





ST. PAUL

ANGELICAN CHURCH

THE CONTACT

Connecting with your parish family • Summer 2022

CLARA'S CORNER

One of the most important places of ministry for Jesus was often sitting with people sharing a meal. There are numerous examples and references to sharing a meal in the gospel associated with Jesus. These places of hospitality and fellowship often lead to healing, friendship, reconciliation, and significant learning. Jesus' disciples spent much of their time walking with him, sitting at his feet, and sharing meals as they were prepared to pick up the torch and carry on in the ways and patterns of Jesus. Table hospitality allowed them to build relationships, strengthen community and to break down barriers. Sometimes it was challenging and not everyone was comfortable sitting with others they did not know. But Jesus did it anyway because he knew the power of relationships and community at the table.

Perhaps that is why the Eucharist is such a profound gift. It is one of the few places where we come together around a table and say all are wel-

come. It's a spiritual example of a deep place of connection and belonging. It is how we express what we mean when we say we are the Body of Christ – the community gathered around Christ.

We are slowly emerging from the impact of the COVID-19 pandemic where we have all experienced the hardship of not being able to be with family and friends around a meal. We have missed things like potlucks or spending time together over a simple meal or a cup of tea. We have discovered once again how table hospitality is at the core of our understanding of community, and how important it is.

I think about the potluck Christmas Day lunch in our hall about three years ago and how it positively impacted so many. I recall the All-Souls Day luncheon that allowed people to come together after an emotional remembrance of loved ones. It gave them space to connect with others. Being comforted and held up with

Peek Inside

Clara's Corner	1
Worship Updates	2
Treasurer's Report	3
Damsels & Desserts	4 + 5
The Passion Play	7
The Holy Land	8-10
PWRDF Updates	10
Reflections from Italy	11-13
Community? Voices	14
Multi Parish Service	15
Food Card Ministry	16

good food and conversation was healing. I think about the many Teas and Marketplace lunches that have been served over the years and how they created a place for people to build lasting friendships. I appreciate the relationship that we are forging with Nanaimo Foodshare who are now offering a weekly meal

CLARA'S CORNER CONT.

in our parish hall that is available to anyone in the community. There are no barriers; all are welcome (including you!). They understand the power of sharing a good meal where everyone finds a place of connection and belonging at a common table.

These examples point to our core values, the things that matter most to us as a parish community. I wonder how we might build on this core value of table hospitality. How might our experience of hospitality and belonging offer us possibilities to invite, encourage and reach out to our neighbours? I see many opportunities and wonder how God is nudging us to share this profound gift of community and belonging with others. What do you think? Let's continue to pray for the Spirit's guidance as we move forward.

Clara+

ONGOING FUNDRAISING

Did you know we have a recycling account with the South End Nanaimo Bottle Depot? When you bring in any of your empty recyclables to their south end location at 839 Old Victoria Road you can ask for your refund to go directly to *St. Paul Anglican Church!*



For more information on what item you can bring in, check out the back page of this newsletter!

WORSHIP UPDATES

Starting August 1st, we will be taking a summer pause from our weekday Morning Prayer on Zoom, as well as the Weekly Monday Contemplative Group to allow for a summer respite for those who have faithfully offered leadership this past year. We look forward to resuming these services after the long weekend in September. If you would like to check out either of these groups let our office know and we will happily put you in touch with the appropriate leader at the end of August.

Regularly Scheduled Worship Services Summer

11 AM Mid-Week Service—BCP
Wednesday — *in person only*

8 AM Holy Communion—BCP
Sundays — *in person only*

10:30 AM Holy Eucharist—BAS
Sundays — *Livestream & in person*

After-Service Fellowship
Sunday after each service
socializing after the service

UPCOMING SEASON

Season of Creation

The liturgical Season of Creation begins on September 1st 2022 and concludes on the upcoming Feast of St. Francis, October 4th.

A short creation pilgrimage walk is being planned for the early part of September where we will walk together, reflecting on the gift of creation. More info to come!

GIVINGS UPDATE

To our members of St Paul's Parish , I invite you to consider contributing through the Electronic Collection Plate (ECP). It is an easy and convenient way to make regular donations to your parish. Simply determine what you are comfortable giving, fill in the form and attach either a Bank Information form or void cheque, then leave it with Alicia in the office. For those already enjoying the convenience of ECP I am happy to assist you if you would like to adjust your giving to the parish.

For the month of September, I will be setting up a table after church in the Hall and will have forms for new contributions and adjustments.

Carol Shaw
Envelope Secretary

A FAVORITE POEM

Isn't it strange how princes and kings,
And clowns that caper in sawdust rings,
And ordinary folk like you and me,
Are builders of eternity?
To each is given a bag of tools,
An hour glass and a book of rules,
And ere we build as the time has flown,
A stumbling block or a stepping stone.

Written by R.L. Sharpe
Submitted to the parish Contact by
Hilda A.

WARDEN'S REPORT

Happy summer to everyone! Thanks to our wetter spring we have all been enjoying so many beautiful blooms and green grass. The church garden is no exception. Thank you to our wonderful volunteer garden crew for all of your hard work! When Wayne Randles retired, the wardens (after doing some research) signed a contract with a local firm to cut the grass and generally clean up the grounds and parking lot. One disadvantage to having so many mature trees is the "stuff" they drop. This contract means another expense for our ever dwindling coffers. If you have an interest in bringing your lawn mower and moving the lawn, we would love to hear from you! The wardens, Rev Clara and Brian Humber continue to check the church grounds for litter, odd articles of clothing, and cardboard left by folks living rough on our streets. Please continue to pray for these men and women who are members of our community, and children of God.

On July 31st we worshiped with our brothers and sisters from St. Philip, with Rev Clara presiding. We enjoyed the beautiful grounds, and a BBQ followed the service. St. Philip cooked hot dogs and burgers and we brought salads and desserts. Thank you for the great turnout from both parishes!

Your wardens continue to meet with the wardens from St. Philip and are discussing ways to work together. Gone are the days when churches can work in isolation.

Over the past few months we have been slowly re-establishing many of our pre-pandemic practices including opening the front door of the church on Sunday morning; receiving wine from the common cup; passing the collection plate; clergy greeting parishioners in the Narthex following the service; resumption of the fellowship hour; and the procession of the choir and clergy to begin the service. It feels good! The choir is taking its regular summer break in July and August.

We are wise to continue wearing masks while in the building, especially as Covid cases are expected to rise in the summer and fall.

Thank you to everyone for navigating the past two and half years and for your patience as we continue to re-learn how to build community and interact with one another in a safe and respectful way. Blessings for a safe and happy summer!

Joy Adams Bauer,

People's Warden

TREASURER'S REPORT

Financial Report for Jan-Jun 2021/2022.

Summary:	2021	2022
Offerings	\$ 86,989	\$ 80,177
Festivals	\$ 5,960	\$ 12,136
Other Income	<u>\$ 31,857</u>	<u>\$ 16,707</u>
Total Income	\$ 124,806	\$ 109,020
Expenses	\$ 152,178	\$ 154,709
Total YTD	\$ (27,372)	\$ (45,689)

As you can see, since January 1st we have incurred \$45,689 in Operating losses; this is a loss of \$7,615 per month for the first 6 months of 2022. The Operating Budget that was approved at our 2022 February Vestry meeting was for a year's loss totaling \$47,885. We are about to overtake that figure within a month or so.

Please note that this year's total income is down \$15,786 from last year, and this is because the Canada Employment Wage Subsidy has finished. The overall offerings and festival offerings were almost the same at around \$92,300, which was down \$600.00 from 2021.

Thank you to everyone in the Parish who have been giving faithfully.

Respectfully submitted,



Don Gillett – Treasurer

DAMSELS AND DESSERTS — FASHION SHOW AND TEA FUNDRAISER

Thank you to the ACW for hosting our annual Fashion Show & Tea fundraiser, and thank you to Syd L. for capturing some wonderful moments from the day!

Please note: The ACW members are continually purchasing toiletries for the Dorcas bags during the summer. We are still in need of toothpaste (100 mL size) original ivory bar soap and travel size shampoo. Many thanks to parishioners who have donated money and items so far.



DAMSELS & DESSERTS SHORTCAKE RECIPE

I have been asked for the recipe for the shortcake biscuits that were served at the Damsels and Desserts Fashion Show & Tea. I am happy to share my recipe with you!

Enjoy!
Carol Shaw

STRAWBERRY SHORTCAKE

Servings- 6-8 shortcakes

INGREDIENTS:

- 2 c flour
- 2 teaspoons baking powder
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ c cold butter
- $\frac{2}{3}$ cup milk
- 1 egg
- 1 teaspoon vanilla
- 2 teaspoons of coarse sugar for topping (optional)

METHOD

- Preheat oven to 425 F and line a baking sheet with parchment paper.
- Combine dry ingredients.
- Add cold grated butter and cut into the dry ingredients with a pastry blender or two knives until mixture looks like crumbs.
- Mix egg, vanilla and milk in a separate small bowl. Add the liquid to the dry ingredients until everything is incorporated. It will be very thick, if too thick add an additional $\frac{1}{4}$ cup milk a tablespoon at a time.
- Drop the shortcake dough onto the parchment paper lined baking sheet about 2 inches apart
- Sprinkle coarse sugar on top.
- Bake at 425 F for 15-18 minutes until light brown. Brush lightly with melted butter. This will keep the shortcakes soft
- Split the biscuits, fill and top with your favorite fruit and whip cream.



MORE DAMSEL PHOTOS



FROM THE ORGAN BENCH

CASSIE*

Joins the Octogenarian Club

Our *Diminutive Old Lady CASSIE* (*Casavant Opus 1694) celebrates her 80th birthday this year. That's somewhat of a record since, typically, pipe organs require some major surgery after 40-60 years of service. *CASSIE* is still chugging along at 80 having required only the organ equivalents of a set of dentures and a stent or two! So, it seems appropriate to celebrate her accomplishment with some special events which I hope we will be announcing in the Fall. Plans are underway for *CASSIE* to have a thorough checkup, tuning, regulation, and some minor repairs in preparation for a busy musical season starting in September with the the Diocesan *WE TOGETHER* conference.

CASSIE, like many of us in, or about to join, the Octogenarian Club, is experiencing a few signs of her age, and, like some of us, not able to respond fully to rapid changes in technology and music. That's why some of the original members of St. Paul's 2011 «Organ Restoration Committee» and a few friends have been mulling over where we stand, over a decade later, with that Committee's recommendations still languishing on the back burner.

Many more adaptable and tonally-rich Pipe Organs are looking for new homes due to building closures, and, if not «saved» by relocating are in danger of consignment to the landfill. Many have

already suffered that ignominy. Therefore it is, and for the next few years will be, an ideal time to consider a replacement instrument capable of giving St. Paul's even more than *CASSIE*'s 80 years of service while providing much broader musical resources as well as like-new reliability for a cost less than half that of a new, small, Casavant instrument and not a lot more than the price of an electronic substitute.

In 1942, in the midst of WW-II and all of its disruptions and shortages, St. Paul parishioners managed to install a Casavant Pipe Organ — no small feat for any church at that time. Now, amidst different, but in some ways just as difficult circumstances, can we do less than our forebears did then?

Dominus vobiscum,
Freeman Dryden
Organist

A POEM IN ITALY

A Poem From The Edge Of The Arno

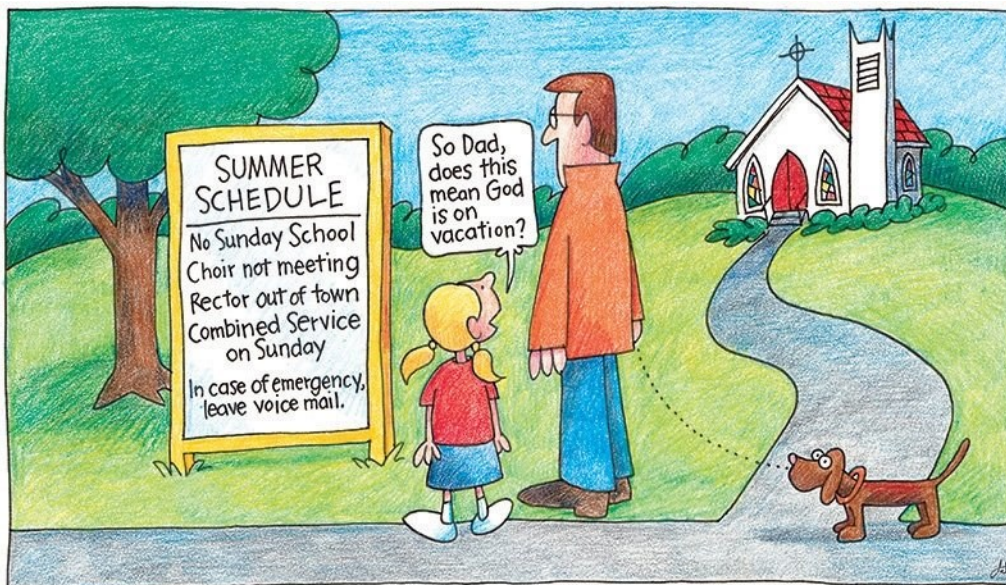
On the edge of the wide
And lazy river
Five conversations intersect
For but a moment
They share a life
A heartbeat

As quickly as it happened
Their overlap fades,
And the tapestry unravels

The lives continue
Intersecting elsewhere now
As the sun fades
And the feet shuffle along.

Respectfully Submitted,
Alicia Vanin

A CUTE COMIC



OUR OBERAMMERGAU EXPERIENCE: Faith, Art and Community

Mary first heard about the Oberammergau Passion Play in the year 2000, at St. George's in North Kamloops. Charles was already aware of it: his parents had always wanted to travel to Oberammergau and see the play, but had never managed it. Charles expressed at that time that he would love to make that pilgrimage for them. In the fall of 2019, Mary saw a poster on the bulletin board at St. Philip's, advertising *Oberammergau Passion Play and European River Cruise* guided by Rev. Eric Partridge. Wow! This seemed like the perfect way for us to take that once-in-a-lifetime vacation we were planning. The only thing that got in our way was Covid, which not only delayed the play and the trip for two years, but in the end prevented Eric and his wife, Sara, from going; they came down with Covid just before the trip and, very sadly, had to stay home. Our travel agent, understanding the nature of our group, told us to look after each other the way Eric would have shepherded us.

Oberammergau, nestling in its little corner of the Bavarian Alps, is very beautiful. As is typical in the region, the old buildings are lavishly decorated with frescoes, known as *luftmalerei* (literally "air paintings"). Wonderful woodcarvings are everywhere, and the town is famous for them; stunning works of art and inexpensive small keepsakes fill the various gift shops. A special spot is

the gorgeous Catholic Church of St. Peter and St. Paul. The Oberammergau Museum was closed while we were there, but its new exhibit includes temporary exterior walls that are covered with costumes worn in the last two productions of the Passion Play; the costumes have been dyed or painted various shades of blue, creating an intriguing look and texture.

This world-famous Passion Play tradition dates from 1634. When the bubonic plague arrived in 1633, the village of Oberammergau prayed. The people promised that if God spared them they would share their faith by celebrating Jesus in a dramatic presentation every ten years. So they began, and they continued. Occasionally a production has to be postponed due to a major life event like a war or another pandemic, but the tradition lives on.

The Passion Play is a true community endeavor. Only the inhabitants of Oberammergau are allowed to participate in any way, and only those who have been born and raised in Oberammergau or have lived in the town for at least twenty years can be part of the cast. Even so, this production has about a thousand participants. The rest of the townspeople are equally busy hosting the audience: half a million people from all over the world. The power and dedication of this little town are amazing.

With 4,998 others, we entered the covered seating area and settled in to watch the play, feeling blessed to be there at last. When it began, we realized that nothing had prepared us for the beauty of the music. As the orchestra played the overture, Mary was reminded of Mozart and Beethoven. When the chorus took their place on stage and began to sing, Charles thought he had died and gone to heaven. Throughout the production the music itself and the quality of performance were absolutely fabulous. The familiar story was told in a traditional way, and was deeply meaningful because we knew the truth of it. Act I kept us enthralled from 2:30-5:00. After a three-hour dinner break, we returned for Act II. As the fading light made it impossible to follow our translated script, it became difficult to understand what the characters were saying, but we knew the story already, so we simply gave thanks for the gift of Jesus and the gift of being there.

To see some of what we saw, try typing these into your Google search bar:

- Oberammergau Passion Play
- Luftmalerei Oberammergau
- Religious woodcarvings Oberammergau
- Oberammergau Museum costume cube

by Mary Jackson and
Charles Harman

A PILGRIMAGE REFLECTION — THE HOLY LAND / OBERAMMERGAU

The Holy Land / Oberammergau

Tel Aviv / Munich, Germany / Salzburg, Austria

This spiritual pilgrimage connected me with the past, formed new relationships, and helped me feel part of something greater than myself.

Tel Aviv / Tiberias, Israel

Upon arrival in Israel, we drove north along the coast and began our exploration of Jesus' homeland. Caesarea Maritima, built by Herod, was one of the most important centers during the time of Jesus (Acts 10). We continued to Haifa, Israel's second port, to enjoy the view from Mt. Carmel and the magnificent Baha'i Gardens. Turning inland, we drove to the Sea of Galilee and our modern kibbutz hotel, giving us glimpses of everyday Israeli life in the country.

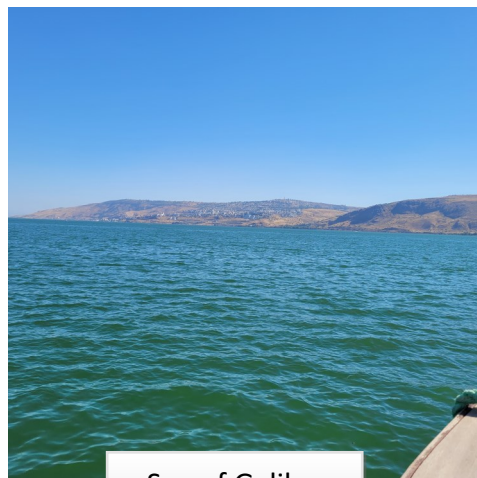
Around the Sea of Galilee



The Beatitudes

At the Mount of Beatitudes (Matthew 5-7), we explored the church and gardens, walking down to the sea if time permitted. At Tabgha, Jesus fed the multitude

(Mark 6) and nearby is the site of the story of the breakfast feast (John 21). We walk to Capernaum and the house of Peter (Mark 1 & 2). The Gospels record twelve heal-



Sea of Galilee

ing miracles in Capernaum, more than anywhere else in the Holy Land. Continue to Bethsaida, the fishing village of the Gospels and home of Peter, Andrew, and Philip (John 1:44). In this area, Jesus performed many miracles, including healing a blind man (Mark 8:22-26). According to Luke, the feeding of the 5,000 occurred here. We continue to Ein Gev with time for a St. Peter's Fish lunch. At Kursi ("Gergesa" of Matthew's Gospel) was the miracle of the swine. We stop where the Jordan River begins, at the Baptismal site of the Yardenit, and renew our Baptismal vows.

The Upper Galilee and the Golan

Ascend the Golan Heights to the biblical Bashan and ancestral home of the half-tribe of Manassah, which in Jesus' day was in the territory of Herod Philip. Visit Tel Dan, one of the most important biblical mounds in the country, where there was an inscription found with

the words "House of David." At Caesarea Philippi, modern Banias, amongst the ruins of pagan temples, consider the words of Jesus: "Who do people say the Son of Man is?" (Matthew 16:13). Enjoy the natural beauty of Banias by the banks of one of Jordan's main tributaries. Spend an hour on the lake in a wooden boat modelled after one from Jesus' time. (Matthew 14)

Nazareth / The Jordan Valley / Jerusalem

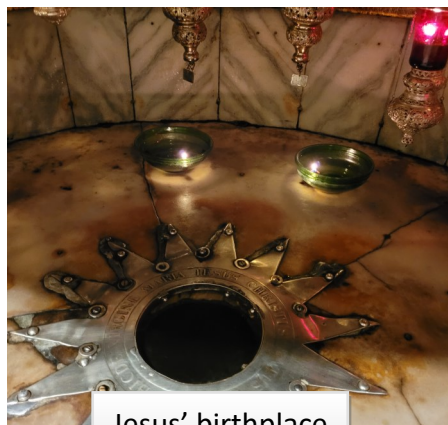
In Cana, recall Jesus' transformation of water into wine. In Nazareth, we visited the ancient village and essential sites from Jesus' youth. Enjoy views of Mt. Tabor and the Plain of Jezreel, and follow the Jezreel Valley to Ein Harod (Judges 7). In this valley, Jesus healed the ten lepers. Where the Jordan Valley and the Jezreel meet, we find ancient Beth Shean. Climb the Tel and view the setting of Saul's death (I Samuel 28 - II Samuel 1) and survey the magnificent Roman and Byzantine ruins: theatre, bathhouses, ancient rest rooms, market areas, and colonnaded streets. Continue to Jericho, visit the Tel of the world's oldest city, and view the traditional mountain of Jesus' temptation. Finally, atop Mt. Scopus, we behold majestic Jerusalem.

Bethlehem

Pass Rachel's Tomb as we drove to Bethlehem, enjoying the hilltop view of Jesus' birthplace. Visit Solomon's Pools, Jerusalem's primary water source for 2,000 years and pass the monastery of Hortus Conclusus; we visited Herodion, the

A PILGRIMAGE REFLECTION CONTINUED

palace built by Herod to mark his tomb. See one of the possible Shepherds' Fields sites as we continue to Bethlehem. Walk the old town to the Church of the Nativity, and see the manger and cave of St. Jerome.



Jesus' birthplace

Jerusalem

Enjoy the view from the Mt. of Olives over the city. Visit the church of Pater Noster, dedicated to the Lord's Prayer and see the Lord's prayer in Aramaic, the language of Christ's time. We had a Church service here led by Rev Brian Galligan. Following the traditional Palm Sunday Road stopping at the church of Dominus Flevit (The Lord Weeps) en route to the Church of All Nations and the Garden of Gethsemane (Matthew 26). Visit the garden and the church for some reflective time. Walk the path into the Kidron Valley and the Valley of Jehoshaphat, where God will judge the world's nations (Joel 3:12). At the City of David, we watched a short movie outlining the city's history through the centuries. We visited Hezekiah's Tunnel, built around 700 BC, to bring fresh water to the Pool of Siloam.

The Archaeology of Jerusalem

We visit the Dome of the Rock and the Al-Aqsa Mosque, Islam's third holiest site, located on the traditional site of the ancient Temple Mount. Then walk from Jaffa Gate to the Western Wall on the Old City Walls. Examine the ruins of the Temple complex and use the steps where Jesus taught and walked. Visit the Western Wall, Judaism's holiest site. Security allowing, enter the Western Wall Tunnel, which enables us to examine the length of the outer Herodian Temple wall, including stone blocks weighing about 600 tons. Walk along the Cardo, the ancient Roman road and view the Broad Wall. While in the Jewish Quarter, there will be free time to visit the Temple Institute and the Herodion Mansion. We can visit King David Tomb and the Upper Room through Mt. Zion Gate. From there, take a short hike to the church grounds called Peter in Gallicantu, with the best view of early Jerusalem from the west.



Denial of Peter statue

Here, the Assumptionist Fathers

propose, was the house where the High Priest Caiaphas interrogated Jesus, and Peter denied Jesus three times.

Masada and the Dead Sea

Drive to Bethany, the home of Martha and Lazarus, and through the Judean Desert to Qumran on the shores of the Dead Sea to view the cave where the Dead Sea Scrolls were found. We viewed Cave #4, which contains the most significant quantity of Dead Sea Scrolls. At Masada, we took the cable car to the top, to visit Herod's mountain bunker and the last stronghold of the Jewish revolt against Rome (66- 73 AD). We continue to the Dead Sea at -423 metres, as low as you are ever likely to get. Most people took the opportunity to swim in the therapeutic waters before we continued to the Ein Gedi Nature Reserve, rich in flora and fauna.

Christian Jerusalem

We transfer to St. Steven's Gate or the Sheep's Gate and enter the old city. The Pools of Bethesda (John 5) and St. Anne's Church are just inside the gate, perfectly preserved from the Crusades period. Follow the Way of the Cross (Via Dolorosa) to the Church of the Holy Sepulchre. From there, walk through the Arab Souks to Damascus Gate and then walk leisurely to the Garden Tomb for a special visit.

Tel Aviv / Munich, Germany / Salzburg, Austria

Returning to Tel Aviv very early this morning, we fly to Munich.

On arrival, we travel south to the 9

A PILGRIMAGE REFLECTION CONTINUED

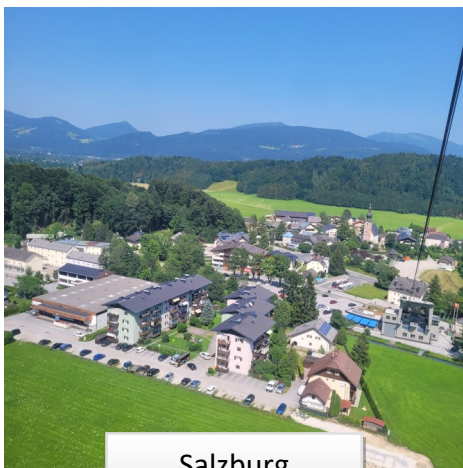
musical city of Salzburg, enjoying a brief tour on arrival.

Salzburg

This morning, we set off on our guided city stroll through the city centre, a pedestrian zone with many historic sites related to Mozart. Salzburg, known as the “Rome of the North,” has many monuments from the Baroque and Renaissance periods. Designated as a UNESCO World Cultural Heritage Site, Salzburg was ruled for centuries by the Prince Archbishops. Highlights of our walk will include Mozart’s birthplace, St. Peter’s Church, Salzburg Cathedral and the Fortress of Hohensalzburg.

This evening we are in for a special treat, a Concert at the Marble Hall of Mirabell Palace, during which young musicians perform and introduce us to the musical world of Mozart.

Munich



Salzburg

Enjoy some final alpine vistas this morning as we head north to Munich. On arrival, a local guide will introduce us to the sights of

Bavaria's capital, the Nymphenburg

Palace (from the outside), Marienplatz, Frauenkirche and the Olympic Stadium.

This evening, we celebrated our journey, sharing stories and memories at our farewell dinner.



Crown of Thorns



Mustard Seed Tree

Respectfully Submitted,
Yvonne Oliver

PWRDF UPDATES

WILD RIDE CAMPAIGN

The campaign will run until October 8th in support of PWRDF partners who work with both refugees and displaced persons.

As an individual or as a team we can join the PWRDF Wild Ride!

Do you knit, crochet, sing, bicycle, read, hike, etc? What ever you do, you can use that to raise funds.

GET INVOLVED

Are you thinking of what you can do for our parish this fall?

As a team we could do much more engaging and being aware of the PWRDF programs that are both across Canada and Internationally.

If you have a specific connection to a country or issue (preventative health, food security and climate change. Indigenous communities, empowering women, Disaster and Humanitarian relief, refugees), you could become the knowledgeable champion of that program!

We will support each other as a team to learn, sharing ideas and action for education, fundraising, and prayer.

To get more info about the Wild Ride Campaign or get involved in our PWRDF ministry contact our parish ministry lead Julie Foster:

fosterdj@telus.net, or leave a note at the office.

REFLECTIONS AND POEMS FROM ITALY

As many of our parishioners know, I took some accumulated vacation this last spring to study the Renaissance in Italy for a month and a half.

I found myself in deep spiritual discernment for the duration of the trip, as we walked through the halls of the Franciscan and Dominican monasteries, followed through the streets of Florence in the lived steps of great artists like Giotto and authors like Dante, and sat to study Catherine of Sienna's allegory of the bridge on the very shore of the Ponte Vecchio itself: her source of inspiration. Although it was a secular program, I found my focus deep in the heart of how these great minds shaped a radical shift in Christian thought and identity through from the early Renaissance to Baroque era.

These philosophies that we explored: not to be served, but to serve, the idea of emptying your vessel of earthly desires in order to be filled up with the Holy Spirit, that the spark of creation is in all things, all go hand in hand in the sense that, all through Christ, as a servant of the Holy Spirit, we are living a life as the hands of God, caring in stewardship for all our kindred siblings of creation: from plant to person.

Would there not then be an opportunity to reconcile Catherine of Sienna's allegory of the bridge with a parallel secular bridge of values – connecting the self to the collective through the living compass of discipleship?

First Impressions of Florence. (A poem)

Unexpected shot into another world
Echoes
Of coming from
Of going to

Warm breeze on a wide river edge
Brick and buttresses
Waving green trees
Hazy skies
Forming a blue-gray backdrop
Against dusty red stone bricks
And faded terracotta shambles

The air is sweeter here
A mix of unpleasant culverts
And sweet European cigars
A hint of coffee
And leaves - sparks of nature
In a green, life-breathing city
Along a river wide and calm

Another world
Unexpectedly like my own.

There is so much I want to reflect on and share with you about my trip, but for now I just wanted to share two key highlights:

1) The Baptistry (Florence) & Dante

The Baptistry in Florence was beloved by Dante, author of the *Comedia*. Having been baptized here himself, he would have walked through this building many times in his life as a Florentine before his eventual exile.



Baptistry Duomo roof, interior

Each register in the ceiling tells a story in creation, and each goes around the dome back to Jesus as beginning and end, full and center in a cyclical understanding of history. This ceiling depicts an understanding of God and the biblical story that predates the Franciscan movement of humanizing the suffering of Christ. We see the 'triumphant Jesus' here, with an ethereal gold mosaic background.

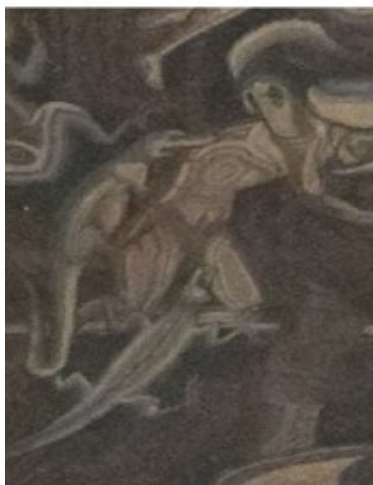
This ceiling also predates the publication of Dante's *Inferno*, and so here we see a depiction of Lucifer and Hell that too predates, and yet is echoed by, Dante's work. It would make sense to me that this depiction of Lucifer may have been the inspiration of Hell that Dante used in his *Inferno*.

REFLECTIONS AND POEMS FROM ITALY

Although Lucifer does not have three identical heads, he does have three heads of a sort (although two are snakes), and those heads are each eating a person in positions extremely similar that which is depicted in Dante's Canto XXXIV.



We also see the punishment of the snakes, which Dante then turns into his 'perfect contrapasso' in Canto XXIV.



The Baptistry held a special place in Dante's heart as his "beautiful San Giovanni." It would be no wonder here that, using the Baptistry as his inspiration, we see how the Divine is alluded to both in terms of the geometry and light in his *Paradiso*, and how the registers of the building itself provide a platform for a parallel understanding of hierarchy in *Purgatorio*, as one ascends to-

wards God at the top (represented by the light centermost in the ceiling. This interpretation is my own speculation, but it seems plausible based solely on Dante's apparent affinity for the building and how it already directly correlates to his depictions in the *Inferno*. This is particularly interesting, because in turn his *Comedia*, although a literary work, was written in the layman Tuscan dialect, and spurred a continued shift in the iconography of the divine and the laymen's understanding of the afterlife.

2) La Verna & Assisi

A large portion of our academic program was studying how the Renaissance was rooted in the revolution of Franciscan theology. Part of this was academic excursions to both Assisi, the home of St. Francis himself, as well as to the mountain monastery of La Verna, which is where St. Francis would often go meditate (before it was a monastery), and the place where he received his stigmata.

I will admit, I wept while standing in St. Francis' Basilica.

Gazing on the cross of the suffering Christ, I felt as if I was seeing both the insurmountable anguish of the world, as well as a beautiful way of life dedicated to trying to mend it. Franciscan theology is something this Western society desperately needs. I say that with conviction felt deep in my bones. Throngs of the disenfranchised clamour in our cities: isolated from one another,

without community, lacking purpose. We have an ever-increasing wave of opioid addiction, especially in men, fueled by decades of untreated mental health needs, and exacerbated by a failing provincial healthcare system. Although the opioid epidemic is new, the root cause – mental health & trauma – is not. Even sociologist Durkheim noted how suicide rates in men seemed directly tied to their larger social structures, specifically from their feeling of community. I worry for my own sons who will grow up predominantly fatherless themselves: sons who will be growing into their turbulent teen years during the time I expect these healthcare & opioid crises to crest.

I'm not reductionist enough to assume that opioid addiction and our mental health crisis can be solved so simply, but I feel the pull in my bones saying that there is something deeply important – a pearl, so to speak – of wisdom in the Franciscan theology that may provide a key for mending some of the wounds our society currently faces. As it was written by Francis himself "those who are well do not need a physician, but the sick do." I left Assisi with a shaken soul, feeling how our society is sick, and how we need St. Francis's understanding of Christ's teachings as a prescription for a purposeful life.

In 1213 Count Orlando Catani of Chiusi gave St. Francis a mountainous parcel of land called La Verna to use as a place of retreat. Tucked into the wilderness east of Florence

REFLECTIONS AND POEMS FROM FLORENCE, ITALY

the sacred mountain of Monte Penna was where St. Francis would retreat for reflection, and has since become a holy site and active Franciscan monastery.

I wanted to share with you a photo of the vista of La Verna. On this little ledge, inside the monastery, you can look out over the sprawling Tuscan wilderness. This ledge is where St. Francis allegedly sat and contemplated his life, purpose, and God, before the ground split in two and he was able to crawl down and receive his stigmata in the earthy cavern below (which we also visited). While here on this ledge, I was moved to write a poem of my own. Although it's long, I wanted to close this brief reflection with it:



Untitled Poem on the edge of the vista of the Franciscan Monastery at La Verna:

Imprint inspiration on our minds
In this moment

Fill us with awe of your significance
In the rolling hills
In the cooling, gusting wind
In the bird songs
In the whisper of pilgrims unknown
to us.

Pilgrims of the past:
They too gazed here
Still now they hold us
In his shadows
As we gaze on those
Same rolling hills

Quiet murmuring vistas
At the place of creation
Which has no words

Gazing at the same Good
Trying to place that
Same sublime message
To imprint the
incommunicable muse
On our souls in this fleeting
memory

A memory shared
Generation to generation
Pilgrim to pilgrim

A moment that lives on
without end

In our hearts
Coloring our soul
Shaping our life
Connecting us from torchbearer to
torchbearer:

An invisible torch
Found in the dancing leaves
Carried through the waning sun
Amidst the celebrating birdsong

Blanketing our gaze
Until it is our turn
To leave our footsteps behind
For the next pilgrim to take our
place.

Respectfully Submitted, Alicia Vanin

WHAT DOES COMMUNITY MEAN TO YOU?

The last two years has been a time of liminal exploration for many members of our parish, as we found new ways to define 'community' amidst an ever changing social landscape. For the Summer 2022 Contact we asked **'what does community mean to you?'**

Here are our parish voices!

What does community mean to me? Looking out for one another. A sense of family. Our community at St. Paul is our church family; our downtown neighbours who live and work around the church; the working poor and the folks living on the street who come to our church for help and a kind word. Anyone who comes through our doors seeking something.

—Joy A-B.

"We are a Eucharistic community nourished to go out as disciples to love and serve the world.

— Julie F.

For me, community here is returning from travel to arms thrown wide and exclamations of "welcome home!" No other place offers such a sense of love.

"There are many kinds of community with their specific values, norms, ideals but we as a church are a Divine community. William Temple states "the Church is the only society that does not exist for the members"

Each of us in our parish are a new creation in Christ, in a continuing transformation of change and growth. As a community of faith we are God's children with different histories, journeys but one in Christ, sharing together God's love. In loving God and serving Him, we accept each others' strengths and weaknesses and God's gifts. Each of us living out God's call in community, welcoming the stranger, extending compassion to those in need, and in times of confusion, trial or tribulation, support as well as sharing each others joys." From Henri Nouwen



A HUG

*This year has been unusual
Just to say the least.
We tend to raid the kitchen
to have a mini feast.
And that's okay as solace
It helps to cheer us all.
But many things are missing
like our trips down to the mall.
Still more important
as we try to kill this bug
is all our friends and love ones
are missing one big hug.
A kiss is very nice
we can throw it with a shrug.
But hugs bring warmth and comfort
like coffee in a mug.
A ring cannot replace
the real thing
but will give your heart a tug.
I know we'll meet again someday and
have that loving hug.*

By Carl G. Mabee

Thank you to Bobbi for submitting this beautiful poem that her family friend, and Ontario poet, Carl has recently written.

A REQUESTED RECIPE

This recipe was submitted by Alison Walsh; originally published in the 1950's, and republished in 1998 in our St. Paul cook book.

OLD TESTAMENT CAKE

Mrs. E. Snelgar

4 1/2 cups I Kings, 4-22
2 cups Jeremiah 6, 20
2 cups Nahum 3, 12
2 cups I Samuel 30, 12
2 cups Numbers 17, 8
2 1/2 cups Judges 4, 19

1/2 lb Judges 5, 25
6 Jeremiah 17, 11
2 tsp Amos 4, 5
A pinch of Genesis 19, 26
Season with 2 Chronicles 9, 9

Directions in Proverbs 23, 14. Bake slowly for 2 hours.

MULTI PARISH OUTDOOR SERVICE & BBQ

Thank you to everyone who came to the multi parish outdoor service and BBQ at St. Philip Cedar on July 31st, and a special thank you to our wardens, who worked tirelessly to make sure we could all come together in community!

Here are some photos of the service service and BBQ, shared with permission:



FOOD CARD MINISTRY UPDATE

As the Tuesday morning volunteer at the church office, I have the pleasure of handing out \$10 grocery gift cards to members of our community once a month. This is a ministry we have been running for many, many years at St. Paul. It is very rewarding to be part of it. The folks we serve include those living on the street, the unemployed, and the working poor. Everyone who receives a \$10 card (from Thrifty Foods, the Superette Grocery, or Country Grocer) is always very, very appreciative. Think of it \$10 may not seem like a lot of money to many of us, but to our neighbours who may be struggling, it's a big help. I feel very blessed to be able to interact with people who come to our door and over the years I have come to know many of them, and always say "hello" if I see them on the street.

We are doing a better job of advertising this ministry (on our Facebook page and website), and word continues to spread. That's a good thing! Parish Council will be discussing increasing the amount of the cards as we all know how much food prices have increased. We hand out \$300 worth of cards each month. Where does the money for this ministry come from? From you generous members of our congregation, and we thank you! If you'd like to support this vital outreach program, we would love to increase the dollar amount of the cards and maybe even hand out more and reach more people. Please consider making a donation to the Food Card Ministry, or may-

be a monthly donation. You can put a cheque (or cash in an envelope) marked for the Food Card Ministry in the collection plate, drop it off during office hours or send it in the mail. This is a very tangible way to support our neighbours in need, with a very basic need food.

Have you noticed the box with the Country Grocer label in the Narthex? It's against the far wall on the window sill. We collect Country Grocer receipts and Diane Scott adds them all up and we get a certain percentage of the money we spend back in gift cards from Country Grocer. If you shop at either store, please save your receipts and pop them into the box. You can even collect receipts from friends or neighbours. This is another great way to contribute. If you have any questions about this ministry, please give me a call!

Joy Adams Bauer
People's Warden

MAINTENANCE REPORT

Hello everyone. Thankfully, at this point of the year the maintenance report is relatively short with not a lot of items needing to be mentioned.

At the beginning of the year, some time was spent spring cleaning and reorganizing the two main storage areas adjacent to the main hall downstairs. We pitched out some

MAINTENANCE RPT. CONT.

old paint, items that were either broken or no longer of use, and just tried to reorganize the two areas to make them a bit more functional, safer, and just easier to move around in.

We have had a few instances of graffiti on a number of the outer doors as well as the outer wall along the breezeway this year. Luckily, we have a few cans of matching paint on hand and so I was able to paint all the affected areas and the main hall door which needed a bit of a touch up as a result from some wear and tear.

Other items of note include the sink tap in the female washroom upstairs needing to be repaired as it was leaking and another power washing was completed of most areas around St. Paul's though as of the writing of this report the job isn't complete yet.

Our HVAC system continues to hum along and function as it should with only the occasional intervention needed from our repair folks. Indirectly related to this are the two fans hanging from the ceiling of the church. The rear one is currently not working, it has been problematic for some time and has finally packed it in. No repairs are planned at this point until the other starts to malfunction in which case both will be replaced or fixed at the same time.

Respectfully submitted.
Brian Humber





CONTINUED FROM PAGE 3 — ONGOING RECYCLING FUNDRAISER

Please see page 2 of the newsletter for full details on our parish's Bottle Depot Fundraising account.





tear off and save this handy chart:

READY-TO-DRINK BEVERAGE CONTAINERS INCLUDED IN THE RETURN-IT SYSTEM.



			
GLASS BOTTLES The everyday glass juice and beverage bottles as well as wine, spirits, imported beer, and coolers. Tinted and clear.	BAG-IN-A-BOX Large 'bags' of wine in a cardboard carton, usually with a spigot for in-fridge use. Both the bag and the box must be returned.	POLYCOAT CONTAINERS Aseptic drink boxes and coated "gable top" drink cartons.	POUCHES Laminated juice pouches with a small membrane for inserting a straw.

Instructions:	Instructions:	Instructions:	Instructions:
RINSE LEAVE LABEL ON TAKE CAPS OFF*	LEAVE BAG IN BOX	RINSE LEAVE CAP ON PUSH STRAW IN	EMPTY CONTENTS PUSH STRAW IN

			
ALUMINUM The most commonly used individual serving container.	METAL CANS Any metal container other than aluminum ranging from small single serve tins to large tomato and apple juice cans.	PLASTIC BOTTLES The familiar plastic soft drink and water bottles including coolers and some spirits. Containers may be clear or coloured.	OTHER PLASTIC JUGS AND CUPS Clear or tinted, opaque plastic, and vinyl containers.

Instructions:	Instructions:	Instructions:	Instructions:
RINSE LEAVE TAB ON	RINSE LEAVE LABEL ON	RINSE LEAVE LABEL ON LEAVE CAP ON	RINSE LEAVE LABEL ON LEAVE CAP ON

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!



Join our email list

Email:
admin@stpaulsnanaimo



CONTACT US

PARISH OFFICE HOURS:

9AM—12noon
Monday—Thursday

OFFICE PHONE:

250 753 2523

EMAIL:

[admin@stpaulsnanaimo.ca](mailto:admin@stpaulsnanaimo)