



ST. PAUL
ANGLICAN CHURCH

**THE
CONTACT**

Connecting with your parish family



May 2021

CLARA'S CORNER

I found myself in a nostalgic mood the other day and was thinking about the things that I miss. I was noticing that the days were becoming increasingly longer as we come closer to the Summer Solstice. One thing I have missed living closer to the 49th Parallel is that the days never really get long – at least not like it does in northern BC. It brought me back to my adolescent/ teen years living up north. I have fond memories of lying out on the grass behind the house looking up at the sky and marvelling at how I was able to see the stars yet still see light along the horizon late at night. The days were long, sunny and bright. It made for an excellent environment for a short, yet robust growing season. In contrast to the long, dark, cold winters it was a welcome relief to be outside and able to do all kinds of things long into the evenings. It felt like a new lease on life, and we tried to make the most of the long days while we could. It's like that saying: "Make hay while the sun is shining!" They say that nostalgia causes us to remember the past in our own

life which helps us to reconnect with our authentic self, reminding us of who we were and how that relates to who we are now. It also helps us to then look forward to the future and our yet unrealized self. The challenge is to not fall into the trap of staying in the past and assuming that the best way forward is to go back to the way things were. Nostalgia can sometimes cloud our vision and sometimes even our memories. While I do have marvellous stories of the long summer days up north, rarely do I include in my recollection the stories about the mosquitos and black flies that tormented us constantly! I wonder if the same can be true about our life together in community. We do have many fond memories of the past and how wonderful it would be if things could be the way they were. The reality is that while there are many good things to remember, we also know that some things need to change for good reasons, and if there is no change, then there is the danger of becoming stagnant. The challenge is to balance what we know and remember

Peek Inside

Clara's Corner	1
Diocesan Covenant	2
Preparing to Return	3
Gardening	5
Prayer Shawl	6
ACW Report	7
Earth Day 2021	8
From Sandra M.	9

about our history with how we are experiencing life now, and then ask ourselves what this journey has taught us about where God is leading us into the future. Perhaps what nostalgia offers is the reminder that when we are struggling and unsure of the way forward, we can look back to those times when God was faithful to us, reminding us that God will continue to be faithful now and into the future yet to be revealed.

*"We walk by faith, not by sight."
(2 Cor. 5:7)*

WARDEN'S REPORT

As I sit and write my first article as people's warden, I have almost three months "under my belt" in this new role. Thank you to my St. Paul's family for putting your trust in me as a member of the church leadership team. According to the Canons (laws) of the Diocese, "church wardens, (in collaboration with the Incumbent) are responsible for administering and managing the business affairs of the congregation. The wardens, with the assistance of the treasurer, are responsible for the care and accounting of all money given to the congregation for any purpose, and from any source." We have great responsibility resting on our shoulders. I ask for your prayers as I settle into this new role. As the people's warden, I am happy to hear from any parishioner who has a concern or a question, or an idea they wish to share.

This is the spring issue of The Contact, and spring has definitely sprung! There are blooms and blossoms everywhere. Our church garden is no different. Thanks to Wayne, the grass is neatly cut and will soon be watered. Our volunteer gardeners, Julia and Phyllis, have plans to rejuvenate certain parts of the garden and have already added new soil in some beds and will add a few new plants. Our garden is truly an oasis in downtown Nanaimo and many people enjoy quiet time sitting on the benches and contemplating life. We've had a few issues with dog waste, and we plan to add a sign gently reminding folks to clean

up after their pets. As we all know, outdoor spaces have become very important over the past 14 months. How blessed we are to live on beautiful Vancouver Island. I'll end my first article with a prayer from a recent edition of The Anglican Journal.

*God of our deepest joy,
Out of the death of Jesus Christ*

*And through the power
Of love stronger than death,
You gave life for us all.*

*Out of the darkness
And suffering of this pandemic,
Your love brings renewed
And transformed life.*

*Lift our heads to see and know this
Hope that passes understanding.
That we may share it with joy!*

Take good care of one another.
Joy Adams Bauer

DIACONAL COVENANT

At the 10:30 Livestreamed Service on Sunday May 9th, our Deacon the Rev. Lynn Cawthra joined our Rector, Archdeacon Clara for the service. It was the occasion where our parish and Deacon Lynn renewed their relationship with each other. It was a significant event for Deacon Lynn as she has spent the past nearly 2 years discerning her vocation while continuing her diaconal ministry to seniors in their homes. She describes her ministry as life-giving and meaningful, and that it has evolved over the past few years with an increasing desire to focus on end-of-life care. Her covenant reflects that focus on her ministry and hopes that her end-of-life care to seniors in the community and on the fringes of our churches will grow and develop over time. She is currently taking a registered training program for end-of-life caregiver and will use these skills in her work in the Nanaimo/Parksville area. The hope is that her diaconal work will become more of a regional role that would allow her to work collaboratively and be a resource person for parishes in the Nanaimo area, with their clergy and pastoral care teams.

If you didn't get a chance to witness the signing of her covenant, go to our St. Paul website where you can find our past services:

[www.stpaulsnanaimo.ca/
livestreams](http://www.stpaulsnanaimo.ca/livestreams)

A LITTLE LAUGH



PREPARING TO SLOWLY RETURN

Questions are occasionally being raised about when and how will we be able to return to some of the activities that we have missed over this past year. As more and more of us are vaccinated, the sense of hope and renewed energy is motivating us to think to the future even though we really don't know yet what that will look like. That is the challenge we face: we don't know how things will unfold over the next few months.

Will we be able to return to in-person worship this summer? Will we be able to welcome some of our user groups back into our facility, and when? Will we be able to meet in smaller groups in the building or in the garden? What will communion look like and will we be able to have social time together after the services? Others are saying, let's not rush things; let's wait and see how things go. Some are still concerned and uncomfortable in public settings and may need more time before they are ready to gather in-person.

We are committed to a thoughtful and careful planning for a slow return to in-person worship and activities when we are able. At the writing of this article, no clear indications have been made about possible timelines. We have learned over this past year that the best laid plans can change on a dime, and in fact we have had to do that several times. We continue to work on our online presence and the capacity to continue to provide livestream services that will help us and the wider community to connect with our parish in

ways that we never dreamed possible before this pandemic. We have COVID protocols from our Fall opening season from last year, and we will be reviewing and updating those guidelines based on any new restrictions or changes since the last time we were able to be in-person.

We are hopeful that in-person gatherings will be possible sometime in the summer, but we simply do not know that for certain. Our leadership team including the Rector, Wardens and Parish Council have decided that even **IF** the restrictions allow for re-opening in June or July, we will wait to begin our process of re-opening until some time after the August long weekend. (Note: at the writing of this article, no timelines for re-opening have yet to be determined). Waiting until August will allow our rector and staff to take some much-needed rest and vacation time before the hard work of preparing for a re-opening. The leadership team will continue to provide updates as more information is made available.

PRAYERS FOR SYNOD

Diocesan Synod May 29, 2021

Pray for our upcoming Diocesan Synod to be held on Zoom Saturday May 29, 2021. Synod delegates from our parish include: Archdeacon Clara, Deacon Lynn, John Browne, Don Gillett and Sandra Leigh.

A Prayer for Synod

*Almighty and ever living God,
source of all wisdom and understanding,
be present with those
who take counsel in our diocese
for the renewal and mission of
your Church. Teach us in all
things to seek first your honour
and glory. Guide us to perceive
what is right, and grant us both
the courage to pursue it and the
grace to accomplish it; through
Jesus Christ our Lord.*

A NOTE OF THANKS

“Thank you to our St. Pauls family for all the beautiful cards, flowers, fruit, and phone calls sent to use on the passing of our dear husband, father, grandfather, and friend Ross. Sincerely, Marilynne Mark and family.”

OFFICE REPORT

Despite the challenges of the pandemic, our parish has been striving to find innovative ways to continue our ministry as an oasis of calm, as we build community with our downtown neighbours. Our Thrifty Food Card ministry is stronger than ever, as we have been expanding our service to reach more families in need. For families with small children, a simple \$10 card may do much good, and so we've set aside a small number of 'family cards' each month for those with young children in need.

Our wonderful garden team has been working tirelessly to foster our grounds as an oasis, and, as you will read in the garden report, we've had some lovely connections grow between us and our neighbours in the garden plots.

Have you watched the television show Chesapeake Shores? They've been filming around the central island, with their main film set in Qualicum Beach. I'll admit to having been a bit starstruck this last week, as our office negotiated the rental of our parking lot, for their 'behind the scenes' set up, as they spent the day filming throughout downtown Nanaimo. Here is a photo of their film crews in action:



WORSHIP & OFFICE

We can celebrate the ongoing success of our online worship services, as we continue to use Zoom and Livestream to connect together in worship and fellow-ship. Although it may seem as if we've been doing this for a long time, it's okay if you haven't yet tried to use Zoom. You still can, and if you would like to try please don't hesitate to reach out to the Church office for some mentorship. Alicia, our Acting Parish Administrator, is happy to help you.

If you're already online and wish to join a service or ministry just email the office at:

admin@stpaulsnanaimo.ca

Regular Online Worship Services

Morning Prayer:

Monday-Friday 8:30 AM — *Zoom*

Contemplative Prayer:

Monday nights 7:00 PM — *Zoom*

9AM Liturgy —BAS

Sundays, link by email — *Zoom*

10:30 AM Liturgy —BAS

Sundays — *Livestream*

Coffee Social Hour:

2PM on Sundays — *Zoom*

Once Monthly BCP Service

Next BCP service:

June 2nd 2021

11 AM — *Livestream*

TREASURER REPORT

The Financial Statement to the end of April 2021.

Income for 4 months

\$92,562.82

Expenses for 4 months

\$110,108.54

Subtotal

(\$17,545.72)

Balance from Dec 31, 2020

(\$13,527.88)

Current deficit balance

(\$31,074.60)

INCOME: Open & Envelope, Lent & Easter offerings plus the other income are above the expected year-to-date budget by \$11,735.

EXPENSES: were much higher than the expected year-to-date budget by \$24,325.

- The main factor driving the expenses up was the \$16,094 of insurance costs which were paid out in March. Our insurance premiums jumped by about 36.4% since March of 2020.

Hopefully, going forward, the difference between the income & expenses should be reduced as the year progresses, unless we get hit with an unexpected large bill.

The good news is that the Diocese has forgiven our loan on the Centre for Ministry. This will allow us to concentrate our giving toward the operating costs of running the church and the hall.

Don Gillett
Treasurer

GARDENING REPORT

A few weeks ago, a retired landscape architect, Helena, was enjoying a coffee in our garden. She overheard Heather Lester and me discussing some problem areas in the garden. She toured the garden with us and gave us some advice. She also came back a few days later to weed all the grass out of a flower bed and spread out the crocosmia (montbretia) bulbs. I nicknamed her our garden angel.

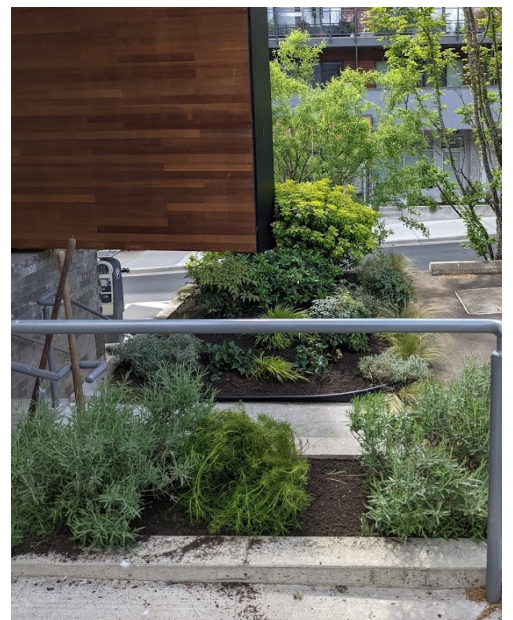
One of her recommendations was to add new topsoil to the beds by the parking lot outside the St. Matthew Room. Today Brian Humber brought 1/2 yard of topsoil, which he spread with help from Phyllis and me. After a good watering, the gardens looked great! Here are some photos!

The Gardening Team
Julia Roberts & Phyllis Horn



2020 T.E.G AWARD

Congratulations to our very own Ven. Clara Plamondon on her receipt of VST'S prestigious T.E.G. (Thoughtful Engaged Generous) Award in 2020. Due to the COVID pandemic the VST's official Convocation and award ceremony was postponed until this last May 11th.



PRAYER SHAWL MINISTRY

For nothing will be impossible with God. Luke 1:37

Our first, Prayer Shawl blessings were on Zoom May 20, 2021. Ven. Clara blessed the shawls.

Our Ministry is both knitting and crocheting at home, and meeting virtually on Zoom twice each month. Our shawls are all different sizes, textures and colours—intertwine with us!

St. Paul's Prayer Shawl Ministry has provided Prayer Shawls to the Education for Ministry (EfM) Graduates in 2021, as they studied in St. Edmunds Anglican Church in Parksville. Congratulations to Sheila Emmens, Graham Fowler, Sue Packer, Julian Packer.

I want to give special thanks to all who contribute their thoughts and comments on the Prayer Shawl Ministry for this Contact:

I felt so blessed to be welcomed into the St. Paul's Prayer Shawl Ministry a few years ago.

This Ministry is a way of using our talents to show our care and concern for others. Even during the pandemic, we have continued to meet on Zoom because we are committed to our Ministry and because we like to pray and visit with each other.

Patricia S.

The Prayer Shawl Ministry has provided me with a welcoming group via Zoom during the pandemic. It has been a relaxing time to visit and get to know members better as we share

challenges with our shawl projects as well as daily problems and concerns about friends, family, our community, and the world.

Meeting in person at church prior to the pandemic was better, but we have been fortunate to be able to continue thanks to technology.

Amy F.

I enjoy Prayer Shawl, even Zoom Prayer Shawl! I feel that it is for a very worthwhile cause and really, like the companionship and company; it is the only Zoom I have attended where I feel comfortable. Of course, it will be great when we can get back to meeting in person but in the meantime, feel blessed that a Zoom is an option.

Wendy B.

As a Prayer Shawl Coordinator, I would like to thank all the women of the Prayer Shawl Ministry who share their time and talent in making shawls.

God is undoubtedly using us all to grow this Ministry at St. Paul's. I give the recipients these shawls and enjoy the fellowship that has enriched my life beyond my expectations.

Yvonne O.

The Prayer Shawl Ministry meets twice a month, on the 1st and 4th Thursday of each month from 1 PM to 3 PM. All are welcome. If you have any questions, please contact me at 250-754-8614 or email me at: olivery@telus.net

Yvonne Oliver
Prayer Shawl Coordinator

PRAYER SHAWL PHOTO



A LITTLE LIMRICK

Soon each will get the jab
Then, in person, we will gab
Face to face,
In an eating place
Still socially distant
Not just for an instant
In spring or summer
It won't be a bummer

To clink our mugs
For many more hugs
Then share a meal
O what a deal
So when can we meet
Oh wait a treat!

-Source Unknown.
Submitted by Julie F.

ACW SPRING REPORT

The ACW group at St Paul's has continued to meet monthly on zoom since January. Many thanks to Rev. Clara and Andrea Biener for hosting these meetings.

Each meeting we have a devotional prepared by Patricia Sheen. She has found passages from "Finding Hope in Crisis" by Grace Fox which have helped to comfort and encourage us. We have continued to collect items for our Dorcas mission and member Lorrain Jordan has asked us to keep her charity "Good Cents for Change" in our prayers as the most vulnerable members of society in this charity will be some of the last persons to be vaccinated against covid. Congratulations to Deacon Lynn Cawthra for making her new covenant with St. Paul's Nanaimo and wish her all the best in this new agreement.

We are mourning the sudden and tragic death of our president Sandra MacKinnon and devoted part of our May meeting to share favourite memories of her. We all marvelled at her service to others. On her Facebook page this was the announcement:

Sandra MacKinnon

Dec. 29-Apr. 26 2021

"Sadly Sandra left us unexpectedly on the afternoon of April 26th

She left behind her two sons, Gordon and David, her two beautiful daughter-in-laws, Heather and Helen and her wonderful grandchildren Brittany, Ashley, William, Joseph and Pavlo. Sandra was an exceptionally loving person who prided herself on being a fantastic mother and grandmother. Sandra was a nurse at

NRGH from age 19 until retirement at 65. In that time she helped countless souls to feel better. She had a soft spot for all animals, especially cats and would care for them more so than herself. With such a giving and nurturing nature it's no surprise Sandra was involved with the girl guides for the majority of her life, was a foster parent several times and was an active member of the ACW at St. Paul's Anglican Church. In Sandra's 78 years on earth she has touched many lives and brought joy and smiles everywhere she went. She will be greatly missed here but welcomed warmly in heaven. God bless"

—

April also brought further sadness to the group as long time member Marilynne Mark lost her husband Ross. It is comforting to know that Marilynne is taking good care of Sandra's former dog Tank and he is company for her at this time.

On a happier note, long time member and Order of Canada recipient Blanche Gates turned 103 years old on May 7th. What an achievement! Member Carol Shaw who is also part of the Diocesan ACW executive, has helped to organize a zoom meeting with Bishop Anna Greenwood-Lee on May 19th which we eagerly anticipate.

We are currently looking for knitters who are able to spend the summer months making scarves, sweater, mittens and hats to be ready at the end of September so that they can be packaged to send to six northern dioceses in October. If you have any friends who are able to help out with knitting we can supply the yarn

and patterns. Please contact Carol Shaw at 250 758-2795 or Marilyn Browning at 250 585-6857, if you are able to assist with this project. Many thanks to those parishioners who have already offered to help knit and those that have donated toiletry items so far. We are concentrating on collecting warm adult socks, toothpaste, and ballpoint pens for this month. A big thanks to parishioner Rhonda Lehman for sewing over 100 joy bags for us this year alone.

The ACW tries to keep in touch with all members regardless of technology and try to call and email members who are not able to join in virtually. One of these ways is through our Sunshine Ministry (card correspondence) which is expertly done by Mary Jackson. We realize how important this is as we pray for treasured member, Joyce Langhelt, who is in palliative care at Nanaimo hospital. It has been a bittersweet April and May.

This June we hope to be able to have a socially distanced, mask worn outdoor gathering at Carol's beautiful garden if weather and health guidelines permit.

If you are interested in joining the ACW please contact Marilyn Browning for further information. Our mission statement: to gather women in Christian fellowship to deepen and strengthen our own spiritual lives and serve in mission works at home and abroad through prayer, work and stewardship."

Yours respectfully,
Marilyn Browning VP
(Acting President)

INTERFAITH GREEN FAITH CIRCLE & EARTH DAY 2021

Thank you to all our parishioners who took part in Earth Day 2021. Our very own Julia Roberts has been leading work with the Nanaimo Green Faith circle—an interfaith group open to all. Here is an article on the very good work this multi-denominational group is doing:

In February, I invited representatives from faith communities in Nanaimo to meet to plan for the Sacred People Sacred Earth event that Green Faith International was organizing for March 11. A few of us from seven faith communities plus Bethlehem Centre planned the March 11 event. We asked people to donate native trees to the City and were delighted to collect 80 trees at Maffeo Sutton Pavilion. For Earth Day, we encouraged people to pick up litter in their neighbourhoods and post a photo of themselves and their litter bag on our Facebook page. Then, on May 1st the City's Urban Forestry Coordinator led us in planting our trees and about 20 more along the E&N Trail. We were amazed that 27 volunteers planted all the trees in an hour! Please stay tuned for more Green Faith events.

Submitted by Julia R.



CHURCH AT HOME — FORT EDITION



What started as a casual joke during our 9 am Zoom service quickly became a reflection on the idea of worshipping without walls, and how Church (and Sunday school) has changed in this new format. John and Alek are often 'in Church' in a fort in our living room. And so the "fort-off" began!

Here are some of our submissions for the best 'Sunday Morning Fort!'



FROM SANDRA MACKINNON

Before Sandra Mackinnon suddenly passed away on April 27th 2021, she had submitted some of her artwork to the parish office to be included in the Spring Edition of The Contact. She had just started a series of art classes , and wanted to share her art with her parish family.



NEWS



FINAL NOTES

Your strength is in your faith. And your faith is as broad and deep as the gray green sea. Wherever you are in your life right now, whatever you are doing, however you are feeling: let what you have faith in, what you believe to be true to the deepest core of your being, sustain and empower you, heal and strengthen you, open your life to new horizons and new hopes. Faith is your strength. It is what will see you through. It is what will let you sail in any waters, all flags flying. You have believed for a long time now. You have kept the faith by allowing your faith to change and grow. Now you are the embodiment of what you hold sacred. Now you are what you believe. You are an outward and visible sign of an inner grace, a grace whose ancient source is a relationship that will never end.

Steven Charleston



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



CONTACT US

PARISH REMOTE OFFICE HOURS:
9AM—12noon
Monday—Thursday

OFFICE PHONE:
250 753 2523

EMAIL:
admin@stpaulsnanaimo