



ST. PAUL
ANGLICAN CHURCH

**THE
CONTACT**

Connecting with your parish family • June 2020

CLARA'S CORNER

This week I found myself humming the hymn One Bread, One Body, One Lord of All (Common Praise #73). The refrain is: "One bread, one body, one Lord of all, one cup of blessing which we bless and we, though many, throughout the earth, we are one body in this one Lord." It reminds me of how deeply our understanding of the Eucharist is at the core of much of our theological understanding of being an Incarnational community. The Anglican tradition has a long-held understanding of Christ who came and mingled in human flesh – came to us in a physical real way – fully human, fully divine. It is a mystery for sure, and yet it also helps us to understand that in the Eucharist the real presence of Christ is revealed and experienced in the gathered community. We long for the day when we can come together in person around the Table of Christ, where we will break bread and receive the spiritual benefits of all that the Eucharist means for us. This too is a mystery, and yet hav-

ing experienced the Eucharist we know the gifts of peace, healing, forgiveness, comfort, and the joy of fellowship that comes when we share one bread and one cup.

In this season of physical distancing we are called to a time of what some might call a Eucharistic fast. Yes it is true that we are not able to gather around the Table of plenty and experience Christ present in the Eucharist in the traditional way. But does that mean that we are no longer able to experience the real presence of Christ when we gather in other ways? When we pray or when we spend time out in nature communing with God? Someone said to me the other day that they looked forward to when we will have "real worship" again. I was surprised to hear it said that way, which lead me to think about what we mean when we say "real worship" or "authentic worship". What makes worship "real"? Is it only when we can be together in person at the church? What would you say are the "markers" of real or authentic worship?

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If we are not able to gather around the Eucharist, does that mean we have lost the power and gifts of the Eucharist? What does that say about our beliefs about the capacity of God? If we have experienced the transforming power of the Eucharist then we know that we are Eucharistic people. We are the body of Christ, the real presence of Christ where ever we are – including when we are in isolation at home. The power and capacity of the Eucharist cannot be contained or limited to only when we gather

CLARA'S CORNER CONT.

together around the altar. Whenever we offer gifts of compassion, healing, forgiveness; whenever we come together to pray, to learn and grow together as people of God, we are being Eucharistic people. We are experiencing the profound love of Christ poured out as the cup of salvation and as bread broken for the world.

Yes, I long for the day when we will experience all the benefits of the Eucharist at the Table of Christ. In the meantime, we open ourselves up to the blessings of Christ present in our life, in our online gatherings, in our prayers with each other over the phone or on a walk along the trails in the great outdoors. All of this is real worship.

Every day we are invited to choose to be mindful of how our life is a witness to Christ present in our current situation. Our lives are the outward expression of the inward and spiritual grace that we have received in the Eucharist.

We are one bread, one body.

WORSHIPPING ONLINE

Welcome to all the new faces joining us on Zoom each week! If you need help getting online just reach out to our parish administrator for help. Our parish team is looking for volunteers, comfortable with muting and unmuting themselves during service, to lead the weekly readings and psalms.

If you wish to join a service just email the office at:

admin@stpaulsnanaimo.ca

Regular Online Worship Services

Morning Prayer:

Monday-Friday 8:30 AM

Contemplative Prayer:

Monday nights 7:00 PM

Liturgy of the Word:

Sundays, 10AM

9AM Coffee Hour:

Hosted before the 10 AM service

As per the budget that was passed at the February 23 AVM, our Open and Envelope offerings are under budget by \$14,908.30 at the end of April. In spite of there being no services at the church over Easter, our Easter/Lent offerings were very good, being over \$4,700.00.

We were able to pay \$2,300.00 on the capital loan in April, thanks to our regular donors and a special Easter offering. Expenses pretty much held the line in terms of payroll and utilities. We had an actual deficit for the month of \$1,899.63, about twice our deficit for the month of March. Remember that in spite of the building being closed, most of our operating expenses continue.

Special thanks to those who have continued their offerings, either by mailing them to the church, or by dropping them through the letter slot in the old Vestry door.

If you are not already using the Electronic Collection Plate, please consider it as we receive the funds regardless of the circumstances. Forms are available from the Church Office.

If you have any questions or concerns, please feel free to contact me at home. Keep safe!

**Sue Gueulette,
Treasurer**

TREASURER'S REPORT

The last Financial Statement available is to the end of April 2020.

Total Income for 4 months

\$ 79,189.71

Total Outgo for 4 months

\$ 88,076.79

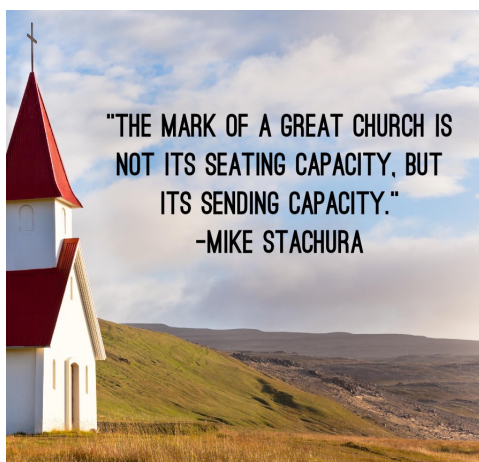
\$ (8,887.08)

Balance fwd. Jan. 1/20

\$ (3,394.23)

Balance (deficit)

\$ (12,281.31)



WELCOME, KATHERINE!

Friends, In consultation with Bishop Nigel Shaw of the Canadian Armed Forces, I am pleased to announce the bishops' joint appointment of Katherine Walker as assistant curate at St. Paul Anglican Church in Nanaimo, posted May 1, 2020, and commencing duties effective June 1, 2020.

Katherine will serve the parish for the next two years. Her primary role will be to assist The Ven. Clara Plamondon and to continue her formation to a priestly ministry. While Katherine's previously planned ordination to the diaconate was postponed due to the Covid-19 crisis, the bishop has authorized her to act in the manner of a deacon and curate until such time that her ordination can be rescheduled. Katherine comes to us from the Royal Canadian Navy where she has served as an above water warfare specialist for the past 12 years. In 2018, she was chosen for a military chaplain development program which brought her ashore to begin her education at the Vancouver School of Theology and an inter-institutional relationship with the diocese of islands and inlets and the RCN.

Katherine did a summer internship at St. Mary the Virgin in Victoria in 2018 where she did a preaching series and led a 5-week contemplative practice group. In her personal life, Katherine originally hails from Alberta, but after many years living at sea, is a self-proclaimed "islander."

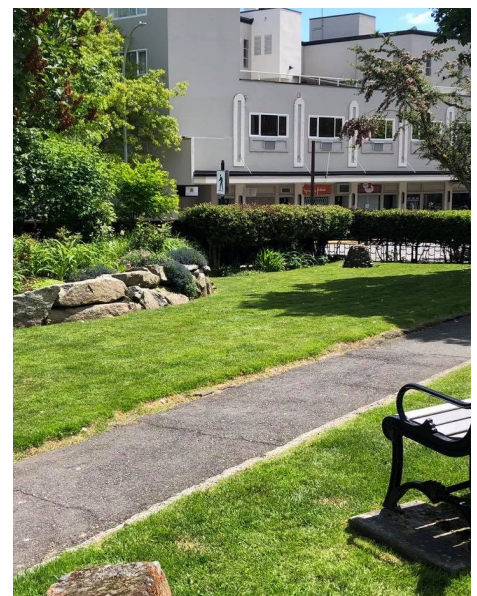
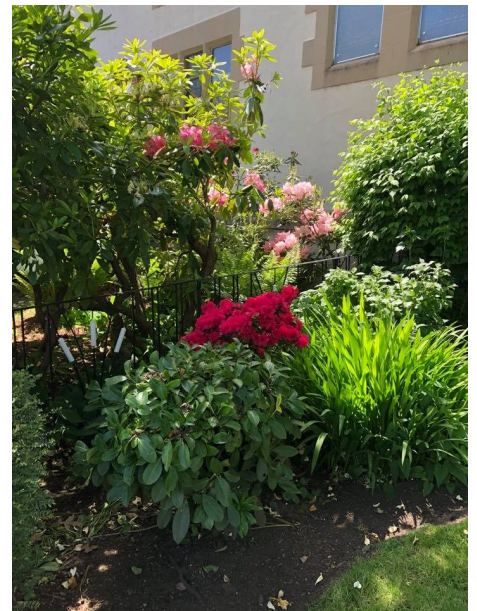
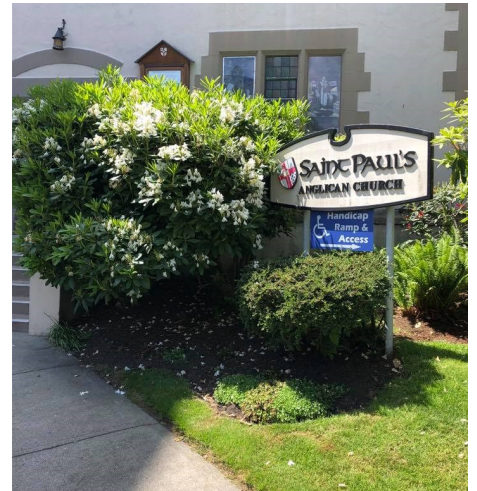
She enjoys reading, writing and keeping fit, and considers herself very privileged to enjoy the company of Simon, a Chinchilla British Short hair cat—the furry king of her heart. Please welcome Katherine to the parish!



Katherine describes herself as a sacramentally formed Anglican. She is gratefully participating in a chaplain development program within the Canadian Armed Forces. This is occurring mid-career for Katherine and is quite the transformation from a warfare specialist and naval diver who has made her way through the ranks.

While at VST, she enjoyed studying scripture, leadership, pastoral care in an acute care hospital and spent two years working in a street ministry. Formation, liturgy and music are important for Katherine. She is excited about St. Paul in Nanaimo. She will continue to deepen her engagement with her most authentic self, the world and seeks to respond to this calling.

GARDEN PHOTOS



A GARDEN MOMENT

"Caroline and I were working in the St. James' Garden when an older couple walked through the parking lot and complimented us on the Gardens. She asked me if I had found some small weed piles at the edge of the parking lot. Indeed, I had found a little weed pile that morning, moments earlier.

The woman explained that they have recently moved into a down-town condo. She is missing their garden and likes the green space around St. Paul's. So, she occasionally stops to pull weeds in the St. Paul's / St. James' Garden and stacks the weeds neatly for pick-up. How kind is that? Our neighbours like us!"

-Lee Grimmer.



PRAYER SHAWL MINISTRY

Matthew 25:40

Jesus said, "Whatsoever you do for the least of my brothers, you do for me."

Our Vision: To form a prayerful ministry that reaches out to those in need of comfort and solace.

Our Mission: To bring people together to knit and crochet prayer shawls and share our love and concern for others through something tangible - the prayer shawl. To pray for our church family and the broader community in need of prayer in joyful or trying times and to support each other.

What is a Prayer Shawl Ministry?

St. Paul's Prayer Shawl Ministry is prayer and love that combines the beautiful fellowship found in our church and community with our talents of knitting and crocheting. Prayer Shawl is a tangible gift representing the many and continuing prayers for comfort, caring, healing, and love offered for an individual experiencing illness, grief, loss, emotional trials or spiritual upheaval in their lives.

Prayer Shawls can be given in times of great joy, celebration or appreciation. In other words, anyone who needs prayers can receive a Prayer Shawl. Requests are treated on an individual basis. A prayer card accompanies the shawl for the recipient to pray as the shawl is worn. The recipient can be any member of the parish, the Prayer family, or the broader community.

Is there anything else I need to know?

God guides this ministry. God tends to work through those who make themselves available to Him. We never know who we will meet and what impact our ministry will have on those God brings to us. We do the knitting and crocheting, and God does the rest.

How much time am I committing?

There is no Prayer Shawl quota or recommended time requirements. You can stitch in the group at your own pace, in the privacy of your own home, at children's sports events, waiting for doctor appointments or wherever you feel comfortable knitting/crocheting. You can make "1" shawl or "100" shawls. The calling is between you and Jesus. This ministry is what you want to make of it. Best of all, we laugh, socialize and make new friends in Christ. Fellowship at its finest.

How can I become involved in the St. Paul's Prayer Shawl Ministry?

The Prayer Shawl Ministry meets to pray, share, knit or crochet on the first and third Thursdays of each month from 1 - 3 pm. We are presently on Zoom.

If you have any questions or want to join us, please contact me at: 250-754-8614

or
olivery@telus.net

Prayer Shawl Ministry Chair
-Yvonne Oliver



WARDEN'S REPORT

Firstly, a continuing 'thank you' to the very many who go out of their way to remain in contact with each other in meaningful ways. Those who have taken part in various drive-by celebrations cannot fail to have seen the joy and delight these events, and others like it, have brought. As we begin to realize how enormously fortunate we are, thus far, on Vancouver Island to be largely free from COVID, and look forward to 'returning to normal', our minds naturally turn to an expectation of resuming communal worship at St. Paul.

While plans are underway to do exactly that, and while provincial restrictions are beginning to be relaxed, the diocese recognizes that many parishes, ours included, are predominantly of a demographic that remains highly vulnerable to COVID. It is almost certain that our resumption of communal worship will be cautious, careful, and in all likelihood, some weeks away yet. Consequently, it is so important for us to remain connected in as many ways as we can creatively think of to ease the inherent ongoing stress of largely living apart from normal everyday human contact. It is with this in mind that you will have received a survey, the responses to which will help us discern how best to address the gradual resumption of communal worship while remaining connected with each other.

As we look to the future, we warmly welcome our Assistant Curate, Katherine Walker, who has recently joined us. It must be strange for her

to join a virtual parish (I can almost imagine her first book entitled 'Curacy in the time of Pandemic'!) However, her arrival is a most fortuitous addition to our clergy team at a time when the pandemic is making sustained, unusual, and extraordinary demands in efforts to sustain and nurture a community of faith.

-Tony Browning
People's Warden

BLM DEMONSTRATION

The Ven. Clara and some of our parishioners attended the *Black Lives Matter* Demonstration this month. Here's two photos from that day:



LETTER WRITING MINISTRY

During Lent, a small group of St. Paul's parishioners decided to form a local chapter of Amnesty International. We are waiting for word from AI with respect to becoming an official AI group, but in the meantime, we are writing on behalf of the Urgent Action Network.

When we receive an Urgent Action, we respond as individuals by email. We are provided a form letter, and we are free to edit the letter to make it our own before sending it away.

If you're reading the newsletter online, you can view the most recent action by clicking [HERE](#). It concerns the danger of Covid 19 infection to prisoners of conscience in overcrowded Iranian prisons.

Please, if you can spare a moment to add your voice to this call for justice, just click above or email Sandra directly.

Hebrews 13:3

"Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering."

If you would like to join us in this ongoing ministry, please contact Sandra Leigh at: sandara.bc@gmail.com.

ACW REPORT

The ACW has been active at home. Many of us have been checking up on friends and dutifully knitting and crocheting scarves, hats, sweaters and blankets for our Dorcas mission. Carol Shaw has provided knitting kits for members to complete. There are still some available for volunteers to make. The Diocesan Executive have shared that there is also a need for sewn flannellette receiving blankets. Anyone interested in this project please contact Marilyn or Carol. If you can sew and need material we can get you some. If you have material but don't sew, we can find someone to sew for you. If you have material and can sew we would love you to help us out with this project.

As well, we are still collecting bars of ivory soap, 100ml toothpaste, and warm adult socks.

Our first zoom meeting was held on Wed June 3rd. Rev. Clara was the host of the meeting, and our Diocesan president, Gloria Hockley was able to join us!

Our next gathering will be held outdoors on Tuesday June 30th from 2:00pm-4:00pm.

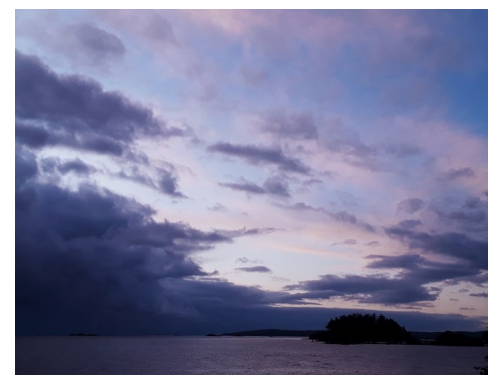
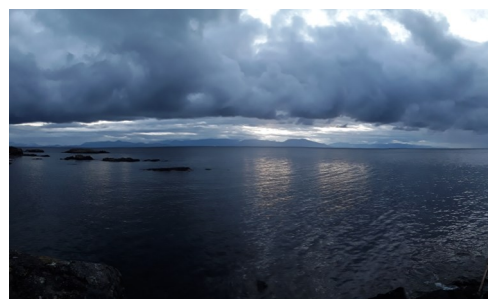
We will stay outside at a 6 foot distance and bring our own chair and coffee/tea mug. Members will be called with details closer to the date.

Respectfully submitted,

St. Paul ACW Chair
Marilyn Browning
(250-585-6857)

ASCENSION DAY 2020

Two of our parishioners, Joanne and David, were up at 4:30 AM to capture the sunrise on Ascension Day from Neck Point Park. As they said, *it was stunning!*



Thank you Joanne and David for sharing your Ascension Day photos!

EASIER THAN YOU THINK!

One of our parishioners was very hesitant about trying to use Zoom. We're so lucky she did, because now she wishes more people knew how easy it actually is to get online!

Here's what she had to say:

"I like Zoom, because it is a convenient and favorable experience as we are in the time of social distancing. I have enjoyed the Sunday Services, Contemplative Prayer, Morning Prayer, Prayer Shawl Ministry: they're only one click, and we are together as a family."

It's fantastic for the Prayer Shawl Ministry, as we're knitting, crocheting, praying, and visiting as we would in a regular meeting at the church.

In the last couple of months, I have learned the joy of connection of people through Zoom. It is only a substitute for now. I have hosted a meeting and visited my friends online.

Thanks to technology, we have different ways of communicating with each other in times of isolation.

I was nervous, but Zoom has been a positive experience for me.

*Thank you,
Yvonne Oliver."*

Would you like to host your own Zoom meeting? Reach out to the office and we can help!

NOTES OF THANKS

*"To my St. Paul's Family
and ACW Sisters,*

*THANK YOU ALL! for your kind
thoughts, prayers and messages. My
house is full of the lovely things you
did for my birthday, and I shall never
forget it; so many surprises and
thoughtful things from you all, have
been wonderful for me. How you did
so much in these difficult times is
something I will always remember.
Thank you again!*

*With my love,
Blanche"*

*"On May 23rd we celebrated Johna-
thon's 7th and Aleksandr's 4th birth-
days. Thank you to everyone who was
able to drive by and celebrate their
birthday parade!*

*Johnathon was quite nervous that no
one would come, since he couldn't
hand out invitations. We had more
parishioners drive by than school
friends, so seeing his parish family
made his day more special than you
can imagine! Again, thank you!*

*With Love,
Alicia—John & Alek's mother."*



PENTECOST DRIVE-BY BLESSING

On Pentecost we also welcomed Curate Katherine Walker to St. Paul's during a drive-by blessing!

Some wonderful photos were taken, you can see them below:



NEWS



FROM OUR REGION



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Check out our website!
stpaulsnanaimo.ca



Join our email list!
Email: admin@stpaulsnanaimo
to receive our weekly Friday File!



In the silence of our hearts we listen for wisdom,
O God

that we may learn again that we are born of you
and that all people are bearers
of your everlasting image.

In the silence of our hearts we listen
that we may know once more that the earth
and all its creatures are sacred
and that within us and among us is your
wisdom and your delight.

JOHN PHILIP NEWELL
'CELTIC TREASURE: DAILY SCRIPTURE AND PRAYER'

CONTACT US

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