

# Connections

Monthly Newsletter of All Saints  
Lutheran Anglican Church  
Summer 2024

## From the Pastor's Study

### IN THIS ISSUE

Council Perspective	3-4
Treasurer's Report	4
Earth Teach Me Alzheimer's Walk	5
Learning Circle	6-7
Hospice Hike	7
Reflections - Nigel	8-10
Market Update	11-12
Parish Care	13-15
Important Dates	16

I was ordained in June 1997 by Bishop William Huras. In the months that followed, Bishop Huras announced that he would be retiring and would not seek re-election at the Eastern Synod Convention (now called Assembly) in 1998. That 1998 synod assembly, in the steaming hot gymnasium of Wilfrid Laurier University, would be my first as a rostered delegate and was the gathering at which Michael Pryse was elected Bishop of the Eastern Synod. With the exception of my first year of ordination, and these last three years serving All Saints as a congregation of both the Eastern Synod and the Anglican Niagara Diocese under the oversight of Bishop Susan Bell, Michael Pryse was the only bishop under whose leadership I have ever served. Michael announced his decision to retire many months ago, and so in a few days at the Eastern Synod Assembly in Toronto (air conditioned this time!), a new Eastern Synod bishop will be elected. However this election goes, it will be the end and the beginning of a new era for both the Eastern Synod and for me as a rostered pastor in this church.

Bishop Michael's leadership throughout those twenty-six years has been strong and steady. Always one to encourage trust in the systems and processes that the church has created for decision making, he was also flexible enough to creatively manage situations unimagined when constitutions and bylaws were put in place. While the "sex debates" of the early 2000s deeply split and nearly

210 Silvercreek Parkway North, Guelph, ON N1H 7P8

Phone: 519.821.7710 (24 hour voicemail)

Email: [allsaints@allsaintsguelph.ca](mailto:allsaints@allsaintsguelph.ca) ~ Web: [allsaintsguelph.ca](http://allsaintsguelph.ca)

SUMMER Office Hours: July & August ~ Wednesday-Thursday ~ 9:00 am - 1:00 pm

## Pastor's Study Continued...

destroyed many Lutheran synods throughout North America, Bishop Michael's leadership through that time left the Eastern Synod nearly unscathed, and possibly stronger for having gone through it in as healthy a way as possible.

On the international front, Bishop Mike forged strong relationships, especially with the Evangelical Lutheran Church in Guyana and the Evangelical Lutheran Church in Jordan and the Holy Land. His leadership in creating and developing the full-communion relationship between Lutheran and Anglicans in Canada saw him called upon to share his experience in other full-communion relationships throughout the world.

The people of All Saints know first-hand his commitment to the Lutheran/Anglican full-communion relationship as many of you sought his advice and leadership through the negotiation process that saw All Saints Lutheran Anglican Church come into being. Indeed, many of you had his phone number on speed dial!

Personally, Bishop Mike has been a real support through a number of personal changes in my life, as well as a great mentor in helping me discern leaving and accepting new calls in the synod.

I will always be jealous of his amazing ability to not only remember the names of just about everyone with whom he has ever been in contact, but to also remember the personalities and the stories of the people who are attached to those names. His pastoral heart is large and genuine! His sense of humour has always kept even the most difficult situations in perspective. He has immeasurable faith that the church, though it may look very different in the years to come, will be just fine because its fate is not in our feeble and broken hands, but in the hands of Jesus Christ, who is always faithful, always loving, and always forgiving.

The synod won't be the same without Bishop Pryse at the helm – indeed, it is even hard for me to imagine that it is even going to happen! But, as he reminds us over and over again, the church will be just fine.

Peace,  
Pastor Brian



## Council Perspective

I recently read an article written by a friend, Troy Watson. He reflected upon these words *“As I actively listen to others, I increase my capacity to hear the still small voice of God. As I love others, I understand and experience God’s love for me more clearly. I’m learning that when I let others in, I let Christ in.”*

When I have taken the time for a daily devotion or worshipped among others at a Sunday service, I have tried to truly listen. I believe we are not only called to **read** the Word but **listen** to the Biblical Word. It is a process of allowing the Word to seep through the filters of my own mind without reaction and allow God to speak to me. As I approach another year as Chairperson of Council, I take the same approach with others.

As of end of May, new Council members have been elected as a response of listening to you. You have chosen your representatives to lead, plan, and do the business of Christ’s ministry at All Saints. We all take responsibility in listening. Listening to Christ’s Word and as with members of Council, listening to all members of our congregation.

The “new” Council has met and elected an executive. Brian Janzen will serve as Chair, Deborah Szymanski-Potts as Vice Chair, Janet Weigel as Secretary, Suzanne Worthen as Treasurer and Sandra Christie as assistant treasurer. Several business items related to this new setup were addressed at our last meeting.

Many of us are now aware of the significant news that the amendments proposed to the constitution have now been passed and approved at all levels. That means the revised constitution is now effective. Thanks to council members and the congregation for doing this important work of our church.

Another matter which council faced recently is coping with the age of our building. Several issues have surfaced and had to be addressed. With the discovery of a leak and subsequent mold issue in a storage room area, an abatement project had to be undertaken. This project is pretty much complete but air flow through that area must be improved. As to the cause



of the leak, a temporary solution has been successful, and a more permanent solution is upcoming.

Another physical issue to our building was the lighting in Rose Head Hall and the surrounding hallways. Due to the height of the ceiling lights, it is extremely difficult to replace bulbs and do repairs as needed. In addition,

it is a older form of lighting which is very inefficient. Parts of the system are no longer to code. Thus, new LED lights will be installed, and older wiring brought up to present code.

...we are not only called to read the Word but listen to the Biblical Word.

After close to 40 years of the entry doors swinging back and forth and the increased traffic through them, they need attention which at this point, can no longer be corrected by a small adjustment. Both sets of outside doors downstairs will



## Council Perspective Continued...

require attention. Council will address this issue this month. As I mentioned in the May newsletter, we at All Saints are so fortunate to have an anonymous donor contribute \$20,000.00 to the Capital Repair Fund this year.

Council has been active in hearing and addressing various ministry teams in our church as needed. This has been reflected in the couple of policy and procedure changes that have been put in place. They have also planned several special events that will take place in the fall. Stay tuned to announcements, the newsletter, and eblasts for further information. We will

require volunteers to make these happen.

Many thanks to the leadership of our council in directing our ministry forward.

Members around the table on a regular basis include **Brian Janzen, Janet Weigel, Deb Szymanski-Potts**, Suzanne Worthen, Sandra Christie, Deacon Chris Clatworthy, **Denise Kunze, Matzi King, Ann Sanders, Ryan Nerbus, Ena Sookraj, Bill Clatworthy**, Pastor Brian, Canon Lucy Reid, and **Chris Heaney**. Those shown in bold are voting members.

Listening; to not react or filter, to consume, to learn, to



love. I encourage you to keep in contact with your Council members. We try through Connections, bulletins, email blasts, website, services, etc. to keep you informed. It does require though, your response and feedback.

Yours in Christ,  
Brian Janzen

## Treasurer's Report by Suzanne Worthen at May 31

	May 31 2024	Year to Date
Offerings .....	\$13,514.95	\$81,162.42
Other Income.....	\$2,440.00	\$10,343.25
Transfers - Housing Fund.....	\$1,000.00	\$5,000.00
- Dowry Fund.....	\$625.00	\$3,125.00
Total Income.....	\$17,579.95	\$99,630.67
Total Expenses .....	\$21,235.01	\$105,336.76
Surplus/(Deficit) .....	<u>(\$3,655.06)</u>	<u>(\$5,706.09)</u>

# Earth Teach Me

Submitted by Deborah Szymanski-Potts

Taken from North American Poems and Prayers

Earth, teach me quiet as the grasses are still with the new light.  
 Earth, teach me suffering as the old stones suffer with memory.  
 Earth, teach me humility as blossoms are humble with beginning.  
 Earth, teach me caring as mothers nurture their young.  
 Earth, teach me courage as the tree stands alone.  
 Earth, teach me limitation as the ant that crawls on the ground.  
 Earth, teach me freedom as the eagle that soars in the sky.  
 Earth, teach me acceptance as the leaves that die each Fall.  
 Earth, teach me renewal as the seed that rises in the Spring.  
 Earth, teach me to forget myself as melted snow.  
 Earth, teach me to remember kindness as dry fields weep with rain.  
 Earth, teach me quiet, suffering, humility, caring, courage, limitation, freedom, acceptance, renewal, to forget myself , to remember kindness.



## Thank You!!

Sincere thanks to all those who supported the recent Walk for Alzheimer’s with donations and / or prayers.

Pearl was a great walker for the cause, and brilliant (as always) at encouraging donations.

Pearl and I were touched and grateful for the generous contributions. You may be impressed to know Pearl

raised \$2,207.00 and I raised \$3,730.00.

Every dollar raised stays in our community, funding programs and services people living with dementia and care partners rely on every day.

We couldn’t do it without you! Your gifts translate into people living with dementia, and their care partners, being able to access services at no charge.

Every single dollar makes a difference!



Despite the weather (pouring rain with a side of strong wind), ASWW deems the event a success, and we look forward to next year already.

Sincerely,  
Pearl and Robin





# Learning Circle

## The Seven Sacred Teaching

We have been learning about the Seven Sacred Teachings as they are known by the Anishinaabe and Haudenosaunee on whose traditional lands we live, work and worship. The first teaching was 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”*. I thought you might want to know more about this connection between Turtle and Creation so have included a version of the story here which is *“the central creation story for peoples of the Haudenosaunee Confederacy, which includes the Kanyen'kehà:ka or Mohawk, Oneida, Onondaga, Cayuga, Seneca, and Tyendinaga”*.

Michele Altermann

## The Haudenosaunee Creation Story

A long time ago and before Turtle Island was formed, there was an island that floated in the sky and this is where the Sky people lived. One day Sky Woman was hungry and went out to look for something to eat, she hoped she would find berries or plants that would suit her craving. She found a good tree and began digging around to find some roots. This tree was a good tree, in fact, it was very special, it was called the Tree of Life.

As Sky Woman was digging, she noticed that the hole under the Tree of Life opened up into a vast open space. She was warned by the animals around her to stop digging. This was not a place to find food, and if she kept digging, she was certain to fall through the hole.

But Sky Woman was extremely hungry, she did not know this at the time but she was pregnant with twins. Her hunger did not allow her to listen to the animals' warnings and she kept digging.

Soon the hole was big enough for her to fit through. She was so mesmerized by the swirling darkness and shimmering lights that as she leaned in to take a better look, she fell through the hole.

Down, down, down Sky Woman fell into this other world. The water creatures in this other world looked up at the hole in their sky and saw Sky Woman falling down towards them. The creatures worried that her fall might upset the balance of water in their world, so they decided



Artwork by Leah Dorion

## The Haudenosaunee Creation Story Continued...

it would be wise to catch her. A heated discussion ensued about who would catch this strange falling woman and how they would catch her.

In the end, the geese were chosen to catch her fall. The geese joined wings and caught Sky Woman in a soft feathery net. Now that that had the catching part taken care of, the creatures realized that Sky Woman needed a place to go or she would drown. She was not a water creature, nor could she fly.

Everyone decided that she needed a spot to stand, and that the best thing for her would be land. So, one of the smallest water creatures dove down into the vast waters and came back with a bit of earth. The turtle offered to have the earth placed on top of her back and when it was, it grew bigger and bigger until it became the whole world. Sky Woman then had her twin boys and they went about the business of creating everything in the world we know today.

The source for all the materials above are from the *Indigenous Canada Course* offered by the University of Alberta. This is a free online course that anyone can sign up to take. The artwork is also taken from this source as are all the quotes and the story itself.

## Hike for Hospice

On Sunday, June 2nd at Riverside Park in Guelph, Hospice Wellington's 20th Hike for Hospice event was celebrated. Hike for Hospice is a community event that helps Hospice Wellington raise critical funds to support those that have lost loved ones to life-limiting illnesses, their families, and all going through the grieving process in our community. It is open to absolutely everyone, and all funds raised directly support Hospice Wellington's programs and services, which are offered free of charge.

Laura B. Mann and Ella Bubenik participated in the hike as members of Team WHO. The Team ranked in

the top 3 in their fundraising efforts amongst the 35 teams. Well done!





## Reflections by Rev. Nigel Bunce

### Was St. Paul wrong about atonement?

Why does Western Christianity subscribe to the doctrine of atonement? For an answer, we look to St. Paul, and specifically to his letter to the Romans. It was Paul's last known composition, which he wrote before visiting an existing Christian community in Rome.

Paul's earlier letters encourage and/or criticize the congregations of churches that he had founded. 1 Corinthians is my favourite New Testament book outside the gospels. It seems to envision the same kind of world as the Gospels. This early Paul was very pastoral, promoting community, love, and respect as key elements for bringing the Kingdom of God to earth.

Romans' is different. Recall that Paul met Jesus as the resurrected Christ, in a vision on the Road to Damascus [Acts Chapter 9]. The eternal Christ-figure and the significance of Christ's

sacrifice on the Cross pervade Romans. [Sacrifice comes from the Latin *fecere* and *sanctus*, meaning to make holy.] Paul was an educated Jew, a Pharisee. In the early chapters of Romans, he tried to meld several ideas from the Hebrew

Scriptures into a coherent whole, to try to unravel this mystery. Why did Christ, the perfect man, have to die on the Cross? Was it God's plan all along?

(i) Christ, the Pascal Lamb  
Paul saw Christ's death as a parallel to the sacrifice of the lambs for the Passover meal. Paul had already made this parallel explicit in 1 Corinthians 5: 7. "For Christ, our paschal lamb, has been sacrificed".

Hence, the New Testament's name "Lamb of God" for Jesus. For Paul, it was no coincidence that the Crucifixion took place during the annual Passover festival.

Jesus' death was a sacrifice and Christ was the Paschal (Passover) Lamb which, like Jesus, had to be a perfect (unblemished) male.

(ii) Christ, the perfect man  
Paul read the story of Original Sin literally. Adam, everyone's ancestor, irreparably perverted Paradise by sinning.

Because of that first sin, all humanity inherits sinfulness from the moment of conception. No-one can escape its bondage except Jesus, who was 'perfect' because he was born through the action of the Holy Spirit rather than a human man.

One man (Adam), wrote Paul, brought sin into the world; another man's (Christ's) obedience to God made possible justification for everyone [Romans 5: 12 and 18-19]. Paul, the former Pharisee, used justification, a legalistic term. It means God mercifully sets aside the punishment merited by our sins, through his grace and the penitent's faith in Jesus Christ [Romans 3: 21-26]. "Just as one man's sin led to condemnation for all, so

**Atonement:  
reparation  
for a wrong  
or injury,  
making  
amends, or  
reconciliation**





## Atonement Continued...

another man's righteousness leads to justification and life for all."

(iii) Why did the 'perfect man' have to die?

Paul wrote, "All have sinned ... they are now justified by [God's] grace as a gift, through the redemption that is in Christ Jesus, whom God put forward as a sacrifice of atonement by his blood" [Romans 3:24-26].

Atonement means reparation for a wrong or injury, making amends, or reconciliation. The root of the English word 'atone' is the phrase 'at one'. Specifically in Christian doctrine, "at-one-ment" refers to reconciliation between God and humanity, through the life, suffering, and death of Jesus Christ.

Paul was very clear that Jesus' death was God's intention. Jesus died 'for us' (literally, on our behalf) [Romans 5: 6; 8]. His death on the Cross was a deliberate sacrifice for a greater good. And, just as someone redeems

an article from a pawnshop by paying a fee, Paul concluded that Christ redeemed us from sin by payment of his life.

To sum this up, Jesus, the human Passover lamb, died on the Cross to restore a perfect relationship between God and humanity. This action erased the stain of sin that Adam and Eve had brought into the world. We see this theology in the *Agnus Dei*, the Communion anthem. "O Lamb of God, that takes away the sin of the world, have mercy upon us."

(iv) Problems with Paul's logic  
For the conclusion of any logical argument to hold true, each premise must be true. In the case of original sin, the premises are these.

1. Adam was the ancestor of every human being
2. Adam sinned by disobeying God
3. This imperfection (Original Sin) was passed down to every human being except Jesus Christ

Conclusion: Therefore, everyone is born sinful.

Of the three premises, scientific knowledge negates Premise #1. Premise #3 is based on a faulty understanding of reproduction. This causes an inescapable problem with the conclusion.

Moreover, if we accept that God created us "very good" (Genesis 1: 31) and reject the concept of Original Sin, the whole theology of atonement collapses. We can divorce Jesus' death from the need to reconcile us to God. We are born already "at one" with the divine, because we are all created in the divine likeness through God's grace. This is the position of Judaism: newborns are born pure because they cannot comprehend good and evil. Sin enters the picture later when we mess up, on our own.

In the 16<sup>th</sup> century, John Calvin presented the Reform version of "substitutionary atonement". That means that Jesus stood in the place of humanity to pay the debt to God of human sin. Calvin proposed that when Jesus died on the cross, his death was a sufficient price to pay for the sins of all those who are saved, past, present, and future.



## Atonement Continued

This leads to the slogan, “Jesus died for my sins.” In this thinking, God deliberately sent Jesus, his Son, to die on the Cross in my place, as a payment for my personal sins.

Substitutionary atonement implies that God sent Jesus into the world, specifically so that he would be put to death. Paul’s God seems to act like a sadist.

The Gospels record Jesus saying repeatedly that his visit to Jerusalem for Passover risked his arrest and death (e.g., Mark 8: 31; 9: 31; 10: 33-34). But he never said that God required him to die.

In addition, the Gospel Jesus refers to God as his heavenly Father. Likewise, at the transfiguration, the disciples heard the heavenly voice proclaim, “This is my beloved son. Listen to him.”

All this makes atonement theology incompatible with the Gospels. They contradict Paul’s assertion that “God put forward [Jesus Christ, his beloved Son] as a sacrifice of atonement” [Romans 3: 25]. I cannot square the cruelty of substitutionary atonement with the intimate and loving

“Abba, Father” of the Lord’s Prayer.

So: was Christ’s death God’s plan all long? Or did Paul get it all wrong? My belief is that Jesus got caught up in contemporary politics involving the Temple leadership and the Roman occupiers. Human power-broking and politics were clearly at work in Jesus’ betrayal and arrest, and in Pilate’s spineless attitude. These actions were human sins. But if they were God’s doing, this is not the God in whom I believe.

I find it sad that Paul’s ruminations have given us a strain of Christianity that is obsessed with sin, death, and guilt. I don’t believe that God ordained Christ to die on behalf of humanity. Nor do I believe that Christ had to die to rescue humanity from original sin.

And especially not on behalf of my personal sins, as in “Christ died for my sins.”

My sins are my own doing and my own problem. It is my responsibility to confess them

and ask God for forgiveness. Happily, Scripture tells us that God’s mercy will restore us to spiritual wholeness, and thus re-sanctify us – make us holy again.

This is a more joyful iteration of the Christian faith, although it sounds very heretical in terms of conventional Church doctrine. But there is a difference between Jesus and Paul, the Apostle to the Gentiles. Paul was a mere human being, like you and me. So, like us, Paul could have been wrong about atonement. And I think that he was.

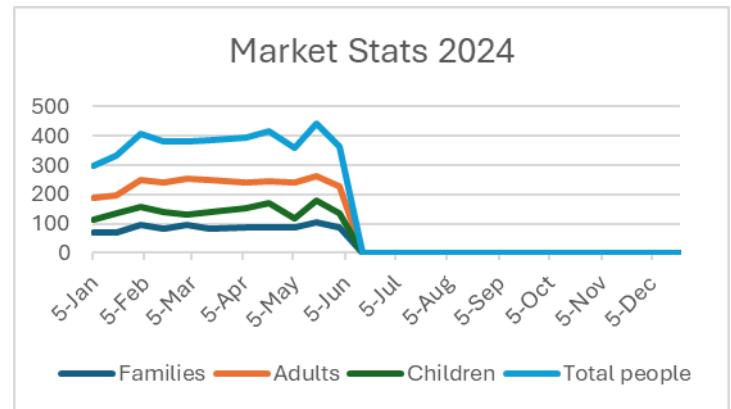
**This is my beloved son.  
Listen to him**



## Market Update

In all of 2022 we served 4,878 people at the Market. As of June 6, 2024, we have already served 4,162 people! What a change over such a short time. In 2023, 7,191 people received food through the market, looking at our numbers we will probably go over **eight thousand** this year!

There can be no doubt that the number of people experiencing food insecurity is increasing. As a result of this increase, we are making a significant change to our shopping policy. Starting in July we will be asking our guests to shop only *once* a month. For now, any new guests are being added to a waiting list until we can even out the numbers for our existing registered guests and know how many more families we can support.



We are giving out a letter with six translations for the most commonly spoken languages and hoping that our guests will help each other understand these changes. Our rationale is that we would rather have guests come once a month and have a 'good shopping experience' where the quantity of food can be geared to the size of their family rather than reducing the quantities to smaller and smaller amounts to accommodate more families. This respects the time and effort it takes to come to the Market. Another aspect of this change is that food costs are rising for us as well and we are on a budget to get us through this year. We are spending on average, \$1,250.00 each Market (\$2,500/month) for fresh produce at *wholesale* prices (through The SEED).



We think this change best supports our guests and our ability to continue to be there for them into the future. It will also reduce anxiety as we have run out of food more than once because we are aiming for 75-80 families attending and there have been weeks with up to 97 families attending! Now guests will come knowing that there will be enough food for everyone.

We were providing eggs once a month. We plan to continue this except that we will be buying more since each family can only come once. There were two donations made specifically to support the purchase of extra eggs for the rest of this year. COBS continues to help us provide baked goods for distribution at each Market. Meat, when it is available, is provided by The SEED.





## Market Update Continued...

For our non-perishable items, St. Joe's is holding another food drive for us over the long weekend at the end of June. They continue to be a huge community support/partner. In the fall we will again invite our rental groups to support the Market with a special food drive.

**MOST WANTED**

As part of these changes, we are reducing the range of items we are asking members of the congregation to donate. Top of the list continues to be

On rotation we will continue to need the following:

**1 L cooking oil** (our third most needed item)

**Pasta sauce** (or canned tomatoes) and occasionally pasta (we still have a lot)

**Peanut butter**

**Canned meat and fish**

**Canned legumes**

**School snacks** (granola bars and fruit cups – we're stocking on these for September)

This list focuses on the most nutrient dense food items that are popular with our guests. There are other places in the community where a greater variety of non-perishable items are available. Plus, we are now collecting double the number of each item because we will need about 150 – 160 of each to have enough to give out at both of the Markets each month.

We are grateful for the many ways you continue to support local families experiencing food insecurity – whether by volunteering, buying food to donate or financial support, you are making a difference in the lives of our neighbours. *Thank you!!*



Michele Altermann and the Outreach Team

*“Since there will never cease to be some in need on the earth, I therefore command you, ‘Open your hand to the poor and needy neighbour in your land.’” (Deut.15:11)*

---

### Formula Fund

We continue to support our local Parent Outreach Worker, Carolyn Joy, as she works to support new mothers and infants who need formula, especially those who have special formula needs for medical reasons. This past month, through a local nookomis (a grandmother) we were able to gift a young indigenous family with formula and diapers from this fund. Donations can be designated for this fund either through etransfer (on the message line) or on your offering envelope in the 'Other' line by writing *Formula*. Thank you from the Outreach Team.



## Ramblings from Parish Care

During my nursing career, brain health of many shapes and stripes, was an important component of my daily work. The concept of “wholeness” made a big impact when I attended McMaster Divinity College. This emphasized the interactions of body, mind and spirit in obtaining a healthy balance or harmony within ourselves. It is the quality of being or feeling complete and not divided or damaged. Wholeness shows how critical it is to understand the impact of one area on the other.

If our physical bodies are unwell, it plays on our minds and spirit..... and vice versa. How many times have you struggled with thoughts about your state of health, feeling “down” or struggling with a diagnosis? Or, think about those with psychosomatic illnesses where mental and emotional stressors lead to physical symptoms. For those of use who have lost a loved one, our faith can come under scrutiny and attack as part of the grieving process. All of these examples, throw our sense of well-being out of a delicate balance.

And it may not be you whose life is out of balance because of illness of one form or another. It could be circumstances around

**All  
Caregivers  
are special  
and valued**

you that affects your daily life. Worry about a loved one, who is experiencing a chronic illness, can turn your world upside down.

Or a Caregiver whose day is no longer focused on themselves or things they need from life, but on the needs and necessities imposed on them by a loved one. That can be a daily struggle, filled with frustration. During those caregiver days, they can also experience loneliness and feelings of isolation. Grief is also a part of caregiving, as relationships change, your loved one changes from the person you knew and you anticipate the future.

Caregivers are very special people, as they dedicate their time and stretch personal resources to meet the needs of the day. All Caregivers need to know that they are valued and that they give of themselves relentlessly. This is yet another example of how faith and the faith community around us can support the balance and harmony within us to give us grace and peace in our lives.

**Plastics! Plastics! Plastics!  
Everywhere!!**

We hear about these pesky “creatures” almost daily. Straws, take out containers, plastic in clothing, medications stored in plastic, food wrappers, bottle caps, grocery bags, fabric,



coffee stirrers, water bottles, shampoo bottles, food sold in plastic containers, automotive parts and toys. I get that in past years, plastic was touted as more convenient, safer and did not break as easily as glass did. And so plastic became preferred and popular.

And of course, environmentalists remind us that plastic is clogging our waterways, drifting onto shores and beaches, in surface waters, sediment, soil, groundwater, drinking water, food, even in the air.. They make us aware that plastic is found in so much today, even in many things that we would never suspect, such as cigarette butts.

The improper management of plastic waste has contributed to plastic pollution, in both macroplastic and microplastic form, becoming ubiquitous in the environment.

Plastics are polymers composed of carbon atoms, linked to each other in a chain structure. Polymers are being used in almost every industry due to their low costs and ease to manufacture, water resistance,

## Parish Care Continued...

and high strength proprieties.

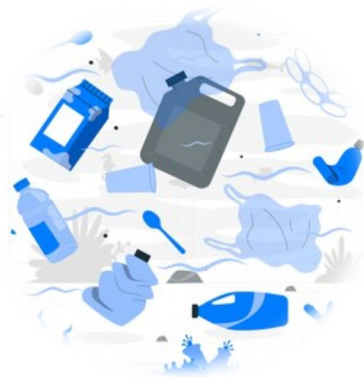
In the last decades, global plastic production has reached approximately 390.7 million tons in 2021.

According to a European Trade Association, 90% of plastic production in 2021 was fossil-based, and only 10 % was post-consumer recycled and bio-based plastics. Notably, China accounted for almost a third of global plastic production. Despite efforts to increase plastic recycling, 60% of plastics still end up in the environment.

Polymers in the plastic particles are, polyethylene, polypropylene, polystyrene, polyvinyl chloride, polyamide, and polycarbonate.

Understanding the polymer types present in plastics, helps us understand how plastic types decompose (or don't). I recently looked up what can be recycled on [guelph.ca](http://guelph.ca) and found a comprehensive list. I was fascinated by what was acceptable in the blue bin and which polymers made it non-recyclable.

Each year plastic wastes enter the soil in significant quantities. This contributes to pollution



since plastic has difficulty decomposing due to their lightweight and stable chemical characteristics. Other contributing factors such as abrasion, UV radiation, hydrolysis, and biodegradation, create micro and nano particles

with various shapes and textures, including fragments, fibers, pellets, spheres, films, or foams from plastics. The most harmful are the particles under 5 mm.

Not meaning to alarm anyone, but I found it interesting and informative as to some of the effects of these tiny plastic particles in our daily life which I will share with you.

**60% of plastics still end up in the environment**

Plants can absorb plastic particles as small as 5 nm. The root system is more often under attack. They can adhere well to the surfaces of the roots since they have a wide surface area and produce exudates, but are able to access also the stems, leaves, and other above-ground organs.

Bottled water contains more than just water. It also contains a surprising number of

microscopic pieces of plastic. That's according to recent research, which finds that the average liter of bottled water contains nearly 240,000 tiny pieces of plastic.

Research has found additives such as BPA and phthalates can leach into drinks stored in these containers. This is especially true when exposed to heat or used for a long period of time. This is something that I also learned in my nursing career about some medications and intravenous fluids.

Each and every wash load can release up to 700,000 plastic fibers from our clothes into the water system. What's more, big brand laundry detergents often contain microplastics. One study into 300 laundry detergents found that 119 of them contained microscopic pieces of plastic.

The company, Colgate-Palmolive, have kept their promise and have completed the work needed to eliminate microplastics from their formulas. They already implemented these changes in the production of virtually all affected products in Europe. The change-over process was completed globally during 2014.

Single-use plastic packaging for food and beverages, including food wrappers, plastic bottles, and caps of the types produced



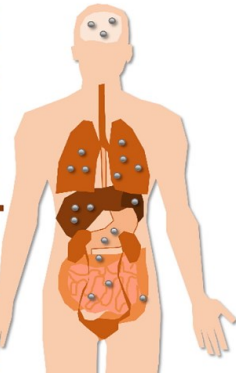
## Parish Care Continued...

by PepsiCo were found in significant amounts every year. Once in the environment, single-use plastic packaging quickly starts to break down and release dangerous microplastics.

Most paper tea bags also have plastic fibers used in the sealant in addition to these nylon and PET plastic tea bags. Even paper tea bags have an unsettling substance called epichlorohydrin added to them in order to keep them from bursting. The material used in Twinings tea bags is fully biodegradable and compostable. The material used is derived from maize starch. The starch is treated by an enzyme to create the compound poly-lactic acid which has a 'plastic' character which can be spun into filaments.

Concerns about the health effects of microplastics continue to mount. The small dimensions and aerodynamic shapes of plastics, make it easy to move and enter any environment, reaching even into the human body. Researchers tested the plaque removed from the neck arteries of 257 people. In 58% of the people, they found tiny particles of plastic — mostly polyethylene but also polyvinyl

Microplastics



chloride. After nearly three years, the rate of heart attack, stroke, and death was 4.5 times higher in people with microplastics in their plaque than those without.

Researchers from Duke University School of Medicine in the USA, have found nanoplastics affect a specific

protein found in the brain, causing changes linked to Parkinson's disease and other types of dementia.

Evidence from animal studies led researchers to warn that ingested microplastics appear to reduce fertility and may increase the risk of cancer, particularly in the digestive tract.

Can Microplastics Be Eliminated From the Body Naturally? Once ingested and accumulated in

tissues and organs, microplastics cannot naturally be eliminated from the body. However, some strategies could help reduce microplastic exposure, such as minimizing plastic use and choosing

natural alternatives.

However, scientists can now remove microplastics from our water with 94 per cent efficiency. University of Waterloo

researchers have created a new technology that can remove harmful microplastics from contaminated water with 94 per cent efficiency. Other research to remove microplastics includes creative ways of filtration, absorption, sedimentation, electrocoagulation (chemical reactions), and adhesives, to name a few. Different treatment processes can be combined to ensure the efficient removal when necessary.

I stumbled on this topic in my reading totally unaware that plastic particles could be found in the body, especially the blood stream and have such a negative impact, in health matters. There is so much more to know about the use and role of plastics and how we live.

Please include the researchers in your prayers, along with the important work they are doing to find ways to reduce and eliminate plastics in our world. Our environment is an important gift from God. Please do not squander that gift.

Have a great and healthy and happy summer.

Marilyn

**Our environment is an important gift from God**

All Saints Lutheran  
Anglican Church

## Important Summer Dates

*Women of Faith*  
**Potluck**  
Wednesday  
**June 26** 12:00 NOON

At the home of Pearl  
149 Waverly Drive  
519-822-3991

*Bring a dish to share  
with others!*  
All are welcome,  
including spouses.



Silvercreek Community  
Market is held on the  
first and third Thursday  
of each month

Regular Church Office Hours resume on September 3rd  
(Regular hours are: Tuesday-Friday, 9:00 AM—1:00 PM)

## Eight Rules for White-Water Paddling

These humorous rules, written by Loren Mead of the Alban Institute, have informed Bishop Michael Pryse's leadership. He shared these with synod leaders on many occasions throughout the years.

The idea is that the church is like a raft going through the rapids. Hang on! It's an exciting and wild ride!

1. Don't be surprised if the boat doesn't go where you want it to go.
2. Rest in the calm places. There will be more white water soon.
3. Never stop paddling, even when it seems hopeless.
4. If you get into trouble, don't panic.
5. If you do go under, let go of everything. Eventually, you will come back up.
6. Someone needs to call out the orders. It works better that way.
7. White water is what you came for. Enjoy it!
8. Everyone paddles furiously to get somewhere. But ultimately, it is the current that takes you downstream.

September Issue of  
Connections Deadline—  
**Sunday, August 18**

Articles of information,  
interest, reflection, and  
personal connection to our  
friends and members are  
most welcome. Let us all  
"Connect".

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](mailto:cjmorrison263@gmail.com)