

Connections

Monthly Newsletter of All Saints Lutheran Anglican Church

From the Pastor's Study

Dear Members and Friends of All Saints:

The end of November marks the end of the Christian liturgical calendar, and for us at All Saints, it also marks the end of "All Saints in Action," which has been a year of considering the stewardship of our time, talents, and resources for Worship, Discipleship, and Service.

As I look back on All Saints in Action, it seems to me that we started strong with our review of worship, lagged somewhat as we considered our discipleship and our efforts to make disciples, and then were lifted up as we discovered the very many and various ways so many of us practise

service in our lives. I would suggest that this evaluation accurately mirrors who we are as a congregation. Our strengths are worship and service, while there is great deal of room for growth in discipleship and making disciples. This would include such things as teaching and encouraging an active and regular prayer life, bible study, and becoming comfortable talking about and sharing our faith with one another, our friends and family, and the community around us.

Back in the late 70s, the singer Meatloaf sang, "two out of three ain't bad." That may be true for many aspects of life, but I think not for our shared communal life as followers of Jesus. Maybe that

December 2024

Inside this issue:

Our Finances Treasurer's Report	3-4
Easter 2025	5
Thanks from Peter	6-7
Forest Bathing	8
A Special Day Chalmers Gift Bags	9
Flooring Saga	10
Anti-Trans Legislation	11-12
Market Update	13
Reflections by Nigel Chili After Church	14
Life at All Saints	15
Parish Care	16-17



From the Pastor's Study Continued...

discipleship piece is something we can more intentionally address in the coming months and years.

As the season of Advent dawns and Christmas is nearly upon us, I'm reminded of the Christian emphasis on the incarnation – that is, God's physical presence among us in the historical person of Jesus of Nazareth. The incarnation, however, is more than just a one-time historical act that took place 2000 years ago, but has continued in every generation and still today as the gospel is embodied and lived out in our very lives – our very bodies – through our worship, discipleship, and service.

At the beginning of the All Saints in Action project I encouraged us to ask three questions of each of these three areas:

1. Who are we? That is, what are our most cherished and deeply held beliefs and values? With what skills and talents has God gifted us? What are our hopes, passions, and fears? What is true about us?
2. Who are our neighbours? What is the context of the world we live in and the community we find ourselves? What are the needs? What are the hopes, passions, and fears of our neighbours?
3. Who is God calling us to be? How do we worship and invite others to worship with us? How do we disciple and make disciples? Who do we serve and how do we serve them such that God's love is made incarnate through us?

And finally, given the answers to these two questions,

I invite you to join me in continuing to explore these questions in the coming year lifted up by the wonderful news that God, Immanuel, is indeed with us!

See you Sunday!

Peace,
Pastor Brian



CHRISTMAS EVE

5:00 PM German Service
7:00 PM Family Service
9:00 PM Candlelight Service
Holy Communion at all Services

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



All Saints Lutheran Anglican Church

November 14, 2024.

A Word About Our Finances

Dear Members and Friends:

We trust you have had an enjoyable summer and comfortably transitioned into a warmer fall this year. I had hoped to more personally deliver this letter but with the current postal strike, that's no longer possible for now.

"All Saints Lutheran Anglican Church is a welcoming Lutheran/Anglican community growing in active faith, striving to serve God through love, grace and outreach." We have indeed planted many seeds and been fortunate to have been blessed with a great place to worship and generous people to help carry out our ministry. Indeed, we must be thankful for all members and friends who have supported the work and ministry of the congregation. This commitment and hard work are greatly appreciated.

During the summer months our offerings usually decrease as people take holidays and are not able to attend services on a regular basis. This again was the case this year. However, our expenses did not go on holidays during the summer, although it would be nice if they did. In addition, as our building has aged, we have been faced with an increased number of repairs and upgrades this year. As we write this letter, we find ourselves with year-to-date expenses higher than year-to-date offerings, which puts us "in the red" by approximately \$10,000.

We are writing this letter to ask each of us to review our current giving - members and friends, regular worshippers, and infrequent worshippers - to consider increasing our giving to the work of the Church either through a one-time offering or by increasing our regular weekly offerings or monthly pre-authorized remittance. This will allow us to catch up and keep up with the costs of our ministry, including the building, the people and the programs, that make this such a wonderful place to praise God and all his wonderful works.

Thank you for reading this letter and considering how you can help with the ministry and mission of our All Saints community. Further information of specific methods of giving are outlined on the back of this note.

Most sincerely,
ALL SAINTS CHURCH COUNCIL

Brian Janzen, Chairperson

Our Finances Continued...

There are a number of ways in how you give or change your offerings to the church. The most obvious is in-person giving while you're at Sunday services. As always, **cheques** can be delivered to the church office at: 210 Silvercreek Parkway N. Guelph N1H 7P8

In addition, there are three secure electronic means to donate to All Saints.

The **first** method is by an **Interac e-mail transfer** which is found within your banking website. You create a recipient which is allsaints@allsaintsguelph.ca

You then determine the amount to send. The last step is to tell us in the memo section, where you wish your donation to be used... general offerings or a specific ministry project. Then press send. Note that the church has arrangements to automatically accept the transfer and deposit it.

The **second** way is by using the secure "Canada Helps" organization website. A link is found on our All Saints website under "**Giving**". Follow the prompts and it will guide you through the simple process.



The **third** way to donate is by using our automatic "PAR" system.... preauthorized remittance arrangement. For existing accounts wanting to change their donation amount, please email Janet Weigel at jweigel0220@rogers.com For new PAR requests, please fill out the form found in the Narthex on the bulletin board and place in box 97 along with a voided cheque. Alternatively, this form is available on our church website under "Giving".

Treasurer's Report to October 31, 2024 By Suzanne Worthen

	October 31, 2024	Year to Date
Offerings.....	\$18,064.79	\$166,301.41
Other Income.....	\$1,685.00	\$18,468.25
Transfers -Housing Fund.....	\$1,000.00	\$10,000.00
-Dowry Fund.....	\$625.00	\$6,250.00
 Total Income.....	 \$21,374.79	 \$201,019.66
Total Expenses	<u>\$20,948.82</u>	<u>\$211,518.80</u>
 Surplus/(Deficit)	 <u>\$425.97</u>	 <u>(\$10,499.14)</u>

EASTER 2025

The Christian Commission is to, 'go into the world and share the Good News'. As evidenced in our daily news and experiences, today's world, and our community, could certainly benefit from Good News.

At All Saints we have an excellent record of outreach to the community. Can we do more to explain the source of that Good News and why it is Good News?

Artisans and faith communities are traditional bridge-builders for people of different experiences to discover the common meeting ground we all experience, particularly as we face the conflict, doubt, uncertainty so prevalent in our world, communities and homes today.

We have decided to open our doors and present an Art Exhibition, offering people in the community an opportunity

to reflect on and perhaps experience a broader understanding of the Easter message on Easter weekend in April 2025.

It is titled *Faith, Hope and Love...beyond the Easter Bunny*.

An open invitation has been extended to local artists, including those in community organizations and various faith communities to share their individual expressions of Faith, Hope and Love in visual arts, fabric arts, crafted objects, sculptures, written works, poetry and music in a quiet, sacred place. In keeping with the theme and setting there will be no on-site sales involved.

Full details are available on the All Saints Guelph website.

Submitted by
Greg Elliott



A Thank You Letter to All Saints Church

Dear friends,

I was deeply touched by the surprise celebration at All Saints church that recognized my forty years as music director. It was a wonderful opportunity to reflect on so many lovely memories. As Pastor Fogleman pointed out it represented many Easters, Christmases, and Advent recitals. There were also many children's musicals and talent shows. Each of those musical events involved collaborations with singers young and old who have all made a special contribution to the life of our congregation. We are fortunate to have such committed and able singers who have supported the musical life of the congregation and help build a caring community. And I am very fortunate to have been able to enjoy so many friendships as a result.

Thank you for all your efforts in preparing for the surprise event. Things were so well prepared that I am sure that it took many hours of planning and preparation to make it all work out. It was very thoughtful that you included my family and friends. They have been generous in their support over the years so that it possible for me to attend

the many rehearsals, meetings and services that have been part of my routines.

Having Peter Nikiforuk play and share greetings from the Royal Canadian College of Organists was very much appreciated. Along with my friends and family, my RCCO colleagues have been an important source of support.

Putting on such a big lunch after a spaghetti dinner the night before was a huge undertaking. The food was generous and delicious, and the colourful anniversary cake made for a great

photo-op. It was also nice having flower arrangements grace the tables. As you know, gardens and the outdoor environment are particularly important to me so bringing some of the outside in was really appreciated. Brian did a wonderful job of emceeing the event and sharing his considerable creative skills in the fun Phantom arrangement.

I will be enjoying the kind and warm greetings on the card for a long time. Having another piece of art by Sue makes me very lucky and will be a frequent reminder of the day. Your very generous gift will give Lori and I

an opportunity to enjoy at least a couple of very nice get-aways. Thanks so much!

Reformation 2024 will always have a special place in my memory. Thanks so much for everything you did to make it a wonderful day.

Warmest regards,
Peter



Celebrating Peter's 40 Years!



Photo Credits:
Connie Shaw
John Szymanski



Japanese discipline garnering a lot of popularity

How to enjoy Forest Bathing

By Inga Hinnerichsen

Definition: Forest Bathing is the art of connecting with nature through all our senses.

Forests play vital roles in regulating the health of our planet and all those who live here.

Lately, a Japanese discipline called “Forest Bathing” has garnered a lot of popularity. These days, the average Americans spend over 90% of their time indoors: in their homes, in office buildings and other places of work and in cars. Canadians are not far behind. Much of this time, when not sleeping, we’re glued to computer screens at work and our phones.

In the early 1980s, Dr. Qing Li and some of his colleagues formed the Society of Forest Medicine and the Forest Therapy Society in Japan. He’s an immunologist and forest medicine expert, presently an Assistant Professor at the Nippon Medical School in Tokyo.

As humans evolved, they have always had a connection with nature. Dr. Qing Li conducted many scientific experiments proving that this connection with nature has definite benefits to both body and soul. The practice of Forest Bathing (Shinrin Yoku) is a preventative medicine against a multitude of both physical and mental illnesses.

Here are a few of the benefits: It boosts your immune system, lowers the heart rate and reduces blood pressure, improves your cardiovascular and metabolic health, lowers stress – stress inhibits immune function – helps you sleep, and improves your mood and energy levels.

Here’s what you need for Forest Bathing

□ First, leave your phone and camera at home. You don’t need any distracting devices.

□ You need an area with trees. It can be a city park, a forest or even your garden. Trees, particularly evergreens, emit



Dappled sunlight in the forest. Photo: Inga Hinnerichsen

phytoncides, tiny particles that are the tree’s defense against invading diseases, fungi and pests. This is the natural aroma therapy you inhale when you breathe in the forest. Phytoncides boost our immune system.

□ Engage your five senses: hearing, sight, smell, taste and touching. Listen to the wind in the tree tops, bird song or the rustle of leaves under your foot. Look at the shades of green and the dappled sun light on the forest floor. Breathe in the forest air, it is rich in oxygen: trees take carbon dioxide (CO₂) from the air. They use the carbon atom for their fibers and structures and give back the 2 oxygen atoms. Taste the fragrant air as you take deep breaths. Feel the texture of a tree trunk with your hands, or walk barefoot in the grass.

□ Walk slowly, stop often. This is not a hike or a jog, just a slow amble. Sit on a log and take the time to absorb the nature around you. Allow a window of time of about two hours for this Japanese stress

relief therapy. You should feel refreshed and experience a sense of calmness and peace.

Recommended reading: *Into the Forest* by Dr. Qing Li. He has also published a few other books on this subject.

□ □ □

Reprinted with Permission

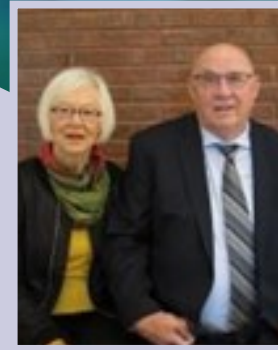
Written by Inga Hinnerichsen and printed in the Port Rowan Good News, June 26–July 30, 2024 edition

Submitted by Elaine Maguire

A Significant Milestone!

Chris and Joan Fischer are celebrating their 65th wedding anniversary on Christmas Day! Chris will also be celebrating his 87th birthday that day. Best wishes from your All Saints Family!

1 Corinthians 16:14 - Let all that you do be done in love.



What's New with the Chalmers Christmas Gift Bags??

New: You can pack a Chalmers Christmas Gift Bags with a monetary donation. Please see the message from Chalmers below:

Due to time constraints and limitations some people may have in purchasing items for Christmas Bags this year, our team wants to make it clear that we also accept monetary donations for Christmas Gift Bags. We have wonderful volunteers that are able to go out and purchase items to fill the bags accordingly. If you are interested in contributing to this campaign, but are not able to

donate items, please consider the following donation methods:

E-transfer to community@chalmerscentre.ca

Donating to Chalmers through Canada Helps [here!](#)

Sending a cheque or cash to: Chalmers Community Services Centre, 41 Macdonell St., Guelph, ON, N1H 2Z4

If you choose to donate monetarily to this campaign, please specify in a note that you

want your donation to go towards Christmas Gift Bags.

Thank you for filling a bag(s) or making a donation to the campaign if you are able.

I will be taking any bags from under the tree on Monday, Dec. 2nd to the Chalmers Centre.

Respectfully submitted,
Robin

The Flooring Saga Comes to an End

Dear All Saints

A wish to freshen grubby flooring and lessen the chore of excavating ancient cake crumbs from the carpets in the church, lead to a plan to refresh the nave with a deep steam cleaning of that carpet and replacement of the stained carpet in the basement with new, waterproof, minimal care, vinyl plank flooring. This work was accomplished over the summer with the expert installers and a commercial quality product provided by End Of The Roll Flooring Centres. The work hit a few snags as is common during a big project and at every challenge, the owner Abhi Kathuria and installer Jason were very helpful.

The first big snag was the incredible durability of the old glue that was stuck fast to every inch of the old carpet. Grinding it off, even with plastic draping, caused a blizzard of white dust so plan b was application of specialized solvent and lots of hard graft and manual scraping. Finally, all was laid bare and the new flooring was placed beautifully. We got to admire that perfection for about three days when disaster struck and the floor began levitate! A

frantic effort to re-stick by rolling the floor was attempted, but it had obviously heard us sing ..Rise Up Sister and Follow!!!!!! and plank after plank did just that! We are still not sure what happened, but perhaps the solvent to remove the old carpet glue played up on the adhesion of the new plank glue.

At this point, owner Abhi Kathuria saved the day, and he generously offered to supervise the removal of the first flooring product and replace it with a superior quality padded click laminate ABSOLUTELY FREE OF CHARGE! This was accomplished as well as replacement of the carpet on the front stairs and we were left with lovely easy to care for new floors. Michele Alterman reports the office is much warmer and more comfortable underfoot.

In the middle of all this chaos, the parishioners turned out cheerfully to move everything out, then back in, then out again and then back in, the following week. Michele cheerfully coped with all the office on the move uproar, and we all shed a huge sigh of relief when the last desk

was placed and the electronics found their way home.

The work was funded by an anonymous donation but completing it was made possible by the kindness and generosity of Mr. Kathuria at End Of The Roll. If any parishioner is contemplating purchasing of a new flooring product, we encourage them to check out this fine company.

Respectfully submitted
Deborah Szymanski Potts

End Of The Roll
- Owner Mr. Abhi Kathura
55 Woodlawn Road West
Guelph 519- 312-5161

Six reasons

why we

keep talking

about the dangers of

anti-trans

legislation



with 77% facing these issues. Access to care can greatly reduce these risks.

Trans Youth CAN! reported that long wait times for gender-affirming care are linked to increased rates of self-harm and suicidal thoughts. Their study highlighted that 67.6% of trans youth seeking care had engaged in self-harm within the last year, and 34.5% had experienced suicidal ideation due to delays.

Egale Canada emphasizes the need for timely care to prevent these mental health crises, stating that delays can have life-limiting consequences for vulnerable youth.

Six reasons why we keep talking about the dangers of anti-trans legislation:

1. Gender-Affirming Care is Healthcare

Gender-affirming care is recognized as vital by Canadian health organizations, including the Canadian Medical Association. It significantly improves mental health and overall quality of life for trans individuals.

According to Egale Canada, gender-affirming treatments can reduce the risk of suicidal

ideation by nearly 50% among those who access them, emphasizing their critical role in supporting mental health.

Trans Youth CAN! found that youth with access to timely care reported lower rates of anxiety, self-harm, and depression compared to those facing long delays.

2. Denying Care Increases Mental Health Risks

The Canadian Mental Health Association reports that trans individuals experience higher rates of depression and anxiety,

3. Blocking Access to Gender-Affirming Care is Discriminatory

Under the Canadian Human Rights Act, restricting access to gender-affirming care violates protections against discrimination based on gender identity.

Egale Canada reports that over half of trans Canadians experience discrimination in healthcare settings. Policies that limit access to affirming care exacerbate this issue, increasing the risk of marginalization.

Dangers of Anti-Trans Legislation Continued...

The Ontario Human Rights Commission has stated that denying this essential care is discriminatory and harmful, calling for policies that ensure equal healthcare access for all.

4. Impact on Trans Youth

Research from Egale Canada found that supportive care environments significantly reduce depression and suicide attempts, with a reported 60% decrease in depression among youth receiving affirming care.

The Trans Youth CAN! study showed that 16.8% of youth had attempted suicide when facing long wait times for care, underlining the urgent need for accessible services.

Ensuring timely, supportive access to care is crucial for the well-being and safety of trans youth, preventing the long-term health risks associated with delays.

5. Gender-Affirming Care Improves Lives and Saves Money

The Canadian Medical Association Journal indicates that access to affirming care can reduce healthcare costs by preventing severe mental health crises, leading to fewer emergency interventions.

Egale Canada found that when

trans individuals receive affirming care, emergency room visits related to mental health crises decrease by 30%, reducing overall strain on healthcare resources.

Investing in comprehensive healthcare, including gender-affirming treatments, promotes better health outcomes and minimizes the need for costly emergency care.

6. The Importance of Informed, Supportive Healthcare Decisions

The Canadian Professional Association for Transgender Health (CPATH) advocates for patient-centered healthcare that allows individuals and their healthcare providers to make decisions free from political interference.

Egale Canada emphasizes that 80% of trans individuals feel more secure and supported when they have autonomy over their healthcare, improving overall outcomes and trust in the system.

Restricting access to care not only undermines patient autonomy but also damages the trust necessary for effective healthcare, leading to avoidance of even routine care by trans individuals.

Source: Affirming Connections Calgary <https://affirmingconnections.com> :



We believe in the full inclusion of all 2SLGBTQIA+ people in the life and ministry of any faith community.

Affirming Connections seeks to support and enhance the positive voices of people of faith, ministries, and organizations who work to eliminate religious discrimination and to provide spaces of belonging for people to explore their spirituality, without any fear of exclusion.

Submitted by
Michele Altermann

Silvercreek Community Market



Things are hopping at the Market! After the adjustment to once-a-month shopping that happened over July and August you can see that the numbers are on the upswing again. After the first November Market, we are at a good point with the number of families coming. This means we are serving more families in total, rather than a smaller number more often. If the numbers get too high again, we may need to pause on registering new families again. We will definitely pass the 7191 number of people served last year!

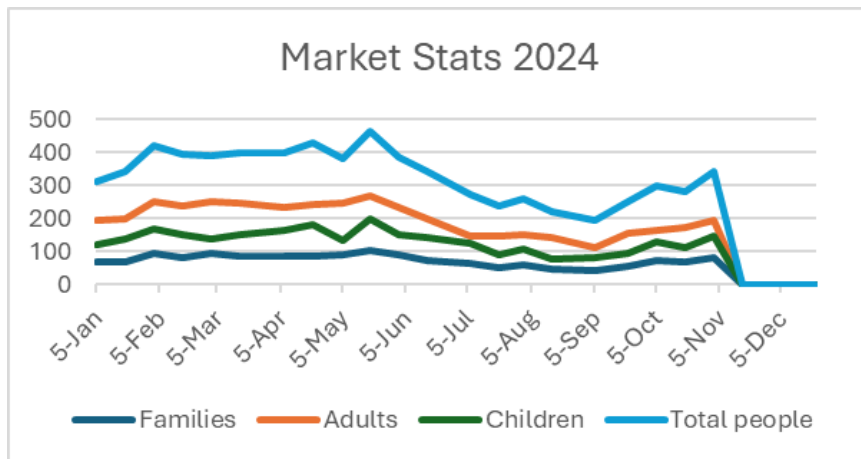
Support for our eight Indigenous families through nookomis Carol Tyler continues each month. Food set aside each Market day is delivered to 238 Willow Rd., a Guelph Assisted Living Building plus whatever might be left over, so no food is wasted! Since we have no way of knowing how many people in that building are getting food, our number served is actually higher. We have also extended memberships to the residents of 10 Shelldale Cres, a residence for people in transition.

The Order of the Eastern Star has been very generous in their ongoing support of the Market. They drop off food each month when they meet here and donated \$5,000.00 this month!

Thank you to everyone who supports this ministry – financially, volunteering, praying. Please know you are making a difference in the lives of our community. If you are shopping for the Market, we need cooking oil for December and school snacks, canned fruit and vegetables for January. Thank you ❤️

Respectfully submitted,
Michele Altermann and the Outreach Team.

	YTD	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
Total Families	1585	140	181	182	175	197	164	115	109	99	142	81
Adults	4204	394	491	499	480	516	433	296	294	269	338	194
Children	2822	261	322	292	349	333	295	218	184	176	243	149
Total People	7026	655	813	791	829	849	728	514	478	445	581	343

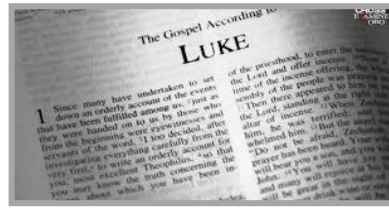


Reflections by Rev. Nigel Bunce

On December 1st, we start a new church year with the beginning of Advent. This year, we will be reading the Gospel of Luke.

Unlike the other gospel writers, Luke starts by setting out a plan for what he wants to accomplish. It's set out in the first four verses of Chapter 1. Luke tells us that he's studied everything carefully, and that he wants to write an "orderly account" for someone whom he calls Theophilus. Now we don't know whether Theophilus was an actual person. The name Theophilus means "lover of God". The "Theo" part means God, and the "philus" comes from the word for lover in the sense of friendship [philia]. So it's possible that Theophilus could be a kind of shorthand for any early Christian who reads Luke's Gospel, rather than one specific person.

For me, a question is what Luke meant by an "ordered account".



Luke added a lot of material of his own to Mark's account of Jesus' ministry. However, he hardly changed the order of events at all. So I think that the word "ordered" must be more like "orderly". One thing is clear, however. Both Matthew and Luke wrote their gospels some fifteen to twenty years after Mark. Mark himself was not interested in Jesus' origins. His Jesus simply strides straight onto the stage and begins his ministry. By the time that Matthew and Luke were writing, early Christians had become interested in how Jesus came to be.

Such a special figure must have had a special origin. I assume that stories had spread to the

effect that Jesus had a virgin birth. Matthew's account of this is very spare, a mere eight verses [Matthew 1: 18 - 25]. Luke, however, provides an elaborate story-line of 136 verses [Luke 1: 5 to 2: 40] that includes Jesus' birth in the stable, the shepherds and angels, and the encounter with Simeon and Anna. Both Mary and her cousin Elizabeth are told by an angel that they will have very special sons, namely Jesus and John the Baptist. And not just any angel, but rather Gabriel, whose name means "a mighty man of God." It was Gabriel who had explained to Daniel the meaning of his visions contained at Daniel 8: 16 and 9: 21. Mary is compared with Hannah, who was the mother of Samuel, through the device of the similarity of Hannah's song [1 Samuel 2: 1-10] with Mary's Magnificat [Luke 1: 46-55].

Chili After Church

A big thanks to all who attended Chili After Church on February 17th.

There was lots to eat and everyone enjoyed the talent of many members of the congregation.

The Free Will Offering totalled \$195.00 and Pearl's Gift Table contributed \$94.50.

A total of \$289.50 will be given to the Silvercreek Market.

Laura B. Mann



Life at All Saints



Cheque presentation following Pearl's Come and Go Afternoon Tea in October.

Talent Show

Ruth and Naomi, played by Connie and Laura F.



Story Telling by Pearl



A Song from Siegfried



"This Girl is on Fire" by Hazel



Carolyn and Ann on the Uke



Ann's Quilting Talent

Ramblings from Parish Care

**December Workshop - December 10
at 1pm in the Narthex**

Topic: Ultra-Processed Foods

Please note date change for this month.

**The Associates - December 17 at
1pm in the Narthex**

This supportive group meets the 4th Tuesday of the month and invites all caregivers and their partners to join in a time of sharing, activities and learning. Please note date change this month.

A cancer diagnosis does not have to put the brakes on your dreams, aspirations, and life! Cancer patients now have access to more targeted treatments and a chance to live life once again. Many options now exist in the treatment of various cancers.

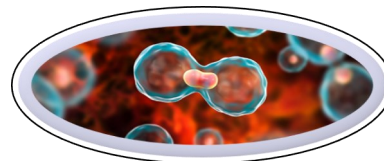
While I am not an expert on this topic, I continue to be amazed at how treatments have evolved. My first experience with cancer was in the '60's at Victoria Hospital in London, On. Along with surgical removal, radiation, with radio-active isotopes, was the treatment of the day. I must admit that I "slithered" past that area with great caution, hoping not to pick up any radiation myself.

The first cancer hospital in the world was Hôpital Saint-Louis in Rheims, France. The hospital had two beds but was forced to move from the city because people believed then that cancer was contagious. This sentiment still existed somewhat in the

'60's.

Some of the earliest evidence of cancer was found among fossilized bone tumors, human mummies in ancient Egypt, and ancient manuscripts. Growths suggestive of the bone cancer called osteosarcoma has been seen in mummies. Evidence of bony skull destruction or cancer of the head and neck was also found.

The Princess Margaret Hospital was founded as the Ontario Cancer Institute in 1952 by the Ontario government. The Princess Margaret (PM) Cancer Centre is the largest integrated cancer research, teaching and treatment centre in Canada. Its research institute, formerly known as the Ontario Cancer Institute (OCI), includes internationally recognized researchers and cutting-edge



research infrastructure. It is one of the top 5 cancer treatment and research centres in the world, which is no small accomplishment. Once a small but very reputable treatment centre, which I worked next door to, it has grown magnitudinally since its incorporation into the University Health Network in Toronto.

Cancer is not one disease but many. Normal cells grow and divide in a controlled way but cancer cells grow and divide out of control. Many types form tumours. When these cells collect together, they can get into and destroy normal body tissue.

In blood cancers, like leukemia, cancer cells stop the growth of healthy blood cells and prevent them from carrying out their normal function. White blood cells proliferate, blocking out the red cells which provide oxygen and

Parish Care Continued...

nutrients to the body.

Some types of cancer grow quickly and some grow slowly. There are many types of cancer (about 20) and each is different. Therefore treatment also depends on what type of cancer you have and many other factors. Each treatment is unique, not a one size fits all.

Considerations when treating cancer include: whether to remove the cancer, slow the growth, or manage symptoms. Your age, your overall health, the stage of your cancer and also genetics (hereditary) factor into the equation. All of this will lead the doctor to decide whether surgical removal, chemotherapy or radiation is best for you.

Follow up after treatment to see how well you are doing, will check for cancer recurrence, whether all the cancer cells have been eradicated and help in managing the side effects of treatment.

My first exposure to cancer treatment in the '60's was at the Cancer Clinic at Victoria Hospital in London. There, they then treated uterine cancer with radiation. Specially constructed rooms were used as radioactive material was actually implanted.

Radiation therapy now uses high energy x-rays to kill cancer cells. However research has brought us to a very different place today.

After those days of radiation only therapy, chemotherapy became available. However the early forms of chemo had its own pitfalls. Because the medication travelled thru your body. It affected not just the cancer cells but other normal tissues as well.



Since then, many other forms of chemotherapy have been developed. These treatments more specifically target just the cancer cells. Or for another, the treatments target the immune system directly to fight cancerous cells. Some of the current research and treatments centre around t-cells, hormone therapy, stem cell transplants, targeted drug therapy, and biological therapy. Another very interesting treatment idea that has come to light since the pandemic, is mRNA therapy, which utilizes the mechanisms that targeted the Covid-19 virus. It also includes the development of personalized cancer vaccines.

Emerging therapies, and other research, is ongoing with Chromosomes, as cancer is

genetic. Drugs to protect normal tissue from radiation therapy, and to make cancer cells more vulnerable to radiation treatment. Nanoparticles that train immune cells to attack cancer. Radiopharmaceuticals that deliver radiation directly and specifically to cancer cells. Blood tests that gather genetic information to help guide decisions for people with cancer. The gene-editing tool CRISPR is changing how cancer is studied



Exciting times are ahead for better cancer diagnosis and treatment. Some cancers are now curable and the number of cancers that are put into remission or "controlled" is increasing rapidly. The thought of a vaccine to "prevent" cancer from forming, is almost 'futuristic'? And the development of a lab test that could detect early signs of pancreatic and ovarian cancer, both "silent" killers that are usually not detected until "end" stage, would be an encouraging feat

Stay well. Breathe deeply. And let God be the guide to our existence and future. Until next time....

Peace and blessings

Marilyn

December 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 – RRRH, 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 Advent 1 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion 11:30 – Nave, Budget meeting	2	3	4	5 9:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market 10:00 a.m. – 12:00 p.m. – Nave, Clericus meeting 7:00 p.m. – Nave, Choir Practice	6	7 9:00 a.m. – Nave, Decorating the Church for Christmas 2:00 – 7:00 p.m. – RHH, Rental
8 Advent 2 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion 7:00 p.m. – Nave, Lessons & Carols	9 7:00 p.m. – Parlour Worship & Music meeting	10 1:00 p.m. – Parlour, Parish Care Workshop	11	12 1:00 – 3:00 p.m., Rose Head Hall, Chi Rho Fellowship 7:00 p.m. – Nave, Choir Practice	13	14 All day – Nave, Music recital
15 Advent 3 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion Deadline for Connections	16	17 1:00 p.m. – Parlour, The Associates 5:00 p.m. – RHH, Men's Fellowship	18	19 9:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market 7:00 p.m. – Nave, Choir Practice	20	21
22 Avent 4 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	23	24 Christmas Eve 5:00 p.m. – German Service 7:00 p.m. – Family Service 9:00 p.m. – Candlelight Service	25 Christmas Day 10:00 a.m. – Lessons and Carols 	26	27	28 All Day – Rose Head Hall, rental
29 Christmas 2 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	30	31 		Church office hours: Closed Dec. 24 to Jan. 1		

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