

**All Saints
Lutheran
Anglican Church**

Connections

**MAY
2024**

INSIDE THIS ISSUE:

| | |
|-----------------------------|-----------|
| Treasurer's Report | 2 |
| Council Perspective | 3 |
| Walk for Alzheimers | 5 |
| Reflections by Nigel | 6 |
| A Note / ECM | 7 |
| Parish Care | 9 |
| Learning Circle | 11 |
| May Calendar | 16 |

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
Michele Altermann,
Administrative Assistant
Christine Morrison, Editor,
cjmorrison263@gmail.com

From the Pastor's Study

Forming Disciples

For the first three months of 2024, as part of exploring "All Saints In Action," we considered all the different things that direct our time, energy, and resources towards our worship life together. In the current three-month period of April, May, and June we are focusing on all those things that have to do with forming disciples – things like Christian Education, Fellowship, our Committee Structure, and Small Groups.



All Saints in Action

We all know that Jesus had disciples. There were the twelve famous disciples, but there were many more whose names have been lost to history. Are we disciples? And if so, are we the same kind of disciples that followed Jesus all over the Holy Land all those years ago?

In the biblical sense, a disciple was

anyone who followed a teacher with the intention of learning from them. Jesus was an "itinerant" teacher, meaning that he did not teach from a central location or building, like the schools we think of today. Rather, he moved around from town to town followed by his disciples – the twelve in his inner circle, as well as many others. Can you imagine the strength of relations that would be built in this kind of community? Finding food and eating together every day. Finding accommodation every night. Finding ways to cooperate with each other just to get along in such close proximity to each other. Discussing together all the amazing experiences they were having as followers of Jesus and debating what it all meant. It must have been an interesting community of followers, indeed!

Many of Jesus' disciples would go on to have their own disciples, passing the stories of Jesus and his



210 Silvercreek Parkway North, Guelph, ON N1H 7P8
Phone: 519.821.7710 (24 hour voicemail)
Email: allsaints@allsaintsguelph.ca ~ Web: allsaintsguelph.ca
Office Hours: Tuesday - Friday ~ 9:00 am - 1:00 pm

From the Pastor's Study Continued...

teachings down through the generations. Eventually, these stories and teachings of Jesus would be written down and passed around newly formed churches, no longer itinerant, but fixed in their locations. The faith would now be spread through catechesis (Christian education), bible study, and missionary activity.



But this doesn't mean that those who chose to follow Jesus stopped being disciples, they just stopped calling themselves disciples. Today, Jesus' disciples are called "church-goers," people who attend churches, sing in their

choirs, serve on their committees, talk about their experience of Jesus with each other, and form strong bonds of relationship with those in their faith community.

And so, although our discipleship may look very different than that of Jesus' first followers, we are disciples none-the-less. Discipleship formation at All Saints looks like Faith

Forum, Women of Faith, Youth Camp, Church Council and all the Committees, our Potluck Lunches, Men's Fellowship, the monthly Connections Newsletter and all the Eblasts that land in our inboxes. Everything in our

community that challenges us, stretches us, nurtures us, teaches us, and encourages us to live the Gospel of Christ in our ministries together and in our everyday lives is part of our formation as disciples.

Are you a disciple of Jesus? You bet you are! But your discipleship formation didn't end the day you were confirmed. It is an ongoing, ever evolving, wonderful process. Let's explore together what you need to continue in your discipleship formation through All Saints In Action.

Peace,
Pastor Brian

Treasurer's Report by Suzanne Worthen At March 31, 2024

| | March 31, 2024 | Year to Date |
|------------------------------|---------------------|---------------------|
| Offerings..... | \$18,674.00 | \$51,327.50 |
| Other Income..... | \$1,258.00 | \$5,303.25 |
| Transfers -Housing Fund..... | \$1,000.00 | \$3,000.00 |
| -Dowry Fund..... | \$625.00 | \$1,875.00 |
| Total Income..... | \$21,557.00 | \$61,505.75 |
| Total Expenses..... | <u>\$22,613.52</u> | <u>\$63,994.23</u> |
| Surplus/(Deficit)..... | <u>(\$1,056.52)</u> | <u>(\$2,488.48)</u> |

Council Perspective

“He has shown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy.” Acts 14:17

As I write this, April is now on its way out; a month this year where we definitely experienced “April showers” and yet we are full of hope now that spring is here. We can now look to the fruits of the future such as May flowers. It a time of hope and celebration through Christ’s resurrection.

As we journey through the seasons, All Saints too has experienced them. Just as the seasons have passed, times of transition and change have made its mark at our church. I believe our emergence from 2023 and the so called “Covid Times” has passed, and some stability and growth has come to our community. We have not returned to previous state of being but rather morphed to a somewhat new identity which incorporates both our past and new development.

May marks the last month to what we may call the “Council year

of 2023-2024”. With the arrival of the first Sunday in May, our Annual Congregational/Vestry meeting will take place and the rotation in the membership of Council will occur. A few of our members will be leaving and we will elect new ones.

Council business over the last month seemed full of new opportunities. We reviewed our ministries for the last month and looked forward to new possibilities. The Constitutional amendments we proposed have now been pre-approved by both the Diocese and Synod. These allow us to adapt to changes quicker and reimagines the make up of Church Council. These now will go to two

congregational votes before final approval.

Our church has entertained more short-term rentals. Although this has provided some further revenue and service to our community, it also has presented us with a few more challenges. Council has developed some new guidelines to deal with this and will look at a new policy next week. Part of this review includes the serving of alcoholic beverages at an occasional event. In response to this, we have called on our Synod, our insurance carrier, and our National Church to present input and advice. Guidelines are in the process of being approved by council.

Ministries throughout our church seem steadfast. Our ministry through the Easter season was reviewed. New initiatives such as the presentation from John Dear as well as our broader connections to the Ecumenical Campus



Council Corner Continued...

Ministry were adopted. Plans for “Red Dress Sunday” were given as was the format and preparations for our Annual Meeting. A future hands-on presentation from Kairos dealing with Climatic Change and our Environment was also detailed and approved. Our online ministry continues to grow, and we discussed a few ways to further engage those online. Contributions from Pastor Brian, Deacon Chris, Rev Lucy and David were also shared.

Our property team presented a few ongoing challenges and repairs needed to our physical structure. One of these involves a water drainage and leak issue

through to one of our storage rooms. This appears to have festered over time and mould has set in. The cost of this repair and abatement both to the interior and possibly the exterior could be substantial. This would have a significant impact on our Capital Repair Fund. As our building approaches 40 years of age, some repairs such as this might be expected. Specific information and quotes for this task will be reviewed next week by council.

Within a couple weeks of this news, we have been lifted by the news that an anonymous donor has contributed \$20,000.00 to the Capital Repair Fund. Thanks be to God!

As the scripture text at the beginning of my writing states, “... giving you rain and crops in their seasons.” All Saints seems to have a resilience that has now proven itself through time and considerable change. Indeed, the present still provides us with challenges in terms of our stewardship resources, (available volunteers and finances at times), let us continue to move forward with that enthusiasm.

Peace,
Brian Janzen
Chairperson, Council

Annual Meeting / Vestry Meeting Sunday May 5, 2024

Following the 10:00 AM service, please join us for a potluck **SANDWICH** lunch, fellowship and meeting.

Walk for Alzheimer's

Our Pearl is a pearl beyond price!! Pearl Robinson is once again being a gem and is participating in the IG Wealth Management Walk for Alzheimer's on May 25th. She needs your help to raise funds! Pearl has a great plan!! She will do "A walk each day the month of May" This is to both raise money for Alzheimer's and to **celebrate her 92nd birthday.**"

Both Pearl and I walk for all people with dementia, not just our congregation members, and not just our beloved family members. I can't imagine there is one person in our church family that doesn't know someone diagnosed with dementia or who is caregiving for someone with dementia, so thank you Pearl for your dedication to this important cause!!

Send a message of hope to Canadians living with dementia

If you would like to sponsor Pearl, the link below will take you directly to her page where you can securely donate online.

https://support.alzheimer.ca/site/TR/WFA/WFA_ON_WaterlooWellington?px=1778234&pg=personal&fr_id=4871

The IG Wealth Management Walk for Alzheimer's is Canada's largest fundraiser for Alzheimer's disease and other dementias, taking place in more than 200 communities across the country. Our local walk will be Saturday, May 25th at Exhibition Park in Guelph. (There are also walks in Kitchener and Mount Forest at the same time, and I will be at the Mount Forest event.)

The funds raised will go toward local programs and services that improve quality of life for



people living with dementia and their families - in your community - and support awareness and education about dementia.

If you are able to support the walk by walking yourself, or sponsoring Pearl, you're sending a message of hope to Canadians living with dementia, and thousands more who care for them. When you fundraise, you're promising them that help will always be available, at no charge, no matter what kind of dementia a person may be living with.

Thank you so much for any support you can give.

Respectfully submitted by Robin Smart



We would take this opportunity to give a big THANK YOU to Elaine, clergy and the entire congregation of All Saints for the cards and support that has been given to us.

It is very much appreciated by us during this difficult time.

Thanks,
Jean and Bruce Howard

Reflections from Nigel Bunce

Who sinned when Jesus was crucified?

Most Christians follow the lead of St. Paul, who argued that Jesus had to die. It was God's plan for his Son to die to atone for human sin. I disagree with most of that position. It makes God into a sadist. Yet it's very clear to me, as I read Mark's Passion account, that Jesus did indeed die because of human sin, but not as a sacrificial atonement. So, who sinned? There's plenty of blame to go round.

Pilate did not stand up for what he believed. He knew that Jesus had done no wrong in the eyes of the law. "I find no fault in him." He twice offered the crowd the chance to save Jesus. But in face of all the shouting, he chose not to. Pilate probably didn't really care much one way or the other. He had no reason to execute Jesus, but he didn't want to lose face in front of an angry crowd. So he offered to release Jesus as an annual goodwill gesture. But the crowd yelled that they wanted him to release Barabbas, a notorious criminal. As for Jesus, "Crucify him!"

Pilate probably thought of Jesus as just another Jewish

troublemaker. After all, he ordered the execution of malcontents and criminals practically every day. He already had two other crucifixions planned that day – two bandits who were crucified with Jesus. "So OK, if you want to crucify him, go ahead."

I also point a finger at the Jewish Temple leadership. Jesus' popularity threatened their position. So, they arranged to have Jesus arrested, which set the whole thing in motion. Besides, I doubt that the crowd just decided that they preferred Barabbas over Jesus or to shout 'Crucify' on their own. It would have been like the allegedly spontaneous crowds that gather in Tehran. But they all know exactly when to shout, "Death to America". So, likewise, "Crucify, crucify, crucify ..."

But the individuals in the crowd can't get off scot-free. An old hymn begins, 'I see the crowd in Pilate's hall ...' The singer imagines being in the crowd that chooses Barabbas over Jesus and feels ashamed for not standing up and calling out for Jesus. But they go along with the crowd, because it's not easy to stand

up in the face of wrongdoing.

It can be as simple as keeping quiet when someone boasts about cheating on their income tax. Or, when someone passes a derogatory remark about members of some other group – pick your favourite people to discriminate against. These omissions seem trivial compared with calling out for Jesus to be crucified instead of Barabbas. But they should give us pause, because we promise through our baptismal vows to lead Christ-like lives.

To sum up, I don't doubt the role of human sin in the events that led to Jesus' crucifixion. But yet ... suppose that I had been in Jerusalem that day. Maybe, I'd have gone along, just to see what was happening. As part of the crowd. Would I have had the courage to shout 'Jesus' when everyone else was shouting 'Barabbas'? Would I have told my neighbours in the crowd to shut up and stop chanting "Crucify, crucify, crucify"? Or would I have decided to keep my head down? And then, Pilate's goons take Jesus away and crucify him. And like the person imagined in the hymn, I'd have felt deeply ashamed afterwards.

Why, what evil has he done?

A Note From Marisela

I would like to thank **Greg Elliott** for sharing his experience with "The Boardinghouse". It came at a time when I needed it the most and I was willing to open my heart to this learning experience. I had become a person I am not, and I felt ashamed and guilty. It was easy to blame my circumstances, but after letting the Holy Spirit see myself in His Light, it helped me to let Him change me. I am not there yet but I feel a change in me that has brought back peace and harmony at home. My circumstances have not changed, but I feel I have.



A song came to mind:

Let there be peace on earth,
and let it begin with me.
Let there be peace on earth,
the peace that was meant to be.
With God as our Father,
brothers all are we.
Let me walk with my brother
in perfect harmony.
Let peace begin with me,
let this be the moment now.
With every step I take,
let this be my solemn vow.
To take each moment,
and live each moment
in peace eternally.
Let there be peace on earth
and let it begin with me.

And then came the time to hear **Father John Dear**, and I can attest that it is so true, to have the attitude of Jesus and how it helps to bring peace (in my case, at home), but it can work at a larger scale. It is not easy, but with the help of the Holy Spirit it is possible.

Praise the Lord!!!!
Marisela McDougall

Ecumenical Campus Ministry Report

Do you remember when you were mid-late teens and contemplating going off somewhere for post-secondary education? There were so many decisions to be made beyond what curriculum to choose: where to live, going with friends or alone, what program would lead to what I want after school is finished, on-campus life, quality

of education, would I fit in, etc.

I remember going off to post-secondary without friends or knowing anyone in the city or knowing anything about life in the city and my church denomination too far away to attend.

What did I get myself into?

Enter the Ecumenical Campus Ministry. Not only the home of the Anglican, Presbyterian and United Churches on campus, but a comfortable place to meet friends, be accepted, and grow in faith. Guelph's Campus Ministry is following Jesus in ways that are inclusive, justice-seeking and informed by scripture and tradition. It is also a place where the Queer Christian Community can explore the intersection of faith and their

ECM is a vibrant
community of faith

ECM Continued...

identity in a safe and affirming space.

There are programs throughout each semester, too numerous for this article, that involve worship, community service, having fun, learning, fellowship and praying together. And a typical week involves many diverse activities such as Vespers Worship Service, Community Dinner followed by a lively conversations on relevant topics, Bible or Book Studies, Coffee Hour, Labyrinth, etc.

Some of the fun things that happened in the winter: Crokinole Stressbuster, Pie Day, the annual Winter Retreat, outdoor camping, competitive Sock Drive, Pilgrimage Day, Community Volunteer involvement, Friendsgiving dinner, Karaoke Night, Gaymes Night. Last year, youth came together in Ottawa to address the issue of Global Hunger with Members of Parliament. They

also planted seeds for the Canadian FoodGrains Bank.

In 2023 Ecumenical Campus Ministry celebrated its 55th Anniversary with a breakfast program. This relationship with the University of Guelph students has a long established history that has seen numerous rewards and untold benefits in the lives of the students. I am certain that our Rev. Lucy Reid can bear witness to this, having served for many years as the Chaplain there.

All Saints ECM team has met several times over the last few years to find ways that we can be of service to this critical program at the University. ALL of their financial backing is strictly dependent on donations. Without generous funding, programs and activities have to be cut which curtails benefits that students need and deserve while away from home and discovering their new path in life.



During this church year, the ECM Team will be sponsoring various fund-raising activities.

Next up: the **Birdwatching Walk in the Arboretum** on Saturday morning May 11th, with retired Zoology Prof. Sandy Middleton. Space is limited to 12 participants, so contact Lucy if you would like to attend. You can call her on 416-890-1332, or email her at lreid08@gmail.com. The cost is \$20, and all proceeds will go to the ECM.

Marilyn Bleach Schranz
Lucy Reid
Bill Thomas



Ramblings from Parish Care Ministry

Well, with spring flowers beginning to add colour to our “grey” post-winter world, I welcome the hope it brings of warm summer evenings, adventures to the beach or cottage, picnics, travel, etc. Spring is a time rich with resurrection.

As spring transforms into the blaze of summer colour, so comes the pollen season. I heard a report recently that said Climate Change had made **pollen season** longer, more potent and has accelerated how it effects those with allergies. Normally, pollen particles are filtered in the Upper Respiratory System, mainly the nose. But Climate changes tends to break down the

pollen into tiny pieces which go deep into the lung without any filtering, causing severe breathing problems.



To reduce contact with pollens, keep it outside. It

is recommended that when you come back indoors, you wash your face and hands, take your shoes off, wipe down your phone, as well as glasses and sunglasses.

And while on the topic of inhaling things into your lungs..... I always knew that “**vaping**” contained chemicals, but never knew what chemicals, or that it contains nicotine (even the nicotine free), or that it also contained metals. Ugh! I won’t bore you with an exact list but with some of the effects

Nicotine negatively affects adolescent brain development. (Between mid teens and mid twenties, adolescent brains undergo a complete restructuring. It is not just “maturity” kicking



in.) Chemicals found in vaping are used for other purposes, like weed killer, car exhaust, antifreeze, and paint solvent. The tiny aerosol particles lodge deep into the branches of the airways causing scarring, inflammation, cough, wheezing, cancer and a type of pneumonia from an oily substance in the “e-juice.”

Oh, and don’t forget the metals in vaping: cadmium, nickel, tin, lead.

LET’S TALK CANCER

For some of us that should be a 4 letter word, either from experiencing a loved one’s journey or because it is a truly scary and gut-wrenching diagnosis to contend with. The first thing that we worry about is our future: what will that look like and “how long do I have”. Then there is the perspective of pain. The effectiveness of treatment also comes to mind. But I can assure you that treatments, new approaches, new drugs, new research are an ever-evolving science, as we learn more and more. I remember my early days in London’s Cancer Clinic when treatment involved 2 choices: radiation & chemo. Both were unpleasant.

Normal human cells continuously grow and divide in a controlled way, but cancer cells form “out of control”, many collecting together to form tumours. Cancer is a series of diseases and each type of cancer is different. Blood cancers, such as leukemia or multiple myeloma, do not form tumours but interfere with the healthy growth of blood cells, to the point that their imbalance affects their ability to do their jobs.

Treatment is based on 1) your cancer type and size 2) how advanced 3) your age, genetics, overall health 4) which treatment

Parish Care Continued...

you prefer. The oncologist will also consider whether it is best to remove the cancer, slow the growth, or manage the symptoms. Because cancer cells are very tiny, making them difficult to see under the microscope, follow up visits are imperative to check for recurrence and to help manage the side effects of treatment.

There are 3 treatment options - systemic or chemo, radiation, and surgery. Medicines that travel thru your body could be chemo, hormone therapy, Stem cell transplant, targeted drug therapy and biological therapy. There are over 100 types of medicines used to kill cancer cells and they may be used on their own or in combination. They can be given by intravenous, pills or by injection. Unlike radiation that targets a specific area, chemo travels throughout your whole body, killing fast growing cells. Chemo also damages normal cells such as blood cells (anemia), cells in the "gut" (diarrhea), hair cells (hair loss), and cells in the mouth (sores). This is the reason for the many side effects. After chemo stops, the side effects will subside, and normal cells will repair or

replace damaged cells. Treatment cycles usually range from 2-4 weeks, and include treatment along with "resting" days.

The second type of treatment, Radiation, uses high energy "x-rays" to target a certain area directly. Often Chemotherapy and Radiation are used in combination. The plan involves small doses frequently which damages the cells and stops their growth. The body gets rid of the dead cells automatically, but by



drinking water you can help the body get rid of them. Some of the side effects are fatigue along with some pinkness and dryness of the skin

surface where the radiation occurred. The good thing is that the body does not store the radiation.

Other forms of "systemic" treatments, mentioned earlier in this article are also used when appropriate. Biological therapy uses your own immune system to target the cancerous cells. Hormone therapy slows the growth of cells. Stem cells are specialized cells in your body that are able to make more cells like themselves (self-renew) and can generate new cell types. Targeted therapy is

a type of cancer treatment that targets body proteins that control how cancer cells grow, divide and spread.

Beyond treatments, there is a wealth of information that has come to the table from the extensive research that has been done over the past 50 years. Research is not just about learning new things that improve quality of life and outcomes, but we also learn from research, what doesn't work. I am amazed when a clinician can say, "that brain tumour is not the primary cancer but secondary, which means that the cancer started somewhere else and has spread to the brain. Or the primary cancer in the breast has moved to form new tumours in the lung (secondary). By the location of the tumour, they know whether it is primary or secondary. Along with extensive research, has come better diagnostic procedures so that more can be found in the early stages of the disease. Unfortunately, they have not found an early detection for pancreatic or ovarian cancers, which results in a stage 4 or end stage diagnosis. Again, there is hope.

Globally, the number of cancer diagnoses has

Parish Care Continued...

increased over the last decade but the winning hope is that mortality has decreased. Another hope is that the standard 5-year survival rate has increased. So fewer people die from cancer and those who have been treated live longer after treatment. It is something that affects all around us in so many ways, from caregivers, friends, families, to survivors. Self-concept, body image, quality of life, fear of

recurrence, guilt, social constraints, social distress all play into the emotional side to cancer. It is not a “fun” game to play but trying to keep a positive attitude despite the emotional trauma, goes a long way to recovery and even to becoming “cancer free” again.

May our God of Love and Hope, bless you and journey beside you as you “soldier on” in faith.

“Each one of us is stronger because of the other.”

Blessings
Marilyn Bleach Schranz

Information taken from University Health Network Educational website: <https://pmcancerclasses.ca/>

NEXT WORKSHOP: changed to Tuesday, April 30 at 1:00 PM (due to scheduling conflict).
TOPIC: THE HEART: Anatomy and Disease Processes

This will be the last Workshop for this season.



Learning Circle



This year the Circle for Reconciliation and Justice (CRJ) of the Eastern Synod prepared a resource for use Canada wide. Bishop Michael introduced the launch on April 5, 2024 and you can click on the link to view his message – <https://easternsynod.org/circle-for-reconciliation-and-justice/> . You can also view the full resource on the website, just scroll down below the message. There are many ideas, books lists (including books for kids) etc. that can be accessed here.

We seek to walk in a good way with our Indigenous neighbours. One thing we can do as faith communities is learn about Indigenous spiritual practices and honour them. Canada’s Truth and Reconciliation Commission Call to Action # 60 asks us to do this work, individually and together (for more information go to <http://courseware.acadiau.ca/trctalk/call-to-action-60/>).

Learning Circle Continued...

CRJ invites congregations to set aside seven weeks to engage with the wisdom of **The Seven Sacred Teachings**. CRJ encourages churches in the Eastern Synod and across Canada to reflect as a wider community and to continue to learn about Indigenous culture and spirituality as part of our reconcili-ACTION, in response to TRC Call to Action #60. At All Saints we will be engaging in this journey beginning at Pentecost.



“The teachings in Ojibwe (Anishinaabe) cultures have been traditionally passed down from generation to generation orally through stories and ceremonies. Historically, this was done by the elders who carry the stories and traditions. Today the oral traditions are being shared by those who carry the knowledge of such things. The teachings of all Indigenous cultures encompass the morals, values, structures, ceremonial practices, and spiritual beliefs of the group. These teachings also ensured the survival of the people. The teachings vary from nation to nation, because of the geographical placement of each particular group. However, the sacred teachings commonly come from the same root and share a similar message.”

Source: unitingthreefiresagainstviolence.org

Of all the North American Indigenous teachings, the Seven Sacred Teachings, also known as Seven Grandfather or Seven Grandmother Teachings, are the most commonly shared from coast to coast. Many Indigenous organizations and communities have adopted the seven guiding principles, in one form or another, as a moral stepping stone and cultural foundation. Each community has adapted the teachings to suit their community values. Despite where the teachings may have originated, they share the same concepts of abiding by a moral respect for all living things.

Illustrations for the Sacred Teachings come from ecampusontario.pressbooks.pub website and are used with permission for these seven weeks. The content for each Teaching is based on material from the unitingthreefiresagainstviolence.org website and is used with permission.

MAY 19, 2024 – TRUTH

Truth is represented by the turtle as it was here during the creation of Earth and carries the teachings of life on its back.

The turtle lives life in a slow and meticulous manner because it understands the importance of both the journey and the destination.



Truth is to know all of these things. Apply faith and trust in your teachings. Show honour and sincerity in all that you say and do. Understand your place in this life and apply that understanding in the way that you walk. Be true to yourself and all other things.

Learning Circle Continued...

MAY 26, 2024 – LOVE

The eagle represents love because it has the strength to carry all the teachings. The eagle has the ability to fly highest and closest to the creator and also has the sight to see all the ways of being from great distances.

The eagle’s teaching of love can be found in the core of all teachings, therefore an eagle feather is considered the highest honor and a sacred gift.

To know love is to know peace.
View your inner-self from the perspective of all teachings.
This is to know love and to love yourself truly. Then you will be at peace with yourself, the balance of life, all things and also with the creator.



JUNE 2, 2024 – HUMILITY

Humility is represented by the wolf.

The wolf is strong and powerful alone, but finds its greatest strength when part of a pack.

- Humility is to know that you are a sacred part of creation.
- Live life selflessly and not selfishly.
- Respect your place and carry your pride with your people and praise the accomplishments of all.
- Do not become arrogant and self-important.
- Find balance within yourself and all living things.



JUNE 9, 2024 – HONESTY

“Honesty is represented by either the raven or the sabe. They both understand who they are and how to walk in their life. “Sabe reminds us to be ourselves and not someone we are not. An honest person is said to walk tall like Kitchi-Sabe... Like Kitchi-Sabe, Raven accepts himself and knows how to use his gift. He does not seek the power, speed or beauty of others. He uses what he has been given to survive and thrive. So must you.”

Learning Circle Continued...

From: *The Seven Sacred Teachings of White Buffalo Calf Woman*, by David Bouchard & Dr. Joseph Martin.

To walk through life with integrity is to know honesty.
Be honest with yourself.
Recognize and accept who you are.
Accept and use the gifts you have been given.
Do not seek to deceive yourself or others.



JUNE 16, 2024 – RESPECT

Respect is represented by the buffalo. The buffalo gives every part of its being to sustain the human way of living, not because it is of less value, but because it respects the balance and needs of others.



To honour all creation is to have respect. Live honourably in teachings and in your actions towards all things.

Do not waste and be mindful of the balance of all living things. Share and give away what you do not need.
Treat others the way you would like to be treated. Do not be hurtful to yourself or others.

JUNE 23, 2024 – BRAVERY

Bravery is represented by the bear.

The mother bear has the courage and strength to face her fears and challenges while protecting her young. The bear also shows us how to live a balanced life with rest, survival and play.

To face life with courage is to know bravery.
Find your inner strength to face the difficulties of life and the courage to be yourself.
Defend what you believe in and what is right for your community, family, and self.
Make positive choices and have conviction in your decisions.
Face your fears to allow yourself to live your life.



Learning Circle Continued...

JUNE 30, 2024 – WISDOM

The beaver represents wisdom because it uses its natural gift wisely for survival. The beaver also alters its environment in an environmentally friendly and sustainable way for the benefit of his family.



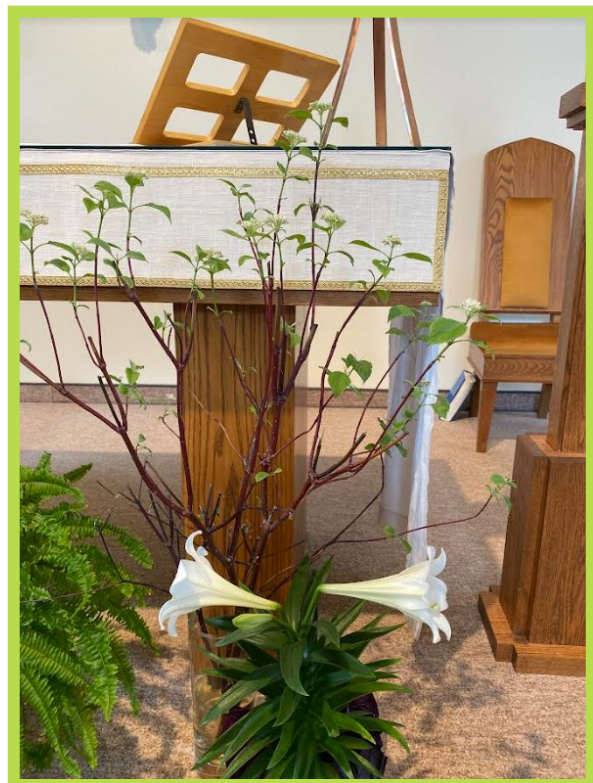
To cherish knowledge is to know wisdom. Use your inherent gifts wisely and live your life by them. Recognize your differences and those of others in a kind and respectful way.

Continuously observe the life of all things around you. Listen with clarity and a sound mind. Respect your own limitations and those of all of your surroundings. Allow yourself to learn and live by your wisdom.

Respectfully submitted,
Michele Altermann



Perfect timing! These beautiful Dogwood branches bloomed small white flowers on Easter Sunday.



Please donate all nonperishable items again, except pasta. We are always in particular need of RICE, red lentils, pasta sauce and cooking oil (1L size).

Other needed items include breakfast cereal, canned fruits and vegetables, peanut butter, canned legumes, meat and fish.

May 2024

| 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 Never Alone | 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 nd Tuesday of the month | 9:00 am – 12:00 pm & 1:00 – 5:00 pm – Rooms A&B, Children Reading Room 10:00 – 11:00 am – Good Morning Al Anon, Choir Rm 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 – RRH, AA Helming 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 3:00 p.m. Nave – Funeral & Reception for Norma Wraight 7:00 p.m. – Faith Forum via Zoom | 2 9:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market 7:00 p.m. – Nave, Choir Practice | 3 7:00 – 9:00 p.m. – Nave, Guelph Male Choir rehearsal | 4 |
| 5 Easter 6 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion 11:30 p.m. Annual Meeting 3:00 p.m. – Nave, Guelph Male Choir Concert | 6 | 7 | 8 2:00 – 4:00 pm – RHH, POM Project | 9 1:00- 4:00 p.m. – RHH, Chi Rho Fellowship 7:00 p.m. – Nave, Choir Practice | 10 6:00 – 10:00 p.m. Rental, RHH | 11 |
| 12 Easter 7 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion | 13 7:00 p.m. via Zoom, Reconciling in Christ meeting. | 14 1:00 – 11:00 p.m. – RHH, Eastern Star | 15 12:00 p.m. – Rose Head Hall, Women of Faith 7:00 p.m. – Faith Forum via Zoom | 16 9:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market 7:00 p.m. – Nave, Choir Practice | 17 | 18 |
| 19 Pentecost 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion Deadline for Connections | 20 | 21 1:00 p.m. – Parlour, Parish Care Workshop 5:00 p.m. – RHH, Men's Fellowship | 22 3:00 p.m. Executive via Zoom | 23 7:00 p.m. – Nave, Choir Practice | 24 | 25 Rental all day Rose Head Hall |
| 26 Holy Trinity 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion | 27 | 28 7:00 p.m. – Parlour, Church Council 7:00 p.m. – RHH, POM Project | 29 | 30 7:00 p.m. – Nave, Choir Practice | 31 | |