

# THE ELM LEAF NEWSLETTER

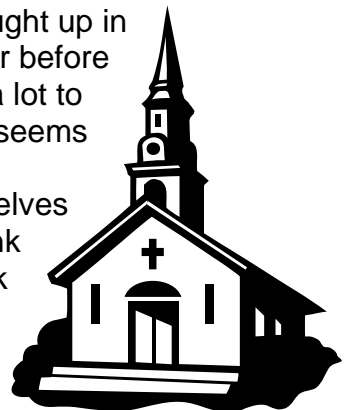
The Parish Church  
of St. Peter

March 2007

**I** recently attended the clergy retreat at St. Charles retreat centre. These retreats have been a priority for me since the time when I was a theology student and we were all invited by Bishop Valentine to go to the clergy retreat. They have always been beneficial in one way or another. Sometimes the talks by the leader have been very helpful in taking me a few steps further on my spiritual journey and sometimes they have not been particularly relevant for me, so I have followed my own path. I do recommend a retreat as a way of spending quality time with God. There is something about going away for a day or two that provides a greater opportunity to listen to the inner voice of the Spirit. There are two excellent retreat centres nearby – St Charles and St Benedict's. They each offer directed or private retreats.

The clergy retreat was led by The Rev. Stan McKay who is an Elder and who was also a former Moderator of the United Church of Canada. He spoke to us about spirituality and the Four Directions. One thing that he said at the beginning of the first day seemed to stay with me and resonate through the next few days – and still does. He said that this is a new day. There has never been one like it in the history of the universe. It is a day of opportunity and a day of possibilities. It is a good day to be alive.

I think that so often we do not appreciate the gift of a new day. We get caught up in all of the things that need to be done and attended to. Then the day is over before we know it and tomorrow will be much the same. Or perhaps there is not a lot to be done or attended to, and time seems heavy on our hands and one day seems much like another. So to think that this day is unique in the history of the universe can help us to see our day in a different light. When we find ourselves being carried along in the routines of life, we might instead take time to think positively about the possibilities and opportunities that there may be. Think about what is special about this day in my life. What are the opportunities that present themselves as the day progresses? We don't have to be passive and just let it happen, but we can be pro-active and create some



possibilities. At the very least we can simply appreciate what is going on around us – the people in the office; the family or friends; the food and shelter that we are fortunate to have; the view through the window.

The season of Lent presents us with opportunity. We are encouraged to reflect on our life and on our relationship with God, and to take some practical steps to deepen that relationship. Some people will be more intentional about bible reading and prayer, perhaps using one of the resource booklets in the Narthex which provide a daily reading and reflection. Some will decide to give up something during Lent, and each time they want to have it they will be reminded of their life with God. Some will take on something new as a Lenten discipline – regular exercise, or walking the labyrinth, or volunteer work. All these are opportunities for us to attend to our spiritual life in an intentional way, not letting life simply pass us by but engaging creatively in each new day.

The worship services of Holy Week and Easter provide further opportunities. For some this might be a new discipline that they decide to attend each of the services. For others it is simply a familiar joy to participate in these moving and faith-deepening services. Together, we walk the journey of the last week of Jesus’ life and we may discover new understandings about ourselves or about Jesus or about the traditions of the church. There is more information and a description of these services elsewhere in the Elm Leaf.

In this Lenten season, and as we move to Easter and beyond, may God bless us as we enter each new day with thanksgiving, looking for the possibilities and opportunities that the day will bring.

\*\*\* *Phil Barnett* \*\*\*

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Every tomorrow has two handles. You can take hold of the handle of anxiety or the handle of enthusiasm. Upon your choice so will be your day.

- Author Unknown -

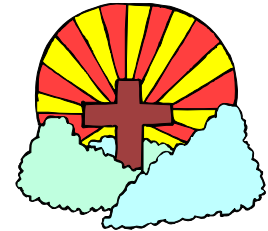
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Happiness comes when we stop wailing about the troubles we have, and offer thanks for all the troubles we don't have.

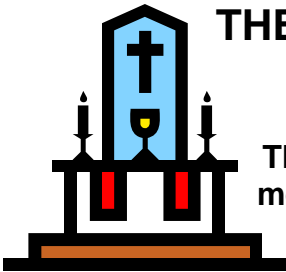
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## HOLY WEEK AND EASTER SERVICES

- April 1      **Palm Sunday**  
8:30 a.m.    Holy Eucharist  
10:30 a.m.   Liturgy of the Palms and Holy Eucharist
- April 5      **Maundy Thursday**  
6:00 p.m.    Seder Supper, Holy Eucharist and Stripping of the Altar
- April 6      **Good Friday**  
10:30 a.m.   Celebration of the Lord's Passion
- April 7      **Holy Saturday**  
9:00 p.m.    Easter Vigil
- April 8      **Easter Day**  
8:30 a.m.    Holy Eucharist  
10:30 a.m.   Holy Eucharist (Family Service – No Sunday School)



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### THE SPECIAL SERVICES OF HOLY WEEK.....

#### ....COME AND WORSHIP

The worship services of Holy Week are for many people the most meaningful events of the church year. The following descriptions are offered for those who have not previously been to them and as an encouragement to everyone to take advantage of the opportunity that these services offer to enter into the experience and significance of the last days of Jesus' life.

#### MAUNDY THURSDAY

The evening begins with the Seder supper, which re-enacts the final meal which Jesus ate with his friends. It is based on the traditional Jewish Passover meal, which has many rituals and symbols. The meaning of the symbols is explained during the course of the meal. The meal itself is a pot-luck supper provided by those who attend, with the addition of several traditional foods including a serving of lamb. At the end of the meal we process into the church for a brief service celebrating the Institution of the Eucharist. The evening ends with the stripping of the altar and removal of all adornment from the sanctuary in preparation for Good Friday. The Seder supper is very much a family event. We invite everyone in our Parish family to make this evening part of their preparation for Easter. Please sign the poster which will be on the bulletin board or phone the church to have your name added to the list. If you require a ride, please call the church and arrangements will be made to enable you to attend.

## **GOOD FRIDAY**

We reflect on the events of the Crucifixion and the significance of Christ's death for us today. The reading of the Passion is done with readers taking the different roles in the story and the congregation acting as the crowd who support the decision to crucify Jesus. Following a meditation, we offer our prayers in Solemn Intercession. The Meditation on the Cross is perhaps the most moving part of the service, where we are reminded of the many ways in which we, as a church and as individuals, have contributed to Christ's pain.

## **HOLY SATURDAY**

The impact of the symbols of darkness and light makes this one of the most powerful services of the Christian year. The Easter Vigil begins in darkness at the doors of the church. A new fire is lit and the Paschal Candle is lit from the flames. The procession into the darkness of the church is led by the Paschal Candle, which signifies the light and presence of the risen Christ. The congregation's candles are lit and an ancient hymn called "The Exultet" is sung. The scripture readings recall God's acts throughout history, leading to the life, death and resurrection of Jesus. We all gather around the font for the renewal of our baptismal vows. The service ends with a joyful celebration of the Eucharist.

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## **By God's generosity...**

As faithful stewards, what is it appropriate to do with surplus parish funds? Bearing in mind that Revenue Canada limits the amount of surplus funds a charitable organization may hold, and assuming giving continues as anticipated and we don't incur large unexpected expenditures, this is a question we may at some point be privileged to ask ourselves.

Do we pay down our mortgage? Do we use the funds to further develop one or more ministries in the parish? Do we donate the money to one or more of the many charitable works in our city or around the world which are in such need of support?

These are just a few of the options we might choose from. Undoubtedly you can think of others. While clearly not a matter of immediate concern, Vestry would welcome your prayerful consideration, and would like to hear your thoughts. You can speak to any member of Vestry or talk to the Wardens: Mary Chalmers (831-7504), Jim Daun (489-5519) or Betty Currie (885-7438).

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**It's Back....  
The 'ALL IN THE HALL'  
GARAGE SALE  
Is back....**



3 GOOD REASONS to get involved:

- a wonderful motivator for spring cleaning,
- our favourite recycling opportunity,
- it's fun to work together and get to know each other better

BONUS  
BENEFIT

**"DO GOOD" - BRING AND BUY LOTS!**  
Proceeds from this year's sale will be directed to  
St. Peter's Outreach priorities

**Garage Sale date is Saturday, April 28.**

Assistance will be needed for setting up tables Wednesday, April 25 evening, "receiving", sorting and pricing Thursday and Friday, selling on Saturday morning and then clean up Saturday afternoon. Please plan to "volunteer" when you see the sign up sheets. There is lots to do, but it's great fun when we all pitch in together.

For information please call Lynda and Jim Daun, 489-5519

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## **PWRDF Memorial and Special Occasion Cards**

PWRDF is now offering Memorial and Special Occasion cards. It's a caring way to honour those special to you by making a gift to PWRDF. The cards include an envelope and tear off portion for the contribution to PWRDF and an envelope for you to send the card to your honouree. The cards are pictured on a poster on the Outreach bulletin board in the narthex. There is no charge for the cards. If you would like some of the cards, contact Ann Harwood (477-4310).

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I believe we are here on the planet Earth to live, grow up, and do what we can to make this world a better place for all people to enjoy freedom.  
- Rosa Parks, Civil rights activist -

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### **Jack Victor Tipping December 27, 1922 – December 18, 2006**

Jack Tipping was one of the original parishioners of St. Peter's Church.

Born December 27, 1922, was called home to be with his Lord and Saviour Jesus Christ on December 18, 2006. Survived by his wife, Joyce (nee Cameron) of almost 61 years, son Geoffrey and his wife Joey, son Cameron and his wife Didi, daughter Pamela and Grandfather of Jennifer, Ramsey, Christian, Caris, Daphne, Daniele and predeceased by grandson Josh; Great-grandfather to Caleb. The son of Fred and Dora Tipping and predeceased by his sister Molly (Bubbs), Jack was born and raised in Winnipeg, Manitoba. Jack loved the outdoors as evidenced by his involvement in the Boy Scouts of Canada, coaching hockey, umpiring at little league baseball and being a member of the Winnipeg Ski Club. He was actively involved in St. Peter's Church in Winnipeg and continued his involvement at St. Paul's Anglican Church upon his move to Edmonton in 1970 to work for the Edmonton Telephones. Many memories were forged and friends were made at West Hawk Lake where the family spent weekends and summers. Jack loved to fish, build things and play with his power tools. He continued this tradition when they moved to Edmonton where shortly thereafter they acquired land up at Fort Assinaboine, Alberta. It was here, in 1986, they built Angel's Valley Christian Retreat Centre where they lived until their move to Victoria in 2002. He loved his Lord with passion and served Him until the end of his life.

Joyce Tipping can be reached at 527 View Royal Avenue, Victoria, B.C. V9B 1B8 or [jtipping@Islandnet.com](mailto:jtipping@Islandnet.com).

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**ST. PETER'S LABYRINTH WALKS IN APRIL 2007**

- APRIL 5 - INDOOR LABYRINTH NOT AVAILABLE
- APRIL 6 - (GOOD FRIDAY) 6:30 – 8:00 P.M.  
STATIONS OF THE CROSS LABYRINTH WALK
- APRIL 19 - 6:30 – 7:30 p.m.  
INDOOR LABYRINTH OPEN AS USUAL
- APRIL 25 - INDOOR LABYRINTH NOT AVAILABLE

The outdoor labyrinth (in front of the church on Elm Street) is open at any time (once the snow has melted!)

We will continue to open the indoor labyrinth from 6:30 - 7:30 p.m. on Thursday evenings throughout the summer.

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**STATIONS OF THE CROSS  
LABYRINTH WALK**

**GOOD FRIDAY 6 APRIL 6:30 - 8:00 P.M.  
ST. PETER'S PARISH HALL**

**FOLLOW THE SCRIPTURAL STATIONS OF THE CROSS  
ON THE LABYRINTH, AS A PILGRIMAGE, AND EXPERIENCE THE  
PASSION OF CHRIST ON A PERSONAL LEVEL IN AN ANCIENT, YET  
NEW WAY.**

**STATIONS OF THE CROSS – FROM EARLY CHRISTIANITY, WHEN PILGRIMS CAME TO JERUSALEM THEY VISITED SITES WHERE JESUS WAS KNOWN TO HAVE BEEN. EVENTUALLY, FOLLOWING IN JESUS' FOOTSTEPS, ALONG THE WAY OF THE CROSS, BECAME A PART OF THE PILGRIMAGE VISIT. IN THE 1500S VILLAGES IN EUROPE CREATED "REPLICAS" OF THE WAY OF THE CROSS, COMMEMORATING THE PLACES ALONG THE ROUTE IN JERUSALEM. EVENTUALLY THE TRADITIONAL SET OF 14 STATIONS WAS PLACED IN ALMOST EVERY CATHOLIC CHURCH IN THE WORLD. THESE "SCRIPTURAL" STATIONS ARE BASED ON THOSE CELEBRATED BY POPE JOHN PAUL 11 ON GOOD FRIDAY 1991.**

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## Why we have a "No Nuts Please" Policy

(Jim is a food scientist with expertise in health and nutrition and Ian is a medical doctor)

No peanuts. No dairy. No eggs or shellfish or soy. No wheat or corn, no tree nuts or fin fish, no sesame seeds or spices of any kind. Few people have a diet this restrictive, but allergies to foods affect at least 1 in 20 young children and about 1 in 50 adults in industrialized countries. The numbers are rising: According to a recent study, the prevalence of peanut allergy—which accounts for the majority of emergency-room visits and deaths related to food allergies each year—doubled between 1997 and 2002. A study conducted in the US in 2002 found a 1% incidence of peanut or tree nut allergy.

A recent consumer survey indicated that 30% of the people interviewed reported that they or some family member had an allergy to a food product. This survey also found that 22% of the people avoided particular foods on the mere possibility that the food may contain an allergen. Whereas most childhood food allergies are outgrown, allergies to peanuts, tree nuts, and fish are rarely resolved in adulthood.

Allergies may also develop due to exposure to allergens during your lifetime. Jim has developed a severe allergy to some proteins in Brassica plants as a result of his work. This not only means that he has to stay away from rapeseed crushing plants and facilities handling the seed but also that he has to be careful about food that might contain mustard. He has had several relatively severe attacks and maintains an inhaler and epi-pen handy.

The development of the immune system is tightly linked to the development of our digestive tract or gut. A human being is born with an immature immune system and an immature gut, and they grow up together. The immune system takes samples of gut contents and uses them to inform its understanding of the world—an understanding that helps safeguard the digestive system (and the body that houses it) against harmful micro-organisms. The many-layered defences of the immune system are designed to guard against invaders while sparing our own tissues. Food represents a special challenge to this system: an entire class of alien substances that needs to be welcomed rather than rebuffed.

A ton of food passes through an adult's gut each year, nearly all of it distinct at the molecular level from the individual's own flesh and blood. In addition, strains of normal bacteria in the gut help with digestion and compete with pathogenic strains; these good microbes need to be distinguished from harmful ones. The body's ability to suppress its killer instinct in the presence of a gut full of innocuous foreign substances is a phenomenon called oral tolerance. It requires cultivating a state of equilibrium, or homeostasis, that balances aggression and tolerance in the immune system. Intolerance, or failure to suppress the immune response, results in an allergic reaction, sometimes with life threatening consequences.

Most people with severe food allergies are very careful about what they eat and never eat anything with unknown ingredients. Many schools have developed policies that reduce the risk of a potentially fatal allergic reaction by educating students and parents about the risk and asking them not to include nuts, and especially not peanuts or peanut butter in the lunches that are brought to school. Teachers are also trained to recognize the symptoms of an allergic attack and how to deal with it. A severe allergic reaction can affect multiple body systems: skin, upper and lower respiratory, gastro-intestinal and cardiovascular. It is an explosive overreaction of the body's immune system to a triggering agent (allergen). It can be characterized by swelling of the face, tongue and throat, difficulty breathing, abdominal cramps, vomiting and diarrhea, and may be followed by circulatory collapse, coma and death.

With a congregation of over 200 people, coupled with the Kids Inc. Day Care, Y-Neighbors and other users of our building, it is almost certain that people with severe nut allergies may be in the building. Vestry has decided that we have a responsibility to make their visit to St. Peter's as safe as possible. To that end we have asked that no nuts or peanut butter be included in baked products brought into the building. A sign has been placed in the kitchen to remind us. We do recognize, however, that there are some events, such as the cookie walk, and bake tables at the bazaar where items with nuts or cooked with peanut butter may be sold. We ask that in these instances the items be clearly marked as "may contain peanuts or nuts" and that after the event all of these are removed from the building and not offered to the congregation the following Sunday. With your co-operation we can make St. Peter's a safe and accessible parish for all.

\*\*\* *Jim Daun and Ian Chalmers* \*\*\*

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## **Scents and Sensitivity - Why your scented product may be keeping someone out of church**

(Jim is a food scientist with expertise in health and nutrition and Ian is a medical doctor)

Tearing, sneezing, wheezing, difficulty breathing, itchy eyes, runny nose, dizziness, nausea and vomiting are just some of the symptoms people suffer from airborne fragrance. The reactions are not considered an allergy, but an irritation or sensitivity. It may sound like a subtle difference, but an allergy involves the body's immune system. Allergies need the genetics to react and for the body to release an allergy chemical like histamine. Whereas pollen, dust mites and dander are considered allergens, perfumes can be irritants to the mucous membranes.

For most people, airborne substances such as perfume, gasoline or cigarette smoke bypass irritation receptors in the nose. For others, these smells stimulate irritation receptors in the nose, which are like nerve endings, and trigger a reflex through the

involuntary nervous system that can be similar to an allergy. People with allergies or asthma tend to be more sensitive to perfume and other irritants.

Perfume can trigger a bronchial spasm in people who suffer from asthma or cause a number of reactions, from headaches to upper respiratory problems, in allergy sufferers. Between 10 and 15 percent of the population have adverse reactions to scented products.

It doesn't cause their asthma - it triggers the symptoms of the asthma for a patient who already has the problem. The reaction can be quite severe. Melissa Lesser at the Canadian Mennonite University doesn't look like she has a disability. But watch what happens if she walks past someone wearing a strong perfume or deodorant. "I can't breathe," says Lesser, 20, a third-year biblical and theological studies student at Canadian Mennonite University (CMU). "I get dizzy, lose muscle control and I faint." It's scariest if it happens when she is on a staircase, as happened last fall. "That's my biggest fear—falling down the stairs and hitting my head," she says. Reece Retzlaff, 23, is studying theology and music at CMU. She also has trouble with scents of various kinds. Her reactions can range from nausea and severe headaches to loss of some muscle control—if the attack is bad enough, she may need help walking. "We have an invisible disability," she says.

About 10-15 percent of the population suffer from some kind of chemical sensitivity. This is not a new problem but was noted as early as the 1940's. Triggers can be variable and in some instances quite specific. Lynda Daun, for example, gets headaches from the scent of hyacinths and Jim is particularly careful about what plants he brings home as gifts. Jim himself, a long time asthma sufferer, has had to leave concerts where the scent of perfumes has been too strong. Ian has multiple chemical sensitivities, including perfumes, chocolate, red wine, Brie cheese and limes.



In a Christian community like St. Peter's, it seems only natural to expect that we would not want to make our personal vanities – scents, body lotions, aftershave, colognes etc. – become barriers to other parishioners who wish to attend. To that end, we ask that you avoid wearing or using perfumes, colognes, after-shave, scented hair products including shampoos, scented body oils, scented fabric softeners, or scented soaps especially before coming to church. Thank you for your co-operation in making St. Peter's available to all.

\*\*\* *Jim Daun and Ian Chalmers* \*\*\*

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# *Down to Earth*

**Do you live in an apartment? Would you like to compost but think this is not an option? Would you like to do your part, however small, in putting kitchen waste to good use. If yes, read on .....**

At the Lee Valley store on Ellice Ave. you can purchase a compact stainless-steel container for just \$22.55 (including tax). Smaller than the average garbage pail, it is intended for the collecting of kitchen waste that can then go into garden-type composters. Sounds a bit messy, you say? Not at all. The container is odour-free, even when filled to the brim, and can simply be emptied into St. Peter's composter (in the parking area near the shed) at any time. (You can purchase biodegradable bags for lining the container, but it's cheaper just to give it a quick swish once in a while with hot water and baking soda).

What can go into the pail? All vegetable and fruit peelings/skins/rinds, tea bags, coffee grounds, and egg shells. What can't go in? Meat, bones, or dairy products.

The compost generated at St. Peter's will be used in our Meditation Garden and elsewhere around the grounds. Thanks to Betty Currie for the information to get started, I'm finding it quite FUN collecting! Perhaps some members of your family are composting for their flower and/or vegetable gardens (and if not, why not encourage them to do so?) Wherever you take it, what better way to help the earth!

If you have any earth-friendly/environment ideas to share, our recently-formed "Creation Care" group would like to hear from you.

**Maureen Tate –  
(for the others in the group: Phil Barnett, Garth Panting, Fenella  
Temmerman, Brian Testar)**

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# It never rains...



You know the old saying “It never rains but it pours” ...well the **outreach group** has had a year to remember. We knew we were going to have an exciting autumn when we committed to continuing with the Kapyong/Right to Housing advocacy group along with our regular involvement with St. Matthews Maryland, Kairos, the volunteer lunch, the Christmas bazaar, and Sherry, Shortbread and Song, keeping in touch with our companion parish in Buganda, and collecting used eye glasses for overseas and Canada Tire money for St. Matts. And then we were also hoping “our family,” the Safis, refugees from Afghanistan would be coming soon, AND THEN we heard about the FACING AIDS display and knew we had to get involved. Little did we know “the bigs” were all on for the same week! To make matters even more difficult, our intrepid leader, Virginia Platt, had a serious fall and required knee surgery.

First, the **Safis**: Great news – mum, dad and 6 children arrived Nov. 15 and were met at the airport by Karen Fraser and Jim Daun. The sponsorship was begun over four years ago by Abdullah Safi, a brother in Winnipeg, who approached the late Dr. Lawrence Whytehead for help. Lawrence brought the request to St. Peter’s and many families contributed to a fund to “guarantee” the church’s help if required. Abdullah seems to have things well in hand, but we hope to be welcoming and helpful to these newcomers. Their photo is on the outreach bulletin board.

**FACING AIDS:** We learned that the powerful sound/photo exhibit assembled by PWRDF and the Anglican Church was travelling across Canada and would be available for us to host in Winnipeg. It was an opportunity to open ourselves and our church to the impact of this terrible pandemic, to stand with those affected and to pray and work for relief. We invited our neighbours, schools, and other churches to view the display and to think about how we can help. It took many hands to manage: Bob Cook and his helpers assembled/dismantled the display, the worship group planned a special service, volunteers acted as hosts, the Harwoods provided daily oversight, Karen Fraser did publicity, and Debbie Ackland provided a “second helping” of lunch which raised over \$300. We continue to pray for healing and relief and will work on projects to help raise money to support projects.



Speaking of which: did you notice our table at the **BAZAAR?**

The Outreach committee was so moved by the FACING AIDS experience that we decided to concentrate our efforts this year on fundraising for AIDS related projects. Ann Harwood had obtained the hearts and bracelets from PWRDF. You can find information about the work of PWRDF and the projects associated with these items on the website

<http://www.partnershipforlife.ca/give/fundraising-ideas/>

An amazing **\$1158.76** has been donated to PWRDF/AIDS, from projects here at St. Peter’s; we hope to do even more with your help!

The note cards were donated and all monies raised benefits the Diocesan Orphans fund. Our January soup lunch proceeds of \$283.90 also went to the Orphan Fund. It takes about \$100 per year to support an orphaned child in school, but what a wonderful gift! Again, you can donate directly to that effort. Pamphlets are in the narthex.

**MORE CARDS:** Ann Harwood is looking after the PWRDF Christmas cards. For Christmas 2006, 16 families made their cards twice blessed – a greeting for friends and support for PWRDF programs. Ann has some left, and will have next year's design early in the autumn so we urge you to plan to use the PWRDF cards.

St. Peter's participates in ecumenical outreach through **KAIROS programs**. The focus of their work for the past two years has been water stewardship. How timely, as we become more aware of weather changes, to be thinking of our impact on God's creation, and how we need to be better stewards of the resources God has given us. We will be hearing more from the Kairos group—and please watch for inserts in the Elm Leaf about ways we can be more eco-friendly.

We also remember that we have **OPPORTUNITIES FOR OUTREACH CLOSE TO HOME**. Many homes on the **KAPYONG** site still remain vacant 2 ½ years after the base was decommissioned. The houses are heated, maintained and patrolled while many families in Winnipeg are in desperate need of decent, safe, family homes. St. Peter's continues to be involved with the River Heights Ministerial Housing Action group and the Right to Housing Coalition. We have picketed along Kenaston to draw attention to this situation, and petitioned and met with government officials. What a disgraceful waste of resources when people are in need. You can help by coming out to picket, and by contacting your elected officials.

Also in our neighbourhood are many seniors and shut-ins who need **MEALS ON WHEELS**. Be a volunteer or register for the meal delivery service! Volunteers enjoy a little exercise and meeting other volunteers; clients remain healthier in their own homes. Call 956-7711 to offer your help.

**SHERRY, SHORTBREAD AND SONG** was a great success this year as we celebrated the festive season with a good old fashioned carol-sing and social. Together with other generous donations of food and gifts, the proceeds were used to fund our Christmas hampers and donation to LITE. Special financial support towards Christmas hampers was given to the Anglican clergy serving the Peguis First Nation. In the past, Christ Church Parish had helped supply hampers to folks at Peguis.

Also on the local front, we are also note the chance to help with the **THELMA WYNNE PROJECT**. We provide ongoing support to the outreach programs at **St. Matthews Maryland** through food donations (box in the narthex), and assistance for special projects (nutrition bingo, garden tour, Christmas party), but you might not have heard about the wonderful work done by the ladies who make layettes for new mums and babies, with their headquarters at St. Matt's. These women help provide equipment, support and clothing for mothers in need so that they can bring their newborns home

from hospital in warm, clean clothing. If you would like to knit, sew or help assemble layettes, please contact Virginia Platt for more information, or phone Zelda Wright at 772-8803.

**THE LAST WORD (I promise)**

When you read this, you might be thinking –“Well, good to see the outreach committee is active”, but please remember that the role of the outreach committee is to bring ideas and opportunities forward for all. It’s not a healthy situation when people say “Oh, outreach does that...” and dismiss projects to “the side”. Rather, we hope that by bringing opportunities to your attention, that everyone will be involved in some kind of outreach. I was so proud of our church when we were open to our surrounding community, welcoming guests, volunteers, and seekers into the FACING AIDS display. I thought it really demonstrated that we are a caring, committed parish involved in doing the work of God in the world. May God bless us all as we try to go forward in this work.

- **Lynda Daun, Outreach Committee** -

In the Feb. 07 *CANADIAN LIVING* magazine there was an article by Craig and Marc Kielburger in which they talked about how their family had encouraged them to become interested and involved in world events. Their parents clipped articles from the daily newspaper and then they discussed them together. "It was only when we were much older that we really understood the significance of these discussions. Archbishop Desmond Tutu told us he was glad to receive that paper every morning. We asked why since news is often perceived as the same story playing out: the same conflict, but different groups of people. 'You're looking at it the wrong way,' he said. 'The newspaper is God's prayer list delivered right to my door every day. In this way, I know the issues on which to act.'"

We hope we are all called to work on "God's prayer list" together

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Every one of us alone has the power to direct the course of our lives by choosing what actions we will or won't take. While sometimes it's easier to believe you don't have a choice, the reality is that you always have a choice to behave differently.  
- Francine Ward -

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Cherish all your happy moments; they make a fine cushion for old age.  
- Booth Tarkington, Novelist and playwright -

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St. Peter's Creation Care group  
presents a free showing of:

Al Gore's

## AN INCONVENIENT TRUTH

On

**Tuesday, March 27<sup>th</sup>  
7:00 P.M.**

If you haven't seen this Academy-nominated, life-changing film or if you would like to see it again, come to St. Peter's church hall on March 27<sup>th</sup> for a free showing. This thoughtful and intelligent presentation of the climate change issue is a must-view for all of us. We are all actors in the global problem. This film will help put the problem into perspective. Please consider inviting a friend, relative or neighbour to this evening.

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### **Some suggestions we can all contribute to keep our earth green . . . . .**

Wash your clothes in cold or warm water - Avoiding the hot cycles will save an estimated 350 lbs. of CO2 per year and will save you money on your energy bills!



Never flush "flushable" applicators, wipes - While the manufacturers may say it's flushable, what they mean is that it won't clog your toilet – but every year, tens of thousands of applicators wind up on the shores of our beaches.

Use a water filter and refillable water bottle - Americans spend millions of dollars a year on bottled water, which adds to the amount of plastic containers thrown away every day. By purchasing a refillable water bottle and using filtered water, you can greatly reduce waste and save yourself a bundle!

If it isn't dirty, don't wash it - Wear certain articles of clothing a second time if they are not dirty. You'll reduce the amount of laundry you need to do, which cuts down on water usage, and the use of chemicals in your laundry detergent.

Avoid running dishwasher if it's not full - You'll save water and electricity, and an estimated 100 lbs. of CO2 per year. Letting your dishes air dry instead of using heat will save an additional 700 lbs. of CO2 per year!

Use eco-friendly laundry detergents - Look for phosphate-, petroleum-, and chlorine-free products, and use only as much as needed for a given load. If you have hard water, you may need to use more detergent than the packaging suggests.

Use phosphate-free soap for car washes - Whether you're just washing your car at home, or doing a full-scale group fundraising car wash event, be sure to use phosphate free soap. At your fundraising car washes, be sure to advertise that your car wash is eco-friendly to spread awareness.



Small adjustments to your water heater add up to big savings - Set your water heater to 115° and use an insulating blanket on older water heaters.

Install low-flow toilets - You'll use 1.6 gallons per flush compared to a standard toilet which used 3.5 gallons. For an investment of about \$145 - \$165, you'll see big long-term savings on your water bill.

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This was written by an 8-year-old named Danny Dutton, who lives in Chula Vista, CA. He wrote it for his third grade homework assignment, to "explain God." I wonder if any of us could have done as well?

[ .... and he had such an assignment, in California, and someone published it, I guess miracles do happen ! ... ]

**EXPLANATION OF GOD:**

"One of God's main jobs is making people. He makes them to replace the ones that die, so there will be enough people to take care of things on earth. He doesn't make grownups, just babies. I think because they are smaller and easier to make. That way he doesn't have to take up his valuable time teaching them to talk and walk. He can just leave that to mothers and fathers."



"God's second most important job is listening to prayers. An awful lot of this goes on, since some people, like preachers and things, pray at times beside bedtime. God doesn't have time to listen to the radio or TV because of this. Because he hears

everything, there must be a terrible lot of noise in his ears, unless he has thought of a way to turn it off."

"God sees everything and hears everything and is everywhere which keeps Him pretty busy. So you shouldn't go wasting his time by going over your mom and dad's head asking for something they said you couldn't have."

"Atheists are people who don't believe in God. I don't think there are any in Chula Vista. At least there aren't any who come to our church."

"Jesus is God's Son. He used to do all the hard work, like walking on water and performing miracles and trying to teach the people who didn't want to learn about God. They finally got tired of him preaching to them and they crucified him. But he was good and kind, like his father, and he told his father that they didn't know what they were doing and to forgive them and God said O.K."

"His dad (God) appreciated everything that he had done and all his hard work on earth so he told him he didn't have to go out on the road anymore. He could stay in heaven. So he did. And now he helps his dad out by listening to prayers and seeing things which are important for God to take care of and which ones he can take care of himself without having to bother God. Like a secretary, only more important."

"You can pray anytime you want and they are sure to help you because they got it worked out so one of them is on duty all the time."

"You should always go to church on Sunday because it makes God happy, and if there's anybody you want to make happy, it's God!"

Don't skip church to do something you think will be more fun like going to the beach. This is wrong. And besides the sun doesn't come out at the beach until noon anyway."

"If you don't believe in God, besides being an atheist, you will be very lonely, because your parents can't go everywhere with you, like to camp, but God can. It is good to know He's around you when you're scared, in the dark or when you can't swim and you get thrown into real deep water by big kids."

"But...you shouldn't just always think of what God can do for you. I figure God put me here and he can take me back anytime he pleases."

And... that's why I believe in God."

**Have an awesome day, and know  
that someone has thought  
about you!**



# St. Peter's Campership Program Update

*By Heather Kyle and Catherine Holmen*

Below you will find the text of a talk that was supposed to have been delivered on December 31<sup>st</sup>, but was pre-empted due to the snow!

St. Peter's Campership program was started many years ago on a suggestion from the diocese. Parishes were encouraged to promote a camp experience to children in their congregations, and to help pay for the fees of those who couldn't afford it. It was also hoped that ours and similar programs would help raise the enrolment at Anglican Island. St. Peter's helped several children attend camp via funds raised by placing special campership offering envelopes in pews for a month each year.

Since the sale of ASC, the campership program has undergone a change in focus. For the past several years, the two of us have been attending Manitoba Pioneer Camp, run by Inter-Varsity Christian Fellowship. Because MPC is less familiar to many people involved in our church, we would like to tell you a bit about our programs, what our roles are there, to give you a picture of what St. Peter's has been so generous in supporting.

## **About Camp:**

Manitoba Pioneer Camp was founded in 1942 and is located on two islands in Shoal Lake. The wilderness surroundings allow us to give campers a unique experience. For many of them, it is the first time they will have been in such a setting. Campers and staff alike are often taken aback by the beauty of the site and the majesty of God's creation. We offer ten different programs for children aged 7-17, as well as a customizable canoe trip adventure for groups of any size or age.



Classic Camps, held on MacKinnon Island are the most popular program at camp. MPC puts a lot of emphasis on canoe tripping. The renown Canadian filmmaker and canoeist, Bill Mason, instituted the canoe tripping program earlier in camp's history. Every camper goes on a trip during a Classic Camp session, the length of which depends on age and skill level. Along with canoeing, campers also take swimming and wilderness skills classes, and are given the chance to participate in many other activities, such as rock climbing, archery, arts and crafts and Bible studies. Staff play the roles of cabin leaders, trip guides, teachers for the different activities, and are active and enthusiastic participants in the often rambunctious evening games.

Camp also offers more low-key programs that serve as an introduction to camp. The camps held on Cash Island, which are only 6 days as opposed to the Classic 12, serve

to establish the beginnings of canoeing and wilderness skills, to be further developed as the campers get older. Cash camps feature a cook-out canoe trip over one meal, and the campers are in smaller cabin groups. In 2007, MPC will be offering an art camp for young girls. Running during one of the Classic sessions, it is hoped that it will provide a gentler introduction to the world of Classic camps, with less of an emphasis on skill-building, and more on community and relationships between the campers. Other speciality camps that MPC offers include fishing and sailing, and a one-month leadership training program for teenagers hoping to be on staff.

Camp attracts a wide variety of children to its programs. A large percentage of them are helped through the Sunshine Fund and camp's own financial aid program. Without this funding, these kids would be otherwise unable to attend camp. Sometimes these campers present us with challenges due to their backgrounds, but they are often the ones who show the most progress at the end of a session. It is only through the support of others that these campers can continue to grow. It is our hope that all our campers are challenged and encouraged on their journeys, and that they take advantage of what they learned and how they live at camp, and apply those lessons and skills to their lives back in the city.

MPC relies on nearly 150 staff to make camp work. Six people work year-round. At the end of April, about 25 more people begin working for the spring outdoor education season, where school groups come to camp for a practical application of their science classes, or just for fun. At the end of June, the 2-month staff arrive for our major summer camp programs. In addition to these, camp is helped by many others who come in for a week or two at a time. Most of these staff work as volunteers, and the majority are students in high school or university. As students, there is a lot of emphasis on saving or paying for our education by getting a "real job." Camp encourages us to ask our friends, family, and churches for support for our work with them, to defray some of those costs. In addition to that, camp provides us with both practical and soft skills that will be of great importance to our future work and employment. The community that staff experience while at camp is extremely powerful, and many staff find the overall benefits of working at camp to be much more significant to their own journey than any city job could be.

### **Catherine's story:**

You may know me as Catherine, but for a good part of the year, I'm also known as Columbus. After having been a long time camper at Anglican Summer Camps, I started on staff of MPC in 2002 after a former cabin leader encouraged me to get involved in a camp again. I was on summer staff for two years, and for the past three have been on four-month staff. In these five seasons, I have filled a number of different roles at camp, from being a cabin leader to being on the kitchen and maintenance crews. Most recently, I have made the transition in to leadership positions, such as working as the Head Cook and in a position known as a Section Director, which is kind of like the supervisor of the cabin leaders for a particular section of campers. Last summer especially, I have felt like the reasons I go to camp have been less about a social

experience, and more concerned with training the next group of up-and-coming leaders, some of whom I remember as very young campers! I have become one of those people who I remember as the “older-and-wiser” ones, a very sobering thought. As a result, camp has been much more challenging in recent years, and promises to be even more so in 2007. The most significant thing I have learned at camp is about working and living with people. The situations we get in to draw us closer together because of how ridiculous they are. I remember one time when I was on my way back out to camp with a friend. We were towing a boat behind us, and I saw a paper fluttering in the review mirror. It was the Transport Canada registration! I wondered to myself if it would stay on its chain for the rest of the drive. Thirty seconds later, Christine and I were running down a dirt highway in Blumenort, Manitoba, searching the ditch for our lost certificate. Thankfully, we recovered it, but I can’t remember that drive without thinking of the hilarity of an afternoon spent with Christine, a person who has been “boss,” friend, mentor, and so many other roles.

### **Heather’s story:**

I have been going to Manitoba Pioneer Camp for 6 years now, and this last summer I was on staff. In 2005, I was at camp as a Leader-In-Training, a month-long program designed to help youth become good leaders. Before that, I attended camp as a camper. Camp has taught me a lot of stuff over the years. I have been able to learn leadership skills that will help me later in life. Leading a cabin for the first time this summer presented unexpected challenges. Although I sometimes had my doubts, I survived camp. On my LIT trip, I was canoeing one day with one of the leaders, when we came up to a bridge. Apparently, it was incredibly obvious to others, but not to us, that it was not a good idea to go under the bridge where we were headed. Everyone else made it across safely, but Jo and I got stuck under the bridge. We spent a good 10 minutes standing on wooden bars trying to free our canoe from the clutches of the bridge. Afterwards, we were very readily mocked for the remainder of the trip, especially when we were about to pass under a bridge. These experiences taught me how to be patient, and I have also learned how to communicate better.

### **Looking Ahead:**

MPC is currently undergoing a series of significant transitions. The Girls Camp director has stepped down from her position, and the national office is looking for a replacement for the General Director, who is gradually pulling out of camp over the next few months. The model of year-round leadership is also undergoing revisions, with exciting changes to come, including a new internship program for older four-month staff. At this time of great change, it is more important than ever to have committed and experienced staff continuing in the mission of camp so we are able to continue to expand and develop the services we offer to our campers.

The summer of 2007 will be an exciting, and different, sort of summer for everybody involved in camp. I (Catherine) am currently in conversations with the Director of Programming as to what role or roles I could be playing in the up-coming season. Many

possibilities exist for what I could be doing, and I am excited to see how these options will pan out over the course of staff hiring in the next month.

We have both been extremely appreciative of your support of our work with camp over the years. St. Peter's has been incredibly generous to the campership program over the past 5 summers, and we, along with many campers, would not have been able to be a part of camp without you.

If you have any further questions, please feel free to contact one of us:

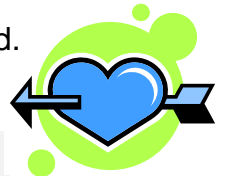
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A group of professional people posed this question to a group of 4 to 8 year olds, "What does love mean?"

The answers they got were broader and deeper than anyone could have imagined. See what you think:



*"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore.*

*So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."  
Rebecca- age 8*

**"When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth."  
Billy - age 4**