

October
2024



ALL SAINTS LUTHERAN ANGLICAN CHURCH

Connections

From the Pastor's Study

Back in June, I mentioned in a sermon that I was going to go on a “social media fast,” and that as of July 1st I would be deleting social media from my cell phone for a month. Why would I do such a thing?

A little background.

In April of 2007, news struck of a mass shooting at Virginia Tech University in the United States. It was a horrible event that resulted in the deaths of 32 people at the hands of a man wielding semi-automatic pistols. As I followed the events of that day at Virginia Tech, I began to hear reports of students sharing their experience in real time through a new “social media platform” that had only been released to the general public a year earlier called “Facebook.” So pervasive and intriguing were these reports that, within a few

hours, I signed up and created my own Facebook account.

I wasn't alone. Within three years, there were over 600 million Facebook accounts. Ten years later, that number had grown to over 2 billion. Today, there are over 3 billion Facebook accounts representing over 1/3 of the world's population. That number is even more amazing when you realize that Facebook long ago stopped being the go-to social media site for young people. Try finding anyone under the age of 40 today who uses it. Younger people are more likely to use Instagram (2 billion) or Tic Tok (1 billion) or Snapchat (800 million active users monthly).

For many years, Facebook was my only social media platform. It was fun catching up on family and friends – even folks I hadn't



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From the Pastor's Study Continued...

seen in decades! Suddenly, I got to see their vacation photos and keep up to date with what was happening in their lives. It was also fun to post my own thoughts about what was happening in my life and sharing photos and events I was particularly proud of. But it wasn't long before I found myself thinking about something and then asking myself "How could I word this on a Facebook post?" Or taking a photo with the only purpose in mind of sharing it on Facebook.

And how good does it feel when people comment or like a post!? I would find myself checking in every hour on the hour (or even more frequently) to see who commented or liked something I posted.

And then there are the Facebook groups where you can keep in touch specifically with folks you have something in common with – maybe people who attended your old high school, for example. For me, it was Lutheran clergy throughout North America. Again, at first it was fun and often helpful to learn that there are common challenges we are all facing and discussing how to address those challenges. But even Lutheran clergy can act like trolls and high drama would often ensue, which of course only brought me back to check up on the drama more and more often.

Finally, for me, "reels" were the final straw. Reels are short videos, usually only 10-30 seconds long, that anyone who has captured something interesting can post. Think "interesting cat videos." I'm not much interested in cat videos, but the Facebook and Instagram algorithms soon noted what I was interested in based on my general online activity, and Boom!, it knew exactly what videos to show on my feed that would keep me endlessly interested and endlessly scrolling through the videos and the ads... and scrolling, and scrolling, and scrolling...

And this is why I embarked on my social media fast on July 1st. It was all just clearly unhealthy. I've heard experts in the field refer to smartphones as "dopamine delivery devices." And like any drug – caffeine, nicotine, etc. – we build up our

tolerance to dopamine and require more and more hits of it to get the same pleasurable outcomes. That means more and more screen time engaged in useless online activity.

So, as of July 1st I signed out of my Facebook and Instagram accounts and deleted them from my phone. Surprisingly, (to me anyway) I have experienced almost no temptation to return. A year ago, I couldn't imagine not checking Facebook and Instagram multiple times a day. Now, I don't even miss them.

Am I a better person for it? Maybe not. But I know this for sure: I now have hours of time available to me for other pursuits that I didn't have before!

See you Sunday.
Pastor Brian

*Sunday, September 22, 2024
Celebrating our Merger Anniversary*

Photo Credit: Penny



Worship and Music Committee

Dear All Saints,

Our committee meets monthly to discuss many topics of interest and upcoming events in the life of the church. We talk about the big stuff like the focus of the season of worship, any opportunities for learning about our faith and work out special plans to celebrate or recognize important parts of our worship experience. This church is a busy place with a jam-packed calendar!

We talk about the small stuff as well...who is picking up a tasty cake or decorating our church with cheerful balloons! We try to listen carefully to each other

and to present for discussion questions or comments from parishioners. We strive to honour different approaches to the faith and represent the whole community to the best of our



abilities. What we do not do is be “the experts”.

If you have something to share, you are joyfully welcome to join us. If you can come to the church, we meet in the narthex but if mobility is a challenge or the weather dreadful, we can easily set up a zoom link to allow all to participate from the comfort of their living rooms. Please consider joining us. The time commitment is just one meeting a month and Michele Altermann is a wizard at getting the minutes to us within minutes of the last blessing!

Peace
Deborah Szymanski Potts

Treasurer’s Report by Suzanne Worthen at August 31, 2024

	August 31, 2024	Year to Date
Offerings.....	\$15,291.25	\$132,000.37
Other Income.....	\$1,025.00	\$14,638.25
Transfers -Housing Fund.....	\$1,000.00	\$8,000.00
-Dowry Fund	\$625.00	\$5,000.00
Total Income.....	\$17,941.25	\$159,638.62
Total Expenses	\$19,413.46	\$167,085.28
Surplus/(Deficit)	(\$1,472.21)	(\$7,446.66)

Sharing...

On Monday August 26th, a dedicated group of 8 volunteers from All Saint's went out to help clean-up Riverside Park after the Ribfest weekend. We were compensated \$300 from the Rotary Club for our volunteering. This will be used to benefit All Saints. We hope to volunteer again next year.

Submitted by Jan and Dennis



Only one out of 1,000 couples make it to their platinum anniversary. We are delighted to announce that Gary and Wynne Christie, dedicated members of All Saints, just celebrated their 70th anniversary on September 11th. This special event was honoured with close family at their home. Already Gary has been asking what plans are afoot for celebrating their 80th??

Submitted by Robin



Dennis, Jan, Maureen, Peter, Ann, Michelle and me (I took the picture) worked hard on the gardens around the church the morning of August 24th.

Submitted by Laura B.

Jan and Dennis' Garden Party

On June 22nd, we hosted a garden party at our home. We asked guests to bring non-perishable food items to benefit the Silvercreek Community Market.

We are happy to let you know that we collected a jeep full of food!

Thanks to the 102 people who showed up to help us celebrate, forming a circle of community around our home.

Jan and Dennis



Climate Conversation

Sunday, October 20th from 12:00—1:30 PM

Retired Ecologist Elizabeth Snell and Retired United Church Minister John Lawson have agreed to facilitate a climate change conversation at All Saints.

John and Elizabeth have prepared a 90-minute interactive program that allows us to review the facts, share our feelings, hopes, and ideas for healing. A healthier world is possible.

This program has been presented at a number of local churches and at city council and has been well received. The format is similar to the Blanket Exercise that we previously participated in at All Saints.

Please plan to bring a bag lunch that day if you are able to attend!

Jan and Dennis



For the **Love**
of **Creation**

Climate Conversations: Facts, Feelings, Faith

The Climate Crisis is the Existential Challenge of our Time



A chance to share our feelings about the climate crisis, deepen our love of Creation and offer action ideas toward hope.

Join the conversation on:

- Facts – the Science and Solutions
- Feelings – our Emotions around this Crisis
- Faith – Spiritual Resources

Date & Time

All Saints Lutheran Anglican Church – Guelph

210 Silvercreek Pkwy N

Sunday, 20 October – 12 Noon – 1:30PM

(We invite you to bring a bag lunch for 11:30 to Noon)

Leaders: Elizabeth Snell & John Lawson - For More Information Email – revjohnlawson@gmail.com

"My faith tells me that God does want people to understand climate change and do something about it."

- Katharine Hayhoe - eminent climate scientist

Give Thanks for Hospice

Come and Go Afternoon Tea

Saturday, October 19, 2024, from 1:00 PM - 4:00 PM

**All Saints Lutheran Anglican Church
210 Silvercreek Parkway North in Guelph**

By Donation

**All Proceeds to the Aid of Hospice Wellington
RSVP to Pearl at 519-822-3991**

Hospice provides tax receipts

**** Silent Auction**

If you are able to help, please give Pearl a call



Humour is the Best Medicine as You Age

I used to be able to do cartwheels. Now I tip over putting on my underwear.

I hate it when I see an old person and then realize we went to high school together.

I told my wife she should embrace her mistakes... so she hugged me!

My wife says I only have 2 faults. I don't listen and something else....

At my funeral, take the bouquet off my coffin and throw it into the crowd to see who is next.

Life is too short to waste time matching socks.

If you're happy and you know it, it's your meds!

I've reached the age where my train of thought often leaves the station without me.

From the newsletter of St. George's of Forest Hill Anglican Church, Kitchener



**All Saints Lutheran Anglican Church
and Rundle Chapter # 108,
Order of the Eastern Star invite you to our
Joint Community Pasta Dinner
Saturday October 26th, 2024
5:30 PM**

**All Saints Lutheran Anglican Church
210 Silvercreek Parkway North,
Guelph, ON N1H 7P8**

For tickets, reach out to: Brian Janzen in person or bjanzen33@gmail.com

\$15.00 per Adult

\$10.00 per Child 10 years and under

**Dinner includes Pasta (Penne or Spaghetti) with sauce (meat or vegetarian),
Salad, Dessert, Tea and Coffee**

There will also be a raffle.

Please note, there will be no tickets available at the door.

Sing the Journey Deep



Gathering, Singing, Learning, and Discussion
Hosted by Inshallah and the Kanata Centre



Featuring Mark A. Miller

Organist, educator,
and composer
Promoting healing and
justice through sacred
music

Thursday, Oct. 24

📍 St. Matthews Lutheran
Church

Plenary: "A Faith that Sings is
Alive"

Organ Recital

Big Sing with Mark Miller: A
Song Festival of Justice and
Joy

Friday, Oct. 25

📍 St. Matthews Lutheran
Church

Plenary: "Belonging, Believing,
Becoming"

Workshops with Emerging
Scholars

Singing and Conversation

📍 Trillium Lutheran Church

Community event and
songbook launch with Inshallah
and Mark Miller

Secure your
spot!



<https://luthershop.ca/products/sing-the-journey-deep-mini-conference>

Public Events:
Organ recital, Big
Sing (pre-register),
Inshallah
Community Event.

Questions? Please
contact
admin@inshallah.ca



Ramblings from Parish Care

So many things to do and so many demands on our lives. And I am not talking about the busyness of places to go and people to see. I am talking about how we place a lot of stress on ourselves, thru expectations, unrealistic demands and accomplishments. Achievable and unachievable goal setting. Wishing that life could and should be different. Don't forget about the energy spent on regrets. Also, the "what ifs" and "should have done" in our life's journey that weigh us down.

We spent a lovely weekend on the shores of Lake Erie with family recently. This was a casual topic of discussion with one of the grandchildren. It was wonderful and refreshing, to realize the deep perspective that a "young" person who is just starting a family and embarking on a new career, has set out for herself. It made me think that wisdom does not always come with age.

Another one in our family, has always had the ethic of working hard to "get ahead" in life. However, this summer he has come to realize that it is time to slow down and "smell the coffee". Take time for yourself to regroup, refresh, rejuvenate. As a parent and now grandparent, you become conditioned to constantly be doing for others, while the "you" becomes less of a priority. Don't forget that the "caregiver" needs "caregiving" and nurturing



too. Life is short. Take time to enjoy, being grateful for what you have, no matter how great or small it may be.

PERIPHERAL ARTERIAL DISEASE (PAD)

Like heart disease, PAD is a slow but progressive narrowing of the blood vessels. Like Coronary Artery Disease (CAD) which affects blood vessels supplying the heart muscle, PAD affects blood vessels outside the heart, causing insufficient blood flow to support healthy organ and muscle function.

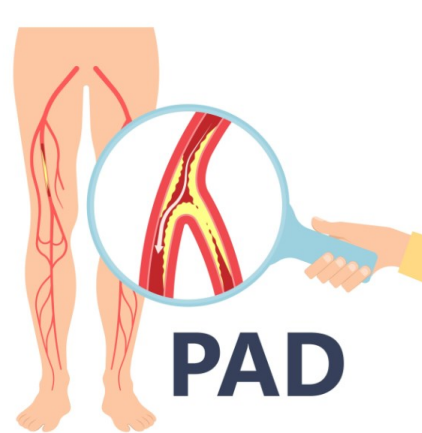
A build up of "plaque" inside the artery wall, will reduce the inner size of the blood vessel. Consequently, there is less blood flow through the narrowed area, which then decreases the oxygen and nutrients available to the surrounding tissue. Unfortunately, blood clots can form, blocking off blood flow

completely.

Often in the early stages, there are no symptoms. But as the disease progresses, the most common symptom is pain in the calves with walking and relieved by rest. Pulses in the feet can be weak or absent. Wounds on the legs take a long time to heal, or won't heal, especially if you are also diabetic. Aching in your toes or feet while lying flat can also occur.

If you notice any of these, it is worth a trip to your doctor to get checked out. Some of the studies necessary to accurately diagnose your symptoms should include at least a Doppler ultrasound, which images the blood vessels and surrounding tissue. Best of all, this test visualizes the blood flow within the artery (and can also do the same for veins).

Once diagnosed, annual Doppler ultrasounds can monitor the progression of the disease process.



Clipart: <https://americanvein.com/the-vascular-center/peripheral-arterial-disease-pad-2/>

Parish Care Continued...

The goal of treatment of PAD is to control the symptoms and halt the progression of disease. This is important to lower the risk of heart attack, stroke and “spin-offs” from other health related problems. The Doc will want to aggressively treat other problems, such as diabetes, high blood pressure and cholesterol that will worsen PAD.

If you are a smoker, QUIT! Not easy, but imperative. In my practice, if a patient continued smoking after reconstructive bypass surgery, their bypass graft would be blocked within the year!

An oxymoron almost with PAD, is that walking creates symptoms; however, it is true that if you walk to the point of discomfort, take a short rest and then continue again. Within a few weeks, you will notice that you can walk further before the onset of your discomfort!!

Medications for PAD, include blood thinners and meds that relax the blood vessel walls. But as the blood flow in the artery becomes severely restricted, bypass surgery or angioplasty will be necessary. For bypass surgery, a synthetic material, or another blood vessel, is used to reroute the blood flow around the blockage. Angioplasty is a “non-surgical” or “non-invasive” procedure that opens up the blocked area. There are 4 ways of performing this, by balloon dilation, shaving, vapourizing or by placing a stent in the blocked area to keep it open.

Always, always, always advocate for yourself, or have someone else with you, when you see the doctor with health issues, especially if you are expecting test results or a new diagnosis. If it doesn't sound reasonable or you are not satisfied with what you hear,

seek a second opinion. Some of my most irritating doctor responses are: “You are just getting older”. “What do you expect at your age?” The end result is the same, whether you get treatment or not”. If symptoms persist beyond what you expect, go to Emergency. They may have a different approach to your complaints. And as for PAD symptoms, all too often I have heard patients say that their doc told them they simply had arthritis which turned out to be “not true”.

Don't settle for less..... you are worth it!!

Blessings
Marilyn Bleach Schranz

Next Workshop

October 15, 1:00 PM

Topic: DIABETES - Are you at Risk?

SCOTCH TASTING FUNDRAISER October. 5

All Saints is holding a fundraiser for ECM that involves tasting different types of scotch whiskey. Cost is \$50 per ticket.

You get 3 different 1.5 oz tastings, palate cleansing snacks, and a lesson on the whiskey regions of Scotland.

Sign up sheet in the Narthex, or speak with Canon Bill.



October 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 rd week 6:30 – 8:30 pm – Choir Rm, Gambler's Anonymous	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 Helping Hands	9:00 am – 1:00 pm – Rooms A&B, Children Reading Room 5:45- 8:00 pm – Rose Head Hall, TOPS 7:00 – 8:00 pm – Choir Room, Tri-County Recovery	9:00 am – 12:00 pm & 1:00 – 5:00 pm – Rooms A&B, Children Reading Room 9:00 am – Rose Head Hall, Tai Chi	
		1	2 1:00 – 4:00 p.m. – Kitchen, Guelph Food Bank 3:00 p.m. – Parlour, Hymn Selection	3 9:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market 7:00 p.m. – Nave, Choir Practice	4	5 All Day – Rose Head Hall, Choir Room rental
6 Season of Creation 5 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	7 7:00 p.m. –via Zoom, RIC meeting	8	9	10 1:00 – 3:00 p.m., Rose Head Hall, Chi Rho Fellowship 7:00 p.m. – Nave, Choir Practice	11	12 2:00 – 5:00 p.m., Rose Head Hall, Booktoberfest (Children's Reading Room)
13 Thanksgiving Sunday 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	14 .	15 5:00 p.m. – RHH, Men's Fellowship	16	17 9:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market 7:00 p.m. – Nave, Choir Practice	18	19 1:00 -4:00 p.m. – Rose Head Hall, Hospice Tea
20 Pentecost 21 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion 12:00 – RHH, Climate Conversation Deadline for Connections	21	22	23 3:00 p.m. Executive via Zoom	24 7:00 p.m. – Nave, Choir Practice	25	26 5:30 p.m. – Rose Head Hall, Spaghetti Fundraiser Dinner
27 Reformation Sunday 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	28	29 5:00 p.m. – Nave, Choir Practice 7:00 p.m. – Parlour, Church Council	30	31		