



## NEWSLETTER

### Message from our Vicar The Rev. Dr. Sharon Smith

To the St Catherine's Community,

I write this note from my home-based office during this time of social isolation.

Your tenacity, as a community, continues to amaze me. St Catherine's history of hardship has built in each one of you a resilience for difficult times. And this is the time to draw on that strength. Members are stepping up to provide phone care, grocery pick up, technological help, assistance with applying for financial aid, and more. Thank you for rising up and meeting this challenge.

Some of us find that we are struggling with worry, anxiety and periodic bouts of panic. This is normal for we are in strange and anxious times. Please know that this community is here for you.

Each one of you are in my prayers. You are not alone. And God is near.

We do not know why we are being invited to endure such times. Yet as followers of Christ we are called to live each moment as Sacred. I am grateful for this poem by Lynn Ungar on page 2. I commend it to you.

Peace be with you

Rev. Sharon

#### IN THIS ISSUE

VICAR'S MESSAGE

ASSOCIATE  
WARDEN'S  
MESSAGE

IN MEMORIAM

WELCOMING  
NEWCOMERS

PEOPLE IN THE  
NEWS

PANCAKE SUPPER

COFFEE &  
CONVERSATION

PRAYER FOR A  
SEASON

LONG NIGHT OF  
HOPE

PWRDF

PRESCHOOL

Next Newsletter  
Deadline - **June 22,**  
**2020**

Please send items to  
Heather Luccock at  
[hjluccock@shaw.ca](mailto:hjluccock@shaw.ca)

Services at St. Catherine's  
Sunday, 8:00 a.m. and 10:00 a.m. Eucharist  
Mid-week – Wednesday Contemplative Eucharist 10:00 a.m.

## Pandemic

What if you thought of it  
as the Jews consider the Sabbath—  
the most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now,

on trying to make the world  
different than it is.

Sing. Pray. Touch only those  
to whom you commit your life.

Center down.

And when your body has become still,  
reach out with your heart.

Know that we are connected  
in ways that are terrifying and beautiful.

(You could hardly deny it now.)

Know that our lives

are in one another's hands.

(Surely, that has come clear.)

Do not reach out your hands.

Reach out your heart.

Reach out your words.

Reach out all the tendrils

of compassion that move, invisibly,  
where we cannot touch.

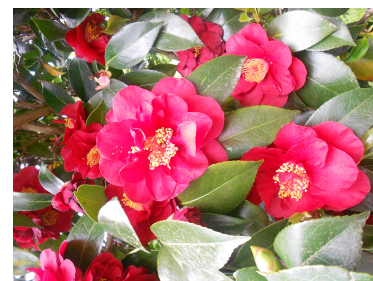
Promise this world your love—

for better or for worse,

in sickness and in health,

so long as we all shall live.

—Lynn Ungar



## Holy Week and Easter

*During this time of isolation our Vicar, Sharon, has provided us with ways of worshipping together and keeping in contact through the use of St. Catherine's website. Please make use of this new way of worship and prayer. [www.saint-catherines.org](http://www.saint-catherines.org)*

### Holy Week:

- ❖ Palm Sunday: recorded 10 am service on website
- ❖ Monday, Tuesday and Wednesday of Holy Week: Live prayer times (webinar and phone in) at 8pm led by a member of our Prayer Circle
- ❖ Maundy Thursday - instructions and simple liturgy provided for a service in your homes
- ❖ Good Friday - 10 am recorded service: Stations of the Cross (Stations are photographed art works from St Catherine's community)
- ❖ Holy Saturday - Prayer through the day, wherever you are. Submit prayer requests to Natasha in the office: [scadmin@shaw.ca](mailto:scadmin@shaw.ca)
- ❖ Easter Sunday: recorded 10 am service on website
- ❖ If you would like to participate in one of the online services, please let Natasha

### **Message from the Associate Warden – Heather Peacock**

Since Christmas St. Catherine's Parish council and wardens have been working hard to keep us on a positive track. Supporting Bruce Davidson in the development of our budget was both encouraging and stressful. I am encouraged by the number of parishioners who have asked to increase their pledge. If you have not pledged and would like to, or, in light of the current Covid19 situation and would like to increase your pledge or move to our preauthorized deposit manner of donating please contact me either at home (or by email ([heatherapeacock@outlook.com](mailto:heatherapeacock@outlook.com))).

Our defibrillator is installed and we are looking for a parishioner to take responsibility for keeping it charged and up to date. This would require very little time.

We had an excellent meeting with retired Dean Peter Elliott, organist Rupert Lang and Thomas Roach, a liturgical Art/space designer. They had some great ideas on where to position the choir for optimum sound and the elements in the church which are causing issues for sound. It was exciting to hear their ideas.

I am also working on our kitchen fridge and freezer issues. Food that is old and likely inedible has been stored and we are working on cleaning the area up. A big thank you to Kirsty Milligan and Elizabeth Barratt for the huge amount of work they put into cleaning the kitchen. if anyone is interested, or could have their arm twisted, to take on the coordination of coffee hour and the kitchen, please see a warden.

Sharon and I have been working with the Mental Health group that includes Highlands United, Gloria Dei and Holy Trinity to plan an information session in the fall. Mental Health, which also impacts Social Isolation, is a huge issue locally and in our community and we are hoping to become leaders in opening up the conversation.

The preschool has been busy with fundraising and planning for next year. Numbers are down so if anyone knows of families looking for preschool places please direct them to Marion Porter (and if you see her congratulate her on becoming a grandma!).

Thank you to everyone who contributed to the Long Long Night of Hope fundraiser for the Lookout Shelter. Totals are still being calculated but we are blessed with all the support we received.

---

### **Collecting Used Stamps – Lois MacGregor**

Used stamps are still welcome. Be sure to leave at least 1/4 inch of paper around the stamps so that the perforations are not damaged.

They can be dropped off in the bottom drawer of the cabinet, in the church foyer. Thank you for continuing to support this ministry.

---

## *In Loving Memory*

### **Wendy Ingram**

Wendy was born in Nassau, Bahamas on July 20, 1921. She met and married her husband Jake in England during World War 2. They returned to Canada and settled in North Vancouver and raised four children. They were founding members of St. Catherine's congregation. Wendy was a member of the Altar Guild and known for her elegance which made her the perfect model for the parish fashion shows. Wendy was a beautiful, kind and caring wife, mother, grandma and great - grandma and will be missed every day.

She lived her last years at West Vancouver Care and was gracious and lovely to the end.

\* \* \* \* \*

### **Eleonore Ellwood**

Eleonore was born on December 23, 1928 near Superb, Saskatchewan. She was brought up in the Mennonite faith of her parents.

In 1948 she moved with her parents to British Columbia. She worked at the CIBC, where she met her future husband Don. After marriage they moved for a time to Victoria before finally settling in North Vancouver where they raised their four children. With her husband she travelled to England, back to Saskatchewan, New York, Chicago, the west coast of the US, Hong Kong, and Mexico. Eleonore was a faithful and generous member of our parish. She volunteered for many years at the Lions Gate Hospital. She leaves her husband Don, children Donald, Robert, Kathy, and Gary, and her many other relatives, and friends.

### **Michael Burns**

Our dear friend Michael passed away on March 2, 2020. His service was to be held on March 29<sup>th</sup>. This has been postponed because of the coronavirus to another time. Michael was a wonderful and caring member of St. Catherine's. He, along with Lori, led the Sunday School for many years. He also served on Parish Council. He leaves his loving wife Lori and daughter, Jennifer, son, Philip and his family and many relatives and friends.

\* \* \* \* \*

### **Anne Jackson**

Anne was born on October 28, 1934 in Burnley, Lancashire, England. She was predeceased by her loving husband Robert Jackson whom she married on June 30, 1956, and within a year came to Canada.

Anne was a faithful and active member of our parish, singing in the Choir and a participant in Supper Club and the Friendship Circle. Over the years Anne served on several canonical committees and was on the committee that hired Siiri. She obtained a Masters Degree in English literature and taught English at Simon Fraser University. She leaves her three children Steve, Helen and Elizabeth and their families.





## **Welcoming Newcomers**

### **Lois Sookochoff by Janet Morris**

Lois's introduction to our parish family was at our 2019 Silent Auction and dinner. It might have been the warm welcome she received that evening which made her believe she could find her spiritual home at St. Catherine's. A few weeks later she met with Rev. Sharon and knew then that she had made the right decision. She is a regular communicant at our Sunday 8:00 o'clock Eucharist and participates in various parish events. The night of February 22 she slept in the church to help raise funds for the Long Long Night of Hope campaign! A number of parishioners remember Lois's late husband, Dr. Mike Sookochoff, a respected North Vancouver doctor. A former nurse, she and Phyllis Mittlestead trained together at St Paul's Hospital. She has one son and two daughters.

\* \* \* \* \*

### **Sara and Armin from Iran**

Armin and his wife Sara both 28, arrived into Canada 5 months ago. It's been over 3 months since we first started coming to St. Catherine's Church. We are very delighted to be with our new family in this church.

Welcome to our parish family.

## **People in the News -**

### **Lillian Jillings celebrates her 100<sup>th</sup> Birthday by Heather Luccock**

Lillian Jillings celebrated her 100<sup>th</sup> Birthday on February 15<sup>th</sup> with her husband, Laurie, family and friends. We were delighted that she was able to come to Coffee & Conversation on Tuesday, February 18 where we gave her a birthday card signed by many from the congregation, Rev. Sharon gave a birthday blessing and we all sang "Happy Birthday".

Lillian is a life-long Anglican. In her younger years she was a member of the AYP (Anglican Young Peoples Association) serving a term of President and Secretary. As a member of St. Catherine's she belonged to the ACW and other activities. For 30 years she volunteered at Lions Gate Hospital. She says she finds it difficult now to get to the 10 am service, but hopes when the weather warms up and the days are longer she and her husband Laurie will be able to join us.



Photo by Lois MacGregor

## **Shrove Tuesday Pancake Supper**

### **John Luccock**

One again the annual Pancake Supper was an enjoyable event with approximately 120 adults and children attending. There was a good mix of families from the Preschool and Parish. Special thanks to Marion Porter, from our Preschool staff, who, again provided activities for the children, and publicized our event among the Preschool parents. Monica MacDonald put together a colourful display of PWRDF materials. Natasha produced our publicity materials and set up the required arrangements for use of the kitchen and gym. Some twenty plus (20+) volunteers were involved in putting together this year's "Shrove Tuesday" Pancake supper. After expenses we raised some \$235.00 for PWRDF. We were delighted to have Peter Goodwin, former Chair of the Diocesan PWRDF Unit come with his wife Joyce and their family. Peter made a point of attending our Suppers in the past.

Peter Goodwin, former Chair of the Diocesan PWRDF Unit, wife Joyce and family with Chef, John

Photo by Aoife Goodwin



## **Coffee & Conversation**

Coffee and conversation is cancelled for the time being. So on April 21 pour yourself a cup of tea or coffee and phone someone.



## **Prayer for a Season**

Joy Wee March 2020

During these days of declared isolation, allowing us pause for weighty reflection, may we draw closer together in spirit as lights grow dim across the nation.

Though separate in space, we remain  
together  
through time unknown when next we may  
gather;  
For those who struggle with cares and  
sorrow  
may we offer our help and prayer for each  
other.

Let us share the joys that warm the heart  
as we in our daily lives do our part  
to spread the Kingdom of Love in our midst  
that all anxiety may depart.

In this season of life Springing all around  
from sea to sky chirping birds do resound;  
Let us take the time to open our eyes  
and see the flowers painting the ground.



## **The Primate's World Relief and Development Fund**

THE ANGLICAN CHURCH OF CANADA

Thank you for your participation in the Pancake Supper held on Shrove Tuesday. We were able to donate approximately \$250.00 to P.W.R.D.F. after the costs of the dinner. A special thank you to John Luccock and his crew for all their work.

P.W.R.D.F. Has had to make changes to their operations during this time of the COVID 19 virus. Volunteers have been safely brought home from many parts of the world and are now self isolating.

P.W.R.D.F. is continuing to support partners in their ongoing work in food security and healthcare, such as in Gaza. They are disbursing more funds to those affected by the Syrian conflict as well as Rohingya refugees in Bangladesh.

Thank you for the continued support from the many donors. These communities that P.W.R.D.F. serves depend on these donations. Not having access to quality healthcare make these communities especially vulnerable at this time.

Please make your donations online or by mail to P.W.R.D.F Thank you,

Monica Macdonald (P.W.R.D.F. Rep)

---

### **The Long, Long Night of Hope 2020 - Brenda Stenson**

In 2017, Donna Lawrence, a parishioner of St. Johns, NV (and Phyllis Mittlestead's niece), had an idea to bring awareness to and raise money for the fight against homelessness. It began with 7 people sleeping in their cars or in the church on a cold February night. Since that night more than \$67,000 has been raised by a few people in support of the Lookout Society in North Vancouver.

The 2020 Long, Long Night of Hope included two Saturday nights and two locations. On February 22, eight people took to St. Catherine's parking lot or the church and raised \$6,565. On February 29, twelve were in the St. John's parking lot or the church and raised \$10,713. The St. Catherine's night included an informal gathering in the evening with special guests, Paul Harmon and Owen Hynes from The Lookout Society. We went to our cars filled with gratitude for the commitment and dedication of these two men!

(Cont.....)

---

Long Night of Hope Cont.

The issue of homelessness is rampant and there is no possibility for most of these people to transition into their own home in North Vancouver – housing is just too expensive.

We are inconvenienced and frustrated that during this COVID-19 pandemic, we are forced to stay home. At least we have a home!

---

## **Preschool News**

Marion Porter, Developmental Resource Teacher

The Discovery 2s explored Winter, penguins and polar bears. Some of the Winter art activities the children enjoyed doing were decorating paper mittens with tissue paper, making a winter collage, painting with ice cubes and making melted snowmen with glue. All the classes celebrated Chinese New Year and decorated the classrooms with lanterns. The Treehouse Room's theme was Love, Friendships and Feelings. They also explored Winter and painted snowflakes with salt water that crystallized when they dried. The 4s in the Sunflower Room discovered the much loved books by author Robert Munsch. All the classes enjoyed decorating for Valentine's Day and celebrated with small classroom parties. Tiffany, our Music Consultant worked with the children on identifying the Rhythm family notes. They played the claves, tambourines, cymbals, maracas and triangles.

The staff had a Professional Development Day on January 31 and watched a great documentary on the "The Power of Play" produced by the Nature of Things on CBC. We began our registration for next year in early February. Our fundraiser of Samosas was very well received, thank you to everyone who ordered. The Pancake Supper was well attended by many of our families. The 4s enjoyed a fun time at our annual skating party at Harry Jerome rink on March 6<sup>th</sup>.

As we prepared for a one week of Spring Break everything was put on hold with Covid-19. It was decided by Gillian Holland and the Board that we extend the one-week break to 2 weeks to coincide with School District #44. When notice was given from the Anglican Diocese of New Westminster that all Church activities must be suspended, we notified our families that we will be closed for the month of April and possibly longer. The Preschool Admin will continue to respond to e-mails and phone messages. Thank you for the guidance of Rev Sharon and Gillian and we look forward to the sound of laughter in the hallways once again.

---

## **Newsletter Mailing**

If you would rather receive this newsletter by email or wish to be taken off our mailing list, please let us know at [hjluccock@shaw.ca](mailto:hjluccock@shaw.ca). Office hours Monday – Friday 9:00 a.m -1:00 p.m. Phone: 604-985-0666  
Parish Administrator, Natasha Stegeman, Address: 1058 Ridgewood Drive, North Vancouver  
[www.saint-catherines.org](http://www.saint-catherines.org).

---