



# CONNECTIONS

Monthly Newsletter of All Saints Lutheran Anglican Church



February  
2024

## From the Pastor's Study All Saints in Action

Dear Members and Friends of All Saints:

Worship. Forming disciples. Service. This is the life of All Saints Lutheran Anglican Church and of all saints throughout the world and throughout the history of Christianity. First, we gather for worship giving thanks and praise to God through Jesus Christ and finding nourishment in God's Word and the Sacraments. Then, we return again to the community to be formed as disciples: learning and growth, and conversation about how we as a community of faith

live out our calling to be followers of Jesus in the world. And finally, believing ourselves to have been empowered by the Holy Spirit, we actually and actively live out that faith in the world, both through the service activities of our church and the many and various ways we serve God's people in our lives beyond the walls of the church.

### Worship Forming Disciples Service

This is what it means for us to

be All Saints In Action.

Throughout this year, we will spend time focussing on each of these activities that form our life together: Worship, Forming

Rev. Brian Wilker, Pastor  
Rev. Christine Clatworthy, Deacon

Rev. Canon Lucy Reid and  
Rev. Canon David Howells,  
Honorary Assistants

Brian Janzen, Council Chair

Peter West, Music Director

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## All Saints in Action Continued...

Disciples, and Service. We will spend three months on each of them. We'll explore them. We'll ask questions about each of them, such as: why do we do them the way we do? Are there other options that might better reflect the gifts of those participating and the needs of the world? And we will each be encouraged to consider our personal roles and responsibilities in each of these activities regarding participation and support – what we sometimes refer to as 'stewardship.'

We will take on this exploration of our life in action together through articles like this in Connections, our regular Faith Forum gatherings, and occasional lunch gatherings after church. Additionally, three letters will be sent to every household highlighting each area and encouraging each household to reflect on their participation and support.

The schedule throughout the year will be as follows:

Worship: January, February, and March

Forming Disciples: April, May, and June

Service: September, October, and November

The goal of all of this is to help us reflect together on the many things we do as a congregation, how we do them and support them (in time, energy, and money), and, perhaps most importantly, why. Are there adjustments to be made, both as a community and as individuals, in our activities and our priorities, so that we might live as faithfully as possible the call that God has for us?

I am looking forward to our questions and our conversations throughout this year as we explore together what it means to be All Saints in Action!

Peace,  
Pastor Brian

PS If anyone is so gifted, it might be fun to have an 'All Saints In Action' logo to accompany all the materials we send out this year. Please let me know if you can help with this.



**Watch for the Treasurer's Report in the March issue of Connections**



## From the Deacon's Pencil

First off I would like to offer a sincere thanks to the congregation for all the wonderful goodies and flowers and cards that I received at Christmas. They were lovely and I really appreciated them. My amaryllis is still blooming and has given us great joy and we both enjoyed the goodies and chocolates.

As I write this I have just come in from a very cold and blustery day from doing a communion service at St. Joseph's Health Center. For those of you who do not know, All Saints does a

communion service once a month for the residents of St Jo's. Every third Wednesday at 10:30am we welcome any and all to join us for a short service (1/2 hr) so as not to tire anyone out. If you are residing in or in for rehab we would love to see you. When you register just tell the staff you are Anglican and would like to attend and they will put you on the list. We have several able bodied helpers (Lily Flewelling, Bonnie Evans, Anna McLean and Val



Webb) who are happy to come and collect you and bring you to the chapel and will return you to your room after the service. Please let us know if you would like to participate.

As we scurry through our busy lives let us contemplate the quiet coming of the time of Lent and look forward to the glorious season of Eastertide.

Blessings  
Deacon Christine Clatworthy

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## Council Perspective

Greetings!

It was certainly a busy Christmas season at the church. With Christmas Eve landing on a Sunday and Christmas on a Monday, there was plenty of activity by so many disciples to make the five services happen with such thankfulness and celebration. Much of this was what I would say "faced forwards", meaning it was visible and evident by of us all if you took a moment to look about. But what about "behind" the scenes? Have you ever done an mental inventory of everyone involved and the number of hours they devoted to the preparation? Their stewardship of time and

resources is part of our discipleship through our baptism in Christ. It is part of worship.

Although the Council is meeting after the deadline for this edition of Connections, I would like to share a few items that are or have been going on "behind the scenes" at All Saints.

Other ministries, teams, and committees continued their efforts into January. Although the council hasn't met since the end of November, several developments have been moving along. A final Greening Team proposal was submitted. The council made a few in kind recommendations and put forward the idea to



## Council Perspective Continued...

the Finance Committee for their perspective. In turn the Finance team have made a few suggestions for the council to consider before the project moves ahead. These will be discussed on January 30<sup>th</sup> at our meeting.

The council will also be considering a few rather simple amendments to our Constitution. In recent years, the national church produced a new “Model Constitution for Congregations.” A few of these changes allow churches to “pivot” more quickly to our changing times and demographics within the church. Examples of some changes that can occur were evident through the Covid times. None of these amendments affect our Lutheran-Anglican relationship and ministry in full communion.

Council is also looking for a representative/ delegate to be our congregation’s voice at the Lutheran Eastern Synod Assembly which takes place over 2-3 days in Toronto this June. If you are interested in serving in this way, please contact myself. Pastor Brian will also be attending this event.

January has marked the beginning of “All Saints in Action”, a year long focus on stewardship within our church that was suggested by the Finance team and Council. The first portion of the year will be looking at worship as Pastor Brian outlined in his article. There is a small team of us laying the groundwork for this. If you are interested in helping, please contact Pastor Brian or myself.

In my own reflections and readings on this, I came across a quote from the National Anglican Church. “Stewardship is a response to

*the mission of God. When we invite persons into discipleship and baptize, we also invite them into the practices of faithful stewardship.*

*Those practices are properly framed in terms of whether or not they contribute to what God desires in and for the life of the world..... God sets out in mission to make all things new. It is God’s mission to transform*

*persons, to redeem us and restore us to joyful and useful participation in God’s work. It is God’s mission to transform the church as well, to redeem and restore our common life so that we might live as stewards of God’s abundant gifts, and invite others into that stewardship – for the sake of the world God loves.”*

As council members continue to serve you in the congregation and our mission together, I invite to reflect on your discipleship this year. If you have any questions or concerns to express, please don’t hesitate to talk to one of the council members. Their names and pictures are available in the narthex.

Respectfully submitted,  
Peace,  
Brian Janzen

***Stewardship is a response to the mission of God.***







## Reconciling in Christ - Team Update



**RIC Sunday** (Reconciling In Christ) will be celebrated on February 4<sup>th</sup> at All Saints. Come hear Fawkes speak about their life as a trans man.

Fawkes is a neurodivergent, queer, trans man, who uses the pronouns he/they. They are the eldest child of Carolyn and Don. He was baptised at St. John Lutheran Church, in Ottawa, and confirmed at Faith Evangelical Lutheran Church in Fergus. Today, they are a son, brother, husband, student and activist. While his interests vary, he is currently focusing his studies on Indigenous Peoples and Communities in Canada, as well as queer and trans perspectives on land. They will be sharing some of themselves, and their reflections on inhabiting the world as a queer man in a trans body.



## Women of Faith—Lenten Self Denial

With Lent fast approaching, the discussion at our last Women of Faith meeting, focused on our annual Lenten Self-Denial Fundraising.

Each year, we present a worthy charity in our community with a cash donation at Easter.

Because both domestic violence and homelessness have seen a significant

increase in Guelph, we have chosen Women in Crisis and the Royal City Mission this year.



**ROYAL CITY MISSION**

The donation envelopes will be available on Ash Wednesday, February 14, along with a brochure highlighting the work of these charities.

Your generosity is so important to help people in our community.

Marilyn B. and Marilyn C.  
Women of Faith



# Exciting News for the Silvercreek Market

On Tuesday, December 19, a group of volunteers (Ron, Val, Owen, David, Sue, Jane, David H., & Tom) helped pick up, deliver and sort the food collected by St. Joe's Church over last weekend's church services. As usual, the parishioners of St. Joseph's Church stepped up to the plate and donated a whopping 1350lbs of non-perishable food!! Thank you for your generous and continued support of Silvercreek Community Market.



On December 21, we had the cheque presentations from Capital Paving and Stoidi Group totaling **\$29,600!!!!** In attendance from Capital was Geoff Stephens, and from Stoidi Group Steve Fay, Brent Keenan and Brad Fulton. These gentlemen together raised enough funds to cover almost all of 2024 costs to purchase fresh food for the market. We also had the pleasure of a few local dignitaries present, our mayor Cam Guthrie, our MPP Mike Schreiner and one of our councillors. Phil Allt who came later but got the full rundown of our market.



Thank you all for your continued support to those in our community who suffer from food insecurity.



Julianna Stephens



## Altar Guild

There are often Sundays when Altar Guild is short handed for cleaning up after service.

If you have ever thought about being part of AG, this is a great way to get to know what is involved. Washing up and putting away occurs and is appreciated.

If you have time after service, please come to the sacristy (the room behind the altar) and offer your help. All genders are welcomed.

Laura B.



## The P.O.M. Project History

The P.O.M. (Peace of Mind) project began a number of years ago with a concern and request from my mother about an elderly friend. Her friend's deafness caused her to be socially isolated and my mother was very keen to entertain her friend regularly for tea and chats. The friend began to offer excuses about coming for tea and my mother, who was a retired nurse, made a few gentle enquiries and discovered the problem. The lady had a bladder weakness common to ladies of her years, but her circumstances did not allow her the extra money to spend on throw away protective pads.

Mother appealed to me for help, as I was a sewer and I

designed the first P.O.M. pads.

They were intended only for light to moderate bladder sensitivity and peace of mind using a pad that would not leak due to the special PUL fabric on the reverse side. The pads were designed to be air breathable but not water permeable for comfort and security and easily washable to be reused many times. The sides attached firmly with a plastic snap on the "wings" and could be hand washed or machine washed. My mother's friend used them very happily for several years and they allowed her to maintain important social connections in comfort.

A few years later as I was taking early retirement from teaching to care for my grandchild, I began to look for a project to support educational dreams specifically of girls and young women. After some research, I began to realize that many teen girls were unable to go to school every day of the month for the want of menstrual protection and the idea of developing the POM pads into period pads came into being. P.O.M. kits are always free to any one who needs them.



Over the next three years a group of sewers, pattern cutters and quality control experts at All Saints church sent pads and





## The P.O.M. Project History Continued...

kits, fabric and materials, sewing machines and salaries for supervisors to Nicaragua with a number of aid workers from the Pan Missionary project. I also made cancer comfort padded and waterproof blankets for hospitalized patients whose only bedding was flattened cardboard boxes.

Doctors Without Borders also agreed to carry our P.O.M. kits to girls in the country on their regular rounds and several churches in Nicaragua developed sewing cooperatives with the support of All Saints donors. I travelled around Ontario speaking to groups about the P.O.M. project not to fund raise but to try to inspire others to start up their own groups.

Over the Covid years, I switched to making PPE gowns and masks for the Aids Health Cooperative and our local hospitals. We are now switching back to the P.O.M. project at ALL Saints Lutheran Anglican church and we are focussing our efforts on the womens' shelters, the local First Nations peoples and Indigenous People in the Far North. We are providing POM

kits (8 day pads, 4 night pads, queen pads, soap, wet dry bags (pencil cases) contained in a pretty colourful patterned drawstring bag for storage).

I purchased 3 sewing machines and have had 3 generous people donate additional ones so we have a new sewing cooperative set up in Rose Head Hall and are already producing pads and kits. Special thanks to our faithful supporters and my co leader Laura F. Mann.

### Every Day is a School Day

You might wonder about finances. My dear father was my initial backer and many people have generously

donated funds and materials. In addition, I returned to the use of P.O.M. pads as useful for light bladder leakage and re-christened them "Whoopsie" pads. Why Whoopsie... because many of us older ladies find the bathroom just ten steps too far away and Whoopsie! The Whoopsie pads have the same internal structure as the POM pads just with a cool polished cotton cover rather than a warm flannel one.

If a lady needs Whoopsie pads and can pay the \$20.00 for the

set, that is great, and the funds help resupply the kitty. If a lady who needs the pads is unable to spare the money, they are given away freely, discreetly and with love. Recently, we started working on the queen sizes of pads, as not all of us are sylph like! Many of my happy Whoopsie users also swear by them in the steamy summertime for comfort.

I encourage anybody interested to contact me with questions. I can send you slides to show members of a social or service group, you can get me for the price of a cup of tea to do a presentation or demonstrate how to make the pads and I have patterns and tips galore to share!

Our motto is...Every day a School Day!!!!!! Thank you for your interest. We can support the educational dreams and aspirations of girls who strive for a good education.

Cheers

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## Flower Chart

Please note the 2024 Flower Chart has been posted in the entry to the upstairs coat room.

By donating flowers to enhance a Sunday service, you will also be remembering a birthday, an anniversary, the loss of a loved

one or a special time in your life or your family.

Think of a day when you would like to place flowers in the nave and sign your name on the Flower Chart.

Laura B.  
Altar Guild



So, things at the Silvercreek Community Market are back to our pre-Covid normal with one *small* exception. In the past the hospitality or social environment of the Market was just as important as providing food support. This was a place where neighbours could meet and connect over a cup of coffee or tea. We want to bring this back to the Market experience with regular and

intentional offerings of refreshments for our Market guests.

We are looking for one or two volunteers to be our dedicated “Hospitality Co-ordinators”. This would require a commitment from 1:00 – 3:00 p.m. on the first and third Thursday of each month. Making coffee and tea, putting out snacks etc. (1:00 – 1:30),

keeping an eye on things and cleaning up (2:30 – 3:00). If this sounds perfect for you (and a friend...?) please let the office know.

Thank you!  
Outreach  
Team



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## Message of Thanks

Dear friends from All Saint Lutheran Anglican Church.

Last December I received a nice surprise (delivered by Joan Hicks).

It was an amaryllis flower in a bulb. Marisela followed the instructions, and we watched it

grow into a beautiful flower.

Marisela took pictures of it growing up, but she could not download it from the camera to the computer. Just know it was beautiful.

Thank you, so much, for thinking of me (I know you ask

about me often), and especially for your prayers. I had some rough times, but I am doing better, little by little.

Thank you all.  
God bless you.  
Isa Losada





# The Dates of Christmas and Easter

The dates of the major Christian festivals are peculiar. We celebrate Christmas on a fixed date each year (December 25<sup>th</sup> in western Christianity), but Easter and Pentecost occur on variable dates.

## Why do we celebrate Christmas on December 25<sup>th</sup>?

Nobody knows the actual date when Jesus was born. Indeed, his birth was of no interest to the earliest Christians. We see this especially in Mark's Gospel, which we are reading this year (Year B of the lectionary). There, Jesus simply appears as an adult, to be baptized by John. Mark's Gospel is essentially the account of the ministry of a Messiah in the Jewish idiom.

However, it was inevitable that believers would start to wonder about Christ's origins. Legends grew up about Jesus' birth and his birth family. By the 2<sup>nd</sup> century CE (100 years after the event), Christians began to celebrate the Lord's birth, though they did not agree on a date. The earliest written mention of December 25<sup>th</sup> as the date of the nativity is 354 CE. It was probably intended to merge this Christian festival with the Roman festival of Saturnalia, following the conversion of the Roman Emperor Constantine to Christianity in 336 CE [<https://en.wikipedia.org/wiki/Christmas>].



A Roman Christian historian named Sextus Julius Africanus, had earlier proposed December 25<sup>th</sup> on the thesis that God had created the world at the time of the spring equinox (which was celebrated in Roman times on March 25<sup>th</sup>). Therefore, he argued, the second era (Christ's) must have begun on the same date as the first, with his conception by the Virgin Mary. Therefore, Sextus concluded that Jesus would have been born nine months later, on December 25<sup>th</sup>. [<https://www.britannica.com/story/why-is-christmas-in-december>].

## When do we celebrate Easter, and why?

As to the 'when', Easter Sunday falls on the first Sunday following the first full moon following the spring equinox. The earliest possible date for Easter is March 22, and the latest is April 25<sup>th</sup>. This year Easter is early, falling on March 31<sup>st</sup>.



Regarding the 'why', recall that the events of Holy Week took place around the time of Passover. Hence, Passover and Easter normally occur close together. Easter thus has a variable date because Judaism follows a lunar calendar. Passover always begins the 15<sup>th</sup> day (full moon) of the lunar month of Nisan in the Hebrew calendar. Because 12 lunar months do not add up to a full year, Jews add an extra month when needed, before the beginning of Nisan, otherwise Passover would move forward into the winter. Easter therefore follows suit:

## Christmas and Easter Continued...

Year	Easter	Passover Seder Meal
2023	April 4	April 5 (Wednesday)
2024	March 31	April 22 (Monday)
2025	April 20	April 12 (Saturday)
2026	April 5	April 1 (Wednesday)
2027	March 28	April 21 (Wednesday)
2028	April 16	April 10 (Monday)
2029	April 1	March 30 (Friday)

The necessity to keep the link between Easter and Jewish Passover has implications about how the Christian year unfolds. At a trivial level, it explains why the length of the Epiphany season is variable and usually shorter than the maximum nine Sundays after the Epiphany. [This is made up by adjusting the number of Sundays after Pentecost.]

More importantly, each calendar year, we rush through Jesus' life and death between the fixed date of Christmas and the variable Holy Week through Pentecost. Then we have a long period between Pentecost and the Reign of Christ, in which we study Jesus' life and ministry in more detail.

A really significant failure is that the lectionary readings for Advent mostly follow on from the end of the Gospel ministry stories, which are about the end of the age. This leaves the impression that we are awaiting the Second Coming of Christ (to judge the world at the end of time), rather than anticipating the Incarnation of Jesus in human form at Christmas.

Rev. Nigel Bunce

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## Ecumenical Campus Ministry

A new semester, a new dinner date! All Saints has offered to provide dinner to the students on Wednesday February 14!!

A great time to celebrate several things. First of all it is Ash Wednesday and the beginning of Lent. And secondly it is the day of "LOVE".

All of these things make it a wonderful reason to extend our love by providing a meal. Our Menu will include Tuna Casserole and also Chicken Stew. We are also asked to



provide dessert. If you can help with any of these, please let me know. The students are always very grateful for a home cooked meal while away from home.

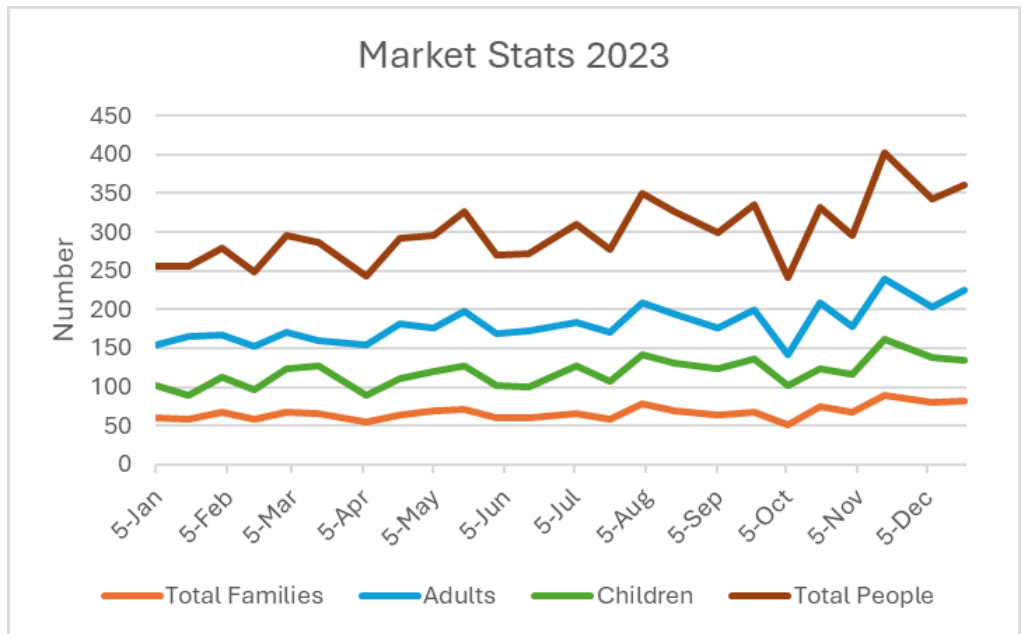
Many thanks  
Marilyn Bleach Schranz



# Silvercreek Community Market Update

Here are the amazing statistics from 2023.

	YTD	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Total Families	1608	119	126	132	119	142	121	124	147	131	127	157	163
Average		60	63	66	60	71	61	62	74	66	64	79	82
Adults	4346	320	319	330	335	374	340	354	404	375	349	418	428
Children	2845	191	210	252	200	248	202	234	272	259	224	279	274
Total People	7191	511	529	582	535	622	542	588	676	634	573	697	702



Actually, the total number of people should be a little bit higher because we also drop off food at 238 Willow Rd. (a Guelph Assisted Living building) each Market – that’s 10-12 people so another 260-300 people should be added to 7191. That’s just over **7,200** people served in 2023. We spent \$26,421 on fresh fruits, vegetables and eggs last year.

As you can see from the data above, the number of individuals and families experiencing food insecurity is increasing steadily month to month (and year to year – last year’s total was 4878 people).

We are very grateful to The SEED for being able to provide the fresh fruits and vegetables we distribute at wholesale



prices. We could not do this without them! (Check out their website to see more about the amazing work they are doing for food security!) The SEED is also the source of frozen meat that we are able to distribute to the community.

We continue to be thankful for COBS Bread who provide us



## Market Update Continued...



with fresh baked goods for each Market Day. We are blessed with our partnership with the congregation of St. Joseph's RC Church who support us with non-perishable food items and cash donations several times a year. Community partner support is essential in making the Market work.

The ongoing financial and in-kind support of All Saints for this outreach ministry has always been strong and steadfast. On our own the congregation could support one Market a month. The fact that we are able to offer this food support twice a month is due to the amazing financial support of community partners and other organizations. We could not do this alone!

Huge *thank yous* go out to the following:



The Order of the Eastern Star who donated \$14,000.00 in 2023

which was spread out throughout the year and essential in getting us through some financially tight winter months.

We thank Capital Paving and the Stoidi Group. The Stoidi Group made the Market one of the recipients of a golf charity event in the summer Of 2023 and on December 21,



2023, presented a cheque for \$14,800! Capital Paving very generously matched that amount with another \$14,800!! We had a small presentation event with Mayor Cam Guthrie and MPP Mike Schreiner in attendance. Many of our volunteers were there to be part of the event and enjoy some light refreshments.

The Johanniter Humanitarian Group also donated \$2,000 in December 2023. We thank all our community partners for their generous support, we hope they understand the profound positive impact they are having on the lives of our



community!

This amazing financial support means we will not have to worry this winter about having enough funds for 2024. But please do not stop your regular support of the Market just because we received such special support this past December! We can't always count on such amazing partners so please do not change your ongoing support of the Market for 2024. There is always 2025 to save towards! Finally, thank you again and again from our 7,200 Market Guests to our volunteers, the Outreach Team, and everyone who supports the Market in any way. Please know you are making a difference in people's lives. Thank you.



Michele Altermann  
Outreach Chair



## The Deepest of Thanks

*Each year at All Saints we collect toys through the Mary Guse Giving Tree. Most of those go to the Salvation Army's Christmas Hamper program. You can read about the results of last year's campaign in the letter below. I hope it helps you understand the impact your gifts have in the community. Many of the families that receive these hampers are our families, the ones that come to the Market. I know this because for the last three years I have been helping with registering families for hampers and I see many familiar faces. Like so much outreach support, none of these programs could happen without the help of volunteers. I know that they can always use help for registration, packing and distributing hampers on the day. If you think this might be something you want to help with please get in touch (see below) with Bang and give him your contact information.*

*Respectfully submitted  
Michele Altermann*



Happiest 2024!

I hope this letter finds you in warmth and comfort especially after the whirlwind of generosity and kindness you've shown this past holiday season.

We have just closed the chapter on another remarkable Christmas Hamper Program, a story that you helped write, and what an inspiring story it has become!

This year, thanks to your unwavering dedication, we've managed to touch the lives of 4000 individuals, ensuring they had nourishing food during the festive season. And let's not forget the 1600 children who found Christmas joy through the toys you helped provide.

Neal Foard, a storyteller par excellence, once said, "Every person is a story and every story is a world." In the days leading up to Christmas, as you tirelessly built, packed, lifted, registered, managed parking, and distributed hampers, your stories were being etched into the hearts of those you served. Your actions were not

just acts of giving but the embodiment of empathy and community.

Your hard work, often done behind the scenes and without fanfare, is the foundation upon which this program's success is built. The hours you dedicated, the effort you poured in, and the positive nature you exuded in every task – these are the threads that wove a tapestry of hope and joy for so many.

In your hands, a food hamper was not just a box of items; it was a message. A message that in the city of Guelph, no one is a stranger, and every citizen is cared for. You've done more than just feed bodies; you've nourished souls and built bridges of kindness that span across our city. Consider the stories you heard and the smiles you brought to everyone you've helped.

As we reflect on the success of this program, we recognize that our gratitude extends far beyond the bounds of this letter. It is a sentiment echoed in every smile you brought, in every sigh of relief

from parents, and in the excited chatter of children unwrapping a toy.

On behalf of The Salvation Army, and from the depths of our hearts, thank you.

Thank you for your time, your energy, and most importantly, for the piece of your heart that you've given to this cause. The story of this Christmas Hamper Program is not just a tale of aid, but one of human connection, thanks to you.

We look forward to continuing this journey together, writing more chapters of compassion and unity in our beloved city.

With heartfelt gratitude,

**Bang Ly SSW**

Community and Family Services  
Manager

The Salvation Army  
Guelph Citadel/ Community and  
Family Services

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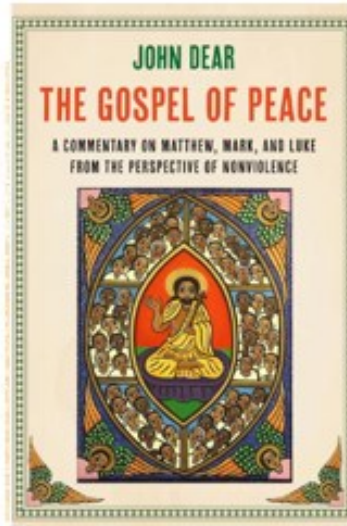
[bang.ly@salvationarmy.ca](mailto:bang.ly@salvationarmy.ca)

# An Afternoon with JOHN DEAR

## on his new book: "THE GOSPEL OF PEACE"



Free-Will Offering  
for Fr. John Dear



BOOKS AVAILABLE  
\$25 Cdn. (cash only)

Peacemaker, author, and Nobel Peace Prize Nominee, Father John Dear, will be with us to talk about and sign copies of his new book, his life's work: *The Gospel of Peace: A Commentary on Matthew, Mark, and Luke from the Perspective of Nonviolence*. It is the first ever commentary on the Synoptic Gospels from the perspective of active nonviolence in the tradition of Gandhi and Dr. King. In this original work, Fr. John walks us through every line of the three synoptic Gospels pointing out Jesus' practice and teachings on nonviolence, peace, and universal love and invites us to follow him. Join us!

DATE / TIME: Tuesday, April 16, 3:00 PM

LOCATION: All Saints Lutheran Anglican Church

CONTACT: 210 Silvercreek Pkwy. North, Guelph, Ontario

jonanddianne@rogers.com OR Voicemail 519-836-2946

For further information, visit [www.johndear.org](http://www.johndear.org) and [www.beatitudescenter.org](http://www.beatitudescenter.org)  
where he is the executive director and offers online programs.

Submitted by Rev Jon and Dianne Fogleman



# Did you know that 18% of households in our community are food insecure?



The infographic is set against a light blue background. At the top, five red roses are arranged in a slight arc. The main content is divided into three vertical panels. The left panel shows a shelf with jars and a list of expenses: 'Pay rent', 'Shoes for Jake - thrift?', 'Overdue electric bill', 'Cavity appointment', 'Kids medication', and 'Need groceries - how?!!?'. Below the list, it says 'Food insecurity can affect anyone, anytime.' The middle panel shows four plates of sandwiches, with a central plate stating '1 in 4 children don't have enough to eat.' and a small note '\* Ontario statistic'. The right panel shows an open refrigerator with text: 'Food insecurity can affect anyone, anytime.', 'An income security crisis is the root cause.', and 'Policy change is the answer.' Below these panels is a white rounded rectangle with a hand holding a dollar sign icon and the text '52% of people who are food insecure have wages, salaries, or self-employment<sup>4</sup>'. At the bottom, a dark blue banner contains the text 'DEMAND CHANGE • [gwpoverty.ca/food-insecurity](http://gwpoverty.ca/food-insecurity)' and a logo for 'INCOME SECURITY for FOOD SECURITY'.

Income insecurity is the root cause of food insecurity. Low pay, unreliable work hours, no health benefits, and significantly outdated social assistance rates for individuals who require Ontario Works or Ontario Disability Support Program are key contributors. Some of these social assistance levels have been frozen since 2018, while food, housing and other costs have risen dramatically. Policy change is the solution. Join us in calling on the Provincial Government to support:

- Higher social assistance rates
- Higher minimum wage rates
- Affordable housing

The Income Security for Food Security Campaign, designed by the Guelph Wellington Poverty Task Force is an important movement to demand change. The Poverty Task Force is a not for profit, nonpartisan organization that has been working in Guelph Wellington for many years on issues of poverty reduction and food security. Food insecurity can affect anyone, anytime,

and nobody should have to choose between eating and paying for other basic needs.

Research has shown that signatures collected electronically do not have carry much weight with politicians. So, this campaign is going old school and collecting signatures on paper petitions to present to local MPPs in Guelph, Wellington so they can take (hopefully) stacks of paper to Queen's Park and advocate for changes that will have positive impacts for our neighbours!





## Food Insecurity Continued...

Together, we can call on the Ontario government to improve income policies to tackle the root cause of food insecurity. In the coming weeks we will have petitions available at church for you to sign if you

wish to. If you want to take this message to your workplace or other volunteer opportunities, there will be lots of materials on their website for you to access.

#DemandChange. Learn more, share, and sign the petition when we have it available. For more information visit: [www.gwpoverty.ca/food-insecurity](http://www.gwpoverty.ca/food-insecurity)

### Together, we can DEMAND ACTION to solve food insecurity.

- 1 Demand change – sign the petition and advocate for increased social assistance rates.
- 2 Spread the word.
- 3 If you can, give time or money – food access programs do not solve food insecurity, but they do provide essential relief.



Learn more and take action: [gwpoverty.ca/food-insecurity](http://gwpoverty.ca/food-insecurity)



## Lenten Lunches are back!

Join us for soup and bread after worship on the Sundays of Lent for a panel discussion and table talks about the interconnections of Worship and Stewardship. More details to come.



Bring your family and friends to  
All Saints' annual

## St. Patrick's Day Party

Date: Saturday, March 16, 2024  
Desserts: 1:00–2:00 PM  
Card and Door Prizes: 2:00–4:00 PM

All donations will go to the Women of Faith.  
If you have any questions, please call Pearl at 519.822.3991



## Ramblings from Parish Care

Christmas is over. The tree has been put away (for now) but not the outdoor wreath, yet. And here we find ourselves approaching Valentines Day, the time of love. (Congratulations Jan and Dennis !) This year we have the added gift of Ash Wednesday and Lent falling on the same day. Did someone say things come in threes?

One thing I would like to share with you is that the Federal Government has set up a national **crisis phone line** for Mental Health issues. **The number is 988.** It is similar to the Kids Help Line where you can call the number and speak openly to a professional about how you feel or answer

questions.

Well, here we are back into Covid season with increased incidence and related deaths. Hopefully you have received the latest vaccine and you won't become really sick with it. I had it while in the Mediterranean before the Pandemic was declared and was quite ill. Some symptoms can persist after you feel better such as pain, extreme fatigue, difficulty concentrating, difficulty remembering things and times where your brain feels just a bit foggy. Most of these, sometimes disabling symptoms are neurological, stemming from immunodeficiencies. So wear your mask, vaccinate and if you have any cough or runny nose

stay away from others. Even though it is quite Christian to share, I am sure God will forgive you if you don't this time.

### "DRY" EYE SYNDROME

Do your eyes feel irritated, burn or feel scratchy? Have you been told you have "dry eye"? This is a bit of a conundrum to understand as your eyes can also be full of tears. So what's up with this?

Dry Eye is quite common and occurs when you do not have enough tears or do not produce the right kind of tears. Tears are important for our eyes for them to stay comfortable and healthy.



## Parish Care Continued...

When you blink, a film of tears spreads over the eye, keeping the eye smooth and clear. Tears are important for good, clear vision.



Some of the symptoms of Dry Eye :

- feeling of irritation, burning or stinging in the eye
- Blurred vision, especially when reading
- You have lots of tears in your eye
- Scratchy or gritty feeling ..... like something is in your eye,
- Eyes are red or irritated especially in the wind or around smoke
- Mucousy feeling around or in the eye
- Contact lenses feel uncomfortable to wear

The tear or tear film has three layers: the oily layer, the watery layer and the mucous layer. Each has a function to help us see well. The outer layer of the tear is the oily layer. It makes the tear's surface smooth and keeps the tear from drying up too quickly.

The watery layer is the middle layer which cleans the eye, washing away particles that don't belong there. The inner layer is the mucous layer which spreads the watery layer over the eye's surface, keeping the eye moist.

So this brings me back to the conundrum that I spoke of earlier. Having Dry Eye Syndrome but at the same time having a lot of tears in your eyes. When your eyes are irritated by Dry Eye Syndrome, they produce more tears. But the tears are not doing their job.

What contributes to the cause of Dry Eye? As people age, we tend to make fewer tears due to hormonal changes (and that includes you men, too!)

- Looking at a computer screen or phone screen for a long time,
- Activities that reduce blinking (TV, reading, long periods of focusing on something)
- Using contact lenses over a long time
- Certain medications such as diuretics (high blood pressure), beta-blockers (heart problems or high blood pressure), allergy and cold medicines, sleeping pills, heart-burn medications and anxiety/antidepressant medications
- Certain diseases such as rheumatoid arthritis and thyroid disease
- Eyelids that are swollen or red
- Being in smoke, wind or a very dry climate

How do the docs determine if

you have Dry Eye? During your eye exam, they will look at eyelids and the surface of the eye, also how quickly you produce tears. There are also tests that measure the quality and thickness of your tears.

There are several methods of treating Dry Eye. Artificial tears can be purchased over the counter and can be dropped in your eye as often as needed. Prescription eye drops will help your eyes make more of their own tears. Other things, such as warm compress on the eye, and massaging your eyelids can also be useful.

Try to stay out of the wind, or try not to use a hair dryer all the time. Humidify your house in the winter if the air is dry. Talk to your doctor about adding omega-3 fatty acids to your diet found in fish (salmon, sardines, tuna, trout, anchovies) or flax seeds. Avoid several hours of continually watching a monitor or screen. After an hour or so take a little break and put some artificial tears in your eyes. OR, blink often...

AND remember not all irritations in your eyes are necessarily "Dry Eye". So keep that bottle of natural tears handy and use it often.

Blessings  
Marilyn Bleach Schranz



# Week of Prayer for Christian Unity



Dear friends,

This prayer comes from a service composed by a team of representatives from various Christian denominations in Burkina Faso, West Africa, for this year's Week of Prayer for Christian Unity.

Rev. Canon Lucy Reid

## Prayer for Unity

Glory to you, Father, for you reveal yourself in your creation and call all people to live in your presence.

Glory to you, Christ Jesus, for you give yourself entirely to each one of us and invite us to do the same.

Glory to you, Holy Spirit, for you gather us together in love and unity.

Glory to you, God of Love, in whom we are created, redeemed and made one.

With all our hearts, we desire to dwell in God's love and to have the grace to love our neighbours as ourselves.

God of boundless love, we pray that all people may come to know your unlimited mercy and believe in your desire to fill us with your infinite love.

We join our prayers to that of Jesus, who prayed for the unity of all who follow him.

God of communion, we pray that we may work together for your greater glory and spread the Good News of salvation for all.

Our hearts are broken because of the confusion and division in our world.

God, our healer, we, who are scattered like sheep without a shepherd, ask you to gather us into one fold. Enliven us by your Spirit and send us again, two by two, to be the light of the world and the salt of the earth.

Our world is scarred by terror and violence. Millions are forced to leave their homes in search of refuge and safety.

God of welcome, grant us the grace to risk embracing the stranger, tending their wounds and standing in solidarity with them. Strengthen our resolve to be kind and merciful and to act towards our sisters and brothers at all times as you do towards us.

In our weakness and fear we know that we often pass by on the other side, turning away from those who need our help.

God of power, despite our lack of charity, open our hearts to experience the length, width, height, and depth of your love, so that we may love you more and love our neighbour as ourselves.

Fill us with your love! Make us one in you.





## In response to the humanitarian emergency unfolding in Gaza...

CLWR & PWRDF are joining leading Canadian aid agencies in the Humanitarian Coalition in seeking to provide critical life-saving aid to those affected.

The Coalition is united in its call for all sides in the conflict to protect civilian lives and allow humanitarian aid to reach those in need as quickly as possible. As we work to make sure humanitarian access is restored, your gift will ensure that we can scale up our response swiftly and

effectively to deliver life-saving food, water, shelter, and medical care to those who need it.



Please join us in prayer for those affected and consider donating. Visit <https://www.clwr.org>/or call 1-800-661-2597 (Mon-Fri 8:30am-4pm CST) to learn more. To donate, go to [pwrdf.org/give-today](https://pwrdf.org/give-today) and choose Gaza Emergency Appeal. You may also call to donate at 1- 866-308-7973 or mail your cheque to PWRDF, 80 Hayden Street, 3rd floor, Toronto, ON, M4Y 3G2.



**PWRDF**

The Primate's World Relief and Development Fund



Canadian Lutheran World Relief

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## Shrove Tuesday

### Save the Date

Please sign up in the Narthex for our annual Pancake Supper to be held on **Tuesday, February 13, 2024.**

There are several different seatings to sign up for (5:00,

5:30 and 6:00 PM) —this will help us know how much food to have ready for you!

Also please sign up for set up and clean up.

Thank you.



*Shrove Tuesday*

## February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>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.</b>						
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), 8:00 – 9:00 pm – District Meeting  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 <sup>nd</sup> 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				<b>1</b> 10:00 a.m., Choir Rm, Creative Crafting 10:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market 7:00 p.m. – Nave, Choir Practice	<b>2</b> 10:00 a.m. – 4:00 p.m. – Choir Rm, Childrens’ Reading Room rental 1:00 p.m. – Nave, set up for RIC Sunday	<b>3</b>
<b>4 Epiphany 5 RIC Sunday</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	<b>5</b> 1:00 p.m. – RHH, Creative Crafting	<b>6</b> 4:00 – 11:00 – RRH, Eastern Star (date change)	<b>7</b> 2:00 – 4:00 pm – RHH, POM Project  7:00 p.m. – Faith Forum via Zoom, Topic: Worship and Stewardship	<b>8</b> 10:00 a.m. – Pastor’s Office, All Saints in Action 1:00- 4:00 p.m. – RHH, Chi Rho Fellowship 7:00 p.m. – Nave, Choir Practice	<b>9</b>	<b>10</b>
<b>11 Transfiguration of Our Lord</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	<b>12</b>	<b>13 Shrove Tuesday</b> 3:00 p.m. – Nave, Hymn Selection Committee 5:00 -7:30 p.m. – RHH, Pancake Supper	<b>14 Ash Wednesday</b> 12:00 p.m. – Nave Ash Wednesday Service	<b>15</b> 10:00 a.m., Choir Rm, Creative Crafting 10:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market 7:00 p.m. – Nave, Choir Practice	<b>16</b>	<b>17</b>
<b>18 Lent 1</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion 11:30 a.m. – RRH, Lenten Lunches Deadline for <b>Connections</b>	<b>19</b>	<b>20</b> 1:00 p.m. – Parlour, Parish Care Workshop  5:00 p.m. – RHH, Men’s Fellowship	<b>21</b> 3:00 p.m. Executive via Zoom  7:00 p.m. – Faith Forum via Zoom, Topic: Worship and Stewardship	<b>22</b> 10:00 a.m., Choir Rm, Creative Crafting 7:00 p.m. – Nave, Choir Practice	<b>23</b>	<b>24</b>
<b>25 Lent 2</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion 11:30 a.m. – RHH, Lenten Lunches	<b>26</b> 10:00 a.m., Choir Rm, Creative Crafting	<b>27</b> 7:00 p.m. – RHH, POM Project  7:00 p.m. – Parlour, Church Council	<b>28</b>	<b>29</b> 7:00 p.m. – Nave, Choir Practice		