

The background of the entire page is a photograph of a vast mountain valley. In the foreground, a calm lake reflects the sky and the surrounding landscape. The middle ground features steep, rugged mountainsides covered in patches of brown and yellow vegetation, interspersed with grey rock and scree. In the background, majestic snow-capped mountain peaks rise above a layer of low-hanging clouds or mist. The overall atmosphere is serene and majestic.

# SPIRIT

*...Continuing the  
Journey...*

Winter 2023-Issue 4

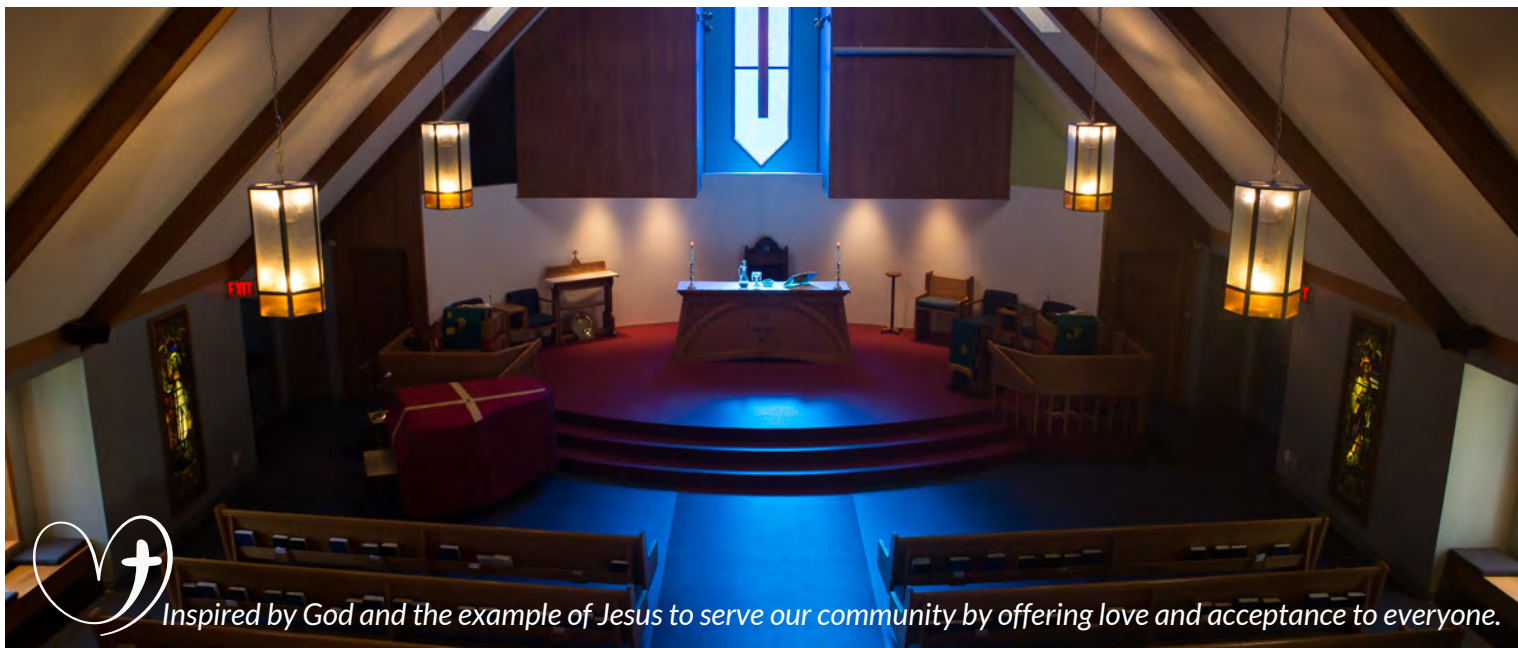
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*Front page photo, Alaska-Glenna Armitage*





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

St. Peter Anglican Church  
228 South Dogwood Street  
Campbell River, BC V9W 6Y7

Office: 250-286-1613

Parish Hall: 250-286-9663

Email:

[admin@stpeterscampbellriver.com](mailto:admin@stpeterscampbellriver.com)

Website: [stpeterscampbellriver.com](http://stpeterscampbellriver.com)

[facebook.com/StPetersCRiver/](https://www.facebook.com/StPetersCRiver/)

Editor: Jane Monchak

Communications: Trina Soltys

Minister:

The Reverend Stephanie Wood

Regional Dean: Rev. Elizabeth Northcott

Rector's Warden: Lois Tirebuck

People's Warden: Pauline Woods

Deputy Wardens: Tony Smith, Frank Maga

## From the Editor

So many journeys! In this issue of Spirit, there are many examples of personal journeys. There are articles which describe a life journey; staying on the path; a relaxing holiday; travel with family; the trip of a lifetime. You will find advice to help with the journey of life, and prayers for the healing journey. Continuing the journey, whether it be a journey of leadership, of service, or of a spiritual nature are also presented in this issue.

And even a short journey needs some planning. My 4-year-old grandson, Max, came for a sleepover with us last week. This included a plan for going to bed. He said, "First is a bath, second is popcorn, and third is stories, then bedtime."

The season of Advent begins a new year in the church calendar. It, too, is a journey of waiting and preparation (planning!) as we reflect on the hope, peace, joy, and love that is the birth of Jesus. I hope you can find a peaceful moment during Advent to enjoy reading the lovely articles submitted to this issue of Spirit.

*Jane*



*With Gratitude, the Diocese of British Columbia acknowledges that for thousands of years the Coast Salish, Nuuchah-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, and we thank them for their hospitality.*

# Stephanie's Stories

## The Journey Continues...

*The Reverend Stephanie Wood*

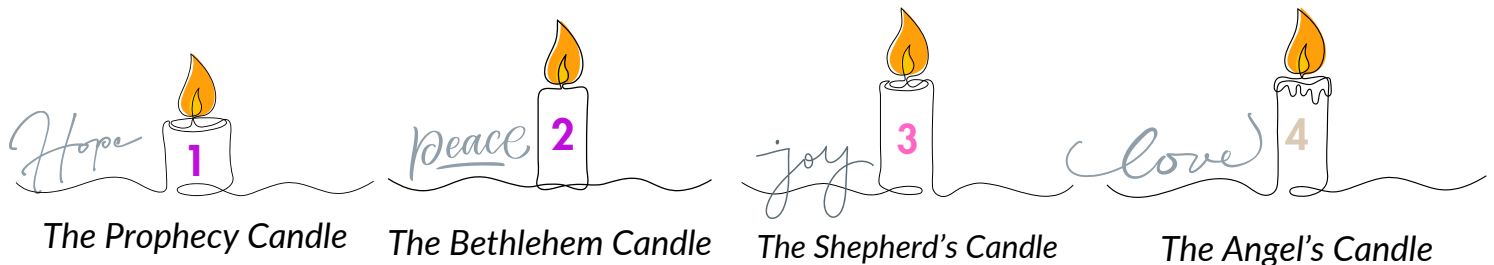


Well friends, it seems it is barely the blink of an eye, and I realize I have now been here at St. Peter for seven months. I have done much reflecting since I began this journey of leading this wonderful congregation back in April of this year. Incumbency has brought out the best of my spiritual gifts and challenged me with my learning edges. It is an emotional journey that mimics all that any ordinary life would entail. Joy, affirmation, challenge, frustration, balance, laughter, and tears.

In these days of growing into my role as a spiritual leader I like to reflect upon 2 Proverbs 11:14... "Where there is no guidance, a people falls, but in an abundance of counsellors there is safety."

Nowhere has this been more apparent than in the partnership of ministry that I have bared witness to at St. Peter. Our parish is a beehive of generous, loving ministry that serves folk both inside these church doors and outside. Additionally, I continue to be extremely blessed with good, sound council from our church wardens, and have always felt an abundance of support from them and, indeed, from our parish community at large. Leadership is a shared ministry, and I will always prefer the "many voices" approach rather than the executive decision approach. Albeit, any good leader worth their salt will know when to apply an executive decision when it benefits the community. As Bishop Anna reminds us, "I'm a pastor to the system." When the system is pastored, the community and people are pastored. Very wise words from someone I heartily respect and admire.

So, friends, as we journey forward together into Advent, a time of watching and waiting, let us be mindful of the many blessings God has so richly blessed us with. Let us love one another as God has loved us. And let us prepare to receive and celebrate the birth of the Christ child, the one through whom all things were made.





# Warden's Words

Lois Tirebuck, Rector's Warden  
Pauline Woods, People's Warden  
Tony Smith, Deputy Warden  
Frank Maga, Deputy Warden

It's hard to believe another four months have passed since the last Spirit and we are closing in on the end of the year. Church activities have continued to be busy with the facilities being booked up almost full-time between the twelve-step programs, yoga classes, choirs, and private functions. Very active fund-raisers have brought mirth and merriment, with the funds being secondary to the feeling of community.

Stephanie has been very involved with various ministries as you will read in her report. It has been like jumping into the deep end of the pool. Considering this is her first year in a permanent ministry at St. Peter's, she is feeling very welcomed by the parishioners who support all her ministries. Almost every week there are new faces at Sunday services and her sermons are geared to touch each of us personally.

The wardens will soon be sitting down to set the budget for 2024 and we ask for your prayers as tough decisions will have to be made. The funds for the hall floor replacement are coming to fruition. A big thank you to all who help us make our ministries and outreach projects successful.

Looking forward to the Christmas season and all that it brings emotionally, personally, and spiritually. Thanks for your support in making St. Peter Church what it is.

**“Love cannot remain by itself—it has no meaning. Love has to be put into action and that action is service.**

**Mother Teresa**





# Spirit of Finance

Holly Finn, Treasurer



As I write this, I am sitting in my daughter's living room in Iqaluit, Nunavut. There is snow on the ground, the wind is blowing, and it is (in my BC mind), pretty darned cold out there.

However, this is home to them just as Campbell River is to us. How fortunate we are, given the conflict currently in the world, to have our beautiful city, wonderful climate, and safe and warm homes. As I hug our grandchildren, I feel so very sad for the families in the midst of the conflicts. May our God bless and keep them safe.

We won't be home until almost November 17, so I am going to provide financial numbers to the end of September. We still have our two \$20,000 GICs gathering interest and our bank account has close to \$21,000 in it. However, we are still spending more than we bring in (-\$12,000 at the end of September).

This is a big concern and is unsustainable. If it were not for our room rentals, we would be even more concerned. A stewardship program is in the planning stages, and we hope that each of you will review your weekly offerings and make a change to them, perhaps at year end.

The 2024 envelopes should be arriving soon and will be distributed as soon as we can.



*"Photo is from Sandy's front window looking out over Frobisher Bay with the sun rising around 0745."*



# Building Maintenance

George Wagner



“*For anything worth having one must pay the price; and the price is always work, patience, love, self-sacrifice - no paper currency, no promises to pay, but the gold of real service.*”  
- John Burroughs

The following report will briefly outline St Peter's Building Maintenance Activities since the June Spirit.

1. Our two required annual fire inspections were successfully completed. The first is an inspection of our building fire equipment including fire extinguishers, heat detectors, emergency lights, pull stations and our fire alarm system. New batteries were installed in the main fire alarm panel and one fire extinguisher was temporarily replaced as it was due for a recharging. This work was done by CR Fire Safety.
2. The second inspection was by the Campbell River Fire Department and was more an assessment of risks or conditions that could lead to a fire. They check to make sure we are doing our monthly equipment documented inspections and have corrected any conditions that were found in previous inspections. For the first time in four years, we received a “satisfactory rating” with no reportable conditions noted. Our next inspection by the CR Fire Department will be in the spring of 2025.
3. The Celebration Garden and West Lawn irrigation systems as well as the Community Garden irrigation system were blown out and winterized. Insulated caps were put over the exterior hose spigots to reduce the chances of freezing.
4. As many of you are aware we had a theft in July of some of our irrigation timers and hose components. Given the water restrictions that were in place starting in late summer we decided to delay replacement of these timers until next year. We are in the market for 2 only 2 zone battery operated irrigation timers should anyone be upgrading their irrigation system and need to find a home for their existing functioning timers.
5. The roof drain pockets were also cleaned in late fall in preparation for the monsoon season. There was considerable debris on these drain pockets on the sanctuary roof and these were cleaned to insure they function effectively in getting rainwater into our perimeter collection system.
6. Our two heating furnaces and our heating and ventilating system on the Hall roof were serviced and filters changed in preparation for the heating season.
7. A locking handset was installed on the room next to the Secretary's office that the ACW are using to store their stuff. As part of this addition a locking lever handset was installed at the entrance to the back hallway and the knob style handset liberated from this service was installed on the ACW room door.
8. The Library, Kitchen and Hall were re-lamped which greatly improved the lighting in those areas.



# PRAYER MINISTRY

## Prayer Chain

"The symbolic language of a chain shows the unbroken unity of the those praying for the request and the strength of many believers agreeing in prayer before God."



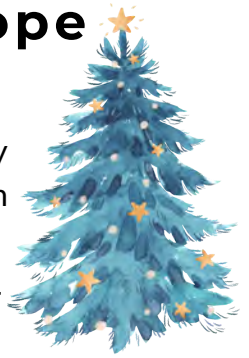
The Prayer Chain at our church would be happy to pray for your request. If you have a prayer concern, contact the church at 250-286-1613 or email the office at [prayerchain@stpeterscampellriver.com](mailto:prayerchain@stpeterscampellriver.com). There is also a box in the Narthex where you may leave a prayer message. You may choose to remain anonymous or you can provide your email address so members can contact you and provide encouragement.

## Blue Christmas Service of Healing & Hope

St. Peter Anglican Church, 4 pm, Sunday, December 10

This is an opportunity for healing prayer, reflection and singing for those not so merry and perhaps hurting at this time of year. All are welcome. If you are unable to attend in person, we invite you to submit a prayer request to our pray chain.

If you are unable to attend in person, we invite you to submit a prayer request to our prayer chain.



## Notes from the Garden

*(This is not a note about looking after your garden - but a reflection on a recent journey!)*

### Sanctuary at Sea

Serenity and space on our holiday cruise to Alaska.

A wonderful world of making new connections with people. To connect with a new community looking at new horizons.

Experience the wonders of the scenic coastline, massive mountains, glaciers and explore the lure of land and sea.

New ideas for things to paint.

Enjoy the music, art, dance, and dramatic performances.

Seamless travel immersed with extraordinary sites.

Thankful for all the blessings that come from the beauty of the world around us.

Every moment of every day is an opportunity to share the blessing of today.

*Glenna Armitage*





# WHAT'S BEEN HAPPENING...

## St. Peter Enters a Team in the Howie Meeker Golf Classic

*David Fitzsimmons*



Important questions were answered by the Saint Peter Golf Team (Peter's Saints) on August 19, 2023, at the Howie Meeker Golf Classic, hosted by the Campbell River Golf Club. Questions like, "Can Rick really hit a golf ball that far?", "How fast can Ted run?", and "Is a hotdog morning food?". The answers turned out to be, even farther, not very, and it depends.

The Howie Meeker raises funds for Special Olympics in Campbell River. This year more than \$48,000 was raised. All the money stays in the community. 2023 was the thirty-fourth iteration of the event. So far as your author knows, this was the first year St. P. entered a team.

The event is run as a five-person, best ball, team event, with a shotgun start. Peter's Saints started on the fourteenth hole and were the third team out on that par five hole. And so, at 10:00, David, George, Rick, Frank, and Ted, along with our Special Olympics "caddie", Darcy found themselves at the fourteenth tee box with a few minutes to spare. The event included food at various locations. At the fourteenth tee, the offering was hotdogs. Some of us thought 10:00 AM was too early in the day for a hotdog. That opinion was not universal, and more of us enjoyed hotdogs, than didn't.

And with that, we were off. We didn't play too badly. Everyone had some great shots, and everyone hit a few golf balls in a manner that induced laughter. Darcy pulled pins for us, and we worked our way around the golf course. It became apparent that among us, one player was a little better than the others. Rick would often hit last in the group, and his shot would be far better than the ones that came before it. Had Rick rescued us any more often he would have been obliged to join the Fire Department.

After playing holes fourteen through Eighteen, we got to the turn, and at the clubhouse there was ice cream. Those of us who had forsworn the hotdogs were a little peckish, and the ice cream was a welcome form of inappropriate morning food.

Play was quite slow, not surprising given the number of people on the golf course, and the range of experience and ability among the various participants. This was not a burden however, especially on spots like the tee at the second hole which required a bit of waiting, and at which there was pizza. It was likely the afternoon by then; your author didn't look at his watch, he was too busy eating, and anyway, pizza is morning food.

On the fourth hole there was a large grey truck. It was there as a prize for anyone who could hit a hole in one. That truck would have looked good in any of our driveways. Alas, none of us won the truck. There was also barbecued salmon to be had at that spot, provided by some guy who looked strikingly like Mayor Dahl. Kermit is there every year, with his custom trailer, with two barbecues, and a refrigerator. He is one of many community members, both individuals and corporate sponsors, who make the annual event such a success.



## St. Peter Enters a Team in the Howie Meeker Golf Classic (cont'd)

Eventually, we came to the twelfth hole, our penultimate hole of the day. This was the speed hole. In addition to the usual task of getting the ball in the hole with the smallest number of strokes, there was an added competition to see which team could get the ball in the hole the fastest. Rick stayed back at the tee box, to hit the drive. Ted and Frank, who were together in a cart, went up the fairway to hit a second shot on to the green. David and George waited at the green to putt. After Rick waived Ted and Frank up further, a couple of times, he hit his tee shot. Ted and Frank wondered if they were too far up the fairway, but no, they weren't. The ball sailed over their heads. Ted, who was out of the cart waiting to hit the second shot began to run after it. Some things just need to be seen. Frank drove the cart to the ball and hit it up to the green. George chipped it on to the green, close to the hole. David and George then turned into hockey players, passing the golf ball back and forth between them in an effort to confuse the goalie, as it rolled back and forth next to the hole without going in. We blamed the pressure of the moment. One minute and eleven seconds was not the winning time.

The tee shots on our last hole of the day included some good ones. Someone hit a second shot that seemed destined for the pond, but somehow stayed out of the water. We had a chance to chip on to the green from that spot, hoping to land close enough to the hole that we could one putt for a par. Fireman Rick, however, hit his chip shot right into the hole, for a team birdie that we celebrated as a team.

We drove back to the clubhouse in our carts where we enjoyed snacks and refreshing beverages and listened to speeches and thanks from the organizers for all the work done by volunteers, the financial support of sponsors and the participation of the golfers.

There were a lot of laughs, a lot of fun had, pizza and ice cream and hotdogs consumed. No trucks were won, but there is always next year. What golfer hasn't said, "next time" after almost every round.

The tournament has been run for a number of years with five-person teams. Next year, the plan is to move to four-person teams. Rather than send one of our golfers to the minors, might we find enough golfers that Saint Peter's could send two teams? We'll just need to have a "name the golf team" contest for the second team.



# Journeys of a Lifetime

Trina Soltys

The year 2023 was truly unforgettable for me. I was fortunate enough to embark on not one, but two journeys. One was planned, a visit to the Canterbury Cathedral in order to attend the International Children's Choir Festival. The other was an impromptu trip to Mauritius to meet my long-lost cousin. These experiences created memories that I will cherish forever. The music and conversations I had during these trips are etched in my heart and difficult to convey fully. To accurately describe everything that happened would require an enormous number of pages!

## Canterbury

My granddaughter, Gabby, is a member of the Campbell River Children's Choir which was one of only eight choirs, and the only Canadian choir, invited to the Final International Choir Festival at Canterbury Cathedral.

*"Founded in 1997 and re-organized in 2011 by the founder, David T. Searles, this is the oldest and most admired festival for Children's Choirs featuring the finest conductors, repertoire and historic settings. Conducted by Henry Leck and David Flood, this is the most in-depth artistic and cultural experience for Children's Choirs!" (Euro Arts Tours)*

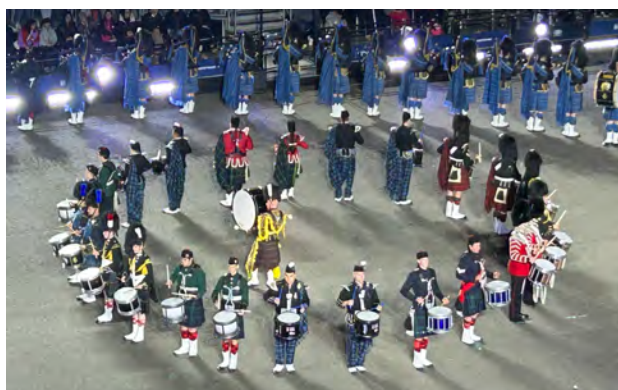
Thanks to Aeroplan miles and the choir committee's meticulous planning, Gabby's mother, sister and I were able to attend an event that we did not want to miss. The choirs' performances were so captivating that they brought us to tears. We were truly moved by the experience. Gabby's personal highlight was spotting Justin Welby as he passed us along one of the cloisters.

We also walked for miles - lost count at about 20,000 steps! We stayed in London for a few days after the festival. Our most memorable sight was the pile of sand in the Tate Museum as an art piece. We had the distinct urge to just step in it! After London, it was off to Edinburgh for the Military Tattoo. We had great seats. We were out of the weather and had fireworks going off right over our heads.



During our trip, we also visited many other landmarks. Among them were Diagon Alley, the Tower, Windsor Castle, and Buckingham Palace. However, I was shocked by the commercialization of Stonehenge, which was quite different from my previous visit in 1994!

During our travels in Britain, we had the chance to attend a family dinner with the adult children of my "long lost cousin." Little did I know that this dinner would be the catalyst for my next great adventure...





# Journeys of a Lifetime, continued...

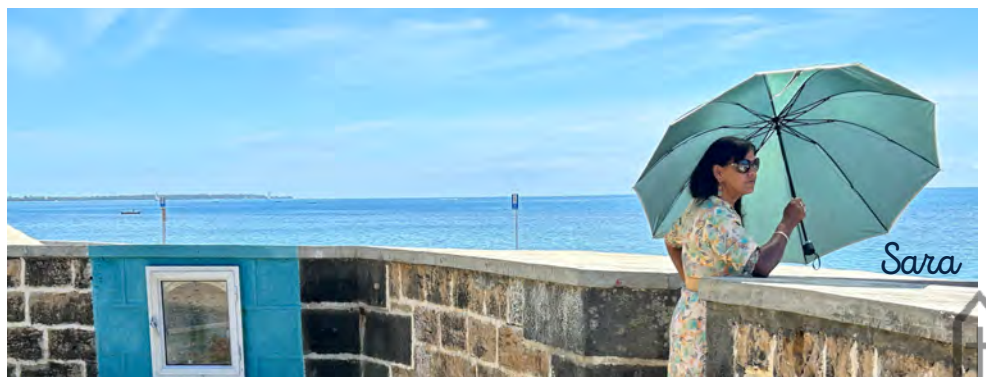
## *The Story of My Cousin Alan: A Fascinating Tale of Family History*

Allow me to introduce my cousin Alan, who has an intriguing backstory. He is the son of my mother's brother, Reginald (my uncle), and was conceived just before World War II. At the time, Reginald was twenty-four and my mother, May, was only eleven years old. The family resided on the Channel Island of Jersey, but relocated back to England in 1935 due to the pending German invasion. Reginald had recently broken off with his girlfriend, Winifred, who, unknown to Reginald, was pregnant with their child. Winifred did not share the news of her pregnancy. Alan assumed his father was Charles Grihault who Winifred married shortly after Reginald left Jersey. The marriage was short as Charles was an abusive man. Alan did not discover the truth about his real father until many years later, after conducting extensive research.

My uncle Reginald (Alan's father) later married an English woman and had four children. Five, if including my long-lost cousin, Alan. We finally connected 15 years ago by mail. It was tough to keep all the Alans and Reginalds straight, but we managed. On the choir trip to Britain, we met up with some of the family and hit it off immediately. I've stayed in touch with Nicki, one of Alan's daughters, who is a Destination Expert on Mauritius and a travel writer for the London Telegraph. Alan, on the other hand, is a retired teacher, a renowned expert on the extinct dodo, and a local celebrity on Mauritius. He's even been a presenter on Mauritius TV. As for me, I'm just a kid from Campbell River. I feel lucky to have reconnected with my family in such a unique way.

When Nicki mentioned that she needed to visit Mauritius to update hotel reviews, I expressed my interest in joining her someday. Unexpectedly, she asked, "Why not now?" Without hesitation, I agreed, booked my flight, and embarked on a 22-hour journey to the island. As Nicki's rather dubious assistant, we hopped from one luxurious resort to another. During the trip, I had time for a wonderful visit with my cousin Alan and his wife Sara. I would love to return again to this beautiful island.

*Beaches, luxury hotels, great food, wonderful family times & 'Hash' Harriers which involved running 5 k followed by beer and laughter! I want to go back...*



# Remembrance Day - November 11



Rick and I always attend the service at the Cenotaph on November 11. This year it was a perfectly calm and sunny morning for such a somber event. We arrived just as the service began. From where we stood, we could listen to the service but could not see those who were participating. During the first hymn, we decided to move to a better vantage point to observe as well as hear the service. Next in the order of service was a time of prayer; we immediately recognized the voice before we saw who was giving the prayer. Our own minister, Reverend Stephanie Wood!

Stephanie also read the scripture passage. Now, we knew the Hercules from the Comox Base was planned to do a fly-past at 500 feet, but what timing! It flew over just as Stephanie began to read the Gospel. No, we did not hear the entire passage, but Stephanie did not hesitate to continue reading over the steady droning of the great, grey plane. Once past we heard her strong voice completing the passage.

Lastly, Stephanie gave the Benediction, just as it started to sprinkle with rain. Perfect timing, again.





# Lois Tirebuck Honoured



On October 21, 2023, Bishop Anna invested Lois into the Order of the Diocese of BC along with 22 new members and 7 officers. Congratulations everyone!

“

*Lois has been a jack of all trades, particularly during the pandemic. Flexibility was key in adapting to the constant changes impacting the church and helping parishioners adapt within their comfort zone. The church may have been shut down, but bills needed to be paid, fire inspections done, tithes collected, and yards shovelled. Lois was the implementor of all Covid Restriction including offering supports during the worst of the pandemic to all AA and Al-Anon members who use St. Peter's Hall for gatherings.*

The Order of the Diocese of British Columbia honors and gives special recognition to members of the diocese who have given outstanding service over a significant period of time in their baptismal ministry. The Order is composed of the incumbent bishop of the diocese as the head of the Order, former bishops of the diocese, officers of the Order, honorary officers, members of the Order, and honorary members

## Thank You to our Volunteers!

### Sue Vickery Retires as Coordinator of Funeral Teas

Jane Monchak

Sue Vickery has retired from her volunteer position as Coordinator of Funeral Teas at St. Peter Church. She provided this service for almost 30 years; she has worked for four ministers and several interim ministers. Offering a reception with tea to celebrate the life of a loved one connects family, friends, and parishioners. The Tea came as a package with flowers, linens, sandwiches, squares and to pour the tea and coffee.

Sue never had difficulty finding volunteers to work in whatever way they were able. Enlisting volunteers to help required making phone calls to provide a food item, set up, clean up or serve on the





## Sue Vickery Retires as Coordinator of Funeral Teas

day of the tea. It also meant Sue was often the bearer of sad news as often the volunteers she called would not have heard the news of the person who had passed. Sometimes the phone calls could be lengthy as folks reminisced, but being a good listener was also part of the ministry. Sue reflected, "Death brings out the best, such as the love expressed by Hilda's family, and sometimes the worst in the family. Sue felt it was a great privilege to get to know the family. She would often ask if there was something special the family would like to have provided at the tea. She laughed as she remembered her own mother's tea. "People still comment on the fact that there were no egg sandwiches!" They were something her mom was known for.

Lists of what needed to be done before the tea, during the tea and after the tea were taped to the doors inside the kitchen. As a job was done it was checked off. "We have a very good facility for receptions as we have a hall with a kitchen, although the dishwasher comes with a personality," Sue laughed, "It's known for flipping the dishes and will start on its own if the door is not well propped open."

Sue feels a bit sad as she leaves this volunteer position. She told me, "I hope it's a ministry we don't lose." She has left very detailed notes and lists on how to organize the Teas. Sue said it provides a good kind of public relations for the church to present a nice Tea. Thank you so much, Sue, for your caring ministry of families at a difficult time. Coming together with a tea and fellowship is so healing.

## St. Peter Outreach

*NOISY OFFERING is HERE!!!!*



Beginning this Sunday, we shall be collecting noisy offering, quiet offering and even cheques throughout Advent, Christmas, and Epiphany to support our Food Bank at a time when it is the coldest and just generally more difficult for them. Cash is preferred over food as it gives more flexibility in what they purchase.

St. Peter congregation is a kind and most generous people. Again, we have been called upon to help our "neighbours," whoever they may be, and have compassion for them. The jar will be sitting in an obvious spot at the back of the church sanctuary. Let the change in your pockets, wallets and purses help someone in need.

While we are not collecting food this year, lists of food donations will be available in the narthex, and families (singles and couples, too!) can make this a family project.



# St. Peter Outreach

## Ha-Ma-Ay-Las Community Kitchen

(formerly Grass Roots/Kind Hearts)

*Next date for service: December 19*

Volunteers are always welcome to help us prepare and serve food for the dinner program at the Hamaaylas Kitchen for people in need. We participate in this community program every third Tuesday of the month.

If you would like to help, contact Diana at 250-286-1613 or email [admin@stpeterscampbellriver.com](mailto:admin@stpeterscampbellriver.com) with "Hamaaylas" in the subject line. Diana would be joyful and love to have the roster filled early!

Many thanks to Diana for organizing, preparing, and serving the meal once a month for approximately 65 people!



love

## Salvation Army Kettle

*Tuesday, December 5*



Giving  
Hope  
Today

St. Peter Anglican Church is signed up to provide pairs of volunteers to supervise the kettle: on Tuesday, December 5, 2023, for 2-hour shifts, from 10 am to 6 pm at Superstore in the Discovery Harbour Shopping Mall.

The ringing of the Salvation Army bell is not just a sound of a bell; it's the sound of curing hunger, the sound of Christmas to a child in need, the sound

of a safe place for our neighbors to sleep. It is the sound of help, hope and comfort to our neighbors when they need it most during the holidays and beyond.

In 2022 funds raised by the Salvation Army Kettle helped in the following ways:

15,428 hot lunches served

4,537 other meals served

1,192 food hampers

13 children sent to summer camp

12,579 hot showers

9,968 beds to someone in need

380 infants served

218 children, 99 teens, 14, 986 adults supported.

Please help this vital community ministry if you feel so called. A sign-up sheet is on the bulletin board in the hallway. More info: Pam Hedderson 250-286-1613.





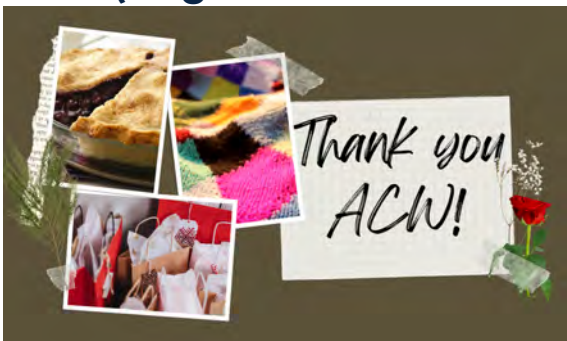
# Ongoing...

## Monday Morning Coffee Hour



You are invited to meet in person or via Zoom for Monday morning coffee hour at St. Peter Anglican Church. All you need is yourself and a travel mug of coffee. We meet in St. Matthew's room every Monday from 10 to 11 am. Also, for those who are unable to attend in person, or just want to join us from home, we have a Zoom link - <https://us06web.zoom.us/j/84103190281>.

## ACW (Anglican Church Women)



The wonderful women of St. Peter's Anglican Church work together in fellowship to support our church and the needs within the community.

All women of the parish are invited to gather for coffee each Friday from 10 to 11:30 in the Church library. The first Friday of the month is a formal meeting, but all others are times for fellowship and/or special meetings.

## Mindfulness - Meditation Practice



The mindfulness group meets at 3:30 pm every Wednesday in the library. We meditate for about 40 minutes using meditations from different traditions. We are always welcoming new members. Do come and see if it is helpful to you.

If you would like to join and receive email updates, please contact the church at 250-286-1613 for more information.

A little bit of  
Advent Humour





# What's Coming Up...

## **Advent Study - Mondays, Nov 27, Dec 4,11,18 10:45 - 11:45 am**



With Murray Etty at St. Peter Anglican Church  
You are invited to join with members of the Anglican, Presbyterian, and United Churches in a 4-session, weekly Advent Bible Study. We will read and reflect on the 4 Gospel lessons for the 4 Sundays of Advent, and we will do so contemplatively, i.e., we will speak and listen to each other out of silence, as we open ourselves to the depth dimension of soul and Spirit. Clergy will offer leadership. You are asked to arrive a few minutes before 10:45 as we want to keep to the hour. For info, please contact Murray Etty, [murretty@telus.net](mailto:murretty@telus.net).



### **Advent Tree Lighting Begins Dec. 3**

Please consider lighting a tree light in honour of a loved one. Proceeds will go towards the hall floor fund.



### **Ladies Advent Breakfast December 9**

The Ladies Breakfast will be held on December 9, at 10:00 a.m., at Tempest Bistro, 970 Shoppers Row. Please sign up for this event.



### **Blue Christmas / Healing Service December 10 at 4 pm**



### **Christmas Services Christmas Eve - 4 pm and 10 pm Christmas Day - 10 am**

## **Christmas Dinner at St. Peter - December 25 at 5 pm**



Are you missing the family dinner at Christmas? Please join us as we sit down at 5 pm for Christmas dinner as one large family - singles, couples and families with children. Expect fun, great conversation and a lot of very good food. This is an organized meal with everyone contributing something. Just like home! If dinner with the family of St. Peter appeals to you, a sign-up sheet for your donation of food, decorating skills or kitchen cleanup will be posted at the church (you can also call the church to let us know that you will join us at the festive table). For more information ,please call the church at 250-286-1613.



# What's Coming Up...

## Advance Care Planning Course - January 10 & 24, 2024



Wednesday, January 10 at 1 p.m. and Wednesday, January 24 at 1:30 p.m. Jane Clark, a retired RN will lead this 2-session workshop. The advance care planning guide, My Voice, will be provided.

It is a process that we can go through to decide what we want or not at the end of our lives if we cannot speak for ourselves. It is not about Power of Attorney. It is not about your Will. It is about what you want at the end of your life and picking a person (Representative) to speak to your healthcare representatives for the care you want. Due to age, health,

medical conditions and religion, this care will be different for everyone. It's essential to have these meaningful discussions with your loved ones. A sign-up sheet is on the hallway bulletin board. For further information, please speak to Pam Hedderson.

## New Custodian at St. Peter

Janice Kozak is our new custodian at St. Peter Anglican Church. She arrived in Campbell River a year ago from Prince George. Janice wanted to retire on the island and after considering several other communities she decided Campbell River was home. The waterfront and friendly people captured her heart.

After attending another church in the community, she decided to try St. Peter and fondly remembers Jennifer Coolen welcoming her on her first Sunday. "You are new here, aren't you," said Jennifer, and later took the time to introduce her to other parishioners. Janice enjoyed the positive attitude of the church and has made it her home.

When the position of custodian came up, Janice applied. She cleaned houses as a part-time job and considered taking on the church. She started at the beginning of November and works for two hours, twice a week.

Janice has one daughter, a grandson and a granddaughter who live in Prince George, a daughter and two grandsons who live in Grand Prairie and a son who lives in Krakau, Poland. She enjoyed visiting her son in September and spent three weeks travelling around Poland with him. He has several relatives there connected to his father's family. She will spend Christmas in Prince George with her daughter and grandchildren.

We are very pleased and thankful to Janice for taking on the service of cleaning our church.



# Articles of Interest and Reflection

## My Journey

Since the day I was born pretty much, I went to church. I was baptized, made profession of faith, went to catechism class, Christian girls club, private Christian school church. I was brought up to know the Christian faith. I was fine and dandy and then I got sick, but I did not know it. I knew about God, but I didn't really know God. And that's when I learned there was really a God. Here's what happened...

## Born Again

Something happened in my heart  
I'll try to put it in words  
It's a feeling hard to explain  
that's screaming to be heard.

It happened outside Chicago  
that really blew my mind  
I tried things on my own  
but the peace I couldn't find

Oh Lord I strayed from you  
and I'm hurting so bad  
I've turned from your love so true  
and it made me so sad.

You met me where I was at  
in spite of what others thought  
They didn't believe you changed my life  
and live what I've been taught.

Through tears I cried out to say  
the words he's waiting to hear  
my heart drifted so far  
when all along he was near.

You performed the miracle in my life  
and changed the way I lived  
and all I had to cry out is  
God please forgive.

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*At the end it says,  
"God please  
forgive" and you  
know what? God  
does forgive and  
He did forgive me.  
Christian life  
doesn't get easier,  
it gets better. It has  
been 35 years of  
journeying with  
God. Lynn*

---





## OH NO, NOT CHRISTMAS AGAIN!

Jane Jennings

### ARE YOU FEELING OVERWHELMED?



### The Rising Panic

Are you feeling overwhelmed with all the extra jobs that Christmas celebrations demand of us? The making of special foods, buying presents, even attending special events that are enjoyable may tend to make us resent the extra pressure that this season puts upon our thoughts, our emotions and especially our bodies. How do we get the sparkle, the childlike anticipation we used to love back into this wonderful season that is Christmas?

There are many articles and helpful tips on social media about simplifying Christmas and those are great. But, our

energy, physical and mental is dragging us into dark places, what to do?

Start the day by taking care of our hearts, minds, and bodies is a simple way of keeping ourselves connected to God, others, and ourselves. Whether you pray or meditate, the need for us to acknowledge what is going on within us and being grounded is important and will colour everything we do in the day ahead. It only takes a few minutes of stillness and quietness to discover what we need to let go of. Changing our perspective to one of gratitude instead of being upset by our situation can be helpful also. Finding

a kernel of loving truth can help. In fact, I have found that accepting the situation and being grateful for it, whether it is good or bad, enables me to begin resolving instead of devolving. Our thoughts of gratitude, that our situation is maybe not so bad, can then turn into acts of generosity, the outward offering of gratitude to others.

I don't know about you, but I already feel better, just knowing how much gratefulness and generosity there is around me and in my community with others. Wishing everyone who reads this peace and love now and always.





## Quentin's Quest

# TRYING TO STICK TO THE PATH OF JESUS

I guess I must be a little slow sometimes because it only just occurred to me very recently that each one of us humans walk a unique path in this life, and it has always been that way throughout time which makes the whole thing another totally amazing part of God's Creation.

We all start out with just a few very uncertain steps into our earliest childhood and then, I hope, get to get a warm welcome and marvelous support in moving forward on into the oncoming stages in the journey ahead. And best of all, most people have no idea at all what is likely to unfold for them in the unknown number of episodes coming at them, perhaps never having received any kind of knowledge or instruction in the ways and teachings of Jesus Christ.

Looking back, I have no doubt now that I was selected in advance, perhaps many years ahead, for the offer of the Christian life, (in my case initially in the Church of England) I was born in, so that I could learn how that life was and is going to continue through and past the "dark veil" yet to come.

So, it's now clear to me that the main reason any of us are put on Earth is to encourage and help each other as we go falteringly along the path to what was chosen for us as our destination, whether it's the target we have in mind or not

And of course, we're also not given in advance knowledge of the people we're going to encounter or for how long, how shallowly or closely, or what is the "right" direction in view of all the choices we're given in this country of Canada.

So, the only thing that we can do is to trust in God, the Father, the Son, and the Holy Spirit and to reassure ourselves of this when we wander off the intended path into the dark trees, brambles, and briers; such as not treating some as well as we should.

We just need to know, recognize, and remember that the Good Shepherd will always see that we've wandered off, will forgive our transgressions, and unendingly seek to lead us home again at the end of the day. We're just asked to say how sorry we are that we've strayed and that we'll try again to do better in future!





Jesus does know, of course, as everlastingly fallible, weak, often selfish as we are, we're still going to foul up and fail in the Christian mission that's been presented to us. Sometimes we just don't have the strength to get the job done, even with His wisdom and ability to perform miracles. And just because we don't necessarily want to die at the end does mean He will step in with a miracle such as the one He and His Father performed with Lazarus when They raised him from the dead after he had been in the tomb for four hot days.

And Lazarus, being bound head, hand, and foot with burial cloths, was still able to detect the stone had been rolled away from the tomb and somehow managed to totter out of the darkness into the light to rejoin his and our Lord.



And Lazarus, of course, had no idea what lay ahead on his continuing journey. He just needed to be willing to take it until he was finally called home to Christ on the other side of "the divide" which he had already crossed once before. I pray we all follow his example, every day.

God bless, Quentin (Col.), The Campbell River Observer

## The Royal Coachman - End of an Era

Barb Henshall



As I drove down Dogwood Street this summer, I was more than shocked and saddened to see the stained-glass windows of the Royal Coachman being removed by a large crane. In the next couple of weeks, it was very aggressively demolished. When it had been demolished, two big backhoes dug down quickly removing the soil, so I immediately thought that something big was going to be happening. No, not now, as presumably fresh soil was trucked in to





# The Royal Coachman - End of an Era

fill the enormous crater and then pavement was added. Now what is going on? The only thing that came to mind was that maybe a food truck was going to deliver food as there are several of them around town. MacDonald's did have a thank you sign.

Rather than feel sad I thought of all the great moments that I had been involved in, from the beginning when Ken and Sylvia Phillips had so beautifully and artistically built the Coachman. The landscaping was cozy and appealing. I asked Sylvia when it was built but the date, she was not quite sure of, but did say, she too was sad.

My first great memory was when we made Marion Parker's turkey soup from the carcasses from the Harvest Dinner. The Phillips had very generously cooked the turkey's and included very scrumptious stuffing and gravy for that dinner every year. After the soup for the Christmas Bazaar lunch was made and simmering, we headed to the Coachman for our dinner. It was a job well done, great time to unwind, and enjoy each other's company.

Then in 1985, I started teaching at Central Elementary and after a few years we would head there on Fridays, sitting in the gazebo, and ordering up two gigantic platters of nachos and of course a few pints. That was a time of great team building in which lasting friendships were formed in those gardens, and we still gather.

The 90th birthday of a Red Hatter was very special as we were all cozy in the pit, by the fireplace. A warming time on a cold day with special memories. There were many more dinners by that fireplace for a birthday, special occasion or just dinner but the pub food was delicious.

In the summer it was a restful time to sit in the exquisite gardens with the gigantic hanging baskets, listen to live music, and watch the koi and turtle swim beneath the lily pad pond. Restful and rejuvenating.

Finally, the Ladies Christmas Brunch. We had outgrown Banners as many were now attending. It was held in the exquisite Christmas decor - formal dining room upstairs with fine white linens, candlelight, and more delicious food. There was room for faith speakers, a musician to lead the carolling, along with a gift, prayer cards, and chocolates. It was a momentous way to start the Advent season and a time to thank and celebrate the women of the parish for the continuous work they had done throughout the year. We encouraged sponsors for those wishing to bring friends and those less fortunate. The journey of friendship will continue but in a different setting and a new way. I am thankful for the Phillip's vision and gifts of the wonderful years of gathering at the elegant Royal Coachman!





# ART

## VISUAL FOCUS

### Judy Antonelli

Like writers, painters are often told that when you're "stuck", you should try painting something that you know well. So, since I'm often stuck, I have quite a few Camp Columbia pieces!

At Camp the waterfront is usually a busy, noisy place full of people having fun. At other times, when you're lucky enough to get it to yourself, it is restful, serene, and sparkingly beautiful - a perfect place for reflection and devotions.

Most buildings at Camp have had many uses over the years. For a long time, this rustic one was the Craft Hut - tucked among the arbutus trees and looking out to the ocean, it's surrounded by inspiration from Creation. It has also been a Nature House, a classroom, and the last time I was there, a home for goats!





# Announcements



## IN LOVING MEMORY

Arlene Ivy Smith  
January 22, 1943 - September 10, 2023



## Christmas Market Success!

Once again, we have had a very successful Christmas Market thanks to the timeless hours many folks gave to make it a memorable event. This is the second year we opened it up to outside vendors keeping the theme that everything is handmade with a double dose of love. It was busy from the get-go and many folks said not only was the parking lot full but also the surrounding streets. However, it was worth the wait to find parking to enter the event.

We had over 700 visitors this year! A flyer regarding our upcoming Christmas services was available to all who attended the market. Time and time again, customers commented on the quality of the workmanship as well as the delicious baking, making their upcoming holiday season less stressful. Both vendors and customers, look forward to joining us again next year!



## Also a big “Thank you!” to...

We give thanks for the service of Gwen Demerse and Lori Goldrup as they leave positions at St. Peter Anglican Church. Gwen was custodian of St. Peter from January 2021 to October 2023. Lori was administrative assistant from November 2022 to November 2023. Many thanks for your dedicated service to St. Peter Anglican Church.





# Ongoing at St. Peter...

## CHURCH OFFICE HOURS

Monday, Tuesday, Thursday, Friday - 9:00 a.m. to 1:00 p.m.

## WORSHIP OPPORTUNITIES

Sunday, 10:00 a.m. Holy Eucharist – Hybrid – Zoom and in-person, in the Sanctuary  
Services are from the Book of Alternative Services.

Wednesday, 12:30 p.m. Mid-Day Eucharist

Thursday, 12:30 p.m. Meditative Eucharist

## WEEKLY EVENTS

Monday, 10:00 a.m. Coffee Hour in-person, at the church or on Zoom

Wednesday, 3:30 p.m. Mindfulness on - in the library

Friday, 10:00 a.m. ACW in the Library

## MONTHLY EVENTS

Prayer Chain - First Wednesday of the month, 10:30 a.m. - next meeting is December 6

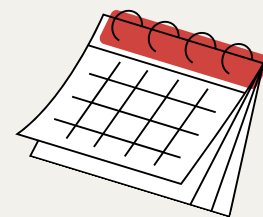
## SERVING THE COMMUNITY AT ST. PETER

Sunday, Monday, Wednesday, Thursday evenings - Six 12-Step groups - in the hall, library

Monday, Wednesday, and Thursday mornings - Yoga classes - in the hall

## Important Dates/Events to Add to Your Calendar

- Advent Contemplative Prayer Study - 4 Monday Mornings beginning Now. 27, 10:45 - 11:45
- Advent Tree Lighting - begins on December 3
- Ladies' Breakfast - Saturday, December 9, 10:00 a.m.
- Blue Christmas/Healing Service - Sunday, December 10, 4:00 p.m.
- Christmas Eve Services - December 24, 4:00 p.m. and 10:00 p.m.
- Christmas Day Service - December 25 10:00 a.m.
- Christmas Dinner - December 25, 5:00 p.m.
- Advance Care Planning Course - January 10 and 24, 2024



## Parish Leaders

Rector's Warden: Lois Tirebuck

People's Warden: Pauline Woods

Deputy Wardens: Tony Smith and Frank Maga

Treasurer: Holly Finn

Musicians: Georgia Smith, Kate Fitzsimmons  
and Lori Gooldrup

Communications Director: Trina Soltys

Envelope Secretary: Frank Maga

Healing Prayer Ministry: Sue Vickery

Spirit Editor: Jane Monchak

Custodian: Janice Kozak

Lay Assistants and Readers: Pauline Woods

ACW President: Bev Lawrence, Lois Tirebuck

Mindfulness: Jane Jennings

Coffee Monday: Jennifer Coolen

Altar Guild: volunteers invited!

Librarian: Jane Jennings

Community Garden Liaison: Rick Monchak

Safe Church: Andrea Charlton

PWRDF Rep: Barb Henshall

Building and Grounds: George Wagner

Community Garden Liaison: Rick Monchak



