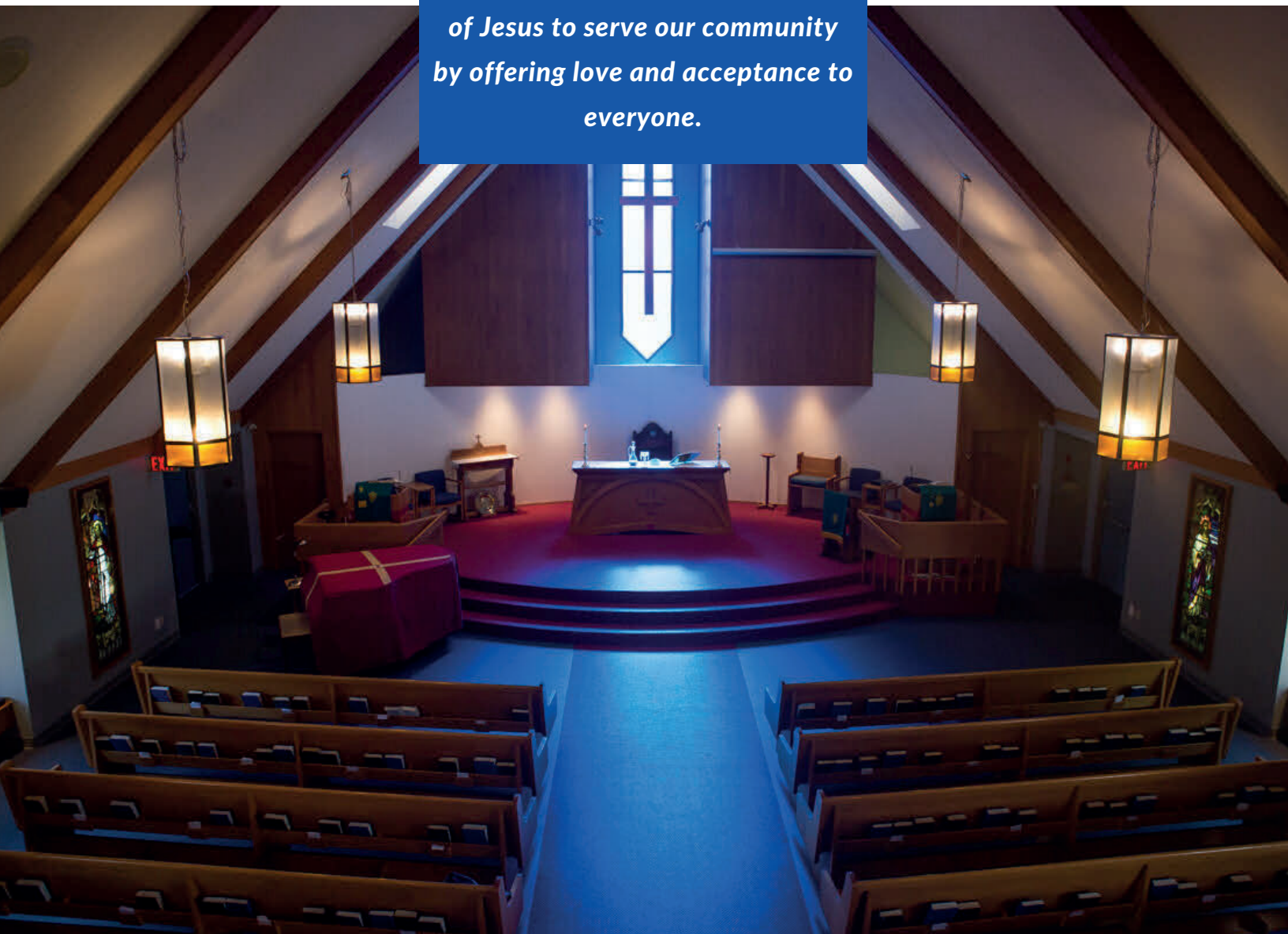


Spirit

IN THE TIME OF COVID 19

worship in different times

*Inspired by God and the example
of Jesus to serve our community
by offering love and acceptance to
everyone.*



From the Editor

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Deputy Warden: Bill Ritchie

Many thanks to everyone for their wonderful submissions for this issue of Spirit (in the Time of COVID). We are living in unprecedented times, with time on our hands, whether as an enemy or friend; we have been given permission "to do our own thing." Gardens have never looked better; baking and crafts have never been more important to us and keep in touch has never been more creative.

I listened to many of Dr. Bonnie Henry's updates and supporting comments from Health Minister, Adrian Dix. Their calm demeanor has helped us through these trying times.

A **"Found COVID 19 Poem"** (inspired by updates of Dr. Bonnie Henry and Adrian Dix)

Moving forward, in the days to come,
Be kind, be calm.
For the people you know; for the people
you don't know,
In the coming days and months,
We're here for you, stay home for us.
Stay local, stay apart, stay safe
And do your part.

JANE MONCHAK
EDITOR



REPORTS...



▼ Lincoln's Farewell Letter

To the Parish of St. Peter's Campbell River,

Departures are difficult at any time. The Parish of St. Peter is a wonderful, faith filled community that is poised to do wonderful things in Christ. God has other plans for both Tanya and myself, and we are sad to miss out on that opportunity to see how this parish and community grows. For therein lies a secret of parish ministry, your growth affects the growth of the clergy.

I am honoured and thankful to have grown alongside of you these too few years. I am honoured and thankful to have served alongside of you, as we all continue to get to know Christ deeper and better.

I urge all of you, maintain your passion and love of Christ in these odd and stressful times. Maintain your passion and love of Christ so that you do not become stagnant or stale. Your witness during difficult times affects the lives of those around you, whether you are aware of it or not.

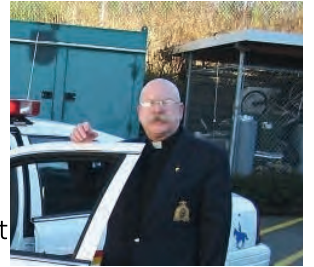
Keep the faith that has sustained the Saints and generations of Christians that have gone on before us, and will continue to build a great Parish for the future.

In Christ,
Lincoln

▼ Chuck's Chatter Section 129

Sometime around the turn of the century, I was riding shotgun with an RCMP member from a detachment south of the Comox Valley.

About mid-night we got a call from a small village about a man who was making a nuisance of himself and bothering the neighbours. We got there about 15 minutes later and found him on the main street, not three sheets to the wind, but more like 33 sheets in the wind. My goodness was he ever hammered. We arrested him, put him in the back of the police car and headed back the 15 - 20 miles to the detachment.



As the press would say in a news-cast he was "known to police." He would spend two or three nights each week sleeping it off in the Crow-Bar Hotel. As we were driving along the discussion in the car got around to the subject of doing this two or three times a week and there must be a law somewhere that might put a stop to it. We settled on a section of the criminal code that dealt with keeping police from doing the serious side of their duty. He was just a nuisance; he was not doing anything criminal. He just wasted eight or nine hours of the watch's time each week... and the cost of bringing a guard in each time was not inexpensive.

129 Everyone who:

(a) resists or willfully obstructs a public officer or peace officer in the execution of his duty or any person lawfully acting in aid of such an officer,

(b) omits, without reasonable excuse, to assist a public officer or peace officer in the execution of his duty in arresting a person or in preserving the peace, after having reasonable notice that he is required to do so, or



REPORTS...

▼ Chuck's Chatter continued...

(c) resists or willfully obstructs any person in the lawful execution of a process against lands or goods or in making a lawful distress or seizure, is guilty of **(d)** an indictable offence and is liable to imprisonment for a term not exceeding two years, or **(e)** an offence punishable on summary conviction.

- R.S., c. C-34, s. 118;
- 1972, c. 13, s. 7.

After we got back to the station, booked him in, called a guard, we went into the pit (the area where the officers did their paper work.) As chaplain to a number of detachments at that time, I had acquired a number of RCMP New Testaments, Psalms and Proverbs, with the RCMP crest on the cover. There were a number of them on top of the filing cabinet in the pit area. The officer picked one up, flipped through and said he could not find section 129. Well the only book with 129 sections is Psalms. I picked it up, opened it to Psalm 129, and said here it is and I read it to him. It reads:

- 1** "They have greatly oppressed me from my youth," let Israel say;
- 2** "they have greatly oppressed me from my youth, but they have not gained the victory over me.

He thinks I am putting him on so I showed it to him. He was somewhat surprised to say the least. He asked if he could have one of them to read. I said yes, that is why they are here. He took one home with him after his shift. I baptized him about six months later. One never knows why, when, how or where the door to doing some evangelistic is going to open. But I thank God when it does. The officer involved is retired now, but he is still very active in his home congregation.

CHUCK MASSEY

▼ Wardens' Report

We were so glad to hear Jane is putting together another edition of the Spirit which is a great way of keeping us informed about what has happened in and around St. Peters during these past couple of months. Just as Lincoln and Tanya have moved "onto new beginnings," so have we. What will our 'new normal' look like?

Activities in the Church have ceased for now, but exciting things are happening. If you haven't driven by the church lately, we encourage you to do so. Maybe take a few minutes as you walk around the property to see the fantastic job that Frances Payne and Ellen Wagner have done to the gardens. They have been fortunate to find a few folks to help with the ongoing work, waste removal, hedge trimming etc.



Just like your home improvements, once you start, the list continues to grow. We are in the process of practicing good stewardship, which Lincoln spoke about to us in one of his last sermons. We are looking for people who would like to help with scraping, sanding and painting the outside of the building. We don't need lots but many hands make the workload lighter. This is a great time to get this done, with nicer weather, and a worthwhile project to put a little time into. We are looking at sprucing up our property which will make it more appealing, while we look for a new interim minister.



REPORTS...

▼ Wardens' Report...

The selection committee has met several times on the west lawn and have completed the parish profile. We have an interest in someone who might be suitable for the interim while we wait for a permanent replacement. We will keep you up to date as soon as we know anything. Patience is a virtue we could all do with, and a little more especially with these challenging times.

Remember we are all in this together and the telephone “tree line” has been a great way to keep in touch. I know I have had the privilege of connecting with many of our parishioners regarding different issues and concerns that I didn't know prior to this outbreak.

Parish Council has also met on the west lawn to keep connected with ongoing issues. Due to great financial support from the congregation, we have been able to pay our ongoing bills, look after expenses for building maintenance and repairs as well as our monthly commitment to the Diocese.

We now have two quotes for furnace replacement with gas and also electrical and solar panel quotes. These will be discussed with Parish Council first for their recommendation and then will be put to the Parish for discussion. We hope to set those dates soon.

The last couple of months have been challenging to say the least, and I thank goodness I have a faith to sustain me through things I don't understand. It can't be said enough, we are not alone and we will get through this.

LOIS TIREBUCK,
Rector's Warden

<i>The west lawn is a great place for meetings and small gatherings.</i>
--



REPORTS...

▼ The Spirit of Finance



Summarized Financial Report - May 2020

The Wardens have asked me to let you know how we are doing financially through this COVID-19 interruption of our parish life. Firstly, we want to thank you for coming to the church parking lot with your weekly offerings and to also thank those of you who have signed up for the Electronic Collection Plate. It is your commitment to the church's finances which will keep us in good standing, both with the bank and the Diocese. We are currently in the black with a healthy bank account.

April saw the departure of Lincoln and Cathy. It is unlikely we will have an interim minister until we are able to gather again for Sunday worship. In the meantime, we have turned off the large appliances and have turned down the heat. We have however, monthly expenses which we cannot avoid.

Monthly Apportionment to the Diocese	\$2,591.75
Xerox Canada	\$129.72
Fortis	\$50 (approximate)
BC Hydro	\$65 (approximate)
Shaw Cable	\$250 (approximate)

We paid \$315 for the extermination of a carpenter ant infestation. We will be painting the outside of the church (all hands-on deck, please!) and that will cost us somewhere between \$600-\$800. At the same time, we will look at making repairs to the siding, especially on the south side of the building. More information on that to follow. Please feel free to contact either of the Wardens or myself if you have any questions or concerns. Thank you.

HOLLY FINN

Treasurer

▼ Selection Committee Update - June 2020

As Lois mentions in her report, the Selection Committee has been at work via email and also meeting outdoors on the west lawn at the church. I would like to give you an update in what we have been working on.

Church Services

We are working with Barry Foster, Diocese Executive Director, to understand when and how there will be a return to holding activities, including worship services, in the church. The Diocese has moved back the date for starting church services, from early July to later August and possibly September. We have reviewed the seating in the church and feel we can comfortably get the maximum allowed 50 people in the sanctuary with social distancing. We can expect those attending services will need to sign in when they enter so that we can do contact tracing if needed.

Interim Minister

The Diocese has asked St. Peter's for input in what we would like to see in an interim ministry. Our



REPORTS...

▼ Selection Committee...

committee has discussed this and has provided our thoughts to the Diocese. We need to have someone in place when we get the green light to resume worship services, so we have some time before we need to make a decision. The interim minister may not live in Campbell River and thus we will need to think about travelling including driving on winter roads. We are flexible on coming up with a schedule that works for the interim minister and the parish. At a minimum, we would like to have the interim minister at St. Peter's on Sundays and Wednesdays. In the meantime, Rev. Elizabeth Northcott, our Regional Dean, is acting as a priest advisor to the wardens.



Reverend Elizabeth
Northcott
Anglican Parish of
St. Mark, Qualicum

New Minister

In the absence of a bishop, Barry Foster will be guiding us in the selection process. We have discussed with Barry that we would like a shorter than usual interim period. We are currently working with the understanding we will have a new minister within six months to one year but realize that COVID-19 will likely cause a delay. The first task for our committee is to update the 2017 parish profile. We are currently working on this. The Diocese will do the advertising and will forward

resumes of suitable candidates for the committee to review, followed by interviews. Once a selection is made it usually takes about 3 months for the new minister to arrive in their new location.

I heartily invite you to contact any of the committee members to receive updates, express your thoughts or ask questions. On behalf of the selection committee of -
Lois Tirebuck, Dave Storrie, Diana Hicks, Jane Jennings, Greg Goldstone, Rick Monchak

Not so long ago...



WHAT'S BEEN HAPPENING!

▼ Our New Parish Council



At the Annual General Meeting on Sunday, March 15, some new members were elected to Council:

- Dave Storrie and Lois Tirebuck - entering their second year as Wardens
- Holly Finn - continues as Treasurer
- Tony Smith and Pauline Woods - Lay Delegates to Synod
- Barb Henshall - alternate delegate to Synod
- Connie Burns and George Wagner - join us as new Council members

Congratulations to our new Council Members and a big thank you to those continuing on in supporting this ministry!

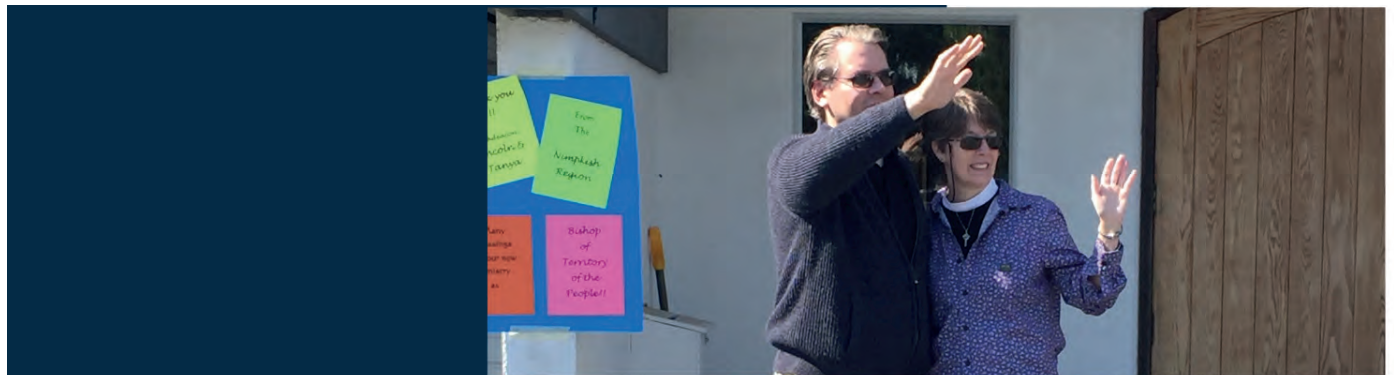
▼ Lincoln's Last Day

A unique goodbye as we observe the restrictions presented by COVID 19. A glorious sunny day, smiles, tears, waves, honks and virtual hugs! Lincoln and Tanya - you were at St. Peter's for only two years, but you made a huge difference. You will be sincerely missed by all of us at this parish.

TRINA SOLTYS

To view the drive by, go to:

stpeterscampbellriver.com/news/lincolns-last-day-at-st-peters



**THANK YOU BOTH FOR YOUR TIME AT
ST. PETER'S & BLESSINGS ON YOUR
JOURNEY FORWARD**



WHAT'S BEEN HAPPENING!

▼ Plant Sale 2020



GET GARDENING!

VIRTUAL PLANT SALE!

.....

- Shade plants
- Herbs
- Strawberry plants
- Shrubs & Vines
- Japanese Maples
- Dahlia Tubers
- and so much more...

The collage features several images: a close-up of pink dahlias, a garden bed with various plants, a pair of pink rain boots, purple hydrangeas, strawberries, and white flowers.

Thanks to Rick and Jane, we had virtual sales combined with advertisements in the paper, CR New and Used and Craigslist for the Plant Sale. We even had sales in Coquitlam and Ontario with our virtual advertising. Wow! Thanks to the parish and community support we had plant sales. Social distancing has made this year's Plant Sale a whole different sale. I told Jane I miss the fellowship and Bill's scones. I am looking forward to next year. Thanks to Trina for updates on our church website of the dahlia tubers and plants available for sale. Back at the church Fran and Ellen cleaned up our sheds organizing all our Plant Sale supplies and extras. Fran and Ellen have been working hard cleaning up the gardens at the church. They look great. **Glenna Armitage**, Plant Sale Coordinator



companion gardening

by: glenna armitage

I have a bigger vegetable garden this year. With the state of the pandemic affecting the way we want to provide for ourselves, my husband and I decided that we should try to grow our own vegetables. We did a little research on how to grow vegetables. We found that vegetables grow better with companion plants like flowers and herbs. They ward off insects and animals that like to raid gardens. They help with pollination. Wow, I thought to myself, this could be an idea to promote at next year's plant sale; how to make your vegetable garden more bountiful and beautiful by companion planting.

These flowers make an attractive vegetable garden and are easy to care for...

- **Marigolds** repel aphids and mosquitoes, even rabbits and deer. They also deter whiteflies and slugs. They keep these pests away from your plants. They are good companions for cucumbers, squash, potatoes, lettuce, pumpkins and tomatoes. They keep slugs away from my new dahlias emerging in my gardens.
- **Lavender**, when used as border in your garden, attracts pollinators like bees. Lavender repels harmful insects like mosquitoes and flies. It also repels deer and rabbits with its scent.
- **Nasturtiums** repel white flies, squash bugs, aphids and different types of beetles. They form ground cover that deters weeds. The flowers are edible.
- **Petunias** attract bees, butterflies and moths that help with the pollination. They repel asparagus beetles, leafhoppers, aphids and tomato worms.

And...don't forget those herbs!

- **Parsley** is a great companion plant for tomatoes, asparagus, chives, carrots, chilis and sweet peppers, onions, peas and roses.
- **Mint** is a great companion plant for cabbages and tomatoes, and it deters the cabbage moth.
- **Rosemary** is a great companion plant for carrots, beans, cabbage, and it deters cabbage moths, bean beetles and carrot fly.

Take a look at this year's deer proof garden with all of the companion plants mentioned above.



This year's deer proof garden with its companion plants!



WHAT'S BEEN HAPPENING!

COVID 19 Gardens - all hands on deck!

It takes long hours, many hands and a strong back to clean up and create that special place called a garden. Early in April, Frances Payne decided to clear out the potting shed. Ellen Wagner was gently persuaded to give her time and helping hands, along with granddaughter Regan. The potting shed stands all ready for the Plant Sale in spring 2021. Rick and Jane Monchak showed up on site in their truck and quickly spirited away all the broken pots and garbage from the shed, and the ant-infested doors! Ellen took a look at gardens to the west side and memorial garden and together we decided these areas required a serious make over.



Regan once again showed up, with Ellen, to lend another pair of hands. She also got to see our resident snake skins and bird's nest holding four eggs, along with snakes, snails and spiders which all are part of a vibrant garden.



Elaine, the 'Garden Diva' was seen on her ride-on mower cutting the grass on the larger areas of the church grounds.



Rick and Jane have taken over weed eating and mowing the west lawn. Bill Ritchie has taken on the mowing of the upper boulevard along Dogwood Street!



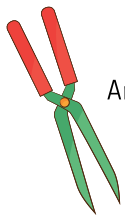
WHAT'S BEEN HAPPENING!

▼ COVID 19 Gardens...



The front of the Church gave both of us a sad feeling as we drove in; it was so dark and unappealing. Out came the ladders, saws and clippers, and after a week of climbing, cutting and trimming we thought, "Wow, what a difference!"

Before



And the Hall got a new look too!

Before



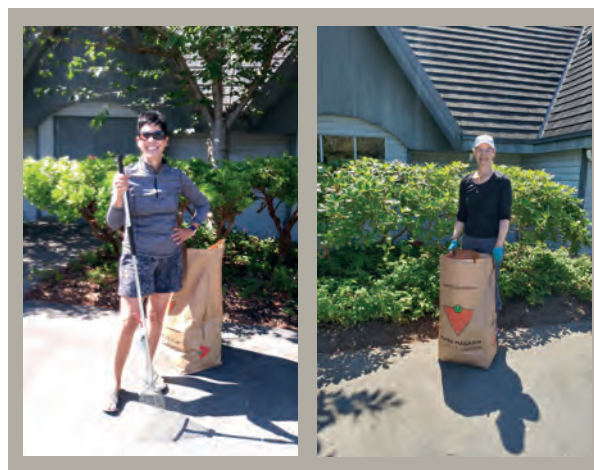
WHAT'S BEEN HAPPENING!

▼ COVID 19 Gardens...

Dave Storrie volunteered to remove the weeds, roots and grass from the back of the sheds. Remember it's been a two-month project and a huge pile of debris is waiting to be carted to the recycling area at the end of Willis Road. Rick and Jane have been volunteering, too. We need more trucks and helpers to clear this away. Please, contact Dave Storrie if you can help!



Jennifer Coolen has been spotted sitting under the rhododendrons and trees, while weeding the area all around the cross. The trees are looking beautiful.



Jane and Pauline Wood were recruited to assist in removal of dead leaves and branches and to trim up the St. John's Wort. This ground cover will bloom mid-June with a vibrant, yellow flower which will enhance the front entrance. Super job Ladies!

Brian was spotted Friday, power-washing the front entrance. If you happened to drive by - that was him in the 'yeller boots'. Awesome!



The gardens on the west side of the church are being used for safe-distancing meetings. They also provide a special place to sit and reflect on all that is happening in this new world of ours. Much to the delight of the evening-watering lady and her dog, Kruz, George Wagner has now placed the sprinklers on timers reaching most corners of the church gardens. Ellen and Frances can still be found most mornings during the week working away in their work-in-progress gardens, or taking well-earned water breaks. Please come and have a walk about and enjoy the colour before the resident deer have their dinner!

Blessings to each and everyone who have contributed to lending a hand to give our church a fresh new look.

FRANCES PAYNE

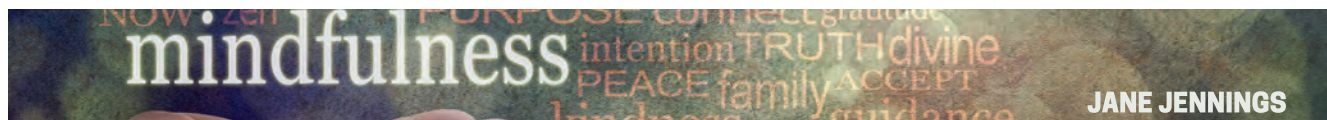


WHAT'S COMING UP...

▼ Painting the Church - help needed!

Looking for another way to practice good stewardship while we continue on this journey of a new normal? While Ellen and Franny have been busy as bees in the gardens at the church, there is also an opportunity to "spruce up the outside" of the Church itself. The elements have done a good job at weathering the paint, so we are looking to see who might be able and willing to help prep the outside walls so the painting can begin. This is a great time as the weather gets nicer. We will be putting together small teams to work on specific areas, so not to worry, if we only have a few volunteers, you will not be expected to do the entire job! So, if you would like to scrape, use a sander, or paint and get together with a few others, keeping social distancing in mind, please let Lois Tirebuck know so we can start the planning of this worthwhile project. If you would like to bring some cold beverages or snacks, that wouldn't be turned down.

▼ Mindfulness



Not all activities are cancelled at St Peter's! The mindfulness group is meeting now on the west lawn on Wednesdays, at 3:00 pm weather permitting! We enjoyed our first meeting last week, at the beginning of June, and hope that we will continue to meet outside until further notice. The gardens are lovely, thank you to the gardeners. If you would like a quiet-time anytime, the lawn is a wonderful place to sit and take a few minutes to reflect. Wishing everybody good health and well being,

A Meditation - April 1, 2020

Breath is our connection to life; It unites the mind and body.

*Take note of your feelings, thoughts, and body sensations now.
Breathe in and out naturally, any rhythms long or short, soft or deep.
Settle into the movement of each breath,
Say to yourself - respiration, inspiration, spirit.*

Continue until you feel grounded.

Challenges and bitter sufferings can be gifts. To open to them is a profound act of humility. When the door slams, our hopes are dashed, our health fails, a loved one dies, when the world closes in and the air we breathe is full of despair, it is hard to receive such experiences as gift. To let go and accept when we must, is not easy. We want things to be the way they were. When we realize and accept our resistance to a particular situation, it shows we are willing to accept the suffering that has come to us. Our suffering can be transformed into compassion for others and ourselves. Even as we are broken, we break through, by accepting our suffering, we can heal ourselves and others. By accepting our suffering, we can heal ourselves and others.



WHAT'S COMING UP...

A Meditation - April 22, 2020

Sit down in a comfortable chair, feet flat on the ground, hands in your lap, or on the arms of the chair. Become aware of your breathing. Concentrate on the in-breath and then the out-breath. When you are comfortable with your breathing, allow your breath to follow its own rhythms, in a way that is comfortable to you. Feel yourself relaxing, empty your mind of cares and concerns, allow yourself just to be in this moment with your breath.

The dandelion has my smile.



If a child smiles, if an adult smiles, that is very important. If in our daily lives we can smile, if we can be peaceful and happy, not only we, but everyone, will profit from it. What better way to start the day than with a smile! Our smile affirms our awareness and determination to live in peace and joy. You may need a reminder to smile, such as a note on the fridge, a picture, or some inspiring words. Once you develop the practice of smiling you may not need a reminder. Smiling helps you approach the day with gentleness and understanding.

When I see someone smile, I know immediately they are dwelling in awareness. This half-smile, how many artists have laboured to bring it to the lips of countless statues and paintings? A half smile is enough to relax all the muscles in our faces, to banish worries and fatigue. It calms us. It returns to us the peace we thought we had lost. If you have lost your smile and yet are still capable of seeing that a dandelion is keeping it for you, the situation is not too bad. You still have enough mindfulness to see that the smile is still there. If you breathe consciously one or two times you can recover your smile. The dandelion is always there, quite faithful, keeping your smile for you. Like the friend who saw that her smile was being kept by the dandelion, you can breathe in awareness and your smile will return.

▼ Regular Sunday School

The last lesson for regular Sunday School was May 31. So far, there are no planned lessons for Sunday School this Summer. But take a look at the following websites for Summer Sunday School lessons:

- ministry-to-children.com/lessons/ Lots of great lessons on this website. This is where most of the lesson plans for Summer Sunday School have come from in the past. It will take you to Bible Lessons for Kids and suggest what is popular for the week.
- ministry-to-children.com/attributes-god-lessons/ A series of lesson on "What is God Like."
- ministry-to-children.com/bible-coloring-pages/ Colouring pages
- lessonplansthatwork.org/year-a/ This website provides lessons according to the Lectionary for the Anglican Church; known as the Episcopal Church in the USA. Good lessons for different age groups. Scroll down and start on Proper 6 for June 15, etc.



WHAT'S COMING UP...

Earthquake Cake

This recipe was one of the activities from the May 24 Sunday School Lesson. The lesson was based on the reading, Acts 16:16-34, the story about Paul and Silas. The recipe is called "Earthquake Cake" because it looks as if there's been an earthquake when you pull it out of the oven! Your cake will have lots of cracks and tunnels and pockets full of delicious flavor. If you have a sweet tooth, you'll love this cake! Sprinkle some more chocolate chips into the gaps after it comes out of the oven, if the craters look unappealing to you. They'll melt from the heat of the warm cake. A yummy dessert, especially with ice cream on top! Recipe to follow. dinneratthezoo.com/earthquake-cake/



- cooking spray
- 1/2 cup chopped
- pecans (If you don't like pecans, use almonds or walnuts)
- 1 1/2 cups sweetened flaked coconut
- 1 box chocolate fudge cake mix
- eggs, oil and water according to cake mix package
- 1/2 cup butter melted
- 8 ounces cream cheese softened
- 2 1/2 cups powdered sugar
- 1 cup semisweet chocolate chips

Preheat the oven to 350 degrees F. Coat a 9"x13" pan with cooking spray. Make sure the pan is more than 2" deep.

Place the pecans and coconut in an even layer in the bottom of the pan.

Prepare the cake mix according to package directions and pour the cake batter over the coconut and pecans.

Place the cream cheese in a medium bowl and beat with a mixer until smooth. Add the butter and beat until combined.

Gradually add the powdered sugar to the cream cheese mixture and beat on low speed until smooth.

Place dollops of the cream cheese mixture on top of the cake batter. Sprinkle the chocolate chips over the cake. (top picture)

Bake the cake for 40 minutes or until the cake has set. Cool, cut into squares and serve. It's great with ice cream! (bottom picture)



Garden Rocks Needed

If you have been for walks in Beaver Lodge Lands or along the sea walk you have probably noticed flat, small beach rocks which have been colorfully painted with inspirational words such as love, joy, hope, peace, kindness, calm, smile, gentleness, patience, generosity, gratitude, etc. Now that the west garden, outside the hall has been weeded there are lots of places for decorated rocks. If you are looking for a project, consider finding a rock at the beach, painting it and leaving it in a spot in the garden.



STORIES, POEMS, ARTICLES

to grandma

by: pam hedderson

My weekly mail exchange during our distancing with my precious 3-year-old granddaughter brought such joy to me when I read what she told her mom to put on my card.



kauai during Covid 19

by: barb henshall

We arrived in Kauai just before the pandemic hit with a vengeance globally, but not there. No one knew much about this mystery illness, especially how it was transmitted.

Fortunately, our corner suite included a kitchen, patio and was well away from others and to be cautious Ken washed the whole kitchen down including the cupboards. At the grocery store and on Rick's recommendation of a great breakfast we found the "Anahola Granola," apple bananas, yogurt and Kauai coffee! Later, exceptional farm markets with exotic tropical fruits and vegetables were discovered!

As we attempted to get up-to-date information it was rather frustrating as there were no TV channels other than USA stations and virtually no reporting beyond the USA. The President seemed to dominate the discussions with quite differing points of view as you changed channels, so we weren't quite sure what to believe. Locally the reporting was good! Since we were there, let's enjoy this adventure and we did! If you have not been to Kauai, it's highly recommended! It's beautiful, peaceful with lush tropical vegetation, gorgeous flowers, intoxicatingly fragrant plumerias, misty mountain tops, rugged valleys, spectacular waves, and quaint Hawaiian villages.



STORIES, POEMS, ARTICLES

kauai during Covid 19

The wild life is different! Chickens were free ranging everywhere, in the mall, on mountain tops and always accompanied by a cocky rooster and often chicks. At one café, we sat out on a balcony and on the railing, someone had placed maraschino cherries which geckos love and fight for.



Fortunately, we had a car so we could self-isolate. Initially there were no restrictions in movement or food services. The same commercial that was shown in Canada and continental USA of the shoppers in Costco hauling out armfuls of toilet paper, showed there. The next day there were only 6 packages of 12 rolls available. Oh, the power of advertising and the fear of no toilet paper!

After a few days the churches all closed, except the Christ Memorial Episcopalian church, a beautiful stone Heritage church, which was left open for prayers, welcomed all. Being that it was Lent, a cross was draped in a purple gossamer material. We stopped for a time. Three days before coming home there were torrential rains with over an inch or two per hour for several hours with alarms of flood warnings. The native Hawaiians were concerned and after a couple of days of rain it set the tone for going home. On the last day there were no cafes open including the airport, so fortunately we had brought a lunch.

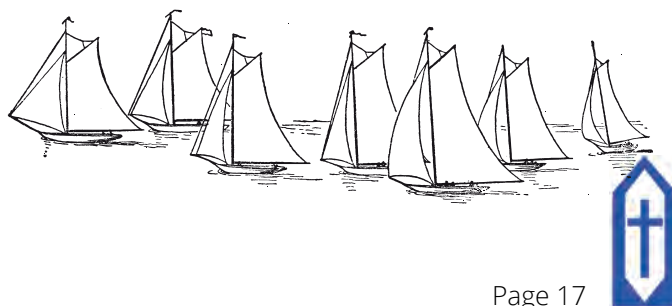
When we arrived at the Vancouver airport at 7:30 a.m., March 19th, there were only 2 other planes arriving, one from Maui and one from India with almost everyone masked, but not on our plane. Normally the airport at this time of day is packed with people. We cleared security in an instant with two questions: "Are you well?" and "Do you have a cough?" "Go!!!" "And you are under mandatory isolation for 14 days," as they handed us a Government brochure!

It was good to get home, discover that the tree blocking the view had been trimmed, and it's great to visit under the apple tree from a distance!

for julie

by: janice lupton

I have a friend who sailed
halfway round the world
with her bold sweetheart,
fetching up on far Australia's shore.
She is brave, and amazing for
having done that,
especially when you consider
that she is afraid of deep water.
What kind of love would that
have taken? Oh, I think, a
tremendous love indeed.
Does she know, I wonder,
how much she loves, and
how wonderful is her trust?



STORIES, POEMS, ARTICLES

time today

by: jane jennings (May 22nd. 2020)

Time - that abiding measure of happenings
Birthdays, anniversaries, deaths, births,
We wait, anticipating happy times
Hoping to avoid sad ones, lonely in thinking
Time has passed us by. But in this new day,

Time has a new meaning, a minute feels
Like an hour as we reflect on the vastness
Of the twenty-four-hour clock. Now that
We have nowhere to be, no dates to make,
No birthdays or parties to celebrate.

Time becomes the enemy, something to fill
Whilst the world seeks a cure for this virus.
Suspended in a bubble of time and spirit
Together, becomes a frustration
Of not getting what we need and want.

For others, this time is a new discovery,
Of talents and dreams long laid to rest.
Now energized by the vastness of time
Today we have space to grow and blossom
A treasured, enjoyed precious resource.



speak gracious God

by: brock lupton (2017)

This poem "Speak Gracious God" was inspired by a poem of Canadian poet Mary Herbert (1829-1872) as on page 36 of 'Christian Poetry in Canada.'

Speak, gracious God – the needs of my sad heart will
hear no other voice
O come so sorrow leaves me and again I may rejoice
Though this solemn night with glittering stars declare
your godly power
But I am seeking something more at this deep midnight
hour.

I long to hear the silence sheer as token of your love
O speak, evoking hope and joy and peace, the holy dove.
This silence seems a sign of death, and awe possesses
me.
Life's goals seem vain when I am faced with God's
eternity.

Prophetic voices call to me in sweet yet solemn tones
And memories of the past appear - they dwell within my
bones,
They breathe God's peace into my heart, my spirit is
restored
And I rejoice again to know the Spirit of the Lord!

For you have spoken, gracious God; your Word has come
to me
And found its place within my life, though friends can't
always see
What happens in my inmost parts – the cheerful and the
sad.
Though I still seek, I'm on the way to One who makes me
glad.



STORIES, POEMS, ARTICLES

the dragonfly

by: janice elaine lupton

The dragonfly skims over the water,
flitting to and fro, up and down,
never stopping long enough to know
the deep cool of the pond beneath him.
His blue-green iridescence mesmerizes
as he hovers over a water lily here, a
bulrush there, touching ever so lightly,
moving faster than the eye can see.
Elusive, yet fascinating in his beauty,
he never satisfies, but leaves one
aching for more.

water

by: martha massey

On cloudy Trinity Sunday I had an insight:
God is like a cloud, like water. And Jesus
Christ, God Incarnate, is like rain one can
see and feel. Christ's ascension back to
heaven corresponds to the evaporation of
rainwater. And the Holy Spirit? Well, after
the rain stops, water is still in the ground, in
the plants and indeed in all living cells. On a
sunny day, not a cloud in the sky, there is
still humidity in the air. God is present. The
image works in an opposite way too, when
we talk about having a 'desert experience'
when our soul feels dry and distant from
God. Knowing we are mostly water shows
that we are intimately connected with God.

Here's an afterthought: As Christians, we
inherited the Jewish tradition of washing for
spiritual cleansing. When washing one's
hands, one is praying, "Wash me and I shall
be whiter than snow." (Psalm 51:7)



rocks

by: martha massey

I am learning to pray, but some days I can't stop my brain
from its own wandering. One day recently, Chuck and I
were watching "Escape to the Country", a BBC program
about folks leaving their city home to buy a rural
property. The good part is that no one gets murdered in
this hour! (wink) The best part is the scenery and culture
of Britain; plus, the houses they tour. In this episode on
the Dorset coast, a crowd watched a man balancing odd-
shaped large rocks. Really large, irregular rocks that
couldn't possibly hold! Of course, the host-realtor tried
his hand, with the instruction, "Still your whole body,
your hands, your breathing," and in spite of his attempts
the rock didn't stay. Then the expert took over,
'assumed the position', taking the time to find the exact
balance point where the friction of the two surfaces was
sufficient to hold the mass in place. He stood back and
we all were amazed. Great applause!

The next day when I stopped 'doing' and sat to meditate
I remembered the rocks, and the instructions came
through as the words of a song, "Be still and know that I
am God." Don't just still that body. Still your whole self.
Be still and you will know. Thanks be to God for large
rocks!



STORIES, POEMS, ARTICLES

quentin's quest

by: quentin dodd

Hello to my very dear friends from (but not currently at!) in Christ at St. Peter's.

It seems like an age since I sat down at the computer to do a column (or much writing of anything), and this might be an opportunity to tell you that I've started styling myself in my journalistic and commentator writings as Colonel Quentin Dodd (a title which will likely come as quite a surprise to many of you but to which I truly am entitled through an organization in the Untied States of America – and, no, that wasn't a typo!)

Anyway, as they say, enough of that – I don't intend to go into any more detail or make a big deal of that! It was a great honor to be awarded the title and rank, and it was closely tied to my writings and journalistic efforts going back a good many years. So that's why I include this column in my use of it.

Of much, much more importance is the return of Spirit magazine at St. Peter's as a much-missed means of communication between members of our parish and others around us in the midst of this horrible COVID pandemic, the first of its kind I'm glad to say I have ever experienced, even in my travels to overseas countries in the earlier part of my life, and I have to admit that in some ways I've been much more fortunate and blessed than many other people I know and whom I read about.

And it's been that way all of my life, when I look back at my life in the U.K. and now in Canada, especially in this marvelous "city" of Campbell River. I put quotation marks around CR because to me CR is still really just a fair-sized town and not a city at all. The term City is what CR Council decided to apply for as a taxation designation quite a number of years ago. I was always taught in the UK that a community there only gets to be a city by either having a Cathedral or having at least one million residents.



STORIES, POEMS, ARTICLES

quentin's quest...

Much though I love the construction and decoration (colors, etc.) at St. Peter's I don't see anyone upgrading it to cathedral status in the foreseeable future!

What I do hope to see perhaps in the not too (over-the-horizon!) future is a return to worship via computer. After all, if much less important gatherings and live discussions can be achieved through Zoom and other methods of our ever-evolving technological communications world, then I would think that hymn-sings and prayers can also be done "at arms' length" at and for St. Peter's. Boy, I do miss singing some of those old, most glorious hymns! And there's nothing wrong with allowing lay people to do a little prayer-leading and preaching either.

I can't tell you how deeply moved I was on Easter Day this year when I showed up at Rotary Beach Park, where we've been having Sunrise - Savior-Rise – Celebratory Singalongs for quite a number of years now. And what did I find? Apart from an expectedly empty parking lot of course, not one, but three crosses that someone had constructed from shoreline wood. What a marvelous gift from God via one of Christ's followers, on a stunningly gorgeous, sun-warmed morning. And I'm happy to say that one other person (not from our church as far I could recognize) showed up while I was there to worship and pray in front of the largest (middle) of the crosses.

I haven't mentioned that the only other person I saw there was a dog-owner who was giving her lab-sized pet a chance to sniff around and check out the scene, which he did quite thoroughly, including around the crosses.



It all gave me a small, short opportunity to chat with a fellow worshipper, something I think a lot of us miss in the midst of the present situation, particularly in view of the peculiar challenges, issues, concerns and difficulties so many of us have identified because of what COVID has helped highlight in North American society, both north and south of the 49th Parallel.

As I indicated earlier, I can't believe how I was so fortunate that God sent me to all the wonderful places where I've lived, been educated (in school and out) and enjoyed a marvelous, fulfilling and creative career in writing – plus my present well-earned sabbatical from it.

Now all we need to do is to learn as many creative, helpful and uplifting lessons as possible from this new and unprecedented challenge to all our lives. Onward and upwards in Christ's name – as the hymn says:

Lift high the Cross! We don't have to be in church to do that.

God bless, Quentin Dodd (Col.)



ETCETERA...

▼ Food Bank Requests

The CRFB is on the lookout for the following high protein, whole grain, lower sodium (salt) and lower sugar items:

- Canned fish or meats
- Canned beans, kidney, black bean, chickpeas
- 100% nut butters
- Pasta and rice
- Canned vegetables, pasta sauces
- Canned fruit, packed in its own juice or water
- Whole grain breakfast cereals
- Hearty soups, stews and chili

There is also a shelf at the Food Bank, which has a number of personal items from which clients may take one item. Shampoo, toothpaste, lotions, etc. are most welcome.



Next Spirit:

Please send submissions for the next issue of Spirit as you are able, to monchak@shaw.ca. A request for submissions will be sent in a couple of months; no firm date at this time. Thank you all for your reports, articles, poems, stories and picture for this issue of Spirit (in the Time of COVID 19)

