



SUMMER 2019

ST. DUNSTAN CHRONICLE

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One Sunday I happened to sit beside Jim Stewart in church and we got talking about how time flies and how we have become the old fogeys - our parents' generation, he said. Which got me thinking about change and how we become more resistant to change as we grow older.

How did we get to be the old fogeys? Why do we regard current changes with suspicion, and some times with outright hostility - climate change, gay rights, reconciliation with our indigenous people and "foreigners" wanting to "change" our culture.

How did this happen to our generation? Weren't we the "peace, love and rock and roll" generation, the generation that was all about change, the generation that actively provoked change - civil rights, anti-war protests, feminism and more.

What happened? Why are we reluctant to acknowledge the changes all around us, never mind accepting them.

Maybe we feel put down, maybe we feel threatened, maybe we feel guilty, maybe we feel out of control, maybe we just feel defeated and tired.

Yet, change is inevitable, some is good, some not. I wouldn't recommend change just for the sake of change. There is something to be said for the tried and true, and sober second thought. However, let's try to remember that many of the changes that were so important to us have endured. Many of those changes made the world a better place. Let's try to be open-minded to the changes important to the young people of today. Time will tell whether they were right or not. Some day they too will be the old fogeys!

Let's also remember that Jesus was all about change. He challenged the long-held beliefs of his day, turned them upside down and changed the world forever more.

Hattie

A WORD FROM THE RECTOR

Happy Advent!

I love the Christian new year. It brings a sense of refreshment and anticipation for things yet to be. Not growing up with a Christian calendar to mark the seasons by, I am still in awe of how it brings me to a place of reflection.

This Advent we will wonder together about how to live a simplified life. There are a lot of complicated things in the world and in our lives. Perhaps this season will narrow our energy and focus so that we can taste the peace, hope, love and joy Advent emphasizes.

Now Christmas is right around the corner. The story of how a simple child overturns the complexity of the world's systems. This child - without strength, self-awareness, speech or control - is our icon into God. God is not complicated. God is the source and end of all things. Now let us rest in that hope this season.

In January we begin a series on what it means to live a baptized life. I encourage you to invite someone to church this season and in January so that they, with you, can experience the incredible simple love of our Creator, with Jesus Christ, our Friend and Helper. Amen.

(the picture I have attached it the picture for the sermon series in January)



David

SUMMER TIME

Summer time at St. Dunstan generally means slowing down, just a little. It's a time when children are out of school, families spend more time together and people are more likely to spend time outside, at home, or

somewhere else. For the last two years I have asked you to send me your summer photos - home or away. I haven't had a lot of response, but here are a few. Maybe next summer?



We all know where David and Andrew like to go for summer fun.

As for the boys well, the pictures tell it all.



Corinne visited the Greek Islands

I returned from my third big holiday this year and felt very blessed that we have been able to do this.

This trip saw Tom, my girlfriend, Leanne, and I go Greek island hopping. We spent four nights on four islands, Mykonos, Santorini, Crete, and Rhodes.

Greece is incredibly rich, not only in history but also in religion. The Greeks were heavily into the mythical gods, Zeus, Athena (for which Athens is named), etc, but when Christ and the missionaries, Paul, etc. came they were all, for the most part, converted to Christianity, either Catholic or Greek Orthodox. Each home we drove past on Mykonos, in particular, had its own church. Once a year a priest would come to bless it but the people would attend the big church in the village.

Unfortunately, Tom, and several others of our group of 28, became quite ill with the flu and ended up in bed for



several days, so Leanne and I did our own exploring on Santorini. We saw old (very old) monasteries, one was so tiny, that only three monks lived in at one time. They were very important as they helped fight off invaders during a period when the Ottomans and others kept trying to take over the island. I am not sure anymore which island this was on, I believe it was Santorini.

My brain is so incredibly full of all I learned. I was in constant awe at God's work in our world, then as now, and the beauty of His creation.

The two pictures are of a church, Greek Orthodox, showing the minimum three bells, depicting the trinity, Father, Son and Holy Spirit.

Regards,
Corinne

Lorie and Katherine were also at Sorrento.



Lorie and David led the Celtic Spirituality Retreat at Sorrento.



Lorie also spent some of her summer at summer school and preparing for her classes at the School of Theology

Getting ready for Fall courses. All my books are in! Almost done the Aug 31 deadline 7000 word assignments from summer school. Sheesh! Oh one more on the way The Mystery of Baptism in the Anglican Tradition. Love it!
Lorie



Helen and Joe went camping



Went camping with these beautiful, fun grabbing girls. We had a great time and I didn't go too crazy and bossy. Thanks to their parent for letting us have them!

Helen

Jacqueline and Soleil visited family in Japan

In our family we have a tradition. When a child turns double digits - 10 - they get to travel. With 2 of our adult children living in Japan it means a trip from there to Canada for 5 children; or a trip to Japan to visit Uncle Dana, Uncle Eric and Aunt Sara plus the cousins



Hanna, Anika, Nicholas, Noah and Amelia. This year Soleil and Noah turned 10. So in August Noah came to Canada with his mom Sara and Soleil travelled to Japan with me (her grandma). The month was filled with so many adventures. At the onset of our trip Soleil's glasses were damaged so we had to get her a new pair. Eric & Sara took us to a huge Mall in Miyazaki called the Eon. There we had to find one with the use of English in store names. We also discovered a bakery where one popular

loaf is the maple syrup loaf displaying a Canadian Flag. Soleil vowed to eat the who loaf herself and she almost did. Before we sat down to eat we went for the eye exam. Now having an eye exam with someone who could not speak English was very interesting to watch. With the help of her cousin Anika it went very smoothly and I feel it gave Soleil the confidence to jump into any other activity where everyone spoke Japanese. They are so patient to assist you she and I found it endearing.

So began her dive into the life of the Japanese children, from the early morning sunrise exercises at the park to preparations for a dance which would be performed at a local Matsuri (a village fair). During August there is a week long holiday called Obon - the festival of the dead. One part of this tradition is to decorate a vehicle with flowers then sing and dance through the streets to end up at a home where someone has recently died. We were invited to join where many adults and children were dressed in traditional costumes called gymbais. We ended up at the family home of the deceased where they were provided with food and drink. After the parade we went to the home of one of Uncle Dana's adult students who taught Soleil how to make onigidi - goodies like fish and veggies wrapped in sticky rice. We all sat down to enjoy a traditional Japanese meal. Afterwards, Soliel and Amelia spent time with her granddaughter drawing pictures called Manga while the adults shared stories of their travels.

In Japan the children go to school throughout the summer so Soleil attended it with her cousins Nick and Amelia. She discovered they had to walk in groups, almost 2 kilometers, to get to the school on trails that take them through some bamboo forests. (Parents are not allowed to drive their children to school.) The senior walker Nick warned



Soleil sometimes the wild monkeys (who can be very aggressive) come out of the forest and if they to run! We also went to Sara's English Speaking Kindergarten School. Here she watched the children begin the day with exercise sung in English and was delighted to see them so excited when they did the Hokey Pokey.

The month of August is also typhoon season and we experienced 3 typhoons during our stay. One was particularly dangerous and vehicles drove through the neighbourhoods calling on a loud speaker for seniors and small children, or those with special needs to gather at a local community center to be safe.

There were many highlights of the vacation. One was a trip to the zoo/game park/lazy river swimming pool. We spent the day talking to the animals, going down water slides and swimming in a slow moving man-made river. Another memorable time was a trip to a Shinto Shrine on an island called Aoshima or Devils Washboard. There married people and young couples who are engaged go to have their union blessed. We had hoped to go for a ride in a Rickshaw but the winds were too high

for the driver to take us to the island so we only sat a moment for a photo, the typhoon was almost upon us.

The day before we came back to Canada we went to a racetrack owned by a famous racecar driver. It was a day of learning how to drift (a form of racing where you pull yourself out of a spin). It was a day when I discovered most of my grandchildren have the same desire for speed as their grandma. Only trouble was I stood on the sideline and watched everyone else race around the course with screams of laughter as they tried to

outdo one another. We had the course for an hour by ourselves and in the end they began playing "Auld Lang Syne" on the loud speaker. Eric said that was their polite way of saying goodbye we are closing!

On the way back to Canada I told Soleil how much I enjoyed travelling with her. She was such a delightful travelling companion that I would take her anywhere in the world she wanted to go. Her response..."Let's go back to Japan, Grandma!"

For Hattie and Bruce it was a Family-and-Friends Summer at Green Lake.



A family re-union with Bruce's Mother's side of the family.

And then fun in the sun with the Haber Clan – 11 grown-ups (mostly grown up), 9 children and 5 dogs.



ST. DUNSTAN HAPPENINGS

PARISH PICNIC



The Parish Picnic took place on June 30. The weather was lovely, and

the food, as usual, was plentiful and delicious.

PASTORAL LETTER FROM THE BISHOP

"I dedicate myself to working in advance of General Synod 2019 and at General Synod 2019 for an outcome that respects and makes room for a range of understandings and practices related to marriage within the Anglican Church of Canada and that enables all (or most) of us to walk together joyfully." Bishop Melissa M. Skelton during General Synod, 2016)

Dear People of the Diocese of New Westminster,

Greetings to you all.

As many of you know, given my unexpected hospital stay, I was only able to participate in General Synod through watching the livestream. Even at that distance, the experience with all its decisions and statements was full of many different, powerful emotions: amazement, anguish, sadness, frustration, grief and gratitude, to name a few. We cannot expect to leave these emotions behind, especially those more difficult emotions related to the consideration of the change to the marriage canon.

For me this entire experience has been about discernment, that is, looking for the signs of the Holy Spirit at work, not just during all the ups and downs at General Synod

2019, but in the three years leading up to it, and seeking to join with that work in wonder, love and hope.

Now as a result of this discernment, I want to lay out what we as a Diocese under the guidance of the Holy Spirit will do related to the marriage of same-sex couples.

Three years ago at General Synod 2016, I issued the statement included above as part of a response to the many emotions that emerged at that time as General Synod 2016 voted on the first reading of the amendment to the marriage canon. As I came to find out later, I am one of many people in the Anglican Church of Canada who sincerely want to work on making room for differing views on and practices related to marriage in our Church.

For many of us this has had to do with our belief in what it means to be Anglican Christians—a Church that from the beginning stretched to hold itself together despite differing perspectives on theological, spiritual, liturgical and pastoral matters, a Church that comprehends complexity and finds the tension in the midst of complexity ultimately to be a rich and creative way of living, a Church dedicated to holding differences together, even though this “holding together” comes at a cost to all involved.

Over the last three years, I’ve watched many important groups come to the idea of “making room” for differing views and practices related to marriage, all of which culminated in the following: our own May 2019 Diocesan Synod at which our Synod in its wisdom adopted the affirmations in the Council of General Synod’s “A Word to the Church,” the adoption of these same affirmations at General Synod 2019 by an overwhelming majority and, finally, the July 15th statement from the House of Bishops apologizing for the hurt they have caused and affirming the idea of “local option” for those dioceses and communities where offering marriage to same-sex couples makes sense.

As I look at these many interrelated conversations and actions what I see is this: the Holy Spirit has been and is at work guiding the Anglican Church of Canada to move from attempting to resolve our different views on marriage by legislation in which some win and some lose, to a life together in which we as Anglican Christians strive to offer one another greater mutual respect and room for choice on this issue.

After General Synod, 2016, we as a Diocese held off on authorizing liturgies for the marriage of same-sex couples in the belief that the Anglican Church of Canada needed more time for the Spirit to work within the hearts and minds of its people and within its many convening bodies. As I see it, that work, though it has been painful, is well underway, encouraging us to the following action:

As of August 1, 2019, I will authorize a liturgy for the marriage of same-sex couples within the Diocese of New Westminster under the following conditions:

- that the priest wishing to officiate at the marriage make a request of me to use that liturgy and work in consultation with me in preparing to conduct that liturgy. I specify this in that I want us all to learn together as we gain experience in working with this new liturgy and in preparing same-sex couples for the sacrament of marriage.
- that the Parish Council of any church hosting or wanting to host the marriage of same-sex couples concur with and embrace the decision for same-sex marriages to occur there, and
- that any same-sex couple wishing to be married satisfy all the typical and important requirements for marriage (proper preparation for marriage, at least one of the couple having been baptized, that the marriage take place in a church or another public place).

I expect the first two conditions to be temporary until we as a community become familiar with this change.

As I have stated before, I will continue to do all in my power to maintain a Diocesan culture that respects a variety of theologies, understandings and practices related to marriage. Therefore, though I am moving forward on authorizing a liturgy for the marriage of same-sex couples, no priest will be compelled to officiate at the marriage of a same-sex couple. Additionally, a person's position on marriage will not serve as a litmus test for inclusion in this Diocese whose diversity in culture, theology and practice I deeply value. Finally, as a Diocese, we will do our part to maintain our relationships with other dioceses and communities that do not choose to authorize liturgies for the marriage of same-sex couples.

I want to offer my thanks to many as we have worked our way through this issue. Thank you to all who have advised me along the way. Thank you to all who have been honest with me about their frustrations, fears and hurt related to this important question. Thank you to those members of the LGBTQ2S community who continue to hold onto the vision that the Anglican Church of Canada can be a place that welcomes them fully and open-heartedly, all based on its commitment to follow Jesus. And, finally, I want to thank all the same-sex couples and their allies who have been waiting for marriage to be possible within the Anglican Church of Canada in the Diocese of New Westminster. I rejoice with you today.

I ask that you please post this pastoral letter on your electronic sites, print out copies making them easily available in the parish, and read the letter aloud at worship services on Sunday, July 21, 2019.

In Christ,
+Melissa

THE SUMMER GARDEN

Summer time is when the St. Dunstan garden flourishes. This summer was no exception.



Corn, tomatoes and nectar for the bees.



WE LOSE GORDON BROWN



With sadness we announce the death of our friend and parishioner, Gordon Brown. Gordon died July 31. A memorial was held Thursday, August 8th at 11am at Pacific Community Church in Cloverdale. Please remember him and his family in your prayers.

Rest in peace, Gord. May light perpetual shine on you.

David

Obituary

Gordon Robert Brown died on July 31, 2019 at the age 68 years. Gord will be lovingly remembered and sadly missed by his ex-wife Carol Brown, Father Dave Secord, children Grace Ponto (Shawn) of Prince George, BC. and David Brown (Erin) of Kingston, ON. As well as 5 grandchildren. He was sadly predeceased by his mother Elaine Secord. Gord was always busy, loved people...once he met you, he considered you a friend. He also loved his family and cherished times spent over a meal or holiday with his kids and grandkids. Gord will be remembered from Woodward's Food floor and Save On Foods.

Memorial tributes may be made to Autism Speaks

ENJOYING THE LABYRINTH

Children running the labyrinth before the Sunday service.



SALMON FEAST POTLUCK

September can't go by at St. Dunstan's without the traditional, and much anticipated, Salmon Dinner, organized by the indefatigable Social Committee.

The Social Committee organizes

the feast, our intrepid cooks cook the salmon (Rich has an amazing recipe) and every one else brings a dish to share. It's a wonderful time for great food and fellowship to get us going again after the summer.



Doug, social organizer, cook, and clean-up guy, extraordinaire staffs the bar.

The salmon and corn on the cob ready to be served.



Every one lines up to fill their plates and enjoy the feast.





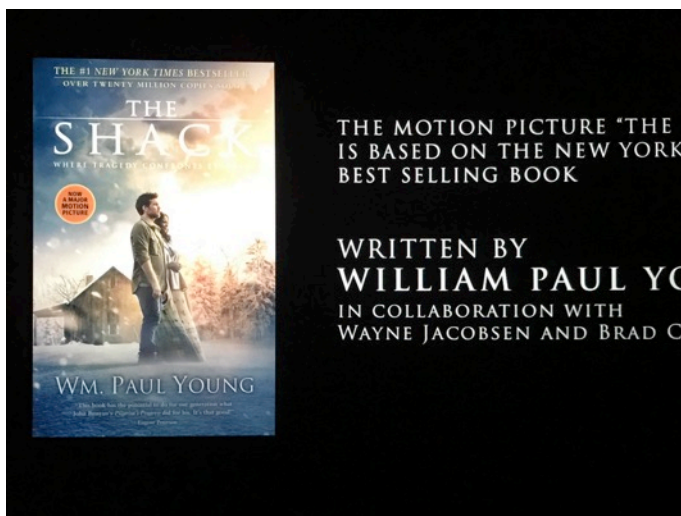
David and the boys ready to tuck-in.

One of the heavily laden dessert tables - Yum!



The clean-up crew, hard at work.

THE SHACK MOVIE SHOWING



After the Salmon Dinner the Centre for Spiritual Renewal presented a showing of the movie “The Shack,” based on the book, by the same name, written by Wm. Paul Young.

“William Paul Young refers to it as “true fiction,” in which it is fictional, but inspired from real life with certain autobiographic elements. He has similarities to Mack, and Missy is a compilation of people from his life.” www.enotes.com

Viewing of “The Shack” was presented in preparation of The Grand Embrace III, coming to St. Dunstan October

24 where William Paul Young, author of The Shack, would be one of the speakers.

MESSY CHURCH IS BACK

By: Carol Tindall

It's hard to believe that Messy Church has been a part of St. Dunstan's for 10 years. Lois, Tracey and I have been blessed to spend time with so many children, many of whom are now teenagers and young adults.

Once a month on the third Friday we open our doors to moms, dad's, children, grandmas and grandpas to play games together, "walk" the labyrinth, listen to a story, make crafts, share in the Eucharist and enjoy dinner together.

Dinner is prepared by members of the parish and may well be the best part of the day for the moms and dads!

It's noisy, filled with laughter, chaos, mess and joy! We need your help. Please consider signing up with a friend to cook dinner or come and join us to see if you are inspired to help Lois, Tracey and I in planning, preparing and loving Messy Church!



Amazing animal cookies created by Janice DeRuiter for Messy Church.

AND SUNDAY SCHOOL IS BACK



ORANGE SHIRT SUNDAY

September 22 was Orange Shirt Sunday at St. Dunstan. This year brought us a special speaker, Melanie Delva. Melanie is the Reconciliation Animator for the Anglican Church of Canada. What, you may ask, is a Reconciliation Animator?

The Reconciliation Animator works for the Primate's Commission on Discovery, Reconciliation and Justice. Her job is basically to support the work of the National Indigenous Bishop, engage Anglicans with the 94 Calls to Action of the Truth and Reconciliation Commission, and support the implementation of the UN Declaration on the Rights of Indigenous Peoples.



Reconciliation with our Indigenous peoples is an important initiative within the Anglican Church. In the words of Arch Deacon Michael Thompson “It [is] probably time for us to recognize that reconciliation is going to be a central ministry of our church for some years to

come, and give it the attention and resources it deserves on the staff team,” <https://www.anglicanjournal.com/anglican-church-seeks-reconciliation-animato/>

Listening to Melanie, the Reconciliation Animator is one way for us to engage with that initiative.

EXCERPTS FROM MELANIE’S SERMON

Goedmorgen, Good Morning, heñte?. I greet you this morning in the 3 languages of my heart. The first is Flemish, which is the language of my biological family. English, which you may recognize and is my first language. And Nlaka’pamuxsheen which is the language of the family of my heart – the Indigenous family into which I am spiritually adopted. My name is Melanie Delva and I am a first generation settler Canadian of Belgian descent. I am currently the Reconciliation Animator for the Anglican Church of Canada, but I am also the artist formerly known as your diocesan and provincial archivist!



Melanie Delva (left), seen here marching at the Ottawa closing ceremony of the Truth and Reconciliation Commission alongside her adoptive parents Terry Aleck and Christine Turenne from the Grizzly Clan of the Lytton Band of the Nlaka’pamux First Nation. Submitted photo

This coming week, at a ceremony in Gatineau, QC, the National Centre for Truth and Reconciliation will release a first list of names of students who died in the schools. The list will be incomplete because we know there are more names in Church registers, in local cemeteries where children were buried but there was no service, and in the minds and hearts of their classmates who saw them one day and they were gone the next – these oral testimonies are just as valid. But the point is that thousands of names of children – of CHILDREN – will be read aloud and made public a mere week away. I spent most of my week trying to help prepare the House of Bishops and Indigenous communities to receive this list.

These children died in our care – not someone else’s care – our care. It is easier for us to think that if folks as nice and kind and benevolent and Christian as we are had been there, this would

not have happened. But the truth is, we were there. We are here. We are here in the Canadian Human Rights Tribunal suing the Government of Canada AGAIN regarding their proven neglect of the health and education of Indigenous children. We are here in the over-representation of Indigenous peoples in the so-called "Justice system" that is set up to discriminate against them. We are here in the genocide of Indigenous women, girls, 2Spirit + people. We are there and we are here. What we are doing now is exactly what we would have done then. Our spiritual ancestors were not monsters that we can afford to look back on and judge so very harshly with the clarity of hindsight. We are them now.

Our Boss has given us a job to do. There are times when we have failed in that work. So here we are, trying to make things right. Some of us come fearfully, not understanding everything and scared we will make mistakes and make things worse. Some of us come mired in shame and guilt – not able to meet people where they are at because we are so mired in our own brokenness and the shame of the pain that has been inflicted. Some of us come open-hearted but without ideas of what to do or how to make things right. I think the CEO with his back against the wall probably felt all these things. But he still showed up.

Micah 6:8 says we are to do justice, love mercy, walk humbly with our God. I don't have the answer to this particular parable. But I do know that God smiles a mischievous smile when the poor and outcasts win. Justice will come at a cost to our wealth (in every way that one is wealthy) – as it did for the Company Owner and his CEO. Kindness will come at a cost to our human default of self-centredness. Walking with humility....well, I learned that in relationship with Indigenous peoples. I learned that the irony of humility is that it gives you great power – the real kind of power – the power that comes from serving others. The power of a Resurrection of Heart that changes the soul and all of creation.

This is what we are invited to. This is what we are called to. To transform our hearts and our Church and our systems and structures through the power of resurrection into what we were always called to be – faithful servant workers of the God whose entire existence is Love. The God who was here before any white missionary set foot on these lands, and who in fact greeted them in the hands and hearts of the people who were here.

This eternal Love proves the world wrong, makes the cheater in a story into the hero, turns everything on its head. I have seen first-hand this Love showing up to shame the lies of the world into silence in many places – both in my personal life and in my work. This Love proves the world wrong when a residential school survivor adopts a recovering racist. When an Indigenous child learns their language from the lips of a residential school survivor who, despite the beatings, practiced their language in secret with their friends on the residential school playground. It shows up when communities come together to support and protect the vulnerable in their midst and outside their midst. This Love proves the world wrong when reparations happen. When privilege is renounced in favour of justice. I have seen it. I hope you have too. May we all strive to be part of its transforming power.

Thanks be to God – Amen.

*(If any one would like her full sermon, please let me know and I will send it to you.
hattie.hogeterp@shaw.ca*

SEPTEMBER START-UPS

The pace is picking up once again, in this busy Parish. Just look at everything that has started up again this fall. There is no reason why any one should be bored, or wondering what they can get involved in: Christian Formation, every Wednesday 7:00 - 8:00, Women's Fellowship, every Friday 10:00 - 12:00,

Lectio and Labyrinth, every Friday 12:00 - 1:30, Men's Breakfast and Women's Breakfast, the second Sunday every month 8:00 - 9:00 AM, Messy Church, the third Friday of every month, Group Centering Prayer, Spiritual Companions, numerous retreats, and more. So many choices. Which one is for you?

GETTING TO KNOW YOU

RON AND MARILYN ISAAK

By: Lin Neifert

Marilyn was born and grew up in Aldergrove on a dairy farm, on 264th just south of St. Dunstan's. Ron was born in Winnipeg and grew up on a chicken farm in Yarrow.

They met in high school, at the Mennonite Educational Institute, in grade 9, and married in 1976, they have lived in Abbotsford ever since. Except for 2 years when they volunteered for M.C.C. (Mennonite Central Committee) in Winnipeg, working in the "self help crafts" division, now known as "10,000 Villages".

They have four children, two girls and two boys, and eleven grand children. One son lives in White Rock, the two daughters live on Vancouver Island and the other son lives in up state New York. They try to get the family together every two years either on camping trips in summer or at Christmas. They work together designing and building custom kitchen cabinets.

During the recent federal election, Marilyn worked as a Recruiter,



hiring approximately 600 people in Abbotsford to work the polls and Ron worked on the Mobile polls taking the vote to people in long-term care facilities.

They have been attending St. Dunstan's for 2 years this September. You can often see them helping out around the place. Marilyn recently organized all the food for the "Grand Embrace" and Ron would have been right there helping her.

Before coming to St. Dunstan's they were long term members of the Ross Road Community Church.

Ron and Marilyn with their family at a family gathering at Mount Washington.



OUR THOUGHTS

A SETTLER'S RESPONSE

By: the Reverend Helen Tervo

Over one thousand Indigenous women and girls have been murdered or are missing. Some might call this tragic, or unfortunate. The Commission on Murdered and Missing Indigenous Women and Girls calls it genocide in keeping with the UN Human Rights commission. But strangely, many Canadians are more offended by the word than they are the act.

As a non-Indigenous settler, I believe that we Canadians need to confront our false identities and come to terms with the hidden reality that indigenous people have had to live for generations. Stolen land, residential schools, loss of language and even names. And lives.

These women are so much more than the violence that has been acted upon them but our systems of justice have ignored their loss. We are all complicit in the racism and sexism that surround us.

This quilt is my statement



honouring those mothers, daughters, sisters, aunts, artists, caregivers: and so much more.

Communities are hanging red dresses in trees to honour the women. This dress is improvisation pieced using a

variety of red fabrics. The bird became central, over the heart. Raw edge appliqué, machine quilted in domestic machine.

Helen Tervo, Quilter

MINISTRY AT ST. DUNSTAN

THE THURSDAY MEAL

Most of us are aware of the Thursday Meal, and most of us think of it as something good we do here at St. Dunstan's.

But for some of us, who plan, prepare, serve the meal, and most important of all share fellowship with those who attend, the meal is much more than food for the body.

In one of his sermons, David talked about loneliness and connecting

with people in a truly meaningful way. He read the letter below, from one of the participants. It makes it poignantly and abundantly clear how important the Thursday Meal is to the people who attend.

That once-a-week gathering provides so much more than food, bringing compassion, friendship and hope to those who need it. Blessed are the people who make this Ministry possible.

LADDER OF HOPE

By: DMH

When I was hungry
and down on my luck
I reached out to them
to those I could trust

They offered to me
a book I might read
to get back on my feet
and it planted a seed

They said come to this place
where hungry folks gather

and sit in with us
first step on the ladder

The ladder of hope
which all of us climb
to get to the top
leave troubles behind

I may not reach the top
for slowly I step
but if I do
all promises kept.

SPECIAL INTEREST

RICE PUDDING

By: Pam Kent

In 1959, when I was recovering in hospital from a brain hemorrhage and subsequent surgery to correct the problem, I was learning to walk again and to use my arm after paralysis down the right side.

One of the more inventive ways of therapy was for all the patients with similar problems to prepare a meal and then sit down with the staff and enjoy what we had prepared.

My husband Gord, was a frequent visitor to the hospital, often coming up three times a day; so much so that the staff invited him to come for lunch.

I was quite excited as I prepared to do my part in this meal – the first thing I had attempted to do in months. I was given the task of cutting up the already peeled potatoes and putting them in a pan of water. Not too onerous a task, I thought, until I tried it. The potatoes had been standing in water in the refrigerator overnight. They were hard; much too hard for my poor weak fingers to cut through. I was close to tears when one of the rehabilitation staff came over, sympathized with me and gave me another job.

This one was more to my liking, for I loved to cook. I was to make the rice pudding. Nothing to it, I thought. I carefully followed the recipe directions. I wanted no mistakes. Two ounces of

sugar, 2 cups of milk, a pinch of nutmeg, a dab of butter and a half teaspoon of salt. The therapist already had all the containers and bottles ready for me. All I had to do was measure them out and add them. I felt proud of my accomplishment, working as I was from a wheelchair, with only one arm working the way I wanted it to. We sat down to eat.

“What part of the meal did you do, love?” Gord asked.

“I did the rice pudding,” I replied proudly.

We ate the meal and we complimented the other ‘cooks’ on their part of the meal. Now it was my turn to shine.

I served the rice pudding to the other patients and staff and gave Gord a good-sized helping. It looked great – just the right amount of golden brown skin on top. I took a spoonful of my ‘creation.’ I couldn’t taste anything but salt. I wanted to spit it out it tasted so awful. I must have mixed up the salt and sugar containers.

“Don’t eat it” I urged the others. “It’s awful.” They all gratefully put their spoons down. All except Gord.

“It’s quite good,” he said, finishing off his bowl of pudding. “Can I have seconds?” He ate the second helping up too.

That little gesture was sweeter than any dessert I ever made in our fifty (and counting) years of marriage and one I will never forget.

From a cookbook called Cook’s Scrapbook, edited by Pam Kent, and produced by Christ the Redeemer Anglican Church, Surrey, in 2003.

OUR COMMUNITY

Brian Smith, our favourite “Mr. Fixit.” had a birthday. Happy Birthday Brian, all the best for the coming year. We are so blessed to have you in our community.



THE WORLD BEYOND

At Synod in Vancouver, on July 13, the Anglican Church of Canada elected its first female primate - Bishop Linda Nicholls, of the Diocese of Huron.

Excerpts below from an article in the [Anglican Journal](https://www.anglicanjournal.com/linda-nicholls-elected-primate/) by Tali Folkens.
<https://www.anglicanjournal.com/linda-nicholls-elected-primate/>

“Linda Nicholls, bishop of the diocese of Huron, was elected fourteenth primate of the Anglican Church of Canada on July 13, becoming the first woman in the history of the church to hold the position. “You have bestowed on me an honour that I can hardly imagine, and it is terrifying. But it is also a gift, to be able to walk with the whole of the Anglican Church of Canada from coast to coast to coast,” Nicholls said in a brief impromptu speech on her arrival, after the vote at Christ Church Cathedral in Vancouver, where the election was held.

Photo: Milos Posic



“Nicholls told the members of General Synod she believed the church was capable of the task that now faces it, of overcoming its divisions.

“We have reconciliation to do. And we have deep healing to work at. And I know that this church can do it,” she said. “I have seen this church rise to the challenge of its diversity; I’ve seen this church act in remarkable ways that the rest of the world does watch. And even though we at times can cause each other deep hurt and pain, I’ve also seen us rise to the challenge of that healing work of coming together around God’s table where our first calling is in Christ.”

COMING UP

DECEMBER 3	CENTERING PRAYER	6:00 - 7:30
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DECEMBER 7	CHRISTMAS TEA AND BAKE SALE	1:00 - 4:00
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DECEMBER 8	MEN’S BREAKFAST - ST. DUNSTAN	8:00 - 9:00 AM
	WOMEN’S BREAKFAST - MCDONALDS	8:00 - 9:00 AM

SPIRITUAL PRACTICE EVENING	7:00 - 8:30 PM
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DECEMBER 14	LANGLEY CHORUS CHRISTMAS CONCERT	3:00 - 5:00 PM
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DECEMBER 15	ST. DUNSTAN’S CHOIR CHRISTMAS SING A LONG	7:00 - 8:00 PM
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DECEMBER 20	MESSY CHURCH
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DECEMBER 22	SUNG EVENING PRAYER	7:30 - 8:30 PM
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DECEMBER 24	CHRISTMAS EVE FAMILY SERVICE	6:00 - 7:00 PM
	CHRISTMAS EVE CANDLELIGHT SERVICE	10:30 - 11:30 PM

CENTRE FOR SPIRITUAL RENEWAL RETREATS AND MORE

TWO ADVENT MORNING RETREATS

Two locations and two dates.

1. St. Dunstan Parish, Aldergrove/Langley
Saturday, Nov. 30, 9:00 AM - 12:00 PM
2. All Saint's Parish, Mission
Saturday, Dec. 7, 9:00 AM - 12:00 PM

The Christian Calendar begins with the Advent story of a new beginning and the promise of God-With-Us. On this retreat we will reflect on Holy Scripture, ponder the true essence of this season, and have a lightly guided contemplative practices and practical application. We will walk a labyrinth, ponder with art, and share together in God's Presence.

Register if possible.

St. Dunstan's Parish, Aldergrove

Facilitated by: Reverend Helen Tervo & Lorie Martin

Suggested donation of \$15 - \$20, coffee and tea will be served

All Saints Parish, Mission

Facilitated by: Reverend Helen Tervo, Reverend Paul Bowie & Lorie Martin

No charge. Donations gratefully accepted, coffee and tea will be served

TIME WITH MARY

Sunday, Dec.8, NOTE Correct time 7:00 - 8:30 PM

Facilitated by Reverend David Taylor & Lorie Martin

St. Dunstan's Parish, Aldergrove/Langley

We will join Mary on our Advent journey. Mary is the Archetype of the followers and carriers of God. Her life models many components of the journey of those who say "Yes." Reflection Stations, Songs of Mary, and lightly guided community connecting. You won't want to miss what is hopefully becoming an annual tradition at St. Dunstan's.

SPIRITUAL PRACTICE EVENINGS

These monthly gatherings are opportunities to renew your practice of prayer. Each evening will explore a method of prayer and practice it in a group and as individuals. \$20 per evening.

***SAVE THE DATES: 2020**

(More details to follow.)

January 4 - Epiphany Morning Retreat

Jan 12 - Interfaith Labyrinth Walk

Jan 12 - Anglican Prayer Bead Practice II
 Jan 18 - Healing Morning Retreat
 Healing Touch/Earth Medicine/Healing of Memories

February 7/8 - Enneagram Workshop
 Feb 16 - The Spiritual Practice of Chanting
 Feb - 40 Day Welcoming Prayer
 3 Groups Langley/Abbotsford/Mission

March 7 - Lent Morning Retreat
 Mar 8 - Interfaith Labyrinth Walk
 Mar 15 - Lenten Spiritual Practice
 Mar 20, 21, 22 - Grace in Grief/Loss, Sorrento
 Mar 25 - Women of the Easter Story
 Mar 27/28 - YARD SALE!

April 19 - Sufism: Learning & Turning Movement
 Apr 25 - UNITY Retreat Day - Creating & Connecting

SPRING PROGRAM GUIDE WILL INCLUDE:
 May 22/23 - Celtic Spirituality Retreat
 June 19 - Creative Journaling
 August 1 - 8 - Celtic Spirituality II, Sorrento Centre

SOME OF OUR FAVOURITE HYMNS

THE SERVANT SONG

BE THOU MY VISION

HOW GREAT THOU ART

I FEEL THE WIND OF GOD
 TODAY

SHE COMES SAILING ON THE
 WIND

ANGELS IN HEAVEN SING
 GLORIA



*And a touch of irreverence!
 Thank you to whoever sent me this.*