

ALL SAINTS LUTHERAN ANGLICAN CHURCH

# Connections

SEPTEMBER 2024

## From the Pastor's Study

### All Saints in Actions – Service

Now that the summer hiatus is over, we are returning to our stewardship focus for 2024: “All Saints in Action.”

At the beginning of the year, we focussed on our worship ministries. Then we turned to the things we do as a congregation that have to do with making disciples – things such as youth ministry, the church library, Faith Forum, Women of Faith, our various fellowship gatherings and meals, and all the communications pieces we do such as this

Connections newsletter, weekly e-blasts, the Sunday bulletin, and our Facebook page.

For these next three months, we will focus on the service ministries we do as a congregation and as individual members of All Saints.

When Jesus was asked what the greatest commandment was, he replied first with the Shema from Deuteronomy 6: “Hear, O Israel: The LORD is our God, the LORD

alone. You shall love the LORD your God with all your heart, and with all your soul, and with all your strength.” To this great commandment,

Jesus added two things. Along with your heart, soul, and strength, Jesus added “all your mind.” And then he

added a second commandment from Leviticus 19: “... you shall love your neighbour as yourself.”

Worship and discipleship are actions that flow



### All Saints in Action

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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,  
cjmorrisson263@gmail.com

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)

Office Hours: Tuesday - Friday ~ 9:00 am - 1:00 pm



## What service ministries are you doing?

# From the Pastor's Study Continued...

from loving God with all our heart, soul, and mind. Service are the things we do that flow out of loving God with all our strength together with the appeal to love your neighbour as ourself.

Johnny Cash once sang "You're shinin' your light, and shine it you should, / But you're so heavenly minded you're no earthly good." But if Johnny had ever visited All Saints Lutheran Anglican Church in Guelph, I don't think his claim would stand. Have a look at this partial list of service ministries carried out through All Saints:

Mary Guse Giving Tree / Chalmers Gift Bags / St. Patrick's Day Party / Ecumenical Campus Ministry / Silvercreek Community Market / POM Project / Red Dress Sunday (MMIWG) / CLWR / PWRDF: Support and Emergency Relief / Homebound Visits / Pastoral Care / Funeral Lunches / Nursing Home Services / Free to Read: Collection for "Books

for Inmates Program" / Reconciled In Christ: 2SLGBTQIA+ Ministries / Parish Care: Monthly Workshops, Visits, and Connections Articles.

It's an impressive list, and I'm sure there are other ministries not noted here.

And yet, there is even more service ministry going on inspired by our love of God and love of neighbour than even this impressive list indicates!

Throughout the month of September, I will be collecting from you all those things you do in your life outside of the ministries of our congregation that could be considered "service" ministries. In fact, you probably don't even think of them as ministries, but they are. Volunteering at the hospital, long-term care home, or anywhere else that cares for people, animals, or the earth. Coaching kids sports. Checking in on your elderly next door neighbour. Making sandwiches for people

who are hungry. Clearing snow from a neighbour's sidewalk or driveway. And so much more!

In Matthew 25, Jesus says that when we have served "the least of these... you have done it unto me." In that parable, the people didn't even know that they had done anything special. But they had. They were doing service ministry out of their love for God and love for neighbour.

What service ministries are you doing? Please let me know. The best way would be to send me an email at [pastorbwilker@gmail.com](mailto:pastorbwilker@gmail.com) or give me a call at the church: 519-821-7710. Don't be shy. I know these things are happening, and I'm looking forward to compiling a great list of service ministry!

See you Sunday!  
Pastor Brian

# Council Perspective

September has always been a conflicting time of the year to me, yet it is one of my favourite months. The dog days of summer filled with frequent humid spells often break during September and the crisp air soon arrives as nature prepares for the change of seasons. With this transition, creation is

preparing for its glorious bursting out into the finale of the year, the autumn presentation of colours. Yet we mourn those long sun filled days of summer, that time of the year when many of us take vacation time to enjoy both family and God’s creation; a time away from the “office” to recharge. For so many students and teachers, September brings both excitement of a “new year” yet some apprehension of the coming workload. For farmers, the final labor of the season and celebration of the harvest.

For us at All Saints, I imagine we can identify with some of those conflicting feelings as well. September brings us back to unify as a congregation. It is a time to connect again. It is a time to share and be open to God’s gifts and life’s burdens. It is also another time to ramp up the ministry workload most of us share. Members of Council

can certainly identify with that. But let’s first catch up on a few things that have taken place over the summer months. In June, Council managed to conclude its work for the summer, ensuring the business of the church proceeds during July and August. And indeed, it did.



The last couple of months have kept a few of us busy at church. As predicted, our building’s age is showing more often. This has kept John Szymanski (Property Team) busy with a few issues including an episode of significant flooding which had to be dealt with on a more immediate timeline. In addition, there have been issues with what we believe are the increased number of one-off rentals with the garbage and the way our facilities have been left. This has placed a physical strain on both our building and our caretaking services with the increased traffic over time. I called an executive meeting mid-summer to deal with these more immediate matters. John Szymanski attended as well. After thorough discussion, the

executive made a number of decisions.

- All one-off rental groups must dispose of their own garbage off site.
- The rates of one-off rentals were increased to \$150.00 for a half day and \$275.00 for a full day. This will be revisited again.
- Our current model of compensation for cleaning services will be revisited.
- Due to the difficulty of cleaning and safety concerns to the condition of a few areas, the carpet upstairs will be professionally deep cleaned. In addition, the flooring/carpeting on the stairs from the sanctuary to the lower floor including both offices and the meeting rooms where the children’s reading room operates will be replaced. The stairs will be recarpeted while the other areas downstairs will have vinyl “wood” plank flooring which is more durable and easier to maintain. This is due to them being in a high traffic area. This will assist our caretaking services and costs as well.

### Council Perspective Continued...

***This project is being funded by a very generous anonymous donor and will likely be completed before September. We are so thankful and blessed for this gift!***

These decisions will be reviewed by the full Council when we meet at the end of September.

During the past couple of weeks, the electrical upgrade work in the lower floor hallways and the church hall was completed as well as work to the entry doors downstairs. The flooding issue has been resolved for now but may need

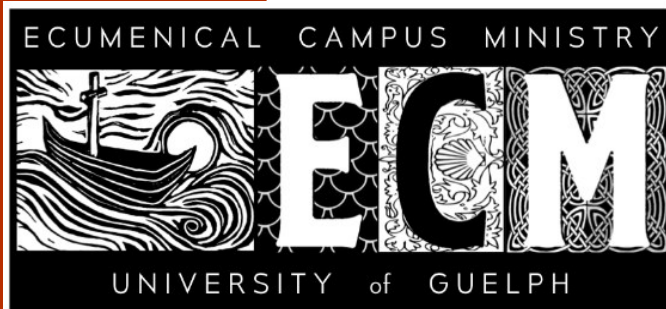
attention in the future.

This transition month of September also brings forward a time of opportunity. A time to perhaps dream differently; to think outside the box. Perhaps it is a time to join the choir or help with another area of ministry for the first time. It may be time to **seek** ministry in some fashion rather than wait. It may be a time to be willing to face being a little uncomfortable for Christ's ministry of love. You may find that you are not alone in this journey. I encourage you to seek these opportunities.

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.

Welcome to all!

Peace,  
Brian Janzen  
Chair/Church Council



While the ELCIC is not a National Supporter of the Ecumenical Campus Ministry, the Dioceses of the Anglican Church are. The Diocese of Niagara, in which All Saints is located supports three ECMs: at Guelph, McMaster,

### Submitted by Rev. Canon Bill Thomas

and Brock. But through All Saints, Lutherans are being introduced to the very valuable ministry for young adults being conducted by ECM.

Last year, All Saints was one of several local churches which support the weekly Wednesday gathering at Raithby House, by providing an all-you-can-eat free meal to students, and by collecting and

distributing plastic containers with lids for the students to carry home any leftovers. Last year, we were also instrumental in providing one of the Eastern Synod's Youth and Young Adults grants to facilitate the hiring of a student coordinator for the ministry to the 2SLGBTQIA+ students on campus for the 2023-2024 Fall and Winter semesters.

## ECM Continued...

This year, while Marilyn Bleach Schranz and her happy band of meal preparers continue to support the Wednesday dinners, All Saints included in its 2024 budget \$1,000 for ECM. But that, like the Garden project, requires us to raise money specifically for meeting that \$1,000 target. Hence this spring Lucy Reid organized a bird-watching tour in the UofG's Arboretum as a fundraiser, and this fall, the Thomases and Szymanski-Potts are sponsoring a SINGLE MALT SCOTCH TASTING EVENT. John and Deb Szymanski-Potts are providing the venue on October 5th from 2 to 5 pm at their home in the Arboretum,

along with some suitable palate cleansers between rounds. And Bill Thomas is providing 24+ single malts from his private collection for the tasting, along with notes describing the taste of each, maps showing the whisky regions of Scotland, and a comment card for each round of tasting. Now we need to find 20 people willing to pay \$50.00 to sample 3 of the scotches provided. It's all for a good cause, and an inexpensive way to find out which single malts you really like before you spend \$80 - \$200 for an

unopened bottle.

Sign-up sheets, will appear in the coffee area on the second Sunday in September.

**(More details on the Tasting Event are found on Page 6.)**

Photo Credits: <https://www.ecmguelph.org/programs>



# Treasurer's Report by Suzanne Worthen at June 2024 and July 2024

	June 30, 2024	Year to Date
Offerings	\$19,334.10	\$100,496.52
Other Income	\$2,130.00	\$12,473.25
Transfers -Housing Fund	\$1,000.00	\$6,000.00
-Dowry Fund	\$625.00	\$3,750.00
<b>Total Income</b>	<b>\$23,089.10</b>	<b>\$122,719.77</b>
<b>Total Expenses</b>	<b>\$20,980.11</b>	<b>\$126,316.87</b>
<b>Surplus/(Deficit)</b>	<b>\$2,108.99</b>	<b>(\$3,597.10)</b>

	July 31, 2024	Year to Date
Offerings	\$16,212.60	\$116,709.12
Other Income	\$1,140.00	\$13,613.25
Transfers -Housing Fund	\$1,000.00	\$7,000.00
-Dowry Fund	\$625.00	\$4,375.00
<b>Total Income</b>	<b>\$18,977.60</b>	<b>\$141,697.37</b>
<b>Total Expenses</b>	<b>\$21,354.95</b>	<b>\$147,671.82</b>
<b>Surplus/(Deficit)</b>	<b>(\$2,377.35)</b>	<b>(\$5,974.45)</b>

# An All Saints Fundraiser to Support the Ecumenical Campus Ministry at the University of Guelph



## A SCOTCH Whisky Tasting

Choose from 24+ Single malts ranging from 10 to 18 years  
Donated from the Private Collection of Canon Bill Thomas

**Saturday, October 5, 2024, 2 – 5 pm**  
at the Home of John & Deborah Szymanski

**For \$ 50 you'll get:**

- A listing of the 24+ Single Malts, classified by region, taste, and years in the barrel
- A map of the Whiskey Regions of Scotland
- A chart for recording your selection of three single malt Samples
- Palate cleansing snacks between the 3 Rounds of Sampling
- A reminder that you need to schedule a ride to and **From** the event
- A chance to meet the ECM Chaplain Andrew Hyde

Sign-up list  
for the 20  
spaces  
available  
will appear  
at the  
Coffee  
Hour after  
the services  
at All Saints  
on Sept. 8

# Prayer List

As part of the Intercessory Prayers each Sunday people are named who have indicated that they desire our prayers. Many of these are people from our congregation, and some are folks you have asked to be included in the prayers.

It is my practise to keep the names of people from the congregation on the prayer list indefinitely, until they ask to be removed.

If you would like to add the name of someone from outside the congregation, we are happy to do that, and it can be done in one of two ways. First, you can let the office know by Tuesday if there is a name you would like to have added. Alternatively, when you arrive to church on

Sunday, you can add their name to the “In Our Prayers” book in the narthex. If you would like them prayed for each week, you will need to let the office know or manually add their name to the “In Our Prayers” book each week. Otherwise, the list becomes long, and we often loose track of why we are praying for someone in the first place. Your assistance in this is greatly appreciated. (Please be sure to have their permission before adding a name to the prayer list. It is a poor faith practise to whip a prayer on someone who doesn’t want it.)

By the way, we don’t only offer prayers for healing or comfort. We can also offer prayers of thanksgiving for the great things in our lives: anniversaries,

celebrations, graduations, births, and marriages in our families. We don’t get nearly enough requests for these kinds of prayers!

And, perhaps, most surprisingly of all, you can ask for prayers for yourself! Please do.

Peace,  
Pastor Brian



## The Bible in 50 Words

God made  
Adam bit  
Noah arked  
Abraham split.

Joseph ruled  
Jacob fooled.

Bush talked  
Moses balked  
Pharaoh plagued  
People walked.

Sea divided  
Tablets guided.

Promise landed  
Saul freaked  
David peeked  
Prophets warned

Jesus born.

God walked  
Love talked

Anger crucified  
Hope died.

Love rose  
Spirit flamed  
Word spread  
God remained.

*Author Unknown*

*Submitted by Kurt Christie*



# Learning Circle

## Residential schools

Almost as soon as settlers began to build permanent communities in North America, missionary schools for indigenous children were created. In New France in the 1600s, the Jesuit Order was known for ‘encouraging’ children to attend school as a way to integrate, and let’s be honest here, convert the local population. If you want to read a fictionalized but based in fact story from this era, *Daughters of the Deer* by Danielle Daniel is in the church library.

In the 1830s, several residential boarding schools were established, mostly in Eastern Canada, including the Mohawk Institute in Brantford. These early schools were run

independently by various churches and gradual assimilation, an approach that would take place over generations was expected. Sometimes students remained in their traditional communities with their families and attended a day school. However, in 1879, the Davin Report changed the Federal government’s educational strategy and mandated that schools enact “aggressive assimilation”.

***The residential school is the principal feature of the policy known as that of “aggressive civilization” ... Indian culture is a contradiction in terms ... they are uncivilized ... the aim of education is to destroy the Indian. (N. Davin 1879)***

By the end of the War of 1812, the colonial government in Canada was no longer as interested in having Indigenous allies, the fur trade was declining and this changed attitudes towards the Indigenous peoples. In 1876, the Indian Act was passed, it had two goals. The first was control over Indigenous Peoples and the second goal was assimilation as the way to solve the “Indian Problem”, especially in Western Canada where treaty disputes were still very active.

***Our objective is to continue until there is not a single Indian in Canada that has not been absorbed into the body politic, and there is no Indian question, and no Indian department.***

—Duncan Campbell Scott, 1920, Deputy Superintendent General of Indian Affairs

In 1883 the Federal government built and funded three additional schools which were structured on the

Industrial School model being used in the United States. This model prepared boys to work in manual labour positions – in either agriculture or industry. Girls were trained for domestic work such as cooking cleaning and sewing. It was felt that boarding schools were needed to remove the children from contact with their traditional culture and communities. More schools were built over the next decade, mostly in western Canada.

In 1892 the federal government entered into contracts with the Roman Catholic, Anglican, Presbyterian and Methodist churches to take over the operation of these



## Learning Circle Continued...

schools using a version of the Industrial School model and religious education. To remove the children from the influences of their families even sooner, a 1920 amendment made to the Indian Act under the influence of Duncan Campbell Scott made attendance at Residential Schools compulsory for children ages seven to fifteen. Children were transported long distances from home and sometimes were not allowed to return for 'summer vacation'. Under the Truancy Provisions of the Indian Act, parents could be fined and/or imprisoned for keeping their children home.

Conditions in these schools were harsh. In 1907 Dr. Peter Bryce, the Medical Inspector for the Department of Indian Affairs visited 35 schools across western Canada and reported the sanitary conditions were 'horrific' and were reported in the newspaper *Saturday Night*:

[Indian Residential Schools should] compel the attention of Parliament ... Indian boys and girls are dying like flies in these situations or shortly after leaving them ... Even war seldom shows as large a percentage of fatalities as does the education system we have imposed on our Indian wards.

The government essentially ignored this report, even after Dr. Bryce published a book in 1922 entitled *The Story of a National Crime*. By his estimate anywhere from 24 to 75% of indigenous children died from tuberculosis (or other diseases, malnutrition and abuse) and never went home again. The government continued to fund schools without sufficient oversight and failed to make sure living conditions improved.

When children reached the age of 17 they were removed from the schools. They were often not well prepared to be successful in the settler community, neither were they prepared to transition back into their traditional communities. Some were able to return to their communities, but they were often strangers in their own homes, having lost their mother language and connection to traditional ways of being. When they returned, they did not have the opportunities to learn about their cultures since several generations had been sent to these schools and transfer of knowledge and understanding of traditional ways of being and living were disrupted. On top of that, many were suffering from trauma due to the physical and mental abuses received at the schools. Some of us read *5 Little Indians* by Michelle Good – it's in the church library – a fictionalized account which follows the lives of some residential school survivors in 1960s Vancouver. Copies can be found in the church library.

In traditional communities, education of children was a community concern, not just something parents were expected to deliver. Elders, who have spent their whole lives learning, have a moral obligation to pass on that knowledge, as did the community as a whole. Indigenous ways of learning include observation (role modeling), experiential learning, and oral storytelling. Observation begins at birth and continues throughout life. Children were guided through experiential learning, and allowed to learn through natural consequences. Story telling provided a way to pass on information but also guide behaviour when children, or anyone, behaved in an inappropriate way. Discipline was inductive, a child would be shown how their actions negatively impacted others, perhaps through a story, or they might be teased or ignored until the behaviour changed.

The transfer of knowledge was a communal experience, which should not be surprising given that their entire economy was also communal in nature. Traditional education was community based and this was systemically destroyed when the children were taken and placed in a residential school setting. They were not being raised as a part of a community that loved and cared for all of creation, in fact, in the schools children experienced no nurturing or very little care in their young lives. When students returned and became parents, they often had no community to guide them and did not have any understanding of traditional learning practices. They had grown

## Learning Circle Continued...

up in the 'spare the rod' discipline and abusive environment that provided the only role model they had. The deprivation of traditional community and culture, in addition to the abuse and neglect of those who ran the schools, is a large contributor to the intergenerational trauma that residential school survivors and their families still deal with daily.

The Royal Commission on Aboriginal Peoples was created in order to help "restore justice to the relationship between Indigenous and non-Indigenous people in Canada and to propose practical solutions to stubborn problems." Established in 1991, the commission examined the relationships between the government and Indigenous Canadians and between Indigenous and non-Indigenous Canadians and advised the government on their findings. The last residential school was closed in 1996. The report recommended a public inquiry into the operation and legacy of residential schools. This also eventually resulted in the Truth and Reconciliation Commission and Report.

Then in May of 2021 the discovery that there could be as many as 215 unidentified bodies buried outside the Kamloops Residential School started a chain of investigations at other residential school sites. The school in Kamloops operated from 1890 to 1969. As part of the Truth and Reconciliation Commission, fifty deaths were reported for this school. According to a CBC article from that time, as many as 4,100 indigenous children could be unaccounted for. This is still an ongoing situation.

In 2013 Phyllis Webstat shared with the Truth and Reconciliation Commission her experience on the first day of residential school when her orange shirt was taken away and never returned, replaced with a school uniform. Orange Shirt Day has been celebrated on Sept 30 since 2013 and is an opportunity to discuss the negative effects of residential schools and their legacy. In 2020, September 30 officially became the National Day for Truth and Reconciliation. That is why everyone is welcomed to wear an orange shirt that day to show our allyship and to walk together on the path towards reconciliation. (There is an article on our website that discusses Orange Shirt Day in greater detail, also her books are in the church library.)



The legacy of trauma created by the residential school system is still very present in the lives of the survivors and their families, resulting in intergenerational trauma. Reconciliation is reciprocal – it is acknowledging the effects of colonialism are long lasting, ongoing and widespread but needs to include action as well. We all need to work together towards building a just society. Education will continue to be a large part of that. Until recently, I would guess that most people who grew up and were educated in the urban Canadian school system were not even aware that residential schools existed. I would also suggest that mainstream attention for other issues such as Child Welfare reform, housing and food security, investigation of murdered and missing Indigenous Women and Girls, etc. are issues we need to keep informing and educating ourselves about.

Respectfully submitted  
Michele Altermann

# Remembering.....

Submitted by Connie Shaw

Celebrating Full Communion between Lutherans and Anglicans 2001. This celebration took place in an arena in Waterloo. The photos show some of the participants in the Choir.



Above: Back—Elaine, Ellie, Laura, David, Peter, Connie  
 Above: Front—Carly, Allison, Cathy, Sue  
 Left: Laura, Sue, Muriel, Cathy



## Bishop Michael J. Pryse Commemorative Pipe Organ

As many of you know, Bishop Michael Pryse of the Eastern Synod, who has served as bishop since his election in 1998, is retiring.

In honour of his ministry, the Casavant Pipe Organ in Keffer Chapel at Martin Luther University College (formerly Waterloo Lutheran Seminary) is being refurbished and rededicated as the **Bishop Michael J. Pryse Commemorative Pipe Organ**. Given Bishop Mike’s love for

congregational worship and his longstanding support of Luther, it is a fitting tribute for such a life of service. The rededication of the organ will be held at a



special event scheduled for Sunday, October 20 at 3 PM at Keffer Chapel.

You can make a gift in appreciation of Bishop Mike’s longstanding service and in support of ongoing ministries which have been so important to him by going to the Luther web site (<https://luther.wlu.ca/>) and searching for the “Bishop Michael J. Pryse Commemorative Pipe Organ” link near the bottom of the page.

# Market Update



*John 15:12:  
“My command  
is this: Love  
each other as I  
have loved  
you.”*

It has been a busy summer at the Market. We transitioned our delivery model to one shop per month per family and most of our guests have been sorted out. We added 12 families from our waiting list this month and will add another 8 for September. Of the 51 families on our wait list that will leave 32 which we hope to be able to add in October. After

August 15 we are not taking any more new registrations until we have the waiting list cleared.

Changing the shopping model also means changing how we think about our non-perishable items. We continue to need rice and red lentils every Market. But we now need to look at a different rotation than we are used to – we need about 150 of each item to give out

each month. Then that item does not appear again for three months. So, if you are watching for sales etc. please keep doing that but perhaps keep the distribution schedule below in mind! Thank you for noting what is needed as it is printed in the bulletin. I am happy to say we had exactly enough oil to give out on August 15! We will be putting this list into the bulletin as well.

<b>September</b> , January, May	School snacks, peanut butter, canned fruit and vegetables
<b>October</b> , February, June	Canned meat/fish, soup, miscellaneous
<b>November</b> , March, July	Pasta and pasta sauce
<b>December</b> , April, August	Oil, breakfast cereal, legumes

Thank you to everyone who made a donation to the Market in memory of Ron Webb. Ron was an amazing supporter of the Market, Formula Fund and all our Outreach Ministry. For that and so many other reasons he will be greatly

missed. I like to think he would be happy to know that another \$2,000 has been raised for the Market. Thank you also to all our wonderful volunteers who continue to support our ministry, and you wonderful people who fund the

Market! We could not do this without you!

On a sad note, if you have not already heard, the North End Harvest Market has lost access to the portable they used (for the last 10 years) at Waverly Drive Public

## Silvercreek Community Market Update Continued...

School. This is a huge loss to the community and hopefully it will be running again in the future. Right now, they are trying to find new host space – if you have any contacts that could be helpful please let Michele Altermann know.



On a different food security note – The SEED (we buy our produce for the Market from them) is offering a

‘sliding scale’ food market every Friday from 11 a.m. to 2 p.m. at the Shelldale Community Centre gym (20 Shelldale Crescent, off Dawson Road, north of Willow Road so close to the church). The way this works is there is a

range of prices for each item. If you can only pay the lowest amount (33% of the retail price) that is great, but if you can pay a little more, the extra income goes to subsidize those who can’t afford to pay more. Plus, The SEED still provides food hampers, also on a sliding scale, to families who are food insecure (that means some people pay nothing, or 25% to 75% of the cost). Good quality produce at cheaper than grocery store prices! And supporting The SEED helps them support our Market!

You can also order additional items like dairy, grains, frozen meals and more via the [grocery store!](#) Just select “20 Shelldale” as your pick up

option.

You can check here for more information: <https://theseedguelph.ca/what-we-do/markets/>

Respectfully submitted  
Michele Altermann



## Formula Fund

Thank you so much for all the support you have provided for baby Jeremiah! Carly Typer reports he is growing ‘like a weed’ and is a happy and content baby. This young family is doing so well surrounded by a caring community. We are continuing to provide financial support with what has already been offered, so thank you. If there is a further need, we will let the congregation know. Thank you also to everyone who regularly supports our Formula Fund throughout the year. We are still supporting the wider community through Carolyn Joy, our local Parent Outreach Worker.

Miigwech  
Michele Altermann



## For the September Calendar:

Sept 12  
Chi Rho Meeting.  
1:30 PM  
Visit to Butterfly  
Museum

Sept 17  
Parish Care  
Workshop  
1:00 PM  
"Obesity:  
neurological,  
functional or bad  
habits"

Sept 27  
"The Associates"  
11:00 AM or  
1:00 PM  
To be determined

# Ramblings from Parish Care

## Chi Rho Meetings:

Sept 12, 1:30 PM:  
This fun social group will start, for the fall, with a trip to the Butterfly Museum. Meet in the parking lot at All Saints about 12:45 if you want to carpool or need a ride or do not want to drive "out of town"! If attending please let Sue M. know (for numbers) 905 601-6511. OR let Marilyn BS know about attending and carpooling, (to pass your message along).

October 10: We will be back to a 1:00 PM start here at All Saints. Rev. Victor Kishak will be speaking about "Harry Potter". I have never read any of the Harry Potter series but apparently there are some deep meanings in the story. Come and be "enlightened". Refreshments that are always outstanding follow.

**"The Associates":**  
This is a new program, under the Parish Care Ministry that will be starting this fall for those who are facing

challenging times as caregivers to loved ones. All of our lives are touched these days, with someone we know who suffers a chronic illness, that can force partners, spouses, families into the not always pleasant role of Caregiver. Dementia is one of these that takes its toll on those who love and are loved. The group offers support, a chance to share stories, gain a sense of community, to know that you are not alone in this journey. This is not designed in any way to be a form of "therapy". All sessions are confidential amongst the group members.

## The Joys of "Eating"?

How many of these adages have you heard? Eat healthy! Eat more veggies. Don't eat eggs because of their cholesterol content. Supplement your diet. Don't eat red meat. Vegan or vegetarian is best. Eat more fruit. Include more Antioxidants in your diet. Cooked food

reduces nutrients. Raw is more nutritious. Fat is bad. Trendy and fad diets. Who knows what to believe anymore!

We are what we eat. There is no doubt about that. We can look no further than to Super Size Me filmmaker Morgan Spurlock, an Oscar nominee. He ate food from McDonald's for one month. At the end of his experiment, he had gained 24.5 lbs, increased his body mass index by 13%, had higher cholesterol levels, experienced mood swings, had stomach discomfort and cramps, had fatty deposits/damage to his liver, heart palpitations. As time went on, he felt addicted to the food. Morgan was 32 at the time of his experiment and died at age 53. Yes, he proved his point about the dangers of unhealthy fast-food and exposed some issues with corporate marketing.

Nutrition is about eating a regular, balanced diet. Good nutrition helps fuel

## Parish Care Continued...

your body. The foods you eat supply the nutrients your body needs to maintain your brain, muscle, bone, nerves, skin, blood circulation, and immune system.

Fruits and veggies, whole grains, both plant and animal protein, and low fat dairy products are essentials. Foods are made up of carbohydrates that are broken down to provide energy. Fat which is good for brain-health. Protein is important for muscle health as well as helping to breakdown carbohydrates more slowly to control swings in blood sugar.

Fruits and vegetables are important sources of fibre, vitamins, minerals and phyto-nutrients (those colourful ones) that help to fight disease. Try for 5 servings per day or a minimum of 2.5 cups of veggies and 2 cups of fruit. And because some nutrients diminish with cooking, try for a balance of raw and cooked. And be aware that the salad you are eating to reduce caloric intake, may not be so. Low fat salad dressings often have a high sugar content to improve flavour.

Whole grain contains three parts: the bran, germ and endosperm, which are rich in nutrients. When grains are refined, some of these parts are removed — along with their nutrients. To benefit from those nutrients, look for these whole grains: whole wheat, rye, barley, cracked wheat (my favourite), wild rice, oats, whole grain pasta, quinoa, corn. At the same time, keep an eye for whether grains are refined which are not as beneficial.

Protein in our food acts as a building block for healthy cells. Eating a “protein” food along with a carbohydrate food, slows the break down of the carb, thus stabilizing the blood sugar up-swing for better blood sugar control. Protein helps create, build, repair and maintain muscle mass and body tissue, so getting enough protein is crucial to your strength.

There are two sources of protein in food: plant and animal. Both have their benefits and limitations. What they contribute to our overall health, is not completely alike.

Meat is often looked upon as “bad”, especially red meat, because of saturated fat content. But, there is more to this story than meets the eye (or mouth) at first. Saturated fats are supposed to be those that push your cholesterol level up, while unsaturated are better for “good” cholesterol levels.

However, saturated fatty acids are abundant in the body and work as building blocks for cell membranes and energy sources. It has been documented that if the body does not have enough cholesterol, it will actually produce it! Saturated fatty acids and Omega-3 fatty acids are known to be helpful for cognitive function and slowing cognitive decline. These foods include fish, salmon, nuts and dairy products.

Animal proteins are “complete proteins” which means they contain all the essential amino acids (9 of them) that you need in your diet. Animal protein is higher in the amino acid leucine which stimulates muscle growth and recovery after

*Eating healthy food fills your body with energy and nutrients. Image your cells smiling back at you and saying: “Thank you!”*

*- Karen*

*Salmansohn*



## Parish Care Continued...

exercise.

Lean meats such as chicken, turkey breast, fish, salmon, sardines, tuna are good. Cooking is best done by broiling, baking or steaming as opposed to frying or charbroiling. Processed meats are those that have been preserved by salting, curing, fermenting or smoking, such as bacon, hot dogs, sausage, deli meats, beef jerky. The unfortunate part of these tasty meats, is that they contain nitrites or nitrates, which are carcinogenic and can also be linked to heart disease. Again, “some” will not be detrimental, but too much is not advised.

Processed foods are any food that has been changed from its natural form... Sliced carrots, potato chips, candy bars, breakfast cereals, instant noodles, mass-produced bake good. Many ultra processed foods lack fibre and vitamins and are high in saturated fats, starches and sugars.

Plant based protein does not absorb leucine/amino acid well, as the body does not easily break down the fibre contained in plant

foods, so decreased digestibility. They have lower essential amino acid content , especially lysine and leucine, and deficiencies in other amino acids. Plant amino acids oxidize/deteriorate rather than are used for muscle protein synthesis/production. However, plant-sourced proteins offer environmental and health benefits such as reducing saturated fat intake..They also have essential vitamins and minerals. Beans, chickpeas, lentils, peanuts, seeds, soy and tree nuts are good examples. My personal concern for vegetarian or vegan substitutes for meat, lies in the amount of processing that takes place to manufacture them and to add flavours.

Dairy, which includes milk, cheese and yogurt is rich in protein, calcium, potassium, zinc, Vitamin B12 and Vitamin D. Milk products contain up to 15 nutrients, necessary for normal functioning of the immune system. It is essential for good bone health, especially osteoporosis prevention. Fermented dairy, such as yogurt provides “gut-friendly” probiotics. There

is “good” bacteria in the intestines that helps breakdown foods in digestion. Yogurt is a food that improves these good bacteria.

After all this is said and done, balanced nutrition plays a critical role in our health... or lack thereof. Nutrition is not a sole cure for anything, but provides a healthy base for our body to operate from. It enables our bodies to function optimally. Over my years in medicine, there have been many “trends” that are touted as super important, only to fade away at some point in time, down the road.

So my stance is “everything in moderation”, while also putting guidelines and markers on our consumption. A well informed and balanced approach.

Peace and Blessings as we face challenging days in our ever evolving world.

Marilyn



## November Marks the 150th Synod of the Diocese

In November, Niagara Anglicans will gather at the Burlington Convention Centre for the 150<sup>th</sup> Synod of the Diocese of Niagara!

"Our sesquicentennial anniversary as a diocese is a milestone worthy of celebration," says Archdeacon Bill Mous, executive officer and secretary of synod, "especially when you begin to ponder all the lives that have been transformed through our witness to the way of Jesus." The diocese was formed in 1875 from the six western counties of the Diocese of Toronto.

In addition to the regular Synod proceedings, plans are underway for a special anniversary dinner in the evening of November 2 to mark the occasion. People from across the diocese are invited to attend this special, ticketed event, generously sponsored by Ecclesiastical Insurance, the diocesan insurer for more than 50 years.



Archbishop Linda Nicholls, 14<sup>th</sup> primate of the Anglican Church of Canada will be the special guest. During the dinner, Archbishop Nicholls will engage in conversation with Bishop Susan Bell as together they explore and lean into the Synod's theme: 'Faith in the Future', inspired by Jeremiah 29:11. "For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope."

"Through the dinner, we will also be expressing our faith in the future by raising funds to support curacies across our diocese through a fund designated for this purpose," noted Archdeacon Mous. "Equipping right-skilled and well-formed spiritual leaders is crucial for the flourishing of our collective ministry for the next 150 years!"

Look for more information in September on the Anglican Diocese of Niagara website about how you can reserve your ticket for the special anniversary dinner.

<https://niagaraanglican.ca/news/special-celebration-planned-for-synod>



**Eastern Synod**  
of the Evangelical Lutheran Church in Canada

We joyfully invite you to pray for and attend the Ordination of

**Rev. Carla Blakley**

as **Bishop** of the **Eastern Synod**



**28 September 2024**

2pm

**St. Matthew's Evangelical Lutheran Church**

54 Benton Street, Kitchener ON



## September 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 3 <sup>rd</sup> week  6:30 – 8:30 pm – Choir Rm, Gambler’s Anonymous	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 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 Helbina 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	
<b>1 Pentecost 15</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>  9:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market	<b>6</b>	<b>7</b>
<b>8 Season of Creation 1</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>  7:00 p.m. – Nave, Choir Practice	<b>13</b>	<b>14</b> 9:00 a.m. – Nave, Worship Leaders Workshop 9:00 a.m.– 4:00 p.m. – RHH, rental
<b>15 Season of Creation 2</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	<b>16</b> 7:00 p.m. – Parlour, Worship & Music meeting.	<b>17</b> 5:00 p.m. – RHH, Men’s Fellowship	<b>18</b> 12:00 p.m. – Parlour, Women of Faith  3:00 p.m. Executive via Zoom	<b>19</b> 9:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market  7:00 p.m. – Nave, Choir Practice	<b>20</b>	<b>21</b> 5:30 – 10:30 p.m. – RHH, Eastern Star
<b>22 Season of Creation 3 &amp; Anniversary Sunday</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion 11:30 – BBQ/ Potluck Deadline for <b>Connections</b>	<b>23</b> 1:00 p.m. – Parlour, Outreach meeting	<b>24</b> 7:00 p.m. – Parlour, Church Council	<b>25</b>	<b>26</b> 7:00 p.m. – Nave, Choir Practice	<b>27</b>	<b>28</b>
<b>29 Season of Creation 4</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	<b>30</b>				