

# The Messenger

Summer 2020

## Reverend's Reflections - Prayers in Pandemic

As we have sheltered in place, I have been grateful for our companionship in prayer, both as we share on-line services but also in our spoken and unspoken conversations. Many of you know that praying the hours is an area of interest dear to my heart and so in this unsettled and unusual time in our world, I have found myself returning to more structured prayer rhythms and routines to help anchor me in body, mind and spirit.

Like many people, pre-COVID, my prayer life was on the go – and I remain grateful for resources that I can listen to and enter into as I drive and move quickly from one location to another. But I am also newly aware of the gift of reshaping my prayer life. The reshaping isn't new; I prayed the daily offices regularly when I was in high school and university. Seminary brought a new pattern as we had daily chapel, and I added that into the mix. The first big change arrived with our first child. I remember saying to Ron that I was astonished how quickly my prayer life had gone from a rich, full, deep, ongoing conversation to a plea: "Please, please, please let her go back to sleep!" Now, I understand that the rich, deep conversation with God was happening at a wholly different level.

Sometimes, we get stuck thinking that praying looks a particular way when in fact there are a myriad ways to connect with the Holy One.

The Corrymeala community has created a wonderful resource of prayers for a time of pandemic: (<https://www.corrymeela.org/news/180/prayers-for-community-in-a>)

I've enjoyed sharing some of my favourite prayer resources as we have prayed together and I include a list of them here, in case it's helpful:

- \* *Daily Prayer with the Corrymeala Community* by Pádraig Ó Tuama, Canterbury Press
- \* *Tree of Life* by Ray Simpson, Anamchara Books
- \* *Praying the Hours* by Suzanne Guthrie, Cowley Publications
- \* *Woven into Prayer* by Angela Ashwin, Canterbury Press
- \* *The St. Helena Breviary*, Church Publishing, NY
- \* *Daily Prayer for All Seasons*, Church Publishing, NY
- \* *Celtic Daily Prayer Book One*, The Journey Begins, William Collins Books

As we move into this time of emerging, may we continue to be anchored in prayer and find our daily lives shaped by these formal and informal conversations.

### *Corrymeala Community Prayer from 3 July 2020*

God of community, God of our deepest self: in this time of isolation and protective separation, the truth of our connection has risen to the fore. Although our fear-based structures are more fragile than we thought, the bonds of human kindness contain the strength of Godly love. We give you thanks that, beneath this worldly tumult and within our beating hearts, we know that God is with us and will be with us still. **Amen**



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## Emerging - How, What and Where

This issue of The Messenger could soon be seeing the early start of Emerging from lockdown and into a renewed world, the familiar that we know so well yet different in many important respects - into Summer without somehow knowing Spring, into relationships with newly-borns whom we have yet to meet in person, into Pentecost without having travelled fully with Christ through Holy Week and on to the rejoicings of Easter.



The concept of Emerging also holds much in common with Re-using, that second of the three pillars of good environmental behaviour. Even a brief cursory thought can reveal the breadth, the scope and the imagination as to what can Emerge – and what an assorted and exciting collection they are! Put a few fresh vegetables into a pan, wok them and blend them in juice, and out emerges a nutritious soup. Take the wool from a recently-sheared sheep, card it and clean it, apply knitting needles, and out emerges a winter hat or scarf. Take a broken umbrella, cut out the six or eight petal-like pieces of material and stitch them together contiguously, and lo! the broken apparatus has been transformed into a novel summer skirt. Re-using has been around for quite a while; in the 1950s worn out motor tires were being re-purposed into quality surfaces for tennis courts. In fact, the ingredients of a very great many everyday articles have Emerged from something quite different, be it wood fibres (re-Emerging as paper tissues), wine-bottle glass (like the mirror for the 72-inch telescope at the Observatory), or brass rings from a scrap-metal merchant (to make new pieces for heirloom clocks).

Nature abounds with re-Emergings - they are essential elements of the natural cycles of biosystems. Caterpillars emerging from the chrysalis into butterflies or moths are common enough experiences, but don't forget that seeds must die before they can re-grow as new plants, whether it's a succulent radish from a little dark-brown spherical seed or a giant oak tree from a humble acorn. Bobby Burns was so taken with the myth as to how his fellow countrymen discovered and perfected whiskey (their national beverage) that he penned his delightful Ballad of John Barleycorn, which describes how the local men rose up against the heretic John B. and tried heavens hard to kill him off; they had almost crushed him completely, but then one of them tasted his blood - and the rest is Scottish history. Another event of a comparably surprising Emergence is recounted in Judges 14; Samson had killed a lion that threatened to attack him, and when he chanced to return to the scene some while later he discovered that the carcass had been taken over by a swarm of bees and that amazingly sweet honey was Emerging from the carcass of the once dangerously strong animal. Bemused, Samson turned the event into one of his famous three Riddles, and cans of Tate & Lyle's Golden Syrup (a.k.a. "treacle") picture the dead lion with Samson's words, "Out of the strong came forth sweetness".

But while we can picture many instances of changing forms, when young creatures (not forgetting humans) pass through a critical development and Emerge as fresh variants of their species, we must not lose sight of the glimpses we have all had of the sort of refreshed environment that can and must re-Emerge once things resume their previous rates of activity.



During lockdown we have seen clearer air, enjoyed quieter skies, benefited from empty roads and (in not a few cases) re-learned the joys of gardening and the pleasure of growing one's own food. We have experienced first-hand a world in which the environment had briefly a top priority, and moreover we have discovered how to reach that state. This can and must be the sweetness that Emerges from the strengths that we have all built recently. It won't be easy, but we don't need to die first literally - only to certain mortal pleasures. With God's help we can do it, provided we are all willing to try.

Submitted by Elizabeth Griffin



## Wardens' Message

I have spent some time reflecting over the last four months; after all, we have had lots of opportunity for reflection. As a community, we have endured separation, isolation, disruption to our work lives and, for some, tragedy in the loss of friends or family to this disease. And I have missed our connection with each other because of the physical closing of our beloved St Michael's church.

Summer is now here, and we are emerging from the gloom of our rainy spring to the sunny days ahead. Our gardens are green and early vegetables are nearing harvest. Local travel is allowing us to venture out and see the vistas clearer than they have been for quite some time. With our patios in use, our bubbles have doubled, and family is closer than ever as we slowly regain our old patterns.

I think of the collective efforts our congregation has made to weather the situation by helping each other. The making of masks by the Pastoral care group and the phone calls by parishioners and our office to keep in touch, the weekly eblast and the Messenger are all tools in keeping our community in the know and together. The tireless efforts of Dawna, Angela, Tony and all the readers who create the ability for us to worship online are most appreciated. Thank you all for your efforts.

The good news is we are now working on the reopening of St Michael's and using the open-air worship area. Our first consideration is the safety of us all and that will determine how and when we reopen for communal worship. As we plan the safe resumption of our worship and activities, be assured that our collective safety is always first in mind.

In the words of Dr. Bonnie Henry,

"This is our time to be kind, to be calm, and to be safe."

Submitted by Stan Willow



## Building & Grounds Report:

Even though our beautiful church and hall are standing quiet, there is still lots of work that must be done to keep these heritage buildings safe and strong. In addition to the usual routine maintenance such as repairing the rectory kitchen's plugged drain pipe and fixing the Hall cupboard door, we have completed a couple of larger projects:

An early February flood in the Lower Hall caused some damage; however, the room has now been freshly painted and new flooring installed, and it looks GREAT.

The work on the Labyrinth has been steadily progressing, and to help beautify the area the old lawnmower shed beside the Labyrinth has been relocated to a new location behind the Hall, and has been painted for good measure.

Submitted by Brian Goddard



## The Kitchen for the Season - Growing Tomatoes

Our family has been spending a lot more time in the garden, and if you shared our on-line worship services over Holy Week and Easter you've also logged in some hours among our trees and flowering shrubs.

We have been so grateful for the green space, the blue sky, the hint of the sea in the air. Grateful too, to be able to worship with you in that space that bears so many wondrous signs of resurrection. And one perk of so much of my work being done on-line during the Pandemic is attending al-fresco meetings on the deck, weather permitting, with Pony nearby.

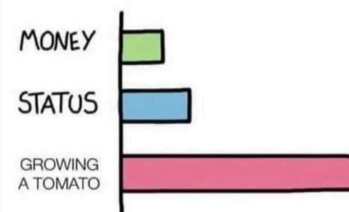
One of the exciting things emerging in our family's garden are some Phyllis Fatt tomatoes! Our family is often away for a large part of the summer and we haven't had much luck growing vegetables in other years. But once we had a sense of how this summer might be different than imagined, we decided to try tomatoes again. Phyllis encouraged and counselled and suggested a few different types. So, we have tumbler and Sakuri cherries, a yellow pear and two gardener's delight.

Re-planting the tomato sprouts, I noticed how similar and yet different each was from the other. Even those that were different varieties bore similarities, and those exactly the same, had differences. And the leaves smell like tomatoes! (Go ahead and laugh, but this was a surprise to me!). As we approach July, one plant has small green tomatoes and the others boast flowers that will hopefully yield fruit in their season.

One begins to see how naturally gardens inspire sacred writing. Life began in a garden in Genesis, and prophets and apostles regularly use garden and growing metaphors to describe the work of the holy in us and in the world. A favourite, but perplexing, parable of Jesus is the sower that went out to sow. The experienced gardeners might worry a bit about the flinging of seed every which way, but they also know how many volunteers one might find in the garden each year. Some are wondrous gifts, some are pesky challenges, and all, if we are open to it, tell us something true about our journey with God.

So, in this season after Pentecost, the Ordinary Time in our liturgical calendar, I give thanks for opportunities so see the Spirit emerging in gardens, growth, greening, and for the consistent and persistent reminders they are of goodness and grace.

### WHAT GIVES PEOPLE FEELINGS OF POWER



Submitted by Dawna Wall

### *Prayer for Tomatoes by Michael Leunig*

Dear God, we praise this fruit and give thanks for its life and evolution.  
We salute the tomato, cheery, fragrant morsel,  
beloved provider, survivor and thriver and giver of life.  
Giving and giving and giving.

Plump with summer's joy.  
The scent of its stem is summer's joy, is  
promise and rapture.  
Its branches breathe perfume of promise  
and rapture.





## Building a Strong Canada Together. Written on Canada Day, 2020.

The COVID-19 shutdown has provided much time to reflect on the past.

My parents were early settlers in the Peace River Area of northeastern British Columbia. I remember well the stories of sod roofs and sod floors, the long cold winters, and the turnips and sauerkraut kept in the root house.

And a mere 115 years before my Dad arrived, there were no white people here and the great explorer, Alexander Mackenzie, was traversing the northern wilderness to reach the Arctic and Pacific Oceans.

Mackenzie was the first explorer to cross the continent - 10 years before the Americans, Lewis and Clark, made their famous journey to the Pacific Coast in 1805. He followed the Peace, Parsnip, and Fraser Rivers, then travelled over land to the Bella Coola Gorge. After borrowing canoes from the local Nuxalk (or Bella Coola), he followed the Bella Coola River to the Pacific Ocean.

On 22 July 1793, Alexander Mackenzie wrote his name and the date on a rock along the Dean Channel, on the coast of British Columbia. (Originally written in vermillion and grease, the words were later inscribed by surveyors.)

The following year a trading post, known as Rocky Mountain Fort, was established by the North West Company on the Peace River. This trading post is the oldest, non-native settlement on the British Columbia mainland. It was used as a trading post for the Beaver and Sikanni First Nations and as a supply depot for further expeditions into B.C.

Without the help of the First Nations people, Mackenzie would never have achieved his goals. The natives guided, willingly supported and advised him along the 2500-mile journey to the Pacific and return to Montreal.

This spirit of helping each other is still alive today and is evidenced by the strong leadership shown by the National Chief of Assembly of First Nations, Perry Bellegarde, who urges native and non-native people to work together to build a strong Canada.



This map shows the location of the Alexander Mackenzie Marine Monument in Dean Channel.

The intrepid Mackenzie left the Fraser River near the present location of Quesnel, went west to Anahim Lake area, and then made his way via the Bella Coola River to Bella Coola.

Obviously, First Nations people helped and guided his party along the way. They probably took turns roasting the venison and boiling the fish. And when the journey was over they hugged each other and said the equivalent of "we did it together".

Submitted by Jim Bullen

## Emergings - Then, Now and Ongoing

In the Bible, the first chapter of Genesis describes in straightforward language how - in the beginning - God created the Earth and all that is therein which could make life possible. From those distant beginnings did indeed come life as we know it today. Every single item upon which our existence depends came, in the first place, through the Natural World which God created: pure water, food, clothing ... and furthermore the Earth also provides all the other elements and components which are necessary for both humanity and Nature to develop in their own ways.

Over the millennia humans have discovered myriads of products that can be brought into use for their daily existence. So many items that we now take for granted were developed or manufactured by utilizing plant growth or mined minerals. For example, most of the homes around here are built by using trees (lumber), and connecting the pieces with nails made from the iron which is mined out of the Earth. Every component part even in an object as complex as a motor car can be traced back to a simple natural origin, either extracted by mining or modified (certainly!) by agricultural or industrial processes, but the fact remains:

*The natural world which God created contains all that is needed for humanity's existence, so we give our heartfelt thanks to God!*



Submitted by Peter Goddard

## The Piano

On April 8th this year, my 800-pound old Heintzman Upright Grand piano arrived in the living room of my third-floor apartment (having been up-ended in the elevator), after spending three years in an unheated garage. There I had played the piano about once per week, with frozen fingers. The cold was not good for the piano, either.

This piano had belonged to my paternal grandmother, who died before I was born. I received it from my grandfather's estate in 1985.

The piano has done much travelling since 1985, including twice on the Thomas Crosby V coastal mission ship. The piano needs some cosmetic work but it has always sounded lovely, even when out of tune.



The piano tuner came on June 3rd and spent nearly three hours at work, since there had been no tuning in over 30 years, the sustain pedal squeaked, and a couple of keys stayed down instead of popping up when released. The tuner explained that a piano tends to go out of tune "evenly", so that is why I had so much enjoyed playing hymns in the years before the tuning. He surprised me by saying that the wood was likely Brazilian mahogany, not oak, and that the keys were ivory [poor murdered elephants!]. He dated the piano as 1925, not the 1930s, as I had assumed.

The tuner's boss, fourth-generation tuner, restorer, repairer, and retailer, says that old Heintzman pianos are the best, better even than the popular Steinway concert pianos.

Great is my joy as I "tickle the ivories" and sing praises to Our Lord. This is my "Sweet Hour of Prayer".

Submitted by Dawn Goodwin



## How It's Done: Your Weekly e-Church Service

We know \*in principle\* how the church services are relayed each week: people are recorded on a video recorder, and the recordings are reassembled as a unit. Well, sort-of ... but what is actually involved, and can anyone do it? *Messenger* sent its roving reporter to interview St Michael's *Video Recorder Extraordinaire* (aka Angela Goddard). Actually, the interview needed to be conducted by telephone in these days of social distancing and no unnecessary travel. Here is what we learned:

First, prepare a video recording from the different players: (1) the priest (Dawna) along with input from any assistants (like Colleen), (2) the music providers (Tony plus selected singers), who will have submitted their recorded material via dropbox, and (3) the readers of the lessons, Gospel and prayers, who might record themselves, they might come to the church to be recorded by Angela, or Angela might visit them at home (or somewhere other than church).

Select suitable weather. (This summer He is watering our furrows and sending rain into the little valleys thereof and the little hills and devout gardeners are rejoicing all around, but we don't want Angela's equipment to get wet, or the printed readings to go soggy). Aim to film each reader against an attractive natural background with flowers, trees, tombstones or such.

Next, download all the files from the cameras onto a computer. Interweave the result with a timeline, check that it conforms to the one that Dawna will have provided (from the Gathering through to the closing prayer), and ensure that the order is followed correctly. The software which A.G. uses ("pinnacle") offers different "tracks"; thus, the audio track can be below the one with the pretty background pictures, so while the voice can be heard the eye is shown a sequence of views. It's meant to be enhancing, not off-putting.

Finally, make the whole viewer-friendly. That means adding "closed captions", which are explanations or notes rather than texts; they can be seen on the YouTube version, and can be turned on or off with a toggle switch. Also add text to the screen, such as the words of the hymn which is being sung or played (even on a Sunday there is always traffic chugging up the hill beside the church, or screaming motor-bikes determined to drown any heaven-directed alleluias). A copy is also uploaded via Vimeo, an online source for which the Diocese has a commercial account.

Coda: if in doubt, ask Angela.



## St. Michael's Website

The following quick-links may help you find additional information on our ever-expanding

The service for the current week will be in our Latest News <https://www.stmikevictoria.ca/> on the front page, next to the Readings for the week. All of our previously recorded services are available on the Top Bar Services <https://www.stmikevictoria.ca/podcasts/services>

Dawna has been recording prayers as well as her usual Blog. All her blogs and prayers can be found on the Header Bar, Blogs & Prayers <https://www.stmikevictoria.ca/blog>

Our Parishioner Page can be accessed from About Us on the Top Bar <https://www.stmikevictoria.ca/about/parishioner-page> This usually has our activities listed, but also has information, such as our co-op number, returnables number, etc.

We have recently added Giving <https://www.stmikevictoria.ca/about/Giving> to our Top Bar. This has instructions of how to give on-line should you wish to use this method. We thought it would be good to have this option available as an additional method, but not as a replacement for your existing methods.

I know that many of you have enjoyed the music that has been included in our recorded services, but also music from before. Music from the church and Tony's singing is available under Music at <https://www.stmikevictoria.ca/podcasts/music/series>.

I have included links to the relevant pages, but do go to the website and explore for yourself.

Submitted by Catie Oates-Hill



## Giving

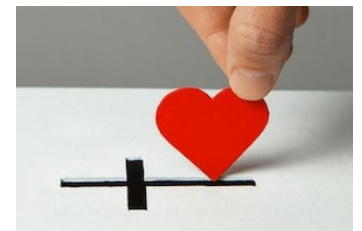
During this time, when we are unable to gather for our normal worship services at the church, it is important to continue financial support if possible. Most of our parish costs continue and without the normal contributions from our Parishioners, we will rapidly deplete our reserves. The following options are available to continue regular giving:

1. Use your **regular envelope** and drop it through the mail slot in the door of the office.
2. **E-Transfer:** If you do on-line banking, you can make an Internet E-Transfer from your account to St. Michael's Church using the email address [treasurer@stmikevictoria.ca](mailto:treasurer@stmikevictoria.ca)  
Set a security question (that can be used for future transfers) and call or email Lanny to give him the answer so that he can process the deposit. In the Message Box you can specify where you would like your donation to go
3. **Tithe.ly** : There is a link on our webpage at <https://www.stmikevictoria.ca/giving> which will allow secure contributions by credit or debit card on the **Tithe.ly** platform. You do not need to sign up and login unless you want to be able to access a record of your donations. You will receive an email confirming your donation.

NOTE: A fee of 2.9% plus 0.30 will be charged from your donation but you can tick the box "cover fee" if you wish.

All contributions made will be recorded by our Envelope Secretary and receipts issued for Charitable Tax Donations. If you need any assistance in making a donation, please contact our Treasurer, Lanny Hubbard at 250-888-7495.

Thank you in advance for helping us continue to live out God's vision for us and to spread the gospel of Christ Jesus.





## St. Michael's Labyrinth

### *How to walk the labyrinth*

Unlike a maze, a labyrinth has just one path, so there are no tricks to it and no dead ends. It is a two-way path, so you may meet others coming or going on the path. There are three stages to the walk:

**Releasing:** A releasing or letting go of the details of your life. This is the act of shedding thoughts and distractions. A time to open the heart and quiet the mind.

**Receiving:** When you reach the centre, stay there as long as you like. It is a place of meditation and prayer. Receive what is there for you to receive.

**Returning:** As you leave, following the same path out of the centre as the one by which you came, you enter the third stage which is joining God, your Higher Power, or the healing forces at work in the world. Each time you walk the Labyrinth you become more empowered to find and do the work for which you feel your soul is reaching.

### *Guidelines for the walk:*

Try to quiet your mind and become aware of your breath. Allow yourself to find the pace your body wants to go. Since the path is two-way, those going in will meet those coming out. You may "pass" people or let others step around you. Do what feels natural. Walk the Labyrinth with an open mind and an open heart.

*"The Labyrinth is a spiritual tool that has many applications in various settings. It reduces stress, quiets the mind and opens the heart. It is a walking meditation, a path of prayer, and a blue-print where psyche meets Spirit."*

### *Who Walks? Why Walk?*

For many, it is a way of centring themselves or of seeking insight during times of transition in their lives. For others, it is a channel for relating to the Divine.

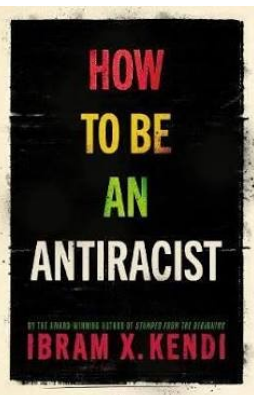
The Labyrinth is a spiritual form that is open to people of all faiths and spiritual disciplines as a resource for meditation, reflection, and prayer. Labyrinths have been around for about 4,000 years.



## Book Study Group - How to be an Antiracist

In Galatians 3:28, the apostle Paul writes, "There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus." While we work to make this true and known in our faith communities, we know that there is still so much work to be done to break down barriers between races, religions and opportunities for all God's children.

A topic that has emerged again and anew during the pandemic is the systemic racism that heartbreakingly continues to shape our society. The concept of being an anti-racist is one that is new to many of us, and has much to offer on our journey toward being faithful allies to all of God's children.



Professor and writer Ibram Kendi, has a wonderful book *How to Be an Anti-racist* that we will explore together in the fall. Our conversations will take place in a discussion group setting, either on-line or in person depending on our COVID realities. If you would like to get the book and get started, it is available through Russell's, Tanner's, Bolen's or your favourite bookseller. An excellent introduction to the book can be heard in this podcast where Brené Brown talks with Kendi about this concept. <https://brenebrown.com/podcast/brene-with-ibram-x-kendi-on-how-to-be-an-antiracist/>

If you're interested in joining us for the conversation, please send an email to the office [smaaac@telus.net](mailto:smaaac@telus.net) and indicate if you prefer a morning or evening group.

## I Remember, I Remember ...

Where were you on June 2nd 1953 (if you are now over 67)?

June 2nd was Coronation Day, the official parade and ceremonies of the crowning of a new Queen, and completing the formalities of her accession to the throne on February 6th the previous year.

Britain was still in a straight-jacket of post-war privations; building for the future was vying with, rather than complementing, repairs to the past; new technology was coming, but slowly, and sugar rationing had only recently been lifted. With rather too much work to be done and somewhat too few skilled people to do it, and with a nasty-sounding cold war in the offing, it was gloomy time.

The Coronation was the great opportunity for a blast, a day of carefree spending and national rejoicing. Pictures, cards, decorated mugs and plates adorned the shops for months beforehand, depicting the royal horse-drawn carriage in the dappled sunshine of The Mall. A national holiday, clearly, and packed full of Events - processions, sports, picnics on every scale, and an RAF fly-past for central London (practices along the South Coast had been taking place all Spring). Expectations were sky high.

Unfortunately, "June" is not synonymous with "sunshine". The well-known syndrome of June Atlantic depressions kicked in with all force, and June 2nd 1953 was exceptionally chilly - and wet from dawn to nearly dusk. The formalities in London carried on regardless, of course, but the rural village where I was an 11-year old child suffered as did just about every other community. Undeterred, although the sports on the village playing field had to be cancelled as it was unsafe to run on wet grass, the planned Picnic for Everyone on the Village Green went ahead despite running out of macintoshes to sit on. The Village Baker produced Elizabethan-style bread rolls by the hundred, the Grocer produced pickled onions galore, local gardeners contributed slug-nibbled salads, and for the traditional beverage of "sac", which is mentioned frequently by Shakespeare but no longer brewed, someone ordered enough cider to please a thirsty crowd. And it outdid sac; Merrydown Cider, brewed to a locally invented recipe during the war, is innocently light to drink but possesses a kick that is deceptively much stronger than normal cider - as the Church Wardens found to their cost, so much so that when it wasn't raining heaven-sent cats & dogs it was showering man-tossed pickled onions.



### *The Dance of Life*

Dance the dance of life m'lady  
Let the wheels turn  
Dance around the seasons  
Let the fire in you burn

Inspire in you passion  
Inspire in you love  
Inspire in you hope and joy  
All blessings from above

Retrieve all of your lost essentials  
Move into the new  
Pack your tools m'lady  
There's much for you to do.



All in all, everyone ended the day damp but happy (in varying degrees of expression), the Village Post Office sold out of ice creams, and the RAF fly-past in central London was heard if not seen.

*Vivat Regina! Vivat Regina! Vivat! Vivat! Vivat!*







## Outdoor Service - July 19th

Our Outside Worship Space is a beautiful space, in the natural environment, makes a perfect spot for Morning and Evening prayer. The space works like an amphitheatre and the noise of the traffic became unobtrusive and the majesty of the trees and the gentle evening sun help create space for inner peace.

Our Parish Council decided that small groups, taking into account family bubbles, will be sent an R.S.V.P. invitation to a service. Those able to attend will be sent any reading materials that can be either printed at home or read from a phone. A carpark ambassador will be there to sign you in (Provincial track & trace) and direct you to the Worship area.

If you are interested in attending an Outside Worship Service please let the office know how many are in your attending bubble and also if you are able to bring a lawn chair(s). [smaaac@telus.net](mailto:smaaac@telus.net)

Our first service will be Evening Prayer at 4 p.m on July 19th.

After that service, Parish Council will assess what worked well and how we can improve to ensure everyone's well being. We will, of course, continue to monitor provincial updates and adjust accordingly.

We will continue to record our weekly worship and give thanks for all who are helping to make that such a rich experience.



## Labyrinth Ready

St. Michael's Labyrinth will soon be ready for visitors.

You are invited to come learn about walking the labyrinth on one of two days this month:

**Saturday, July 11, 1:00-2:00 or Sunday, July 26, 5:00-6:00** following the 4:00 pm outdoor service.

If you would like to attend one of these sessions, please let the office know [smaaac@telus.net](mailto:smaaac@telus.net) The number of participants is limited and social distancing will be followed.

Plan to bring a mask, something to sit on, and water.

For more information on the Labyrinth, look on page 9.



## Orange Shirt Day - September 30th

Although it is still July, and we have no idea if we will be able to gather at the end of September, remember Orange Shirt Day is September 30th.

You can wear your orange shirt any day of the year to help us remember that Every Child Matters.

If you would like to purchase a shirt, please contact Rosalind Taylor ([youryogaway@hotmail.com](mailto:youryogaway@hotmail.com)).

## Pause for Poetry



### Summer 2020

Sunlight is streaming,  
As branches are breezing,  
My heart is just beaming  
At the beautiful sight.

Humming birds feeding,  
Butterflies fleeting,  
Neighbours are weeding  
Their gardens so bright.

don't see things clearly,  
But cherish them dearly,  
For all things yearly  
Are gifts from above.

We live in such beauty,  
So, it is our duty  
To thank for the bounty  
That's sent by God's love.

Submitted by Valda Kitchen

### Love one Another

We wish and we wonder  
We hope and we pray  
The virus we fear  
Will soon go away

Birds sing so cheerfully  
Flowers still bloom  
Sunlight still glows  
And so does the moon

We're thankful to be here  
In this wondrous place  
We ask you, O Lord,  
To please give us grace

To be kind to our friends  
And supportive to all  
Please guide us forever  
And help us stand tall.

Submitted by Linda Dryden

## CoVid19 Quarantine

This gestation period,  
Completed with pains of labour,  
Has produced a gardener!  
No one is more surprised than I!  
Wonderful what a hermit can experience.  
Time at home has been fruitful.....

Submitted by Sally Tuckey



Life consists of volumes three,  
The past, the present, and yet to be  
The past is taken and laid away,  
The present we are leading day by day,  
The third and last of volumes three,  
Is locked from sight; God keeps the key.

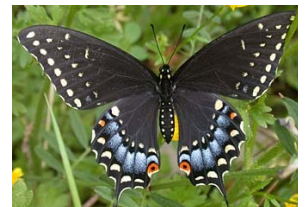
The more you give, the more you get,  
The more you laugh, the less you fret,  
The more you do unselfishly,  
The more you live abundantly,  
The more of everything you share  
The more you'll always have to spare,  
The more you love, the more you'll find,  
That life is good and friends are kind.  
For only what we give away,  
Enriches us from day to day

Submitted by Margaret Eagle

### Black Swallowtail

-by Mary Oliver-

The caterpillar,  
Interesting but not exactly lovely,  
Humped along among the parsley leaves  
Eating, always eating. Then  
One night it was gone and in its place  
A small green confinement hung by two silk threads  
On a parsley stem. I think it took nothing with it  
Except faith, and patience. And then one morning  
It expressed itself into the most beautiful being.



Submitted by Rosalind Taylor



## A Journey West, and Adaptations, Then and Now

If you were to read the following; 'Beautifully treed waterfront lots, with rich deep soil', sited by 'a long deep beach of pure white sand' coupled with 'brightest warm sun, the bluest of blue skies' and 'just enough rain to keep things green and pleasant', where in Canada would you locate such an 'earthly paradise'? In fact, the above is, word-for-word, a description that unscrupulous land speculators used to attract unwary Brits to the west coast of Vancouver Island 100 years ago. It must have been a severe shock for those credulous folk who had fallen for this kind of false advertising, to arrive, on Canada's west coast, after months of travel, have themselves and their few precious possessions offloaded from the steamer into dugout canoes, and then be ferried precariously to the shore and pointed in the direction of some tiny makeshift cabins in the gloomy forest. Many of these unfortunate people returned to England penniless, after a brief battle with torrential rain, fog, mosquitoes, bears and cougars.



I was much more fortunate 50 years later, in August of 1970, when I arrived (by plane) in Kelowna from England. Those of you who know the area will realize that the Okanagan more accurately fits the speculators' description than does the west coast. In fact, I truly believed that I had arrived in an 'earthly paradise' and have rarely considered returning to the U.K.

One of my first jobs in Canada was as organist/choir director at the First United Church of Kelowna. (Apparently the McEvoy's were married at that church, but that was after I had left for the west coast.) Another 50 years on and I'm still working as an organist/choirmaster, but whereas until March 2020 I worked at St. Michael's from 9 to noon every Sunday with Choir practice, a service, and the occasional extra choir or soloist rehearsal in between, I now have a very irregular work schedule and, as Elizabeth G. observed in a recent phone call, 'both Dawna and you have had to become more creative'. I have really enjoyed the outdoor settings used for the recorded services. Everything seems brighter, the vestments, the flowers. Those choir members who were brave (or crazy) enough to get together (at an appropriate distance) to provide music for the recorded services were initially required to stay outside the church. This caused some logistical problems since the organ was not really audible, even outside the clergy vestry door. Nor did the singers have the usual visual clues (i.e. head-nodding) from the organist, which help with 'ensemble'. On one occasion Barbara, who has kindly been videoing all the musical material, had to also conduct the singers to keep them 'in sync' with me! Fortunately we can now record in the church (with a maximum of three singers). I hope you have enjoyed the wonderful music the singers have provided, and I would particularly like to thank the 'irregular' singers Bev, Janice and tenor Colin Bennet, for their expert help. It has been very enjoyable working with you all.

I finally finished Tolstoy's 'Resurrection' in the original Russian. This proved easier than I had thought because the edition I had borrowed from the U.Vic Library was published pre-revolution and therefore huge chunks of the text were omitted by order of the ecclesiastical censor!

I have now moved on to another tome, 'Voices from the Sound' by B.C. author Margaret Horsfield. The quotations at the beginning of this article are taken from that book and I would like to end the article with more of the interesting information contained therein.

The following is a description of the workload of a Catholic priest, Fr. Charles Moser, who came out to the west coast from Switzerland in 1900 and stayed for 30 years. During that time he worked at the church in Hesquiat, just north of Tofino. The church, St. Antonines, was built around the same time as St. Michael and All Angels. Fr. Charles seems to have combined Dawna's and my own responsibilities. He conducted all the services, which were often poorly (if at all) attended (and sometimes entailed thawing out communion wine during the winter).

Continued on Page 14

## A Journey West - Continued

He carried out his pastoral responsibilities, even the riskier ones such as visiting the many indigenous people who contracted T.B. or suffered from the dreadful influenza epidemic in 1918. He played the organ and conducted choir practices. (Apparently Fr. Charles' own voice was strengthened by the need to 'sing sacred songs' aloud to keep wild animals at bay during his long solitary hikes to and from other settlements on the Hesquiat peninsula.)

Despite coming from a landlocked country, Fr. Charles, with instruction from the indigenous people, soon became an expert paddler and not infrequently undertook canoe trips of up to 20 hours duration, in rain, snow, fog and strong winds, to visit his scattered flock. (As West Coasters I'm sure you are all aware how treacherous our local waters are and how fickle the weather can be!)

Not just the weather was hostile; the indigenous people were, naturally, opposed to the invasion by the many Christian missionaries who competed amongst themselves (often blatantly, using bribery) to encourage the natives to attend their particular church. Fr. Charles had a lot of competition!

He also inherited a large herd of mostly feral cattle which had multiplied exponentially from the three calves introduced to Hesquiat in 1875 by an earlier R.C. missionary. They were the main source of meat for the community, and Fr. Charles would often butcher them himself, pack the meat and ship it as far as Victoria. He would also 'alter' (sic) the calves.

He had a huge garden, and raised hay and potatoes which he also shipped south.

Whenever did he find time to check his e-mail?

So, if you think you are 'heavy laden' . . . . .



Submitted by Tony Booker

## Expert Advice

Take heed of this "expert advice" regarding reopening the province.

Doctors were asked if we should reopen the province. Here's what the various experts said:

- \* Allergists were in favour of scratching it, but Dermatologists advised not to make any rash moves.
- \* Gastroenterologists had sort of a gut feeling about it, but Neurologists thought the government had a lot of nerve.
- \* Obstetricians felt certain everyone was labouring under a misconception, while Ophthalmologists considered the idea short-sighted.
- \* Many Pathologists yelled, "Over my dead body!" while Paediatricians said, "Oh, grow up!"
- \* Psychiatrists thought the whole idea was madness, while Radiologists could see right through it.
- \* Surgeons decided to wash their hands of the whole thing and Internists claimed it would indeed be a bitter pill to swallow.
- \* Plastic Surgeons opined that this proposal would "put a whole new face on the matter."
- \* Podiatrists thought it was a step forward, but Urologists were pissed off at the whole idea.
- \* Anaesthesiologists thought the whole idea was a gas, and those lofty Cardiologists didn't have the heart to say no.

In the end everyone was confused and confident that their own confusion was less confused than anyone else's.

Submitted by Linda Dryden



## Walking Group - Bear Hill Park

The pleasures of the Walking Group are many. On top of the exercise itself, the locations, the people and the conversations have you looking forward to Friday mornings. Often the walks are gentle rambles through spots we return to again and again. Pleasure in the familiar. But the group is open to try new walks, and sometimes when we do we get more than we bargained for. The supposed “easy” trail that turns out to be anything but. As the path heads steadily upwards, while we, puff and blow, jokes fly about when to switch on the oxygen and put on the crampons. After all we are supposed to be a walking group, not a mountaineering adventure. But there is a harder walk that comes up frequently in conversations. One that we already know by repute will be challenging. One that reportedly rewards the hard work with magnificent views. So what is this “Everest”? It is the walk to the summit of Bear Hill.



So far, excuses such as “needs the right weather” or “is too difficult to risk” have held us back. But during this period of enforced suspension of the walking group, and with the weather finally improving, I decide to reconnoitre Bear Hill for suitability.

I Tackled it first from the Bear Hill Road parking lot, and the weather was actually not that great. But accompanied by my son, we went anyway. Sure enough, this trail is fairly steep. With me puffing away and with Marcus leaping ahead like a gazelle (curse those young legs) we made our way steadily up. About halfway there is a lookout point to the west. But on this day of mist we saw nothing. Continuing on, we then both had the fright of our lives as - rounding a corner - we came upon a crouching bear. Except that it wasn't. In the dim, misty light, our bear was the root end of a fallen tree. That squirt of adrenaline powered us up the second half. Again steep in parts, but not a constant pull. We arrived at the summit to be greeted by the same lack of view. With visibility measured in yards, we didn't even know in which direction we were looking. Only the eerie sound of the Pat Bay traffic down in the mist gave any indication. After the obligatory photos we set off down, none the wiser as to whether this trek was worth it.

Fortunately, a few days later the sun was shining. Full of the joys of Spring, and forgetting the huffing and puffing, we tackled the same route again. This time, half way up, the wonderful views west across to the Malahat were revealed. Then, laughing as we skipped past the “bear”, we continued up to be met by a truly spectacular view from the summit. Now we could see that this view looks north. A sweeping vista from the Saanich Inlet to the left runs all the way across to the Haro Strait and its dotted islands to the right. It is quite magnificent. A view to stand and drink in, all aching limbs forgotten.



It is a view you want to share. But even if taken slowly and with plenty of stops, the route up from Bear Hill Road is steep enough in parts to be a little daunting for the less confident of foot. Therefore, in a continued spirit of discovery, a few days ago I reconnoitred a supposedly “easier” route up from Brookleigh Road. The route is less steep, but it is also a lot longer and is a continuous steady pull uphill. It is also quite narrow, with a feeling of less opportune spots to stop and rest. Strangely, overall it felt harder.

The view from the top of Bear Hill is definitely worth it, and something I would encourage people to do. But which route to take? For me personally the “short, sharp” pull up from Bear Hill Road was preferable to the longer, constant pull up from Brookleigh. But I think that anybody who wants to enjoy the exhilaration of that view will need to make their own mind up. Either way, if we do decide in a moment of madness to make it one of our weekly walks, I think it would be our first marked “Hard”.

Submitted by Ricky Love



## Emergence in 2020

### Haven't We Been Here Before?

We think of this year of pandemic as a strange time for all of us. At first I thought it was, and then I started to think of all of the experiences we have already had as we travelled through this life of ours and thought it really is not that different from what each of us has from time to time already experienced.

I reflected on our lives in our first families, growing up under our parents' care and then graduating into our young adult lives and making our own decisions on the direction our lives would take. This was an emergence into adulthood and it had mixed blessings, not unlike in these pandemic times. Our lives felt a little strange and new to us as we ventured onto unknown paths.

Some of us emerged from a single being into a two-person union of marriage with a person sometimes having different thoughts and goals than our own. For many of us in time our thoughts and goals gradually evolved as they merged with those of our partner whose own thoughts and goals were also evolving and merging with our own.

As we shed another layer of our being to adapt to this new two-person union, some of us decided to follow the traditional version of marriage and have children. There were certainly the lows and highs of pregnancy but we emerged from this 9-month journey to care and be responsible for a new being with her/his own wants and needs. Again, an emergence from a state of being responsible only for ourselves to being responsible for another person. A time of adaption and change for many of us. Those who did not have children went on to pursue their careers. This too was a kind of emergence. But we did not live our lives alone. We had family, friends, church and communities that guided and molded us into grown adults, and this one important dimension of life helps keeping us moving and growing.

Then, our own children leave home and begin their own lives. We are again a team of two persons but we have changed and grown into mature adults. A kind of emergence had taken place again.

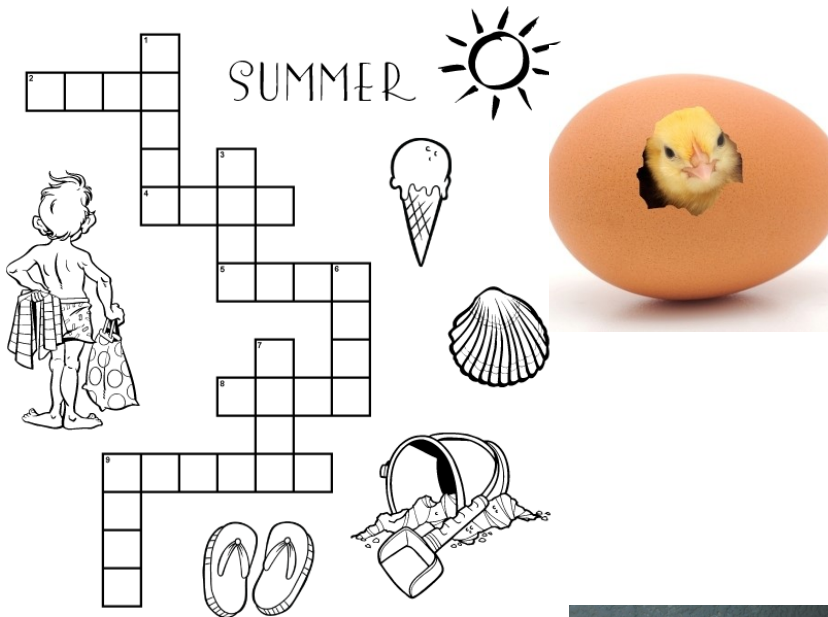
As we continued to evolve we also encountered times of deep grief as some of us divorce or lose a parent, wonderful friend, life partner, or a dream job. Grief deepened us and we went into a period of sometimes dramatic change within ourselves. We felt like a cloud was over us for a long time, but nothing lasts forever and eventually the cloud lifted and we emerged again.



For many of us who have a spiritual guide such as God (as we individually know her/him), we enter into a world not alone but in unison with our great God. We have experienced this evolving life and changing world and these experiences will help us handle the present problem of the novel coronavirus amidst us. We will emerge again with the help of the medical community, our faith, and our own communities. For each of us we will experience a new reality and a new emergence as our world too continues to emerge.

Submitted by Marion Edgar

## Children's Page



- ACROSS**
- Let's build a \_\_\_\_\_ to help keep us warm.
  - hot weather or temperatures
  - a swimming \_\_\_\_\_
  - a usually long walk especially for pleasure or exercise
  - the warmest season of the year
- DOWN**
- an area with sand next to an ocean or lake
  - a place usually in nature where people set up tents
  - a large area of water that is surrounded by land
  - Can I ride my \_\_\_\_\_?
  - very tiny, loose pieces of rock that kids like to play in



Art by Lauren Tuckey

A shark is a pet  
that you don't want to get.  
There is nothing less fun than a shark.  
He doesn't have fur.  
He won't cuddle or purr,  
and he never takes walks in the park.

Instead he just stares  
and intensely prepares,  
as he circles and waits in the dark,  
to nibble your nose  
and your fingers and toes,  
for his bite is much worse than his bark.

By Kenn Nesbitt

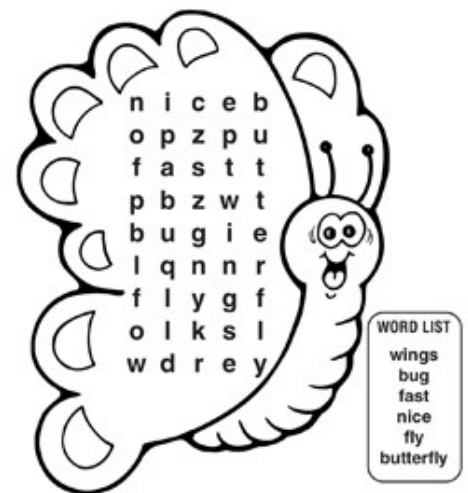
## What Is an Egg?,

What is an egg?  
It's a special place.  
It's warm and it's safe.  
It's a cozy space.  
What is an egg?  
It's a place to start  
Growing bones and a beak  
And feathers and a heart.  
What is an egg?  
It's a place to grow  
For a chick and a duck  
And an owl and a crow.  
What is an egg?  
It's a place to begin  
For all sorts of birds;  
For rooster and hen.

by Lucia Kemp Henry



Art by Sam Tuckey



Quiz: How many butterflies can you find emerging on the pages of the messenger?



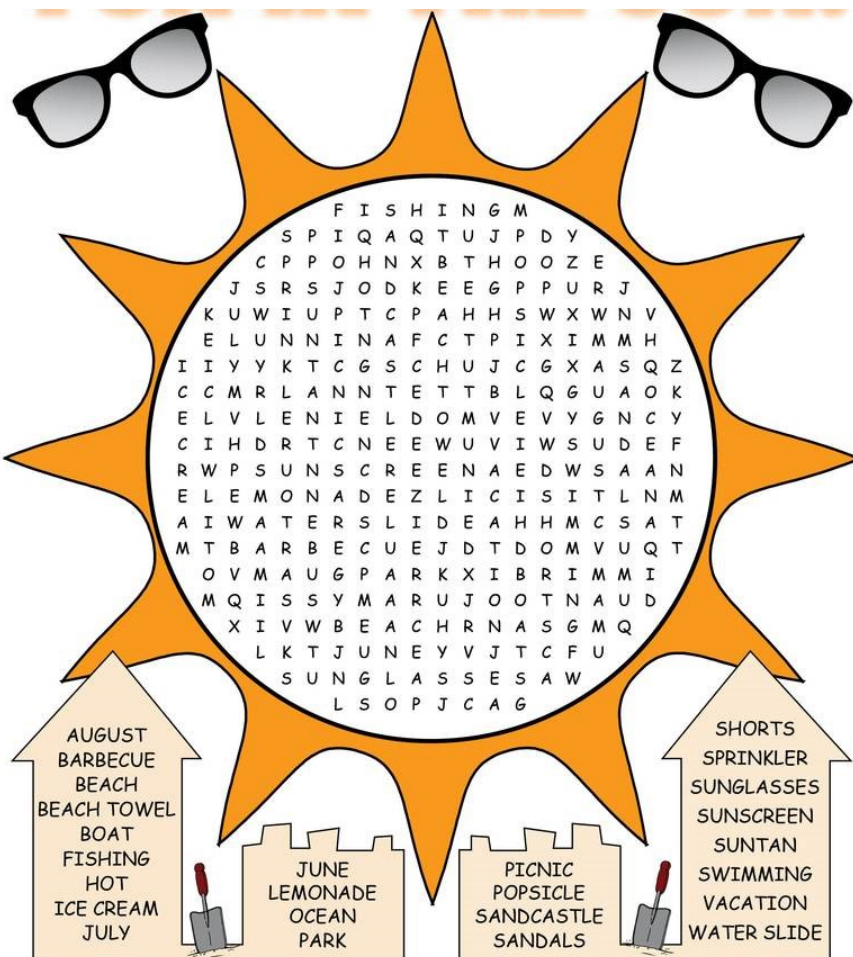
## Godly Play: Emerging from a Flood and a Pandemic

We were just a few weeks into the new programme “Godly Play”, when the Sunday School room was flooded. It was not possible to repair the damage until the facility was completely dried out, which meant waiting until summer. For the next few weeks, we were like the Israelites wandering in the desert as we looked for a place to gather each Sunday morning, and then the Covid-19 pandemic changed everything again. All this happened as we were learning how to implement the programme and making and borrowing materials and resources.

We moved the programme online and began to experiment with how to deliver it effectively. At first, we delivered the programme live, then tried pre-recording part of it, but eventually went back to live classes. Throughout the three months during which we did this, the families were open and supportive, and the children participated enthusiastically. We learned how to adapt, and enjoyed connecting every week on Zoom and hearing about the children’s week. At the same time, Rev. Dawna was involving the children in the recorded Sunday liturgies and this was another way to include them in the “virtual” life of the parish.

We are now beginning to emerge from the challenges imposed on the programme by both the flood and the pandemic. The Sunday School rooms have been beautifully restored and painted (thank you Brian, Lenore, et al.) and have new flooring. Materials for the programme are being ordered, and the completed room will be a beautiful space for the children of the parish to experience the sacred, create community, and to wonder about God. The room is light, bright and airy and is welcoming and appealing.

It is hard to anticipate how the programme will be presented when Sunday School recommences in the Fall. If it needs to be delivered via Zoom, it can be done from the newly renovated space, and if it is possible to return to a physical presence, the children will be welcomed to the customized room.



The “Godly Play” team is looking for members of the parish who would like to help in any way: setting up materials each week, welcoming the children, or taking a turn to facilitate the programme. The idea is to have a team so that the leadership doesn’t all fall on one or two people. Training is available to learn about how the programme works, so if you are at all interested, please let us know.

Submitted by Colleen Lissamer





## From the Kitchen for the Season

### Mini Cheesy Barbecue Meatloaves

- \* 450 g (1lb) Ground beef
- \* 15 saltine crackers crushed into breadcrumbs
- \* 1 egg
- \* 1 onion diced
- \* 180 ml (3/4 cup) BBQ sauce
- \* 375 ml 1 1/2 cups) Cheddar cheese shredded

1. Preheat oven to 205°C (400°F)
2. Mix the beef, saltine cracker crumbs, egg, onion, 1/2 of the cheese and 1/2 of the BBQ sauce. Season with salt & pepper.
3. Grease 8 cups of a muffin tin and evenly distribute the mixture. Top with the remaining BBQ sauce and cheese.
4. Bake for 25 - 30 minutes, until the mini meatloaves are no longer pink in the centre.



### Father's Day Coconut Nest Cookies

In a pot on medium heat, melt together:

- \* 1/2 cup milk
- \* 1/2 cup butter
- \* 2 cups sugar

Once melted, bring mixture to a boil.

Remove from heat and stir in:

- \* 6 tbsp. cocoa
- \* Pinch of salt
- \* 1 1/2 cups coconut
- \* 2 cups oatmeal

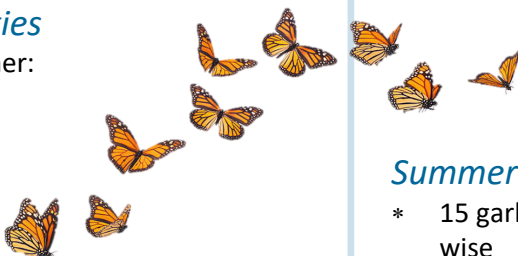
Stir after each ingredient is added. Mix well and use a teaspoon to measure out cookies.

Place each spoonful onto a tray lined with wax paper and bake.

Leave for 1/2 an hour to set.

Store in a cool area (not the fridge)

Submitted by Christina Knowles



### Summer Salad

- \* 15 garlic cloves, peeled and halved lengthwise
- \* 2 medium sweet-peppers, sliced
- \* 2 tablespoons olive oil
- \* 1/2 teaspoon salt
- \* 1/2 teaspoon pepper

#### SALAD:

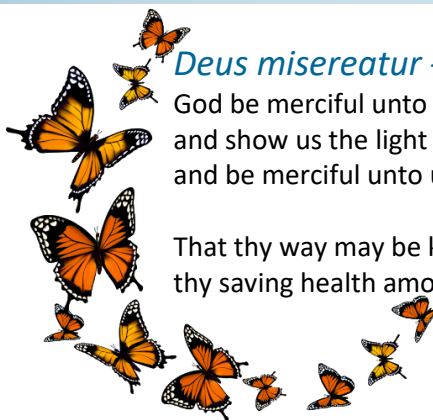
- \* 2-1/2 cups water
- \* 1 tablespoon olive oil
- \* 1-1/2 teaspoons salt
- \* 1 cup uncooked pearl (Israeli) couscous
- \* 1/2 cup red quinoa, rinsed
- \* 2 large tomatoes, cut into 1-inch pieces
- \* 2 cups fresh arugula or baby spinach
- \* 1 cup cubed fresh pineapple
- \* 1/2 cup fresh shelled peas or frozen peas
- \* 1/2 cup crumbled feta cheese
- \* 1/2 cup sunflower kernels, toasted
- \* 1/4 cup minced fresh parsley

#### DRESSING:

- \* 1/4 cup olive oil
- \* 3 tablespoons balsamic vinegar
- \* 2 teaspoons honey
- \* 1 teaspoon grated lemon zest
- \* 1/2 teaspoon salt
- \* 1/2 teaspoon pepper



1. Preheat oven to 425°. Toss together garlic, sweet peppers, oil, salt and pepper; transfer to a parchment-lined 15x10x1-in. baking pan. Bake until dark golden brown (about 15 minutes). Transfer to a large bowl.
2. Meanwhile, in a small saucepan, bring water, oil and salt to a boil. Stir in couscous and quinoa. Reduce heat, cover and simmer for 15 minutes or until liquid is absorbed. Remove from heat; let stand, covered, for 5 minutes.
3. Transfer the couscous and quinoa to the bowl with roasted pepper mixture. Stir in the remaining salad ingredients. In a small bowl, whisk dressing ingredients until blended. Pour over salad; gently toss to coat.



### *Deus misereatur - Psalm 67*

God be merciful unto us, and bless us,  
and show us the light of his countenance  
and be merciful unto us,

That thy way may be known upon earth,  
thy saving health among all nations.

### *A Note from your Editor*

Last edition, I wrote a short note on the Thursday evening as I was putting the finishing touches on the Messenger - today, it's Saturday... so I'm very close to "deadline". This edition would not have happened without the encouragement, amazing support and assistance from Elizabeth Griffin. Not only has she contributed some thoughtful articles, she did all the work to contact contributors, encourage submissions and check every sentence for grammar and spelling. Thank you Elizabeth!

Our theme this edition was "Emerging" - and this is a theme close to my heart. Over the past three months I have been hibernating in my home office running my project and supporting my team. The "new normal" of isolation has been very hard for many, especially those who live alone. At the end of June, I arranged to spend a couple of days traveling around Victoria visiting each of my team individually. I went for walks, sat in the park and sipped tea on the patio. Respecting social distancing, we emerged from isolation and celebrated just seeing each other again - "in person".

As Churchill said "*Now is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning.*" I would like to encourage you to take this time to emerge from isolation as well and reach out to family and friends to go for walks or sit in the park with a cup of tea. Celebrate the beauty of this land we share and the gift of friendship that surrounds us.

Love Helen



How many butterflies can you find  
emerging on the pages of the messenger?

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We acknowledge that for thousands of years  
the Coast Salish, Nuu-chah-nulth, and  
Kwakwaka'wakw peoples have walked gently  
on the unceded territories where we now live,  
work, worship, and play.

We seek a new relationship with the first  
peoples here; one based in honour and respect.

Editor: Helen Love

The Messenger is the news-  
letter of St. Michael and All  
Angels' Anglican Church. The  
Messenger is a communication  
means for members of the  
parish. It does not necessarily  
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or the church. While the news-  
letter exists for parishioners to  
contribute their news, opinions  
and views, the editor may edit  
articles in order to facilitate  
understanding and fit space.

Contributions should report on  
parish activities, advertise up-  
coming events or be original  
literary articles, which are  
church related, maximum 500  
words.

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