



ST. PAUL'S ANGLICAN CHURCH | THE CONTACT

Connecting with your parish family • March 2020

CLARA'S CORNER

I am reminded of a place where I lived at a retreat centre about 30 minutes outside of Cochrane, Alberta on the way to Canmore. It is an amazing spot, pristine with stunning views of the ice-capped mountains in the distance, coniferous trees in all shapes and sizes filling the hillside as far as the eye can see. Running through the property is the Ghost River that winds its way in and out through a massive ravine that cuts through the 160 acres of land. There are springs of water gurgling from the hillside along the pathways to the river, and there are low-lying marsh lands with water lilies poking up from the shallow water. If you follow the river downstream, you will eventually come across various lakes and streams that end up in the Bow River Basin in the foothills of the Rocky Mountains. The Ghost River is primarily fed from the icecaps in the mountains and from ground springs in the winter. It sometimes overflows its banks and takes out everything in its path, while at other times it seems to disappear and then reappear further down, hidden in the crevices of massive rocks. The water that is pumped from that river source for consumption is the purest, sweetest, most crystal-clear water you could ever drink. I can't imagine what would hap-

pen if we lost these kinds of precious resources.

I'm sure many of us can think of a place just like this where we have fond memories of enjoying the outdoors, the beauty and the splendour all around us. What we are describing are watersheds. Wherever we are, we are part of a watershed. (A watershed is any area of land that contains streams, lakes, rivers, and springs that all eventually flow into the same body of water). There isn't a place on the planet that is not part of a watershed – including desert areas. These watersheds are the places where we live, where we work and play, and where we are able to grow what we need to live and survive.

Our planet is covered in water and water flows in and through the land, mountains and deserts. Our human bodies are also made up of about 60% water. It's one of the primary things that all creatures and our planet share – water. It should not surprise us then that many of the significant metaphors that are used in the sacred scriptures are images from creation – water, light, land, and wind. Our entry point into the family of God is through the waters of baptism.

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We remember the biblical stories of the exodus and the crossing through the Red Sea, or the water that sprung up from the rock when the exiles were out in the desert. We remember the images of water flowing from the temple in Ezekiel. We recall Jesus and his baptism in the Jordan River. We hear the stories of Jesus declaring that he is the Living Water. We witness water flowing from the side of Jesus as he hung on the cross.

Whether we look around at the world God has created or spend time reading and reflecting on the scriptures, we cannot help but feel a deep and profound gratitude for all that God has provided 1

CLARA: CON'T FROM PG1

for life and sustenance. We live at a time where it is increasingly difficult to ignore the groans of creation, the extreme weather patterns and the cry of those who claim that we must change our ways if we want a future for our grandchildren or great-grandchildren.

As we begin this season of Lent, we are invited to reflect on and consider our relationship to creation, to the watersheds that we live in, and how Jesus, the Living Water continues to shape and inform our lives as disciples.

Dear God, Creator of the Universe, we thank you for the gift of life. We thank you for the gift of water, which makes all life possible. Move us to love these waters as you do. Fill us with a vision of a renewed creation, and give us the will to be faithful stewards of all your gifts.

We pray in the name of Jesus Christ, who brings Living Water. Amen.

(Congregational Watershed Discipleship Manual, pg 36)

THANK YOU HEATHER!

Thank you to our long term verger Heather for her years of service. We wish her the best in her retirement.

We hope you enjoyed Hawaii Heather!



WARDEN'S CORNER

It has been a while since the last Contact which was in November. Tony and I collaborated on the Warden's Report for the Annual Vestry Meeting, which took place on February 23rd. That report was fairly exhaustive and I won't bore you by restating the content of our annual report.

A hearty welcome to Sandra Leigh, who was appointed in January as our new Deputy Rector's Warden. She brings many talents and gifts to our leadership team.

Rev. Clara let her name stand for Episcopal Election in the Territory of the People. She was not elected, and that is wonderful for us. Clara was recently awarded the 2020 Principal's T.E.G. award from the Vancouver School of Theology as she will be presented the award on May 12th. Congratulations, Clara!

Kudos to everyone in the Parish who stepped up to the challenge of clearing off the major portion of our operating deficit. We ended the year with a \$3400.00 deficit. This was truly miraculous, and we give God the glory for it. It is wonderful to see that St Paul Church is looking at a 2020 Budget with a small surplus.

Felicitations to all of those who put their names forward for Parish Council, Synod Delegates, Alternate Synod Delegates and Regional Representatives at our Annual Vestry Meeting and were elected by acclamation to those positions.

Welcome our new Deputy People's Warden, Heather Lester, who was elected by acclamation at the Annual Vestry Meeting. I believe that Sandra, Heather, Tony and I will make a dynamic team working for you in the year to come.

I implore you to pray that our Church will really shine brightly, as a beacon of Hope and Light, in our community of

Nanaimo. Looking ahead, we are now in the Season of Lent and focusing on WATER as a theme. In a few short weeks we will commemorate Jesus' passion and resurrection by concluding with the renewal of our Baptismal vows.

Have a Blessed Spring!

Don Gillett, Rector's Warden

SHROVE TUESDAY



ANNUAL BOOK SALE!

We had so much fun doing a book sale last year that we are going to do it again!

Our sale will be on Saturday, August 15th, beginning at 9 o'clock in the morning. If you would like to help set up, or staff the book sale, please speak to Sandra Leigh.

Closer to the date, there will be a cart in the hallway near the parking lot entrance where you can leave all those books you've been waiting to donate.

Let's make this year's book sale an even bigger success than the last one! Proceeds will go to retire the debt.

THE ACW ACTIVITIES

The ACW is already busy collecting items for the Dorcas Joy bags. In January we collected Kleenex, February was shampoo, and March is washcloths. To the right is a photo of one of the Dorcas bags and contents. We need to fill over 100 bags this year.

There is to be a coffee reception in honour of Doris Davies on Sunday March 8 after the 10:30 service. Shortbread and rum balls will be served with the tea and coffee. All are welcome.

The ACW will be hosting their annual fundraiser this Spring. On Saturday May 9th from noon to 3.00 there will be a Mother's Day Lunch and Fashion Show. Tickets are \$20.00 each and they will be available in April. Many thanks to Alison Walsh for designing the beautiful posters and tickets. There are only 80 seats available, so mark your calendars and gather your friends together for this delicious lunch and fashions by Damsels Fashions (Old City Quarter).

LOST AND FOUND

Are you missing the following items ? If so, they are waiting to be claimed at the greeters desk.

- 1) Clear Planet Fitness water container with black lid
- 1) Pair of grey ladies gloves
- 1) Lime green ladies sleeveless sweater- size small
- 1) Pair of Old Navy olive green slacks ladies- size 2

WHAT ARE JOY BAGS?

Joy Bags are 12 X 14-inch cloth draw string bags that are sewn and donated by two St Paul's parish ladies. Throughout the year personal items are collected for the bags. The purpose is to provide personal comfort to the recipient.

When enough of each item is collected the items are sorted and stuffed into the bags. In late October the bundles for the Diocese of the North are sorted and readied for shipment, the Joy Bags are included.

The Following are items that are placed in the bags: Comb, pocket Kleenex, Ivory hand soap, face cloth, pencil or pen, small note pad, 75-85 ml toothpaste, toothbrush, 100 ml shampoo, and a pair of socks. Each month we concentrate on one of these items, then in September any funds that have been donated to Dorcas are used to purchase the supplies that are needed to finish the bags. This year the ACW hope to fill 100 bags.

In January we kicked off the Joy Bag project by requesting pocket Kleenex, then in February 100 ml containers of shampoo. In March we will be collecting donations of terry face cloths or knitted cotton dishcloths.

Please also save hotel size lotions, shampoos and conditioners as these are divided up into the bags as extras.

We will not be assembling and including sewing kits any longer, therefore please do not bring any more pill containers.

Any items can be left at the church front desk or given to Marilyn Browning or Carol Shaw.

Carol Shaw

Secretary, St Paul Anglican Church Women.

Photo of one of the handsewn joybags sent to our Northern communities



PWRDF REPORT

**PIMATISIWIN NIPI (Living water)
First Nation, Métis and Inuit initiative**



The **Pimatisiwin Nipi (Living Water) Group** is led by Bishop Mark Macdonald, the National Indigenous Bishop for the An-

glican Church of Canada. Participants meet every other month, working closely with our Indigenous friends to focus on these **FOUR PILLARS OF AWARENESS:**

(1) Education - We work to support parishes with understanding and learning about the true history of Canada. Through speaking engagements and the KAIROS Blanket Exercise, we walk in a good way towards Truth and Reconciliation;

(2) Advocacy - We work to support clean and accessible water for all people in Canada through letter campaigns and events to raise awareness about current Indigenous issues across Canada;

(3) Spiritual Walk - We support the integration of thoughtful prayers and Indigenous-focused worship services;

(4) Strategic Funding - (excerpt from Pimatisiwin Nipi Annual Report 2019) ₃

PWRDF: CON'T FROM PG2

We have had to pivot, at least for the time being, from our work in Pikangikum into new partnerships with other Indigenous communities. It was always our plan to expand our partnerships beyond Pikangikum. While we hope and pray that the work begun in Pikangikum can reach its completion with regards to clean water for this community, we also feel hopeful about the new possibilities for partnership on the horizon.

Archbishop Mark has been in touch with Bishop Lydia Mamakwa (Indigenous Spiritual Ministry of Mishamikoweesh) about future partnerships. At this time, a concrete next partnership has not been identified, but our financial gifts could support the purchase of a water truck as well as training community members in water infrastructure and maintenance.

2020 And Beyond - Going forward, with support from faithful and generous people all across Canada, **PWRDF** can continue to partner with groups that are improving clean water and sanitation, and advocate for greater support from the federal government to address these unacceptable inequities in our own country. Let us pray that God's law of compassion will continue to set the agenda for all that we do, that partnerships between Indigenous and non-Indigenous Canada can heal and flourish, and that a more just country for all Canadians will be made possible.

[If you would like to learn more about our FNMI initiatives, please contact Bishop Mark Macdonald through the Anglican Church of Canada, National Offices.]

Submitted by Janice Valecourt, PWRDF Rep.

WRITE FOR RIGHTS

Would you like to spend an hour two, once a month, writing letters for Amnesty International?

Amnesty International encourages supporters to write appeal letters directly to officials who are in a position to **end a human rights violation**, and to write solidarity letters directly to people wrongfully detained or targeted for their human rights work.



Sandra Leigh is looking for people to **join her in forming an Amnesty International group** here at St. Paul's as part of our social justice ministry.

If you are interested please contact Sandra in person, or at sandara.bc@gmail.com or by phone at 250 618-0269.

ALTAR FLOWERS



There are only two opportunities left for placing memorial altar flowers!

If you would like to remember loved ones in this way, please contact Colleen Johnston at 250-753-2528.

The two dates available are:
August 30 and November 15.

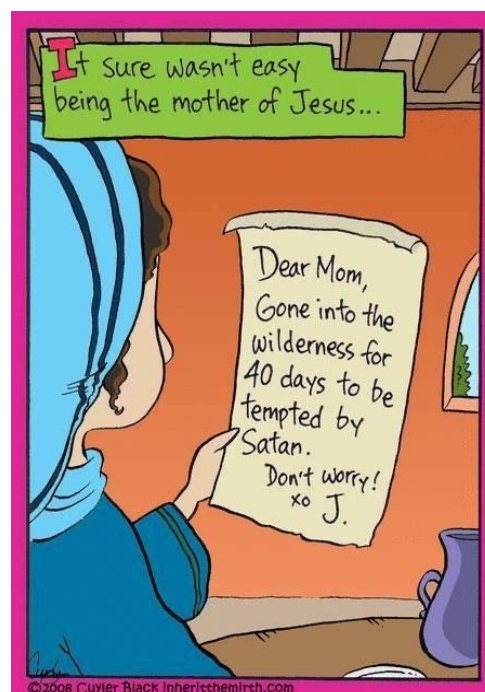
POETRY TO REFLECT

Grounded in the Water

revised by Raymond A. Foss

All of life's problems bleed away
When I get grounded in the water.
Grounded in the love of God
the neverending wellspring of life
poured out for all who would drink
draw in the energy, the love, the grace
of God's gifts, freely given
like the woman at the well
we ask for the cup to be filled
for our thirst to be quenched,
without having to walk to the well
thirsty and tired, hot and tired
wanting, needing that water
grounding our faith
strengthening our spirits
to do his work

A FAIRLY FUNNY FUNNY



PARISH ELECTS NEW LEADERSHIP TEAMS

Sixty St. Paul's parishioners gathered in the hall on Sunday, February 23 at 12:30 pm for the Annual Vestry meeting.

The Annual Reports, which showed a very active year in the parish, were reviewed, as well as the Annual Financial Statements, which showed we ended the year with a small deficit of just over \$3,000.00. A very successful year on all counts, thanks be to God! The Expense budget of \$295,022.00 was passed for 2020.

The Rector made the following appointments for 2020:

Rector's Warden	Don Gillett
Deputy Rector's Warden	Sandra Leigh
Honorary Assistants	The Reverend Robert Calderwood, The Reverend Dr. Catherine Dafoe Hall
Liturgical Assistants	Les Annesley, Don Gillett, Edward Gueulette, Mary Jane McLaughlin, Alison Walsh, John Browne, Brian Heltman, Sandra Leigh
Communion Administrants	Les Annesley, John Browne, Ron Downey, Syd Gallenger, Don Gillett, Edward Gueulette, Sue Gueulette, Brian Heltman, Sandra Leigh, Marilynne Mark, Mary Jane McLaughlin, Joyce Ramsey, Carol Shaw, Janice Valecourt, Alison Walsh, Bill Walsh
Lay Eucharistic Ministers	Marjorie Adams, Jane Barnes, Marilynne Mark, Alison & Bill Walsh

The following were elected for 2020:

People's Warden	Tony Browning
Deputy People's Warden	Heather Lester
Parish Council	Brian Heltman, Jane Barnes, Don Paquette, Joanne Coull, Gerry Yeomans, Bonnie Culp
Synod Delegates	Sandra Leigh, John Browne, Don Gillett
Alternate Synod Delegates	Sue Gueulette, Tony Browning, Elaine Collison-Baker
Regional Delegates	Norma Humphreys, Joy Adams Bauer, Syd Langhelt, Alicia Vanin

A **Transforming Futures Visioning Team** is to be established as per the Diocesan program. We are not expected at this time to take part in the money raising aspect, as we have already done that with our hall. However, we need a team to examine our Ministry Plan and vision for the future. Members who volunteered are Sandra Leigh, John Browne, Rev. Patricia Horrobin, Alicia Vanin and Rev. Cathie Hall.

The meeting closed with the singing of the Doxology.

FUND FOR THOSE IN NEED

2019 Transaction Report

The St. Paul's Fund for Those in Need, formerly known as *The Rector's Discretionary Fund*, is maintained entirely by donations from parishioners. This fund enables our "Front Door Ministry". It allows us to offer help in a small way when people come through our front doors with immediate personal needs. Through an agreement with "Friends of Haven" Thrift Store, we offer clothing vouchers; we have bus tickets on hand to help with transportation to and from appointments (almost always health related); we buy Thrifty Food cards in \$10 denominations, and give out 30 on the third Tuesday morning of the month. People are eligible for a card every second month, so that more are able to be helped. We also give consideration to other special needs, and offer help if we can with fees for programs (for example, EfM, study books, etc.)

Below is an account of how 2019's Fund was used:

Opening balance, January 1, 2019

\$ 3,843.25

Donations received

\$ 1,759.00

\$ 5,602.25

Disbursements

Clothing vouchers	\$ 175.00
Thrifty Smile Cards	\$ 3,700.00
Bus Tickets	\$ 135.00
Help with stove replacement	\$ 200.00
EfM Canada	\$ 100.00
Bank Charges	\$ 36.00
	\$ 4,346.48

Closing Balance, December 31, 2019

\$ 1,255.77

Venerable Clara Plamondon, Rector

FROM THE TREASURER



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

Total Income for 1 month	\$ 17,812.85
Total Outgo for 1 month	\$ 22,829.96
	\$(5,017.11)

Balance fwd. Jan. 1/20	\$ (3,394.23)
Balance (deficit)	<u>\$ (8,411.34)</u>

Using the draft budget (that was passed at the February 23 AVM) our Open and Envelope offerings are under budget by \$4,038.49 for the month of January. Not an auspicious start to the year. Our expenses were pretty much under budget in most areas, so the deficit at this point can be solely attributed to a shortage in income. However, it is too early in the year to call this "a trend"! Let's hope the coming months will get back on track, so to speak. We were able to pay \$1,190.00 on the building loan, bringing it down to \$368,862.25.

If you are not already using the Electronic Collection Plate, please consider it as it helps even out our regular income. Forms are available from the Church Office.

Full copies of the Financial Statements may be found on the bulletin boards in the Narthex and hall. If you have any questions, I will do my best to answer them. I can be reached by calling the Church Office (250-753-2523).

Sue Gueulette, Treasurer

STREAMS OF LIVING WATER

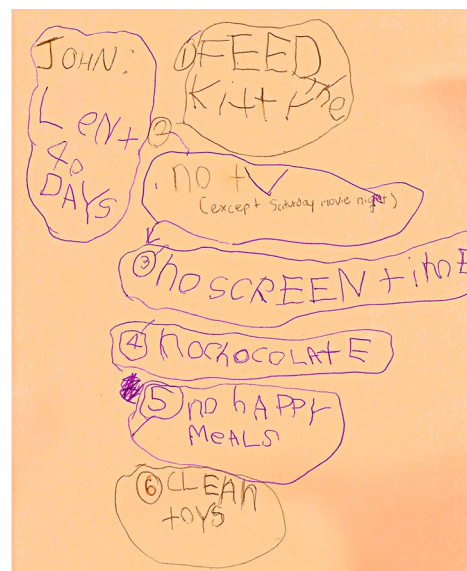
We welcome anyone to come light a candle during service, and reflect on the Streams of Living Water display throughout Lent.



LENTEN REFLECTIONS

Some of our youngest parishioners have been learning about the burning of the palm crosses, Ash Wednesday, and taking on Lenten spiritual practices.

John's challenging his friends and family to do the same. *You too!*



TRANSLATION: 1. Feed Kitty 2. No TV
3. No screen time 4. No chocolate
5. No happy meals 6. Clean toys

EFM GRADUATIONS

EFM Graduation Ceremony:

April 23, 2020 – 11 am at St. Anne's & St. Edmunds Parksville. Everyone is welcome to join the Bishop and EFM community for this Graduation event.

Congratulations to our own St. Paul parishioners Andrea Biener and John Browne who are graduating this year!

UPCOMING CELEBRATION

Celebrate the UN Declaration of the Rights of Indigenous Peoples:

June 12-14, 2020

Our national indigenous bishop, Mark MacDonald will be visiting the diocese during National Indigenous History month, and you're invited to help celebrate.

The weekend celebration and the 125th anniversary of St Anne & St Edmund in Parksville will include a gala dinner on Friday night, workshops on Saturday, and a service of celebration on Sunday morning. Archbishop Mark will be the keynote speaker throughout the weekend. **Stay tuned for more info on the Diocesan website:** bc.anglican.ca

FROM HOPE LUTHERAN

GARAGE SALE AT HOPE LUTHERAN CHURCH for Syrian Family Reunification on Saturday, March 21, 9AM—12noon

Please consider donating items or coming to our sale. Start saving your treasures! For more information or if you want to donate items, please send a message to Mona at monarichardson26@gmail.com. Larger items may be picked up the week before. Unsold items will be sent to another charity after the sale.

AROUND THE OFFICE

The new year has been an exciting time to be in the office. Although Lent is a time for personal quiet reflection and pause we have found that the facility is bustling with community engagement.

In March we welcome the City of Nanaimo as they host two weeks of full day public discussions in our Hall about Health and Housing issues in the community. We're also looking forward to hosting the Vancouver Island Chamber Music Festival in the first week of April.

We are also looking for an office volunteer to be a greeter at the front desk once a week on Thursdays from 9AM—12noon. It is an easy and fun way to spend 3 hours a week, so please don't hesitate to reach out!

We're still looking for a Green Team. The Green Team will be comprised of folks who are willing to come and collect compost and/or recycling from our various meeting rooms and Hall. We do not have recycling and composting pick up available here at the facility, but at striving to become more eco-aware. If this is a passion of yours, and you can help, please call the office.

Another *thank you* to everyone who came out to the Newcomers Parish Gathering earlier in the month. It was wonderful to meet so many new faces and share in the excitement of our many ministries. Thank you for joining our parish community!

As well, our Mardi Gras Talent Show and Potluck was a roaring success! Thank you to our dedicated volunteers for spearheading such a wonderful event. *Do you have an event idea?* Let's chat!

And a reminder to anyone **looking for volunteer opportunities:** *just call the parish office to get involved!*

HAVE YOU SEEN OUR FB?

Pictured below are our littlest parishioners helping Ven. Clara burn the last year's blessed palm crosses. Working with fire is always exciting for young minds, but they were also keen to learn about *why* we do what we do.



You may not have seen this photo, as it was shared directly to our Facebook page. You can join our online community to see photos shared from community groups, cartoons, parish photos, and upcoming regional events. **Check out the last page of the contact for the link!**

A NOTE OF THANKS

We wish to express our gratitude to our St. Paul's family for your "get well" prayers and birthday wishes. It means so much to us to know you are all thinking of us as we deal with our health issues. We miss being with you at St. Paul's and look forward to the day when we are able to be with you in person.

—Father Bob and Lorna.

Thank all members of St. Paul's Anglican Church for all the cards on the passing of my husband, and warm thoughts. Thanks to you all.

—Lynn Affleck.

NEWS



FROM OUR REGION



Visit us on Facebook!
[FB.com/stpaulsnanaimo](https://www.facebook.com/stpaulsnanaimo)



Check out our website!
stpaulsnanaimo.ca



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



*"God of our salvation, your bow in
the clouds proclaims your covenant
with every living creature. Teach us
your paths and lead us in your
truth, so that by your Holy Spirit,
we may remember our baptismal
vows and be keepers of your trust
with earth and its inhabitants."*

Revised Common Lectionary Prayers (2002) alt

MARK YOUR CALENDAR!

DIOCESAN ORDINATIONS

Join us as, God willing, the bishop ordains Matthew Humphrey (Parish of Central Saanich, Emmaus Community) and Gail Rodger (St Peter & St Paul) to the priesthood, and Jill Harris, Katherine Walker, and Stephanie Wood to the diaconate (deacons-in-transition).

Saturday March 28th
1:30—3:30 PM
Christ Church Cathedral,
911 Quadra St, Victoria

LENTEN BOOK STUDY

Saying Yes to Life
by Ruth Valerio
(book recommended by
Archbishop of Canterbury)

Book Study Begins:
Wednesday, March 4th, at 7PM.

To purchase a book/register:
Please call the office at 250 753-2523

CONTACT US

PARISH OFFICE HOURS:
9AM—12noon
Monday—Friday

OFFICE PHONE:
250 753 2523

EMAIL:
admin@stpaulsnanaimo.ca