral. That's understandable – in our culture we would rather celebrate

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FROM THE PASTOR'S STUDY CONTINUED

a life than mourn a death. However, at best I think we may be playing with words and fooling ourselves. At worst, we are pressing our grief deep down inside until one day it bursts forth from within in some kind of unhealthy way.

All Saints' Sunday is that opportunity, hopefully after some time has passed and we've been able to learn to live with the grief of the loss of a loved one, to actually, authentically, and in a healthy way, celebrate their life and name more fully and truthfully the impact their life had on our own. It's a day to thank God for how they inspired us and loved us in ways we were

just not capable of properly acknowledging within hours or a few days of their passing. It is a day to name them as a beloved saint whose life mirrored the divine in ways we can only now begin to name. And it is a day to acknowledge that, even though they are no longer with us, they inspired us to love life and carry on here and now, and anticipate a new life together with them in the presence of God in some future time.

So maybe this November 1, and/or November 2, and/or All Saints' Sunday, November 5, pause to remember the saints in your life who are no longer among us, but who live



on in you none the less. Smile at their memory. Cry at their loss. And smile once again because of the amazing gift from God their life has been to you.

Peace,
Pastor Brian

**Blessed are
those who
mourn, for
they will be
comforted.**

Matthew 5:4

*Thank you to October Altar Guild,
Brenda Plater and Ella Bubenik,
for this beautiful and bountiful
Thanksgiving display.*



COUNCIL PERSPECTIVE

As All Saints welcomed the fall season, our mission revolved about the spreading of the Gospel and changing our perspective and practices of the “Covid” era into a new emergence. The more restrictive years seem now behind us and we around the council table have been eager to approach a new “season” of ministry. Through September and October, we have welcomed back a number of “seasoned” members following extended holidays taken during the summer. We have also welcomed a number of new attendees to worship with us. Some of these individuals have already been active in the life of our congregation...a welcome sign indeed. Our ministry is one of looking forward rather than focusing on some “recovery” plan.

Perhaps the most significant action council has taken this last month was to focus and approve a “Stewardship Plan” for the next year. This was initially proposed by the finance team but has taken root at the council level. Depending how old you are, the term stewardship may have different meanings. I found a suitable quote from the Niagara Anglican website that I believe our council affirms. “A biblical perspective of stewardship is that of using and managing all the resources God provides for God's glory and the betterment of God's creation. Stewardship is not only about money. It is about managing all that God has provided, from our time and skills to our finances.” The pandemic years

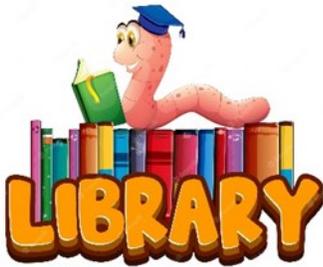


Photo Credit: Peter West

indeed challenged us in our ministry and resources including finances. In some ways this challenge has shown that the church can pivot and respond both in new ways and in an expeditious manner. This fall is an opportunity for renewal.

Last Sunday Mark Weigel presented a “Narrative Budget” approach to our congregation. It was very well received by all who attended. Mark presented a clear picture of the different and all-encompassing facets of our ministries at All Saints and the needed finances to support them. It was

**“Stewardship
.....using and
managing all the
resources God
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of God's
creation.....”**



WHAT'S NEW IN THE ALL SAINTS LIBRARY?

All the Women of the Bible

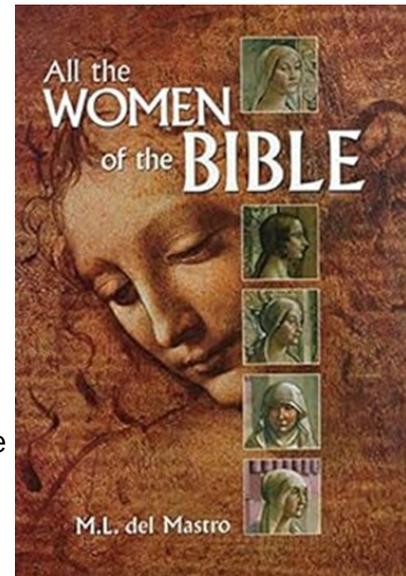
– M.L. Del Mastro

I just took a quick peek inside when Ann Sanders brought this book to the office – if you thought that there were only a few women named in the Bible here is a list from A to Z

that is 120 pages long! That's over 400 names.

The second half of the book – The Book of Stories – tells the stories of 56 women, true to the original texts but with added colour and emotion. Happy reading!

Thank you, Ann!



Submitted by Michele Altermann

WARM CLOTHING DRIVE

The year we have been asked by *Your Downtown Guelph Friends* to help with the collection of warm clothes that will be distributed to those who are accessing their support services downtown. Please ensure that the clothes are clean and in good repair. There is a need for men and women's clothing in all sizes. Hats, coats, sweaters, hoodies, socks, gloves/mittens, scarves and boots – everything will be put to good use!



Please place items in the red bin in the narthex on **Oct. 29 or Nov. 5**. Thank you.
The Outreach Team

From their Facebook post:

We are looking for support from our community to collect warm clothing items for our downtown community.



We go directly to the streets and deliver programming and hand out warm items and we also look out for the community during after hours to ensure people have what they need to get through the night. This is when your donation of warm items makes the world of a difference for someone in your community.

Your warm clothing item could be delivered to someone at 10 pm one evening when they're sleeping outside or it could be provided to a newcomer who has never experienced winter and has no supports, perhaps it may reach someone who is spending their day to day on the streets and in need of something warm. Bottom line is, you can make all the difference and together we can show those in our community that their needs are critical to us.

Thank you so much for your support.

MARY GUSE GIVING TREE

The Mary Guse Giving Tree will be in the narthex on November 5th.

Pick a piece of coloured paper from the tree and purchase the item for the organization listed.

Place the unwrapped gift under the tree with the slip of paper attached to it. The last Sunday for gifts to be received will be December 3rd.

Laura B. Mann
Altar Guild



PAINT NIGHT AT CHILDREN'S READING ROOM



We're getting colourful on Friday, November 3rd, 2023 for a colourful Fundraiser paint pARTy in support of Guelph's Children's Reading Room!! The event time is 6-8 PM. This is a FAMILY event. Both children and adults attending must have their own seats registered to paint. **You do not need to bring a child to participate.**

Please note that this is not a drop-off event and all children under 16 years of age must be accompanied by a registered adult.

Seat fees include: canvas, paint, smocks, etc - you don't need to bring anything!

Costs:
12X16: \$40/canvas
16X20: \$45/canvas

LOCATION: 210 Silvercreek Pkwy N Guelph, ON
To register, please contact the Children's Reading Room

All materials will be provided.
Events are typically 2 hours in length.
We will go through the painting step-by-step together.

No refunds if cancelled 48 hours before the start of your event.

Thank you :)

Joanna Szulc, RECE
Children's Reading Room



CHALMERS CHRISTMAS BAG CAMPAIGN

There is a holiday song that say “*It’s the most wonderful time of the year*”. Maybe you can hear the tune in your head as you read the words. But, it’s **not** always the most wonderful time of the year for everyone, and we can help change that.

Once again it is time for the Chalmers Christmas Gift Bag Campaign. Please consider supporting this valuable program, as even more Chalmers community

members are seeking support this year. Each year we hear back about how grateful Chalmers guests they are to receive this gift bag, and that, for many, it is the only gift they receive.

We are asking All Saints members to include new, good quality items in their original packages in the Christmas Bags.



The list is below:

- ◇ Regular size shampoo (not conditioner)
- ◇ Single toothbrush in its packaging
- ◇ Toothpaste and/or dental floss
- ◇ Soap, shower gel or body wash
- ◇ Boxed candy or boxed chocolate (not homemade and not Halloween candy)
- ◇ Small jar of instant coffee, box of tea bags, or tin/box of hot chocolate (no coffee pods)
- ◇ One pair of warm gloves
- ◇ One pair of thick socks
- ◇ Deodorant

Please do not gift wrap the items. Just place everything on the list into one reusable shopping bag. You can fill as many bags as you wish, and do feel free to share this list with friends and neighbours who may wish to support the less fortunate in our local community.

Lists and a few bags will be in the narthex beginning in November, but I don’t have

enough bags to supply every participant, so if you can fill your own bags it would be appreciated. There is a letter from Chalmers on the bulletin board if you wish to read the original message we received.

The last day to drop off bags will be Sunday, December 3rd. Bags will be delivered to Chalmers on December 4th.

Thank you in advance on behalf of all the recipients.

Robin Smart



RAMBLINGS FROM PARISH CARE

Welcome to fall! I thought the trees would be brilliant this year with vivid reds and yellows, as that is the way they presented at the beginning of September. But here we are, mid October and lots of green still showing on the trees. If you had a garden this year, how did your garden grow? Mine disintegrated about mid August, so all those lovely cherry tomatoes I was anticipating, did not happen. And the black currants for jam, are in my freezer, hoping for a dull winter day when I can pull them out to make the coveted jam. Now Sigi tells me that the grapes are quite plentiful! More jam perhaps? I guess the birds weren't quite as hungry this year, so I get a few!!

For those of you who missed the **Workshop** this month, you missed an excellent presentation. It was an introduction to all you needed to know to be an Executor of an Estate, the meaning of a "Living Will", role of Power of Attorney, the necessity of having a legal directive for your Will to avoid the potential for conflict and the "mess" that can be created when one has not been prepared. Tips for future planning were concise and made easy to

understand. It left us with lots to think about, even for those of us who thought we had all our "ducks in a row"!!

Coping with Personality Changes as our Loved Ones Age

We all know people around us that are dealing with symptoms of "old age" and dementia. Is it more prevalent today than years ago? My



answer is no, but that we identify it better and understand the process and causes better, due to research and advances in

diagnostic technology. When I was a child, we called it Senility or just Old Age! But it is not that simple anymore. My comments here are equally applicable to those with dementia and those just having cognitive decline with aging.

Coping with common but distressing behaviour, can be most challenging as a Care Partner. But it is equally challenging and frustrating for those struggling with declining health. They lose the "tools" that we take for granted everyday, that formulate our behaviours. It can be difficult to witness and cope with the changes.

Caring for a person who has dementia may be frustrating, confusing, and upsetting. However by understanding why certain behaviours occur and learning ways to handle a variety of situations it can help smooth the path ahead.

People with dementia can exhibit a combination of unusual behaviours, such as:

- Making odd statements or using the wrong words for certain items.
- Forgetting or no interest in hygiene: shave, shower, brush teeth
- Repeating themselves, asking the same question over and over.
- Misplacing objects or taking others' belongings.
- Not recognizing you or not remembering who they are.
- Being convinced that a deceased loved one is still alive.
- Hoarding objects, such as mail or even garbage.
- Becoming easily confused, anxious or agitated.
- Leaving the house without telling you
- Getting lost or not able to identify surroundings.

So as dementia progresses, the person loses brain cells associated with memory, planning, judgment, and controlling mood. These are

RAMBLINGS CONTINUED

your behaviour “filters”. As a person ages, they can seem like children again. However, our approach is often less patient with the elderly than with children.

Six strategies for coping with dementia-related behaviours:

- **Don't point out inaccurate or strange statements:** It can make them feel foolish or belittled. They may not remember details but they hold onto their emotions, feel isolated, and withdraw. Instead, put them at ease. Go with what they're saying and keep things light.
- **Don't try to reason:** Dementia has damaged your loved one's comprehension. Attempting to reason with them, might be frustrating for both of you.
- **Use distraction:** When the person makes unreasonable requests, is moderately agitated, acknowledge what the person is saying, and change the activity. You could say, 'I see that you're upset. Let's go over here for a minute.' And then do an activity that engages the senses and relaxes them, such as sitting outside

together, listening to music, folding socks, or eating a piece of fruit.

- **Keep unsafe items out of sight:** Put away or lock up belongings the loved one shouldn't have – car keys, meds, cleaning fluids.
- **Supervise hygiene routines:** The person might need a reminder or assistance to bathe. You might need to lay out the day's clothes on the bed.
- **Spend time together:** Listen to music or do simple activities together. It will help keep the person from withdrawing further. You don't have to convince them of your identity or engage in fascinating conversation.



Safety is essential
Sometimes simple strategies aren't enough when a loved one has dementia.

For example, if the person frequently tries to leave home, you might need to add child-proof covers to doorknobs, door locks or a security system in your home, or get the person a GPS tracker bracelet.

If the person is often upset or even violent, speak to the

doctor. It could be a new medical problem (such as a urinary tract infection) causing the agitation. If not a new health problem, there are medications available to help regulate mood.

While the care of someone with cognitive decline is essential, it is of utmost importance, also, for the Care Giver to get the help and support they need. Put yourself into the equation so that your needs are not neglected. The Care Giver cannot look after someone if they are stretched beyond their ability and capacity to cope. The process becomes counter-productive. There are many community supports available and many programs thru the Alzheimer Society to help out.

No one expects perfection. It is a learning curve. And just when you think you have it all figured out, it will change, but keep trying.

Blessings

Marilyn Bleach Schranz



Learning Circle

A GIFT OF FOOD

In summer, I love eating a tomato sandwich. A whole ripe warm off the vine beefsteak tomato, sliced, between buttered (gluten free) toast and a bit of mayonnaise. Heavenly. But when I picked that tomato, did I stop to thank the plant for its generosity, for growing and sharing its bounty? After all, that tomato is the hope for the next generation, will the seeds that I eat go into the ground to grow the next generation of plants? (probably not!) Why should I care? After all, I put the tomato plant in the ground, watered it and nurtured it. I own it so I get to reap the harvest of my labours (water, fertilizer etc.). Why would I thank the plant?



How different would our view of the world be if we did not have that sense of ownership of the natural world? What if we saw the world as being full of all of our kin who are each pursuing the normal and natural cycle of

their lives until we interrupt or even destroy them as we live our human lives. Would I take a moment to acknowledge the work that the tomato plant invested in its fruit before I harvested it? To acknowledge the sacrifice the tomato plant makes as it gives up its fruit, hoping that at least one seed survives to grow the next generation?

This is not how we view the world in Western cultures. But many Indigenous peoples do not separate themselves from their kin – all the living (and non-living) inhabitants of this world that Creator made, including us. We do not see ourselves as part of a web of life, but rather as the ones in control of the web. So while we may give *Creator* thanks before we eat the tomato sandwich, we don't give a thought to the life force of the tomato plant or have any connection to it. We don't acknowledge that there even is a gift involved.

The world would look very different to us if every time we used a resource from this

planet, we stopped to acknowledge the gift that is given to us in the use of that resource.

Let me tell a story. Imagine you are a young hunter and have just made your first kill. As you bend over the deer you pause to thank and acknowledge the sacrifice the deer is making in giving its life to feed your community. When you bring the deer home, it is divided among all the families. You do not eat of this deer and no one thanks you specifically for the gift of venison but as you pass between the hearths that night you will hear people saying how good this venison is, the best they have tasted etc. The food is praised but not the hunter. What is understood by everyone is that they are acknowledging the young hunter's skill and achievement, his now adult contribution to the wellbeing of his community. But the food itself? That is the gift of the deer, and the Creator, not the hunter.

In many Indigenous cultures, food was shared because everyone has different gifts or

A GIFT OF FOOD CONTINUED

roles in regard to making, finding, growing, hunting, preserving etc. A community would only thrive if everyone shared their gifts for the common good. This is the reciprocal economy I described in the previous article. And specifically, food was something to be shared with everyone because everyone has the same need for nourishment. The food was not something you thanked someone for, because the plants and animals that made up the meal gave up their existence so you could eat. That was the gift you acknowledge when you share/eat food together. And there is respect for the gift because nothing given by the deer is ever wasted, all parts of the animal are used. And you do not waste the Creator's gifts by taking more than you need. This is a profoundly different way of viewing the natural world that would lead to conflict and misunderstanding that lasts to this day.

In her book *Braiding Sweetgrass*, Robin Wall Kimmerer points out that Europeans used the "lack of gratitude" shown by North Americans when they were given food, as proof that North Americans were savages, primitive,

uneducated, had no manners or culture etc. Especially among missionaries or religious orders who were trying to 'feed the poor' who seemed poor by their European standards of clothing and shelter etc. Those people they shared food with most likely were grateful for the gift of food – grateful to the plants and animals that provided the food – but not the Europeans who handed it out. I suspect that even those early Europeans who made the effort to learn local languages would still not understand such a fundamentally different world view.

It's like one of those things that 'everyone knows' so no one ever explains it. Except when you are not part of the local culture – for example, when reading about medieval meals where three things were always put on the table – but only salt and pepper are specifically mentioned. Everyone 'knew' what the third item was so it did not need to be recorded because parchment and ink were expensive. Not everyone expresses gratitude, or sees the world, in the same

culturally approved ways that the dominant culture does. It is hard for a dominant culture to change, but change is needed.

If Indigenous practices around food were a core value in our society, there would be no food banks and no hunger unless we were all equally hungry together.

As we move forward, with baby steps, on the journey of reconciliation we need to really stop and listen. And we need to find ways to set aside our preconceptions about what we 'know' or 'hear' when we do listen. Personally, I will probably never thank a tomato plant

when I pick the ripe fruit because it is not a habit of mind I grew up with and internalized at a young age to become part of who I am (but I *can* and have changed so who knows....). But if I am gathering food with an Elder, I will be aware there are teachings on how and with what attitude I should be gathering the food because it is more than just 'picking' the fruit. I want to show respect for their practices. To be present together in that space. Something we could all do more of, in large and small ways.

Respectfully submitted,
Michele Altermann



Thank you to everyone for your ongoing financial support! At the end of September, we received a \$2,000 grant from the Evangelical Lutheran Foundation of Eastern Canada. We also applied to the Eastern Synod for another Compassionate Justice grant for next year (2024). We seem to be at a balance point right now between income and expenses so thank you again for getting us there! Just a reminder that a regular SCM donation can be added to your PAR/PAD offerings if that is what you are using. If your donation is going into your regular offering envelope, please write SCM or Market on the *Other* line – without those magic words, that amount just gets added to the current account.

Fall Food Drive

A very big THANK YOU goes out to St. Joseph’s RC Church for another amazing food drive! They collected food for us over the Thanksgiving weekend. An awesome **1,120 pounds** of food was collected!! This is wonderful news for our Market guests

SILVERCREEK COMMUNITY MARKET UPDATE

as food prices don’t look like they will be coming down any time soon. We also received \$195 in cash donations. Thank you also everyone who helped collect, weigh, and sort the food. And a big thank you to our Market volunteers who come out week after week to make all this happen for our guests.

Thank you to our Community Partners (groups that regularly rent space in the building) who contributed to our “in house” food drive by filling the bins placed downstairs and donating \$200 toward the Market. This is the second year we have invited them to participate, and we appreciate their support! For non-perishable weekly donations at All Saints, we still need rice and lentils, pasta sauce and cooking oil. Also, please consider adding snacks that would be good to include in school lunches (such as granola bars, fruit cups, juice boxes etc.). These will go out at the first December Market so there is time for us to stock up on these items.

University of Guelph Student Volunteers

We are being joined again this year by a small group of University of Guelph students

who are helping at the Market during October as part of a course. "**Service-Learning in Housing** is offered to students as part of the real estate program at the University of Guelph. In this course, students learn about affordable housing and homelessness, including the challenges faced by many in our community, including income and health inequities. It is a community-engaged learning course and as such students are required to participate in a service-learning exercise where they volunteer with a non-profit organization serving households with housing precarity in Guelph-Wellington." We had five new students join us this year and one who volunteered last year came back as well!

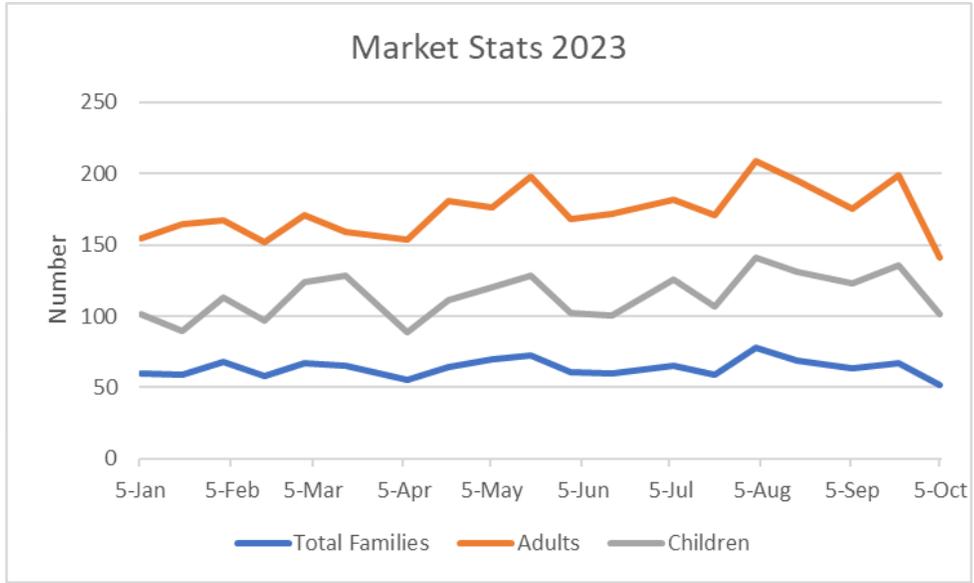
Stats – what the numbers tell us ...

Finally, a quick update on the numbers. We have already surpassed the number of people we have helped with food support last year (4,872) and there are still five Markets left this year. You are doing amazing things for our community. Thank you!!!

Michele and the Outreach Team

MARKET CONTINUED

	YTD
Total Families	1,212
Adults	3,290
Children	2,168
	5,458



BLESSING OF THE ANIMALS!



Mister and Missy stayed in their carriers during the blessing



Photo Credit: Laura B. Mann

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Below are the regularly scheduled room uses that repeat weekly all year long (unless otherwise noted). Please check here <i>first</i> when looking for available space.						
6:30-8:30 pm — Rose Head Hall, NA Sundays in Royal City	9:00 am – Rose Head Hall, Tai Chi 6:00-8:00 pm – Rose Head Hall, AA (Flying Blind) 6:30 – 8:30 pm – Choir Rm, Gambler’s Anonymous	6:00-8:00 pm – Choir Room, TOPS 4:00 pm – Rose Head Hall, Order of the Eastern Star 2 nd Tuesday of the month	9:00 am – 12:00 pm & 1:00 – 5:00 pm – Rooms A&B, Children Reading Room 6:00-8:00 pm – Nave, Guelph Male Choir 7:00-9:00 pm – Choir Room, Guelph Al-Anon Family Group 7:30-9:30 pm – Rose Head Hall, AA Helping Hands	9:00 am – 1:00 pm – Rooms A&B, Children Reading Room 5:45- 8:00 pm – Rose Head Hall, TOPS 7:00 – 8:00 pm – Choir Room, Tri-County Recovery	9:00 am – 12:00 pm & 1:00 – 5:00 pm – Rooms A&B, Children Reading Room 9:00 am – Rose Head Hall, Tai Chi	
RHH – Rose Head Hall			1 9:00 a.m., Executive meeting via Zoom 2:00 – 4:00 p.m. – Rose Head Hall, POM Project	2 10:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market 7:00 p.m. – Nave, Choir Practice	3 5:30 – 8:30 p.m. – RHH, Children’s Reading Room Paint Night	4
5 All Saints Sunday 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	6 1:00 p.m. – RHH, Creative Crafting	7 7:00 p.m. – Parlour, Church Council	8 7:00 p.m. – Faith Forum with Nigel Bunce via Zoom	9 10:00 – Parlour, Youth Camp meeting 1:00 – 4:00 p.m. – RHH, Chi Rho Fellowship 7:00 p.m. – Nave, Choir Practice	10	11 
12 Pentecost 24 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	13	14 10:00 a.m. – Parlour, Parish Care	15 12:00 p.m. – Parlour, Women of Faith	16 9:45 a.m. – Parlour, Creative Crafting 10:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market 7:00 p.m. – Nave, Choir Practice	17	18
19 Pentecost 25 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion Deadline for <i>Connections</i>	20	21 5:00 p.m. – RHH, Men’s Fellowship	22 9:00 a.m., Executive meeting via Zoom 9:45 a.m. – RHH, Creative Crafting 7:00 p.m. – Faith Forum with Lucy Howell via Zoom	23 9:45 a.m. – Parlour, Creative Crafting 7:00 p.m. – Nave, Choir Practice	24	25 5:00 p.m. – Rose Head Hall, Rental
26 Reign of Christ 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	27 7:00 p.m. – RIC meeting via Zoom	28 7:00 p.m. – Parlour, Church Council 7:00 p.m. – Rose Head Hall, POM Project	29 10:00 a.m. – Nave, Senior’s Service, and luncheon	30 9:00 a.m. – Parlour, Women of Faith 9:45 a.m. – RHH, Creative Crafting 7:00 p.m. – Nave, Choir Practice		