



# Connections

February 2025

## From the Pastor's Study

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*Rev. Brian Wilker, Pastor*  
*SIRev. 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*

Dear Members and Friends of All Saints:

For twenty-five years the farm at the Ignatius Jesuit Centre in Guelph has been providing fresh, organic produce to the public through Community Supported Agriculture (CSA) shares, the Milton Farmers Market, seasonal crop sales, U-pick berry markets, and the purchase of fresh produce by local restaurants and caterers. Nadine and I have been CSA members for the past three years and have very much enjoyed picking up our weekly basket of in-season veggies.

Unfortunately, the farm recently announced that they will be pausing the CSA programme for a number of reasons, but primarily because of the cost of providing fair wages for workers.

The math of labour expenses verses income from the sale of product is just not adding up.

As they explain it, "The Ignatius Jesuit Centre is committed to providing ethical wages for its farm workers. Organic horticulture is labor-intensive, yet the prevailing food system expects prices that depend on low-cost labour and externalized environment costs."

This is a sad situation, and I hope that the Ignatius Farm will be able to work out a system that ensures high quality organic product as well as fair wages for its employees. I wonder what the cost of my CSA share would be under those conditions, and would I be willing to pay it? This got me thinking further about so many of the products



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

## From the Pastor's Study Continued...

that we purchase that are either government subsidized (such as petroleum products, automobiles, other food products) or produced over seas at very low labour rates (such as electronics, clothing, and many mined materials). What would be the fair retail value of these products without subsidies and low-cost labour? Could the economy even bear such costs?

These may sound like questions of economics, but in fact they are questions of stewardship – and more specifically, for us they are questions of Christian stewardship.

This past Sunday I preached a sermon about abundance. I said that it is not true that “the wine has run out” (in reference to the sign of Jesus turning water into wine at the wedding in Cana). The world wants us to believe that there is a scarcity of money and resources, but in Christ there is only extravagance and abundance.

As Christian congregations in North America go these days, we at All Saints really do have an abundance of people, energy, and

resources to carry out the ministries we are called to do. But a short look down the road suggests that this abundance of people, energy, and resources is likely to look different in a few years. How do we steward these resources now to give future generations the ability to continue to proclaim God’s generous and abundant gift giving and love?

These aren’t easy questions to answer. They require difficult but honest conversations about our ministry, our energy levels, our resources, our values, and our priorities. They require a commitment to the faith and traditions we have inherited as well as an acknowledgment that as times change so does ministry and liturgy change to meet changing needs.

But always grounded in God’s abundant grace, we face these challenges with faith and courage.

See you Sunday!  
Pastor Brian



**Treasurer's Report for December 2024 and January 25 will appear in the next issue of Connections.**

## Council Perspective

Greetings and Happy New Year!

“2025” .... how does that sound to you? Here we are, now at the end of January. And how are those resolutions going? Many people say that it only takes about three weeks to find out whether these new adoptions will truly stick or crumble. Are you at that point?

Like some of you, I’m old enough now to have recycled a few thoughts or resolutions from the past and have become wise enough to know or predict how realistic these resolutions might become in the New Year. Through the years, my mind has more often turned to the question, “What does God want for my life this year?” I know from working with members of the Church Council that many of them share this perspective. Council feels that it does not serve its own purpose but rather God’s purpose working through the congregation of All Saints. In 2025, Council will prayerfully carry out that role to the best of our abilities. The Council has been addressing daily church operations and future

**“What does God want for my life this year?”**

planning. Recently, ongoing property issues arose, such as a recurring flooding problem in the lower floor. After investigating, we hired an excavating company to install a new tile drain along the building's east side. The solution appears to have resolved the issue.

Flash to a couple of weeks ago and another flood downstairs presented itself in a different area of the building. After another round of cleanups, it was determined that it was caused by a different event; a stranger turning on an outside water tap which ran for a lengthy time. Since the tap is right against the building, it went straight down to the lower floor. This has been remedied. Different events, different causes.

Regular roof check ups and maintenance repairs came before the snow flied as well. If that wasn’t enough, another water leak was discovered in the downstairs washrooms. Over time, the flooring tile has lifted. In January, a plumber was contracted to repair this. To do this, they had to disassemble things and break open the concrete block

wall between the two washrooms downstairs to get at the broken pipes and then put things all back in order. This caused disruptions in the functioning of our groups in the building for a number of days. This repair is complete but the flooring in both bathrooms must be replaced. A plan is now in place for this.

Oh yes, then there was the HVAC or heating system in the church. It stopped functioning in January or at least became much less reliable. After several service calls, the solution was determined to be a needed part which at the time of this writing is on order. From last summer on, I cautioned everyone that the building is pretty much 40 years old, and some “old age” repairs were bound to begin coming up. All of this has obviously placed a demand on our Capital Repair fund and church finances. At the same time, our deficit from summer offerings didn’t recover as much as usual. A letter of appeal was sent out to the entire congregation.

Despite some of these challenges, life in all areas and ministries at All Saints continued to be vibrant through the last couple of months. They have

## Council Perspective Continued...

flourished. Thanks, must be given to Pastor Brian and the Worship and Music Team for their ministry during the Advent and Christmas season. So many played a role during this season. No less than 4 services in two days were celebrated. More than 100 people viewed our online Christmas Eve service.

Looking to our future, the age of our congregation and leadership in various roles, Pastor Brian proposed we form a "Futures Team" to operate in 2025. Some may know it as a version of long term planning. Some of its basic functions include:

1. Reach out to each congregational committee or team (including council and executive) to talk about their current activities and responsibilities, and to consider long term outlooks, hopes, and possibilities.
2. Meet with each staff member (including pastor, deacon, and honorary assistants) to discuss their current job descriptions, what their long term hopes for their role might be, and what would be needed to

achieve these goals.

3. Create a team to carry out the MAP (Missional Action Plan) process in 2025 as outlined by the Niagara Diocese.
4. Consider how our facilities are currently being used to fulfill our mission, and how they might be better used. This would include a review of our rentals and rental space.

This team was approved by council and is now in the formation stage. Look to hear further news about this team's formation and work.

I'm reminded of a quote I have shared before. "We are living in a different time, and for this time we need to explore ways of being and doing that may look different from our past. We are being asked to make ourselves vulnerable again, and, in doing so, make our hearts and minds fully available to the Spirit's leading. Perhaps we are called to dream differently.....That can make us feel vulnerable.....But we can, and should, be confident



in our vulnerability. God has made us confident in Christ and competent ministers of the gospel." "Willard Metzger...Daring to Dream Again"

We can't and should not keep trying to recreate the church of years ago. We can't afford to put our energies into recreating the past. The church is now....where God is leading anew.

It's hard to find someone in our congregation who isn't contributing to the life of our church. May God's blessing be with you as we carry this work forwards.

Peace,  
Brian Janzen  
Chairperson/Church Council



## Barbara Price Scholarship



Barbara Price was a friend both to St. David & St. Patrick's where she was organist, and to St. Paul's, where she was a faithful supply organist. Her kind and generous nature was appreciated by all who knew her. When she died her family used donations given in her honour to be used for a music scholarship program.

Over the years we have nurtured four scholars, and are now happy to support Hazel Heaney's contributions to our worship and music

where she is both singing and playing the organ for our preludes. We are thrilled that she has been chosen to play a role in Stratford's production of Annie, and wish her all the best as she launches her professional career.

*Recognition of the Barbara Price Choral Scholar - Hazel Heaney*



Submitted by Peter West

## Sign Up To Host Coffee Hour



Please consider signing up to host a coffee hour! It doesn't have to be "fancy" - just a snack and a drink.

A short time for fellowship after worship is greatly appreciated and especially welcoming to visitors. Sign up sheet is in the Narthex.

## A Wonderful Surprise

WOW! What a wonderful surprise. Our All Saints Family singing Happy Birthday to me! Orland and I are truly blessed. Many thanks.

Love,  
Orland and Barbara



## Reflections by Rev. Nigel Bunce

There's an 'alternative' gospel reading for February 2<sup>nd</sup>. That's because this day is Candlemas, also called the Presentation, which happens this year to fall on a Sunday. Birth being a messy process, it involves bleeding, which makes the mother ritually unclean according to the Jewish purity laws. The period of uncleanliness was 33 days from the naming of the baby (8 days after his birth = January 1<sup>st</sup>).

A couple of details. Babies were not named until they were eight days old. Infant neonatal mortality was so high that this delay meant that there was a good chance that the baby would survive. Mary was fortunate that she gave birth to a son. The unclean period was twice as long (66 days) for girls.

The gospel [Luke 2: 22-40] records the visit of the holy family to the temple, where they purchased a sacrifice to lift Mary's impurity. Afterwards, they met Simeon and Anna, who recognized Jesus' divinity. We can note that the holy family was poor [they could only afford two small birds]. The whole episode shows that Jesus was brought up within the rituals of Judaism.

At the end of January, we left Jesus reading the scroll at his home synagogue in Nazareth [Luke Chapter 4]. Things were looking very positive; people spoke well of him. But almost immediately, negative voices were heard. 'Hey. We know this guy. He's just the carpenter's son.' It was the tall poppy syndrome, and it ended with Jesus getting run out of town [Luke 4: 22-30].

Luke's gospel continues with Jesus calling his first disciples.

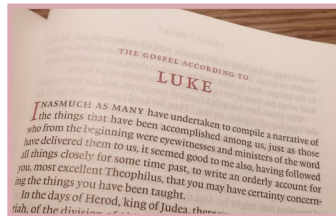
Luke treats this quite differently from the other gospel writers, who all have a 'call' story almost immediately after Jesus' baptism. In Luke's gospel, Jesus already has crowds of people following him from place to place. Chapter 5 begins with Jesus being 'one day' by the Sea of Galilee. A crowd of people was listening to him preaching, when Jesus noticed two boats by the shore with the fishermen mending their nets. They had fished all night without success. Jesus told them to put the boat out into deep water and let down their nets to try again. When they did so, they caught an enormous haul of fish. This anecdote is strikingly like the

account at the end of John's Gospel of the 'barbecue on the beach' when Jesus appeared to the disciples after his resurrection. Clearly, both gospel authors had heard the same story, but they incorporated it differently into their writings.

Then follows Luke's account of the call of Peter and Andrew, and James and John, almost exactly as in Mark and Matthew. These four men become the first 'official' disciples, the core group of the Twelve.

However, Luke gives us a reason why the fishermen left everything to follow Jesus; they had just witnessed the miracle of the huge catch of fish. The account by Mark and Matthew has always struck me as rather improbable: why would anyone simply up stakes and go off with someone who just said, 'Follow me'?

The last two Sundays in February see us dipping into Luke chapter 6 (Luke's equivalent to the Sermon on the Mount [Matthew chapters 5-7]) before we end the Epiphany season with the Transfiguration on March 2.



## Caring Committee



Often members who are ill or hospitalized are overlooked and not included in the life of All Saints Church.

Please notify the office if anyone would appreciate a visit, phone call

or the congregation can pray for those struggling.

All Saints is a caring congregation and would like to support members in any way possible.

Laura B. Mann  
Caring Committee

## Faith Forum Returns

Faith Forum is the opportunity to come together to discuss issues of faith that are on our minds. They could be about a specific topic, it could be a general

conversation about faith, or it could be questions you have for Pastor Brian or any of the retired clergy of the congregation. Maybe you just want to see the friendly faces of your fellow All Saints friends. That's ok too! It's Christian Adult Education and Fellowship all rolled into one!

Faith Forum meets online via Zoom on the first and third Wednesday of each month at 7:00 PM. You can join us by entering this Meeting ID number when you log onto Zoom: 977 500 4108

**Our next Zoom gathering takes place Wednesday, February 5, 7:00 PM.**



## Capital Paving Food Drive

This Holiday season Capital Paving employees organized a 12 Days of Christmas Food Drive in support of Silvercreek Community Market. What a success the food drive was!! A total of 585kg (1290lbs) and \$119 in cash was collected over 12 days at the office. Over the past several years the Capital employee Christmas dinner/dance brought in non-perishable food and cash but this collection has surpassed previous years totals! THANK YOU CAPITAL for your continued support!

Submitted by Julianna Stephens





## 2024 Food Security Grant Program

Please read the letter below, sharing exciting news!



### OFFICE OF THE BISHOP OF NIAGARA ANGLICAN CHURCH OF CANADA

December 18, 2024

The Pastor & Wardens  
All Saints Lutheran Anglican Church  
210 Silvercreek Parkway North  
Guelph, ON N1H 7P8

Dear friends,

Thank you for your dedication to addressing hunger and food insecurity in Guelph. By living out Christ's call to care for your neighbours, you are making real impact in people's lives by sharing both food and hope with those who need it most.

In response to your recent application, I am pleased to share with you that we can provide you with a food security grant of **\$1500** in support of the Silvercreek Community Market; grant funds will be directly deposited into your parish's bank account. This gift from our recent appeal is a modest but most sincere affirmation of your good work to care for your neighbours. It's a gift that is made possible by one generous donor of Palestinian heritage who was moved to respond to the devastating war in Gaza by matching all the gifts that have come in for this appeal from all corners of our diocese. Together we raised over \$13,000 and will be able to support 10 different ministries, including yours!

As you know, the rising cost of living in our country has left many struggling to meet their basic needs, increasing the demand for support. Food security programs in parishes and missions go beyond addressing physical hunger; they create meaningful connections with neighbours and reflect Christ's love in action.

While we feed our neighbours in body and spirit, it is also important that we advocate for a more equitable society. I encourage you to share what you're doing with your politicians and community leaders to champion the systemic changes necessary to ensure that people in our communities no longer face hunger.

In this Advent season, thank you for being a source of Christ's hope.

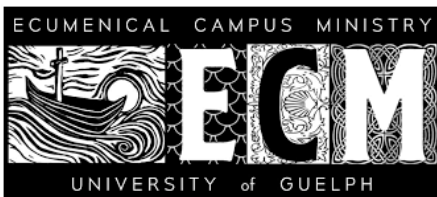
With my deepest gratitude and blessings for Christmas,

The Right Reverend Dr. Susan J. A. Bell  
Bishop of Niagara

copy to: Dr. Emily Hill, Parish Development Missioner  
Ms. Michele Altermann, Primary Contact



## A New Venture for the Ecumenical Campus Ministry in 2025



Ecumenical Campus Ministry (ECM) at the University of Guelph is a ministry funded by the Anglican, United and Presbyterian Churches of Canada, and All Saints has long been a local supporter by providing meals and fundraising for the ministry. This year the ECM is going to be embarking on a new venture, as Andrew Hyde, ECM chaplain, starts to divide his time between ministry on campus and his new role as pastor (half-time) of the Two Rivers Church in Guelph.



Two Rivers Church was founded in Guelph in 2012 as an experimental missional community, supported by the Presbyterian Church of Canada. It seeks to be a welcoming community for all in their Christian journey,

whether longtime Christians, new, or exploring. You can read more about Two Rivers Church on their website here: [https://](https://www.tworiverschurch.ca/who-we-are-2)

[www.tworiverschurch.ca/who-we-are-2](https://www.tworiverschurch.ca/who-we-are-2)

Andrew sees areas of commonality between the ECM ministry and the ministry of Two Rivers Church. Both are small, personal, informal ministries situated in much larger secular cultures, namely the university and the city. They both seek to provide friendship and community for those who often feel on the margins. They both have creative ways of nurturing faith. And both ECM and Two Rivers are actively engaged in the social issues and problems that call for justice and compassion in our world today.

What does not change is ECM's need for financial support from local churches like All Saints. Having drawn on its endowment fund for several years, the plan is now to build it up again so that ECM can continue for many

years to come. In 2025 All Saints is aiming to raising \$2000 for the ECM through several fun events through the year.

**\*\*\* On Thursday February 20th, at 10 a.m, we will be having a special field trip to the Ontario Veterinary College!** Guided by retired Prof. Jeff Thomason, we will be able to see the skeletons of a wide variety of animals, and Jeff will speak to us about their evolution, anatomy, unique features, and more. This two hour experience promises to be eye-opening and educational, all for the price of \$25, with proceeds going entirely to the ECM. Please speak to me to sign up, or email me at [lreid08@gmail.com](mailto:lreid08@gmail.com).

Watch for more dates and events to come, including another Scotch tasting. And please keep Andrew Hyde and the ECM in your prayers, as a new chapter begins for them.

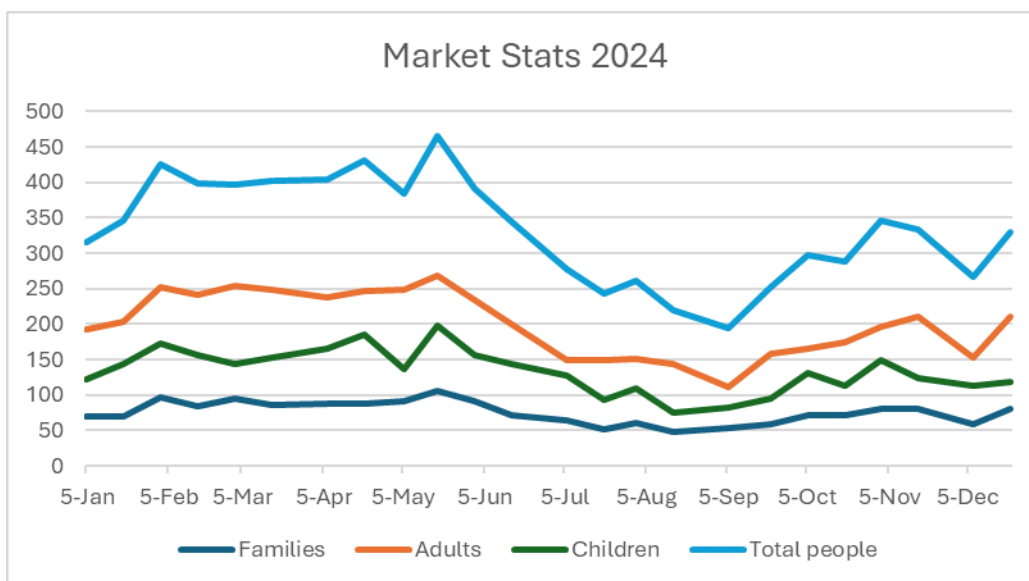
Lucy Reid

## Silvercreek Community Market 2024 Update



Thank you for all your support of the Market last year. Without you we would not be able to do this outreach ministry!

Last year was our busiest year so far. In case you are wondering what the trends have been, in 2022 we served 4878 people, in 2023 we served 7197 people, and in 2024 we served **8012 people** through the Market. **Food security continues to be a concern in our community.**



These numbers do not show the complete picture however, because we also deliver food to 238 Willow, a Guelph Assisted Living building twice a month. We set aside food for 12 people each Market Day to drop off there, along with any other produce that might be left at the end of a Market. This way all the food gets out to the community and none is wasted. Some days there may not be any extra produce while other days, for example if the weather is severe (like the first Market in December), there might be more. We also set aside some of the bread and baked goods from COBS at the beginning of the day, and if there is any left over, that goes in this hamper as well. So that would account for another 24 people x 12 deliveries or 288 (or more) people. And they are very grateful to receive this food, they are usually waiting in the lobby for us wearing big smiles as we arrive!

Looking at the graph you might wonder what happened in July and August. In May we decided that we could not handle the number of guests when it was getting close to 200 families twice a month. Our food budget is geared towards 160 – 170 families a month so this was not something we could sustain. It seemed to be more respectful to have guests shop once a month and get food geared to the size of their families, than shop twice a month but get less and less food as the numbers went up. We decided it was better to serve more families and know they

## Market 2024 Update Continued...

were getting enough produce for the size of each family rather than splitting the same amount of food between more and more families (with smaller and smaller portions going to each). So now guests can only shop once a month, but they still get the amount of food that is geared to the size of their families.

	YTD	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Total Families	<b>1820</b>	140	181	182	175	197	164	115	109	112	143	162	140
Adults	<b>4803</b>	396	495	503	484	516	435	300	294	270	341	406	363
Children	<b>3209</b>	265	328	296	351	334	300	220	186	178	245	274	232
Total People	<b>8012</b>	661	823	799	835	850	735	520	480	448	586	680	595

We did have a waiting list in the summer but were quickly able to add those families in October and November. In December we put families on a waiting list again and will see where the numbers are in February. We want to be sure that we have enough food on hand for the families that are registered guests. It's a difficult decision to make when we know there is so much food insecurity in our community.



We were also generously supported by St. Joseph's RC church again last year. They held three food drives for us and donated money. Their Advent Concert was also in support of the Market. The Order of the Eastern Star continued their support with generous donations (\$5,000 in 2024) as well a bringing food to their meetings. The Eastern Synod gave us \$5,000 in 2024. The Johanniter Humanitarian Group donated \$2,000. We were able to ask the Diocese of Niagara for a grant and they gave us \$1,500 as well. And Capital Paving held their annual food drive for us bringing in 1290 pounds of food and some cash! We are very grateful for the support of our community partners! ❤️

None of this could happen without the many faithful and dedicated volunteers who come each morning to set up and then come back for food distribution. Thank you so much. And to the congregation of All Saints, thank you for your ongoing support of this ministry with financial support and food donations. What better way to try and show that we love our neighbours that to help them feed their families. Thank you for adjusting to our non-perishable rotation list (as printed in the bulletin each week). When we have so many families coming in each month it can be a challenge to have 150 – 160 jars of peanut butter or pasta sauce! Cooking oil continues to be a prized item since this is expensive and rarely found in other food pantries in town. We are also continuing to give out rice, lentils and eggs at each market. In case you were wondering what the fresh produce items are, they are included in the list on the next page:

## Market 2024 Update Continued...

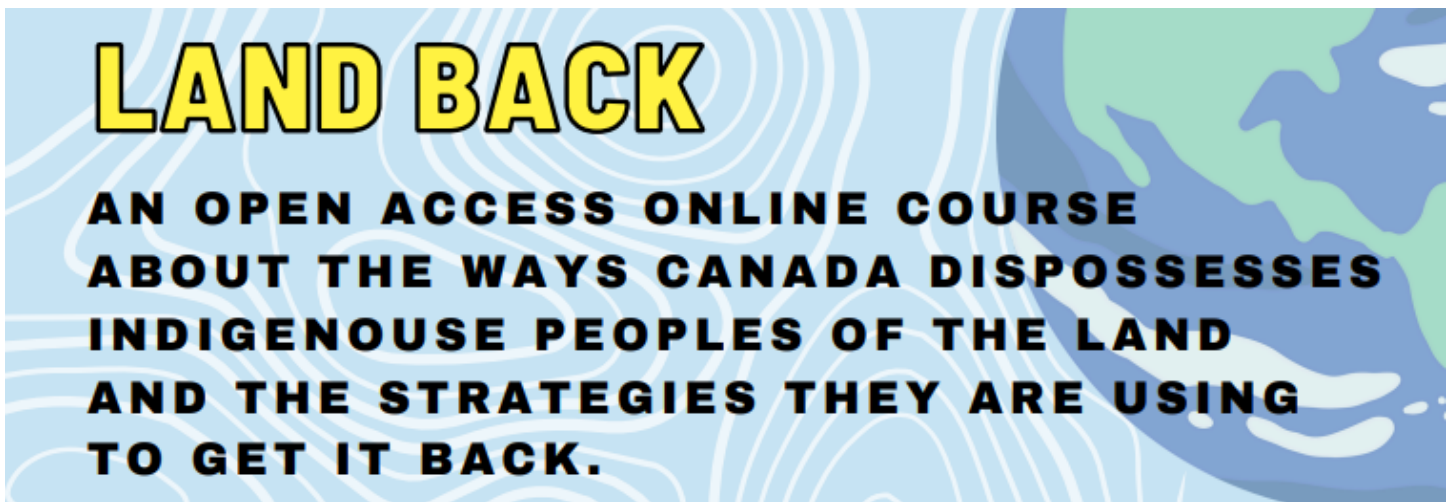
Apples	Cabbage	Ginger	Okra	Potatoes
Bananas	Carrots	Kale	Onions	Spinach
Broccoli	Garlic	Lemons	Oranges	



Respectfully submitted,  
Michele Altermann

## Yellowhead Institute Landback Study

Graphic:  
<https://easternsynod.org/circle-for-reconciliation-and-justice/>



The Circle for Reconciliation and Justice invites you to learn about and discuss one of the most relevant and polarizing political movements in recent years: Land Back. Provided by the Yellowhead Institute based at Toronto Metropolitan University, the *Landback* course is an open access online course about the ways Canada disposes Indigenous peoples of the land, and the strategies they are using to

get it back. Starting Tuesday, January 28th, and running once every 3 weeks until June 3rd, Zoom sessions will be held to discuss that week's course module and the associated reflection question. Whether you are looking to begin your learning on Indigenous history and politics, hoping to expand your knowledge, or are just eager to find a group with which you can safely and comfortably discuss

something new, all are welcome to join.

[Register for the Landback course here: https://learnonline.yellowheadinstitute.org/registration/](https://learnonline.yellowheadinstitute.org/registration/)

[Register for the Zoom sessions here: https://form.jotform.com/243446567320053](https://form.jotform.com/243446567320053)



## Baptism of our Lord—Sunday, January 12



Following the Affirmation of Baptism, the congregation got a little wet!

## What's on your SIN Card?

How many married ladies know what name is on their Social Insurance Card (SIN)?

In most cases it may well be your maiden name as was the case with Cathy. It recently came to our attention when Cathy applied for the Canadian Dental Health Plan and had her application rejected.

Why was it rejected? The name we applied under was her married name and that did not match what the Canada Revenue Agency (CRA) has on record as her SI Number. In fact she received a much delayed letter from the CRA addressed to her in her

maiden name.

So a trip to the Service Canada office on Woodlawn was required to rectify this dilemma and the following documents in hand:

1. Birth certificate
2. Marriage Licence and
3. Photo ID

This allowed the staff to make the changes to her SIN, which is now in her married name!

I asked the young lady how it was that for 45 years we have filed Cathy's income taxes in her married name and it was never an issue being different



than her SIN?

The response was quick and polite: "You were paying us, now we will be paying

you ...."

So who knows where else this may be an issue in the future but if you have absolutely nothing else to do on a cold winter's day you may want to consider making the change sooner than later.

--

Richard Soehner

# Ramblings from Parish Care

Now that Christmas celebrations are over and we are starting our journey through another year, it is a little less stressful to talk about those satisfying flavours we get in our mouths, from all the delicious, and sometimes wholesome “food” available to us here in Canada. We are so blessed. What a rich and valued abundance we have access to, where we live.

Nutritional value should be top of mind but that is not the reality for some folks. December’s Parish Care Workshop had a “hiccup” which meant that those of you looking to learn about Ultra-processed foods missed this timely presentation. So this month’s “ramblings” will deal with that topic.

## Understanding Ultra-Processed Foods (UPF)

Highly processed foods are those in which the raw ingredients, undergo multiple processes to make it into something. These can include washing, grinding, heating, dehydration, mixing, and making it into a paste then squeezed into shapes, etc.

Highly processed foods contain many extracted and synthesized ingredients, preservatives, added artificial flavours, artificial sweeteners, thickeners, colours, emulsifiers, and other additives. The biggest concern is that they are high in added sugars, fats, and/or salt, and are usually high in calories, but low in vitamins, fiber, and other important nutrients.

## How Ultra-Processed Foods Can Harm Your Health

There are “clear and concerning links” between eating ultra-processed foods and getting heart disease. People who tend to have poorer diets, with more ultra-processed and nutrient-barren foods, tend to have worse health outcomes.

Processing foods breaks down the

natural structures of foods, and in the processing, natural nutrients are lost or depleted. When you include the word “ultra,” this refers to putting in industrial additives.

Refined starches (such as wheat, corn, and rice) and sugars are some of the biggest harms because it leads to a big spike in blood glucose. These refined starches and sugars are digested so quickly in the stomach and small intestine, that you starve your gut bacteria in your large intestine.

What, and how much you consume is important to consider in your diet, as ultra-processed foods have been linked to 32 harmful health effects. Health risks from UPF’s are associated with cancer, serious heart and lung diseases, mental health disorders, anxiety, depression, premature mortality, type 2 diabetes, sleep disorders, obesity.

## Foods that are Ultra-Processed

What exactly are these ultra-processed foods (UPF)? They include ready-to-eat packaged food and snacks, sugary coffee drinks, carbonated drinks, energy drinks, fruit punch, packaged snacks, chips, cookies, sugary cereals, industrial bakery products, prepared meats and foods, etc. Finally, they

represent up to 58% of the total daily energy intake, and their share in diets has been increasing in many countries in recent years.

Sugar-sweetened beverages which are often consumed in higher quantities, are often very high in sugar, artificial colors, and other additives, and almost “nothing beneficial” in terms of ingredients. They are associated with metabolic issues for things like higher glucose levels, insulin resistance, obesity, prediabetes, diabetes and higher triglycerides, which are in turn, risk factors for heart disease.

Processed meats have 400% higher levels of salt, compared to unprocessed meats, along with high saturated fats and preservatives, which can increase cholesterol as well as blood pressure. Processed meat also contains high levels of nitrates, which is a carcinogen (can cause cancer). Certain ultra-processed foods, such as bacon, are often fried at high temperatures, which promotes inflammation in your gut. Put together, the inflammatory effects, along with salt, and nitrates, and this is a package of food that can build to cause harm. An interesting fact, is that The World Health Organization has classified processed meats (bacon, ham, salami) as a group one carcinogen.



## Ramblings Continued...

### Healthy Processed Foods

Sugary and artificially sweetened drinks, along with processed meats, were linked to a greater risk of heart disease. But cereals, yogurt and dairy-based desserts were linked to a lower disease risk. Ultra-processed cereals and breads were also linked to a lower stroke risk, as the fibre content they provide is "heart healthy".

However, if you look at the reality of processing foods and at all the research evidence, ultra-processed does not always spell bad news. Not all UPF's are created equal, because there are different types and processes. It is important to understand, within the category of processing, what foods might be more or less harmful. For example, milk is considered "processed" as pasteurized milk undergoes a "process" which removes any possible bacteria but does not add any detrimental substances back into the milk. The nutritional benefits of milk remain the same as before pasteurization.

Breakfast cereals, though highly processed, are a top source of grains in your diet. They have fiber, bran, whole grains, and they also have sugar, and additives. But, putting all those things together, the net effect is beneficial. High fibre cereals usually do not contain huge amounts of added sugar. It then makes sense that they are linked with lower risk of heart disease as fibre is a heart healthy food. That doesn't mean they couldn't be more beneficial if we made them less processed, but they don't seem to have harm.



The active probiotics and fermentation in yogurt can make it a healthy snack of choice, as there has been more and more research showing that fermented foods with probiotics are good for heart health and work against metabolic disease and gut inflammation.

Savory snacks, cereals, yogurt and dairy-based desserts may also be less calorie-dense than sugary beverages and processed meats. Additionally, the type of fat used in savory snacks and the presence of probiotics in yogurt may have neutral or even positive effects on heart health, as opposed to the harmful fats and additives found in many ultra-processed foods.

Other "healthy" but processed foods include low fat cheese; roasted, unsalted nuts and seeds, hummus or guacamole with pretzels or veggies; fresh, canned or dried fruit; hard-boiled eggs; plain popcorn; canned fish with whole grain crackers; raw veggies; whole grain crackers and cottage cheese; roasted chickpeas; trail mix with popcorn; rice cakes..... Just to name a few!!

### Opting for Whole Foods

Many "good-for-you ingredients," such as fermentable fibers and bio-active compounds, are found in unprocessed, whole foods like fruits, vegetables, nuts, beans, and seeds.

There may be people looking to eat cleaner, unprocessed foods, but high cost and a lack of access to them can create challenges. I remember a low-income Mom, filling her shopping cart with frozen Pizza to feed her family because it was a low cost way

to fill empty tummies at home....but of what nutritional value?

I always like to encourage folks to eat their nutrients in the form of whole foods, rather than pills and supplements to get the most benefit. Don't forget that these too are processed. So the best advise is to simply do your best to eat foods in their whole-ingredient form, or as close to after minimal processing, and avoid prepackaged foods as much as possible. I

As always.....

Marilyn Bleach Schranz

Next  
*Chi Rho Fellowship*  
February 13 at 1PM

This is a wonderful time of fellowship amongst other church people. Bring your scrabble, card game, board game or just show up. Laughs, fun and refreshments provided free. See you in the Narthex.

Next  
*PARISH WORKSHOP*  
February 18 at 1PM  
*TOPIC: Back Pain: Causes and Treatments*

Next *ASSOCIATES*  
February 25 at 1PM

## February 2025

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	
						1
<b>2 Epiphany 4</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	<b>3</b>	<b>4</b>	<b>5</b> 7:00 p.m. – via Zoom Faith Forum	<b>6</b> 9:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market 7:00 p.m. – Nave, Choir Practice	<b>7</b>	<b>8</b>
<b>9 Epiphany 5</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	<b>10</b>	<b>11</b>	<b>12</b> 10:00 a.m. – 12:00 p.m. – Parlour, Camp meeting 6:30 – 8:00 p.m. – Parlour Confirmation Class	<b>13</b> 1:00 – 3:00 p.m., Rose Head Hall, Chi Rho Fellowship 7:00 p.m. – Nave, Choir Practice	<b>14</b>	<b>15</b>
<b>16 Epiphany 6</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion Deadline for <b>Connections</b>	<b>17</b>	<b>18</b> 1:00 p.m. – Parlour, Parish Care Workshop 5:00 p.m. – RHH, Men’s Fellowship	<b>19</b> 3:00 p.m. – via Zoom, Church Council Executive meeting 7:00 p.m. – via Zoom Faith Forum	<b>20</b> 9:00 a.m. – 3:30 p.m. – RHH, Silvercreek Community Market 7:00 p.m. – Nave, Choir Practice	<b>21</b>	<b>22</b>
<b>23 Epiphany 7</b> 8:30 am – Nave Holy Communion 10:00 am – Nave Holy Communion	<b>24</b> 7:00 p.m. – Parlour Worship & Music	<b>25</b> 1:00 p.m. – Parlour, The Associates 7:00 p.m. – Parlour, Church Council	<b>26</b> 6:30 – 8:00 p.m. – Parlour Confirmation Class	<b>27</b> 7:00 p.m. – Nave, Choir Practice	<b>28</b>	