

Connections

From the Pastor's Study



A clergy colleague said that every conversation he has had with anyone in the past month or so has quickly turned to feelings of anger and anxiety over what is happening in the wake of Donald Trump's re-ascendency to the office of President. Upon reflection, I would have to say that is true for me, too. Everyone I meet is both angry about the most recent announcements to come out of the White House and worried and anxious about what they will mean for marginalized and vulnerable people in the United States and all around the world – not to mention the concern for our own Canadian economy and sovereignty!

As a preacher of the gospel, I struggle with the question of how much of my preaching these days should be pastoral words of

comfort and how much should be prophetic words of condemnation, while at the same time trying to manage, in healthy ways, my own experience of the anxiety we are all feeling.

Recently, I have been following an online article called A Blessed Mess by an American activist and former pastor named John Pavlovitz whose writing has helped keep me buoyed up in these times. There are two things I would like to highlight that Pavlovitz has reminded me about. The first is that “this is the darkness we were made for.” Christians are called to be radiant in a dark place. He writes: *“I refuse to allow the terrorists around me to break through the borders of my soul and snuff out the light within me... we need to explode outward from our cores*

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From the Pastor's Study Continued...

right now with all the courage, love, and mercy we have so that those who arrive long after our passing will benefit from the light we create in these days."

The second is: If we are going to be this light of "courage, love, and mercy" in the world, then we have to be healthy and not give up on or forget about those things that are really important, beautiful, and life-sustaining in our lives. Pavlovitz offers six things we need to remember to do in these times:

1. **Be relentlessly present...** *cease doom-scrolling about what is in the distance... and see the small world within arm's reach right now.*
2. **Cultivate nourishing relationships...** *as you pour energy into the pushing back against hatred and the opposing of inequity, people around you are experiencing a deficit; of your attention, your availability, your patience – the best version of you that you can give them... Because they love you, they are willing to accept less of you. Fight hard not to force them to have to.*
3. **Lavishly care for yourself...** *eating well, sleeping, resting, praying, meditation, exercising, finding silence... don't let your personal health become a martyr to your activism.*
4. **Fall in love again...** *carve out time to do the things that make you feel alive, because they too are therapeutic and sustaining, and they make these days more than the*

angst and urgency of the moment.

5. **Have a belly laugh...** *laughter is an offensive weapon against hopelessness.*
6. **Clarify your why...** *don't lose your purpose as you enter into the fight.*

"In days like this," Pavlovitz reminds me, living well is "the greatest resistance."

Following our worship during each Sunday of Lent in the coming weeks (March 9 through April 6) I invite you to join me in Rose Head Hall for a simple meal of soup, bread, and conversation around each of these six life-sustaining healthy practices. What might each practise look like in your life, and what challenges do they offer? Hope to see you there! (If you can make soup for these meals, please see the sign-up list in the narthex at church – thanks!)

Peace,
Pastor Brian

**Soup and
Bread
Lunches
See Page 11**



Reflections by Rev. Nigel Bunce

We end the Epiphany season traditionally with the Transfiguration on March 2. Jesus takes three of the core group of disciples (Peter, James, and John) up a mountain, where they have a mystical experience. Jesus is altered in appearance (transfigured). Peter wants to preserve the experience by building three booths (one each for Moses, Elijah, and Jesus). The voice that commands the disciples to listen to Jesus' words proclaims the same words as was heard at Jesus' baptism. Of course, we know that, but the disciples weren't there and so it was new to them.

The season of Lent (from an old English word meaning "to lengthen") refers to the increasing hours of daylight, at least in the northern hemisphere. Lent 1 begins with the account of Jesus' temptations in the wilderness. As I mentioned in my January reflection, this has nothing to do with the coming events of Holy Week. Rather, it's a personal retreat for Jesus after his baptism. I firmly believe that the lectionary confuses the 'person in the pew' by taking these events out of sequence. A better gospel for Lent 1 in Year C would be Jesus predicting his fate when he turned his face towards

Jerusalem: Luke 9: 18-26 (the cost of discipleship – and a chance to talk about Dietrich Bonhoeffer).

The gospels for Lent 2 and 3 are taken from Luke chapter 13. Lent 2 combines two rather cryptic statements by Jesus. In response to a warning by some Pharisees that King Herod is out to kill him, Jesus says that he's too busy to worry about that, and that afterwards, he must go to Jerusalem where, it is implied, he will face the same fate as befell the prophets.

Lent 3's gospel begins with what appear to be news items

about two contemporary tragedies. Jesus explains that both were examples of bad luck – people in the wrong place at the wrong time. That's a hard one for us even today. We ask ourselves why some people survive a plane crash, but others don't. Some claim divine intervention for those who were

saved, but that raises problems. Why did God disfavour those who died? A more rational answer is that it was the luck of the draw.

Jesus went on to tell a parable about an unfruitful fig tree. Its

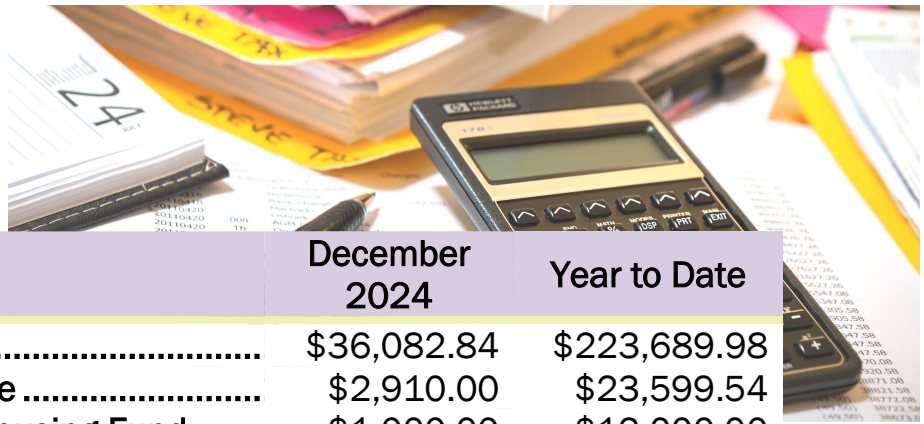
owner wanted to cut it down. That sounds very much like people who are judgemental about those who are failures in the world's eyes. However, the gardener argued that it should be given another chance. The gardener is the epitome of God, who gives us all multiple chances when we screw up.

On Lent 4 we encounter one of the favourite parables in the gospels – the Prodigal Son. Like the parable of the Good Samaritan, it's reported only by Luke. It's hard not to sympathize with the older brother, who dutifully stayed home and worked while his younger brother frittered away his share of the inheritance. But the moral of the story is in the ending: "We had to celebrate because your brother was dead and has come to life again; he was lost but is now found." What the lectionary makes us miss is that the Prodigal Son is the last of three parables that Luke tells about things lost and found. The others are the lost sheep and the lost coin. In each case there is great rejoicing when the lost item is found. Luke's point is that a lost person – indeed, a lost brother – is worth much more than a lost sheep or a lost coin – which are part of your worldly goods.

**“.....Who
do the
crowds say
that I am?
.....**

**Luke 9:18
NRSV**

Treasurer's Report by Suzanne Worthen



**Month ending
December 31, 2024**

	December 2024	Year to Date
Offerings	\$36,082.84	\$223,689.98
Other Income	\$2,910.00	\$23,599.54
Transfers -Housing Fund	\$1,000.00	\$12,000.00
-Dowry Fund	\$625.00	\$7,500.00
Total Income	\$40,617.84	\$266,789.52
Total Expenses.....	<u>\$32,919.35</u>	<u>\$266,313.02</u>
Surplus/(Deficit)	<u>\$7,698.49</u>	<u>\$476.50</u>

**Month ending
January 31, 2025**

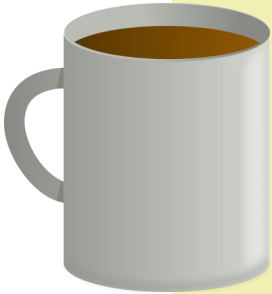
	January 2025
Offerings	\$18,803.00
Other Income	\$1,673.00
Transfers -Housing Fund	\$1,000.00
-Dowry Fund	\$625.00
Total Income	\$22,101.00
Total Expenses.....	<u>\$21,706.20</u>
Surplus/(Deficit)	<u>\$394.80</u>

Pre-Authorized Remittance (PAR) / Pre-Authorized Debit (PAD)

Pre-Authorized Remittance (PAR)/ Pre-Authorized Debit (PAD) enables you to give your offering intentionally, proportionally and faithfully all year long through an automatic monthly withdrawal from your bank account.

Contact Janet Weigel, PAR / PAD Co-ordinator for information — jweigel0220@rogers.com

Coffee Hour



Coffee hour is a time after church when people gather for fellowship and community. A great time to connect with other All Saints members and welcome guests.

Have you been wanting to sign up for coffee hour, but haven't because you are not sure what you need to do?

There are three easy steps:

1. Set up
2. Serve coffee, tea, juice and a snack (as written in the February newsletter, the snack does not need to be fancy!)
3. Clean up

Just open the cupboard door

above the sink/counter in the Narthex and you will find a list of instructions.

Please consider signing up to host a coffee hour—this wonderful tradition of friendship and fellowship!



Bring Friends and Family
Annual St. Patrick's Day Dessert and Card Party
Saturday, March 15

Desserts – 1:00 – 2:00 PM
 Cards and Door Prizes 2:00 – 4:00 PM

A Fun Afternoon!
All donations go to Silvercreek Community Market

If you have any questions,
 Please call Pearl – 519.822.3991

Climate Change and the Solomon Islands

The Community of the Sisters of the Church began in the UK as a religious community within the Church of England during the Industrial Revolution, operating schools for the children. They expanded into Canada, Australia, and the Solomon Islands.

Sr. Margaret is the former

Provincial of the Canadian Branch. Jette and I are associates of the Order since the early 80's when we were in Oakville, and I celebrated regularly at the Wednesday morning Eucharist. Jette was a volunteer, making priest's hosts and wafers in the bread room at the convent in Oakville. Jette was also

the cook for the community in Oakville convent and later the House in Burlington, when we lived in Dundas.

Bill and Jette Thomas

Article below written for St. Cuthbert's Anglican Church Newsletter and printed here with permission by Sister Margaret—CSC.

MARCH 2025

by



Climate Change and the Solomon Islands

Sister Margaret—CSC

September 28, 2024

Fr. Jeff spoke about the Community of the Sisters of the Church in the Solomon Islands and how the country is affected by Climate Change. All low-lying islands are affected by rising sea levels, and having Sisters in such an area is very concerning.

I did some research online and was surprised and disturbed by some things I learned.

There are two major causes of rising sea levels, melting polar ice and heating of sea water by global warming. These are about equal in their effect on sea levels. The result of melting is more easily understood – less ice = more water. However, 90% of extra heat from global warming ends up in the ocean, and as oceans warm, they take up more space, sinking coastal areas. Salt water is also seeping in underground, killing trees. When there are no roots left to hold the soil, the land washes away.

There are over 1,000 islands in the Solomons, and most people live off the land and the sea. In 2014 Kale Island was one of the first to disappear due to climate change. It had been 50,000 square metres of forest and now is not even a dot on the map. Trees take in carbon dioxide, locking up carbon and releasing oxygen. Fewer trees means more carbon in the air leading to more warming.

In 2021 it was reported that 5 islands have disappeared and 6 more are very nearly gone. In 20 years or so the water has risen 15 – 20 centimetres.

The Solomon Islands are not major contributors to greenhouse gases, but they are paying the highest price – loss of land and livelihood.

Climate Change and the Solomon Islands Continued...

One of the ministries our Sisters are involved in is the Christian Care Centre, a shelter for abused women and children. The Centre had to be moved because the water rose so much it was threatening the building.

Flooding and rising temperatures have increased over a short time, and this continues. The most alarming news is that even if global warming were to stop now (and how likely is that?), sea levels could continue to rise for another 100 years!

Please pray for all affected by this situation in God's world and ours. We need to do all we can to save this Island Earth, our home.



Kale Island 2009



Kale Island 2019

Thank you for your Christmas Bag

Dear Members of All Saints,

On behalf of Chalmers Community Services Centre, I would like to express our deep gratitude for your support of our **Christmas Bag Program**. Since 1997, Chalmers has been providing fresh and canned food, hygiene products, pet food and diapers to food insecure individuals and families on a weekly basis.

In 2024, we distributed 21,249 food baskets. Our guests are often newcomers, elders, and multi-

generational families. Fifty-seven percent of our guests are children. In a recent 2024 study, the Guelph and Wellington Task Force for Poverty Elimination found that 18% of households in the Guelph-Wellington community are food insecure. We are seeing evidence of this every day at Chalmers, with many new guests coming in during our food pantries.

The **Christmas Bag Program** is an integral part of Chalmers. This year we distributed **719** bags. Our guests were so appreciative of the bags, and often told us that it is the only gift that they receive during the holiday

season. Your incredible generosity made this possible. We recognize the time and effort, as well as cost, that it took to purchase all of the items and put them together and we are truly grateful to you.

We could not do this without you. Thank you for helping create a *community, without poverty, where people flourish with dignity and respect.*

With gratitude,

Crystle Avery
ed@chalmerscentre.ca
 519-822-8778

Submitted by Robin Smart



Kairos Korner

We are all invited to attend an upcoming Kairos event.

Launch Webinar: Jubilee 2025 – Turn Debt into Hope!
Wednesday, February 19
7:00 p.m. – 8:30 p.m. EST

Jubilee 2025 is a global initiative that builds on the transformative success of Jubilee 2000, which canceled \$100 billion of debt for 36 low-income countries.

The Global South faces a devastating debt crisis, with many countries spending more on debt repayments than on healthcare, education or climate action.

KAIROS...
Faithful action
for justice and
peace

Register at the link below.

<https://secure.kairoscanada.org/civcrm/event/register?id=391>

Another celebration is being marked by the Canadian Council of Churches (CCC) -80 Years! Their website has lots of good information and resources.

There is a interesting video there from a webinar held last October called

Theology and Artificial Intelligence Webinar

On October 1st in collaboration with the World Council of Churches we hosted an online webinar examining these and related questions. Our expert panel of Drs. Gayle

Woloschak, Heinrich Bedford-Strohm, Aristarchos Gkrekas, Cory Labrecque, and Tracy Trothen examined what is unique about human beings, the importance of human vulnerability and limits, the gnostic vision of transferring consciousness to machines, and how to focus on using technology for the benefit of humanity rather than vice versa. Click on the link below to view the webinar. It is about 1.5 hours long.



<https://www.youtube.com/watch?v=GOSpDI9Phgg>

If you don't want to watch the webinar, a text version is available at the link below.

<https://aiandfaith.org/summary-of-the-webinar-theology-and-artificial-intelligence/>

Lastly, I would like to invite anyone else from the congregation that are interested in the work that Kairos Guelph does to join me in attending monthly Zoom meetings for Kairos. The meetings occur on the 1st Wednesday of each month from 4:00 – 5:00 pm.

A Kairos Rep,
 Jan Nielsen

The Knitting Pilgrim

*15 years of knitting. 90 pounds of yarn.
One man's artistic and spiritual journey.*

Actor, writer and knitter Kirk Dunn will be presenting his multidisciplinary one-man show, *The Knitting Pilgrim*, featuring the Stitched Glass tapestries, at Harcourt United Church, 87 Dean Ave, Guelph, on **Friday March 21st at 7:30PM**. This event is the latest offering from the Guelph Seminar.

The show looks at the commonalities and conflicts of the Abrahamic faiths: Judaism, Christianity, and Islam. It recounts Kirk's 15-year artistic and spiritual journey handknitting the ambitious project, and looks at why the faiths struggle to get along today, the meaning of art, and the power of love to overcome major obstacles (and minor mishaps).

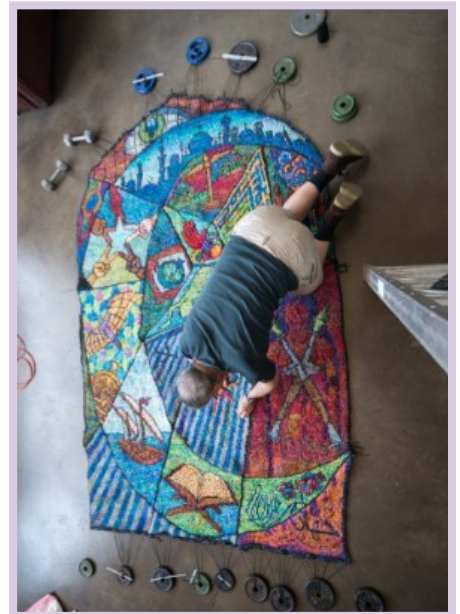
Theatre critic Lynn Slotkin called the show "a stunning piece of theatre... glorious and so moving." It combines personal storytelling, image projection and three huge knitted panels, designed in the style of stained-glass windows. It show premiered at the Aga Khan Museum in 2019, and has been performed to acclaim over 90 times in Canada, Austria, Germany, and the United States.

Tickets are \$20 and are available online at www.eventbrite.com/e/the-guelph-seminar-presents-the-knitting-pilgrim-kirk-dunn-tickets-1200252249789?aff=oddtcreator

Bring your own knitting! And if you have any difficulty getting

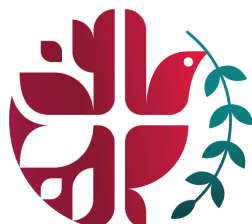
your ticket online, just speak to me.

Lucy Reid



Letter on Non-Binary Safety

The following communication is sent on behalf of Bishop Carla Blakley and the ELCIC College of Bishops.



**Evangelical Lutheran
Church in Canada**

Living Out God's Grace & Unconditional Love

MARCH 2025

Dear friends in Christ:

The people of the ELCIC and the 2SLGBTQIA+ community, inside and outside the church, know too well how acts of homophobia, transphobia, and biphobia—including religious-induced discrimination— embolden public expressions of hate crimes and violence. Unfortunately, deliberate disinformation takes aim at care and safer spaces for transgender and gender non-conforming youth; hateful rhetoric, discriminatory legislation, and restrictions directly place their health, safety, and well-being at risk.

Recently, the 47th President of the United States of America (USA) issued “executive orders” declaring there are only two genders, male and female; banning Transgender people from military service; and ending gender affirming care for anyone under the age of 19.

The ELCIC considers these actions to be hostile to the 2SLGBTQIA+ community. The ELCIC recognizes that there are more than two genders. These executive orders endanger the lives of Transgender, Non- binary, Genderqueer, Intersex, and Gender Nonconforming persons. While these actions have happened in the USA, we know that the lobby to remove and deny human rights does try to exert influence in Canada, and that some elected leaders in this country have enacted discriminatory laws and policies.

The ELCIC is committed to the acceptance, full participation, and liberation of all sexual orientations, gender identities, and gender expressions within the Church. The ELCIC upholds and celebrates our uniqueness and diversity in God’s family. In 2019, the ELCIC established a task force to guide and encourage the church in addressing ongoing issues of homophobia, biphobia, and transphobia. The task force has a mandate to build awareness of transphobia in church and in society. This work is intended to deepen commitments made by the ELCIC made in the [2011 Social Statement on Human Sexuality](#), including the call to uphold dignity of all people regardless of gender identity and to meet diverse people with a core sense of respect for the value of each person as a unique child of God.

Please join us in:

- Praying for the dignity and acceptance for all persons, for the safety of those made more vulnerable by recent government actions, for a world where everyone finds loving community, and for God’s guidance in our thoughts, words, and deeds.

Letter on Non-Binary Safety Continued

- Providing spaces and opportunities for safe, respectful conversations, where people feel support and love, and experience ongoing formation.
- Learning more about human rights, terminology, and pathways to liberation for 2SLGBTQIA+ persons.
- Speaking out against rhetoric that dehumanizes and demonizes anyone made in the image of God, and by promoting accurate information about neighbors and issues of public concern.
- Advocating for 2SLGBTQIA+ rights at the local, provincial, and federal level.
- Preparing for the possibility of providing welcome to those fleeing persecution based on sexual orientation, gender identity, or gender expression.

May the God of love and liberation hear our lament. May each of us be bold in our witness. May we all work to bring an end to this attack against people God has named beloved.

Yours in Christ,
Rev. Susan Johnson
National Bishop, ELCIC

Rev. Kathy Martin
Bishop of the British Columbia Synod

Rev. Patricia Schmermund
Bishop of the Synod of Alberta and the Territories

Rev. Dr. Ali Tote
Bishop of the Saskatchewan Synod

Rev. Jason Zinko
Bishop of the Manitoba/Northwestern Ontario Synod

Rev. Carla Blakley
Bishop of the Eastern Synod

Lenten Series—Soup, Break and Conversation

Join us in Rose Head Hall each Sunday following the 10:00 worship service (about 11:30 AM) for a simple meal of soup and bread, as well as conversation about healthy ways to live in these dark and challenging times. With everyone's help cleaning up, we should be on the road back home each week by 1:00.

If you can make soup for these gatherings, please see the sign-up list in the narthex.



March 9 – “Be Relentlessly Present”

March 16 – “Cultivate Nourishing Relationships”

March 23 – “Lavishly Care for Yourself”

March 30 – “Fall In Love Again” and “Have a Belly Laugh”

April 6 – “Clarify Your Why”



A Pretty Amazing Day in the Life at All Saints

On February 2nd, a special friend of David and Lucy’s— Elizabeth May, Member of Parliament— attended the worship service at All Saints.

During announcements that day, Siegfried Schranz invited the congregation to sing the National Anthem during coffee hour.

How did this make the pages of the **Globe and Mail** newspaper?

I suspect a reporter heard

From the **Globe and Mail Newspaper** →

In a small church in Guelph, Ont., Siegfried Schranz suggested church members sing the national anthem during their regular coffee hour, which they did, belting out “God keep our land, glorious and free” with particular joy and vigour.

that Elizabeth May had witnessed this and spoke of it with the Prime Minister at their meeting that night? Regardless, a pretty amazing day in the life of ASLAC

Richard Soehner



Brian Janzen on the violin for the choir anthem—Shine Like the Sun by John Ylvisaker.

A special treat for all on Reconciling Christ Sunday, January 26th.



Photo Credit: Connie Shaw

Come Join

PANCAKE
BREAKFAST

SATURDAY MARCH 8TH 2025 AT 9 AM
ALL SAINTS LUTHERAN ANGLICAN CHURCH
210 SILVERCREEK PKWY N
GUELPH, ON N1H 7P8

Scrambled Eggs, Pancakes, Bacon,
Sausage, Fruit, Coffee, Tea, and Juice
will be on the Menu

Cost \$15 per person

Please E-transfer to
Kimmielou63@gmail.com

If you have any questions please reply to the
Worthy Matron Kim Carmichael at Rundle
Chapter 108 at the above email



Reconciling in Christ

The third week of February is Aromantic Spectrum Awareness Week. By the time *Connections* comes out we will have missed this date/week but maybe you noticed the posters on the bulletin board in the narthex? Someone who is Aromantic experiences little to no romantic attraction. But that does not mean they do not experience love for family and friends!

Aromantic people may still experience sexual attraction and may still engage in sexual

**Aromanticism
is a type of
romantic
orientation**

activity, but this is not a requirement to identify as aromantic. People who identify as aromantic may still want close platonic relationships, such as friendships and family relationships, without the expectation of romance. Aromantic people may also identify as any sexual orientation or gender identity.

Aromanticism is a type of romantic orientation – that is, an identity that can describe a person’s relationship to romance or patterns of romantic attraction or interest. Aromantic people experiences of romance (or the lack thereof) are often disconnected from normative societal expectations in some way. This can be due to experiencing little to no romantic attraction, due to feeling repulsed by romance, or due to being uninterested in romantic relationships.

Many aromantic people mention having trouble relating to the experience of “falling in love”, or of having romantic “crushes”. Many may pursue non-traditional forms of intimate

relationships or choose not to have formal “relationships” at all.

There is significant diversity in whether aromantic may or may not enjoy specific activities that are often coded as romantic (such as kissing), be uncomfortable with romance, be single or have a partner or be married – those are individual characteristics that vary widely from one aromantic person to another.

In addition, aromanticism also includes a whole range of related identities, often referred to as the “aromantic spectrum”, which include people who may not identify as strictly aromantic, but who find that the label is still a close fit and that they have a lot in common with the community. Some groups within the aromantic spectrum may also adopt new terms like grayromantic, demiromantic, lithromantic, quoirromantic, etc.

Aromantic Spectrum Awareness Week was created in 2014 to raise awareness and celebrate aromantic identities, as well as increase visibility and understanding of aromanticism within the 2SLGBTQAI+ community.

This week was first recognised from 10–17 November 2014, under the name “Aromantic Awareness Week”. In 2015, it was moved to late February, and the name was changed to “Aromantic Spectrum Awareness Week” to be more specifically inclusive of all arospec identities. The event has grown significantly since its inception and is now celebrated around the world. For many people, Aromantic Spectrum Awareness Week is an important time to connect with others and celebrate their aromantic identity.

Reconciling in Christ Continued....**AROMANTIC FLAG**

The colors on the flag stand for:

- Dark Green & Light Green: Aromanticism & the Aromantic Spectrum. Green is the colour opposite of red, which is often regarded as the color to represent romantic love. Combined these two colours represent all identities underneath the aromantic umbrella.
- White: Sometimes referred to as 'the platonic stripe', white represents types of attraction other than romantic or sexual. It includes types such as platonic and aesthetic, among others. It also denotes the importance and validity of all non-romantic relationships, such as queerplatonic relationships, and all non-romantic forms of love.
- Grey & Black: The Sexuality Spectrum. These stripes are to acknowledge that the sexual identities of aromantics are just as diverse as the aros themselves, if they even have one.

**RIC Sunday**

The Reconciling in Christ Team invited us to join a Caring Conversation on Sunday January 26, 2025 after the service. A soup lunch was enjoyed.

Photo Credit: Laura B. Mann



Moving from Reaction to Response

Recently, while watching the inaugural prayer service for the new president, I was moved to tears and deeply inspired by Episcopal Bishop Mariann Edgar Budde's homily and invocation directly to President Trump - "to have and show mercy..."

I believe her words and actions were gospel-inspired. She used her position as a leader in the Episcopal Church to speak truth to power. She gave us a clear example of a gospel-centred response - an action that can comfort the afflicted and afflict the comfortable.

There are two major branches to my lineage and position. One is of social justice human rights workers and activists—the other traditional healers of the Slavic and Celtic nations.

My father taught me at a young age how to 'walk in the dark' with comfort, ease and confidence. He taught me how fear fills in the gaps of our blinded perception and can, unchecked, fill our minds with paralyzing caution. He taught me how to keep moving ahead, be resilient, and find a 'good road' forward no matter how deep the darkness. Darkness can come in many forms and trigger normal reactions, including fear, anger, violence and paralysis.

My husband, John, and I recently attended an online All Saints Community Faith Forum meeting. The meeting was focused on addressing several concerns: The emotional turmoil many are experiencing in response to tariffs and the actions of the present American government. It also asked what gospel-centred response churches could or should

be making. And how to keep ourselves healthy with peace of mind and well-being. The evening began to give some perspectives on recent events, but honestly, I was left with the sense of "And now what do we do?"

How will we, as a community of faith, respond? What gospel-centred actions are we being called to, and what actions are we willing to take? Our collective response is crucial in these challenging times.

I understand that the Faith Forum meetings will continue to address these challenges, and they invite you to respond.

I also understand that on Sundays during Lent, there will be focused opportunities to gather together for food, fellowship, sharing and support on our journey and response to these concerns.

I believe that now is the time for us to learn from one another ways to 'walk through the darkness.' How can we come together, become more resilient, and overcome our reactions of fear, anxiety, and paralysis? How can we find ways to actively respond, to walk the 'good path' forward of resistance, speaking and acting in ways consistent with gospel-inspired truths? This is an opportunity for us to grow and learn together.

I don't have any specific plan or strategy for responding as a faith community. Still, I know that together as a community of faith, we have the wisdom and resources to learn how to walk through the darkness of these times, respond and take gospel-inspired action to comfort the

afflicted and afflict the comfortable.

In peace and gratitude to each of you for remembering us in your weekly prayers of support - we wouldn't have made it this far without your unwavering support and prayers!

Julianna (AKA Jules) and John.

Some supportive resources for the journey - Reaction to Response.

Mary Lou Kownacki OSB

She served as national coordinator of Pax Christi USA and head of Benedictines for Peace, efforts aimed at challenging church and civic leaders to find nonviolent solutions to local and global conflicts.

"One of our greatest teachers of a spirituality of non-violence.

Mary Lou's book is one I will return to for insight, consolation on the everyday journey of peace"

Rev. John Dear, author, The Gospel of Peace.

On The Importance Of Pausing. Benedictine Sister Mary Lou Kownacki... | by Judith Valente et al.

An excerpt from the book *"For the contemporary person seeking to slow down amid the tyranny of Twitter, the stress of the slow commute, and the seemingly endless demands of work and family, haiku moments provide pauses written on our days. Those who honor these moments share something in common with the African tribesmen who stop periodically while traveling on safari. The tribesmen pause to allow their souls to catch up with them on the journey. It is both a time of rest and a time of awakening. Sooner or later, we all need to let our souls catch up with the rest of our lives"*

Judith Valente, Normal, Illinois

Parish Care Ramblings...

How would you rate your snow tolerance on a scale of 1-10 today? I have heard many people say they have had enough. As if my 6 foot piles of shovelled snow is not enough, it keeps coming down. I do hope Wiarton Willy is correct in predicting an early spring.

Salt

What kind of salt do you use? Iodine in your diet is necessary to produce the hormones in your thyroid gland in your neck. Much of the soil in Canada is iodine-deficient which leaves crops and fruits also deficient. Iodine was added to table salt but more people are now using other salts that do not contain iodine. Sources of iodine can be found in

shrimp, tuna, cod, milk, yogurt, cheese and eggs. Keep this in mind when planning your meals.

Veggie Burgers (VB) vs real Beef

Something else I found interesting is the nutritional value and the wide diversity of veggie based food products. Not all are equal: ingredients, empty calories

and less nutrition, plus “ultra-processed”. Are they a good alternative to beef?

Some are vegetable-sourced protein to imitate the texture of beef, while others are not. They may contain vegetable proteins (beans, soy, peas), seeds (flax or sesame), other veggies (carrots, squash, mushrooms, peppers, beet, onions) grains (oats, wheat, rice), fillers (methylcellulose), salt, spices and flavourings. Burgers that mimic the taste and texture of a meat, are higher in protein.

So the nutritional benefits of veggie burgers are based on their ingredients. Again, it is important to check the label of store-purchased burgers for ingredients since extra saturated fat, sugar and salt may be there to ramp up the flavour.

A good rule of thumb when avoiding or replacing any food group from your diet is to make sure you are getting the key nutrients found in that food group. So for a meat substitute you would want similar levels of protein, iron and vitamin B12. Make sure your veggie burgers have at least 4 gm of protein per ounce. Some burgers may have plenty of nutritional benefits and taste great but may be low in protein.

Are veggie burgers highly processed (UP)? Some can be as the raw ingredients (grains, vegetables or proteins) undergo multiple mechanical processes. And, as other UP foods, may have artificial flavours, colours, sugar, salt and preservatives, that create their own health concerns.

And then there is real beef, which is currently getting a less favourable review because of the farming aspect of it on climate change.

However, beef is primarily composed of protein. Animal protein is the most complete dietary sources of protein and is of very high quality. It contains nine essential amino acids as well as antioxidants, needed for the growth and maintenance of your body.

Vitamins and minerals are abundant in beef:

- Vitamin B12-an essential nutrient that produces DNA, red blood cells, and keeps nerve cells healthy.
- Zinc-a nutrient, helps immune system and metabolism function. Also important to wound healing and your sense of taste and smell.
- Selenium-used for DNA production, thyroid function, reproduction and is an antioxidant



Parish Care Continued...

- Iron-used to make hemoglobin which carries oxygen from the lungs to all parts of the body, and myoglobin, that provides oxygen to muscles. Absorbed efficiently from beef
- Niacin-B vitamin that turns food into energy. Helps keep your nervous system, digestive system and skin healthy.
- Vitamin B6-helps convert food into energy, important for brain development and production of neurotransmitters which carry brain signals, affects mood and the body's clock
- Phosphorous-a key element of bones, teeth and cell membranes
- Creatine-supplies energy to muscles, increasing their performance, improves brain health
- Taurine-an antioxidant amino acid, important for heart and muscle function

Many older adults do not consume enough high-quality protein. Inadequate intake may accelerate age-related muscle wasting. Because beef is not only a rich source of iron, but is effectively absorbed. It is beneficial for reducing iron deficiency or anemia.

And while on the subject of beef, I should also speak of that controversial thing called "cholesterol". Yes it is found in beef. Yes cholesterol is one of the components of plaque

which is found in the arteries, that can lead to stroke, high blood pressure or heart attack. And yes, there is good cholesterol and bad cholesterol in your body.

But the controversy that has been researched for many years, has tried to find out, whether dietary intake of cholesterol contributes to higher levels of bad cholesterol. In other words, can cholesterol levels be regulated by decreasing it in your diet? The hypothesis that there is a link between cholesterol levels and heart disease is controversial and has not yet been proven successfully.

Many health conscious people think that meat consumption is unhealthy because of cholesterol. The negative health effects are not caused by the meat itself. I was part of a research study in the '80's involving this conundrum. Our evidence pointed very strongly to the fact that no matter how much you changed your dietary intake of cholesterol, it had no impact on cholesterol levels in your body. We discovered that some bodies are more prone to higher levels, so that if you reduce your food intake, the body will actually produce cholesterol to maintain the higher level, to whatever the body thinks it should be. Contrary to popular thinking,

for sure.

And so on this wintery day, I bid you adieu and may God richly bless you with good (or reasonable) health and keep you safely in his arms, until we meet again.

Blessings

Marilyn

**PARISH CARE
WORKSHOP
1:00 PM
Tuesday
March 18
Topic:
Concussion:
What it is and
what you need
to know**

The Associates

**1:00 PM
Tuesday
March 25**

Monthly Newsletter of All Saints Lutheran Anglican Church

March-2025a

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 first 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 6:00-8:30 pm - Choir Rm, Gambler's Anonymous study group, 1 st , Tuesday only	9:00 am - 12:00 pm - Rooms A&B, Children-Reading Room 10:00-11:00 am - Good Morning At Anon, Choir Rm 6:00-8:00 pm - Nave, Guelph Male Choir 7:00-9:00 pm - Choir Room, Guelph At Anon Family Group 7:30-9:30 pm - RHH, AA Helping Hands	9:00 am - 1:00 pm - Rooms A&B, Children-Reading Room 5:45-8:00 pm - Rose Head Hall, TOP S 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	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
2.....Transfiguration 8:30 am - Nave -Holy Communion 10:00 am - Nave -Holy Communion	3 7:00 pm - Reconciling in Christ, via zoom	4 5:00 pm - Rose Head Hall, Shrove Tuesday pancake supper	5.....Ash-Wednesday 12:00 pm - Service, Nave 7:00 pm - via Zoom Faith Forum	6 9:00 am - 3:30 pm - RHH, Silvercreek Community Market 7:00 pm - Nave, Choir Practice	7 9:00 am - 12:00 pm - Rooms A&B, Children-Reading Room 9:00 am - Rose Head Hall, Tai-Chi	8 9:00 am - Rose Head Hall, Eastern Star Breakfast
9.....Lent-1 8:30 am - Nave -Holy Communion 10:00 am - Nave -Holy Communion 11:30 am - Lenten Lunch, RHH	10 8:30 am - Nave -Holy Communion 10:00 am - Nave -Holy Communion 11:30 am - Lenten Lunch, RHH	11 1:00 pm - Parlour, Parish Care Workshop 5:00 pm - RHH, Men's Fellowship	12..... 6:30-8:00 pm - Pastor's office, Confirmation Class	13 1:00-3:00 pm, Rose Head Hall, Chi Rho Fellowship 7:00 pm - Nave, Choir Practice	14 9:00 am - 12:00 pm - Rooms A&B, Children-Reading Room 9:00 am - Rose Head Hall, Tai-Chi	15 1:00-4:00 pm - Rose Head Hall, St. Patrick's Day Card Party
16.....Lent-2 8:30 am - Nave -Holy Communion 10:00 am - Nave -Holy Communion 11:30 am - Lenten Lunch, RHH Deadline for Connections	17 8:30 am - Nave -Holy Communion 10:00 am - Nave -Holy Communion 11:30 am - Lenten Lunch, RHH	18 1:00 pm - Parlour, Parish Care Workshop 5:00 pm - RHH, Men's Fellowship	19 12:00 pm - Parlour, Women of Faith 3:00 pm - via Zoom, Church Council Executive meeting 7:00 pm - via Zoom Faith Forum	20 9:00 am - 3:30 pm - RHH, Silvercreek Community Market 7:00 pm - Nave, Choir Practice	21 9:00 am - 12:00 pm - Rooms A&B, Children-Reading Room 9:00 am - Rose Head Hall, Tai-Chi	22 9:00 am - 12:00 pm - Rooms A&B, Children-Reading Room 9:00 am - Rose Head Hall, Tai-Chi
23.....Lent-3 8:30 am - Nave -Holy Communion 10:00 am - Nave -Holy Communion 11:30 am - Lenten Lunch, RHH	24 8:30 am - Nave -Holy Communion 10:00 am - Nave -Holy Communion 11:30 am - Lenten Lunch, RHH	25 1:00 pm - Parlour, The Associates 7:00 pm - Parlour, Church Council	26 6:30-8:00 pm - Pastor's office, Confirmation Class	27 7:00 pm - Nave, Choir Practice	28 9:00 am - 12:00 pm - Rooms A&B, Children-Reading Room 9:00 am - Rose Head Hall, Tai-Chi	29 2:00-5:00 pm - Rose Head Hall, Eastern Star Rental
30.....Lent-4 8:30 am - Nave -Holy Communion 10:00 am - Nave -Holy Communion 11:30 am - Lenten Lunch, RHH	31 8:30 am - Nave -Holy Communion 10:00 am - Nave -Holy Communion 11:30 am - Lenten Lunch, RHH					RHH - Rose Head Hall