

CONNEXION



The Quarterly Newsletter of the Anglican Parish of Central Saanich

Number 54



St. Mary Church

1973 Cultra Avenue,
Saanichton, BC V8M 1L7



St. Stephen Church

7921 St. Stephen Road,
Saanichton, BC V8M 2C3

March 2025

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Check your email or the Parish Website for service updates and changes. As health restrictions relax, please practice protocols that make you feel comfortable.

Worship Services

Sundays

- 9:00 am Holy Eucharist

Wednesdays

- 10:00 am Holy Eucharist
(September-June)

Office: 250-652-1611

Email: stmarys.saanichton@shaw.ca

Web: www.ParishCS.ca

Worship Services

Sundays

- 11:15 am Holy Eucharist

Office: 250-652-4311

Email: admin@parishcs.ca

Web: www.ParishCS.ca

Incumbent: Ven. Dr. Lon Towstego

Honourary Assistant: Rt. Rev. Dr. Logan McMenamie

Associated Clergy: The Ven. Bob Baillie,
The Rev. Dr. Brett Cane
Rev. Paul Schumacher

Deacon: The Rev. Gil Shoemith



www.ParishCS.ca

Anglican Parish of Central Saanich

St. Mary Church

St. Stephen Church

Dates to Note

Our website, www.ParishCS.ca, is the best place to keep in touch with what is going on

Please check the church website and other electronic sources for updates over the next three months. The following are the events which are planned at this time.

Regular Services

- **Sunday services** at St. Mary at 9:00 a.m. Sunday services at St. Stephen at 11:15 a.m. unless otherwise noted below.
 - **Wednesday Eucharist services** at St Mary at 10:00 a.m with 'Sermon Circle' Bible Study following at 10:45 a.m.
-

Other Upcoming Events

- **March 4th:** Shrove Tuesday pancake supper at St Mary starting at 5:00 p.m. Pre-registration required by March 2nd.
 - **March 5th:** Ash Wednesday services at St Mary at 10:00 a.m. and at St Stephen at 4:00 p.m. There will be no Bible Study following the service at St. Mary.
 - **Wednesday March 5th:** Saanichton Community Lasagna Dinner at St Mary's at 6:00 p.m. sponsored by the Saanichton Village Association. Tickets available at Joe's Pharmacy or Fresh Cup.
 - **March 7th:** World Day of Prayer service at St. Andrew, Sidney at 2:00 p.m.
 - **Saturday March 22nd:** Wardens and Treasurers Day at St. Paul, Nanaimo from 10:00 a.m. to 3:00 p.m.
 - **Saturday March 29th:** Men's Breakfast at St. Stephen at 9:30 a.m. with the Dean of Christ Church Cathedral, The Very Rev. Jonathan Thomas, as the speaker.
-

Holy Week and Easter Season Services

- **Tuesday April 15th:** 10:00 a.m. Morning Prayer at St Mary.
 - **Wednesday April 16th:** 10:00 a.m. Holy Eucharist Service at St Mary.
 - **Wednesday April 16th:** 5:00 p.m. Evening Prayer at St Stephen.
 - **Thursday April 17th:** 7:00 p.m. Maundy Thursday Service of Foot Washing, Eucharist and Stripping of the Altar at St Mary followed by Stripping of the Altar at St Stephen.
 - **Friday April 18th:** 10:00 a.m. Good Friday Stations of the Cross Walk from Centennial Park to St. Mary. For details see the bulletins and website.
 - **April 20th Easter Sunday:** 9:00 a.m. Holy Eucharist at St Mary and 11:15 Holy Eucharist at St Stephen.
-
- **April 25-27:** The Diocesan Women's Spring Retreat will take place at Camp Pringle led by the Rev's Jacqueline Stober and Colleen Lissamer.
 - **Sunday, May 4th:** Christ Church Cathedral will be the location of a diocesan-wide confirmation service. Contact Rev. Lon for further information.
 - **Saturday May 24th:** Spring Fling at St Mary from 9:30 a.m. to Noon.
-

We acknowledge that we gather to worship on the traditional lands of the WSÁNEĆ and Coast Salish peoples

The Parish of Central Saanich gratefully acknowledges the financial assistance provided by the District of Central Saanich by way of its Permissive Property Tax Exemption Program

From the Pastor's Pen

The Ven. Dr. Lon Towstego



“I invite you therefore, in the name of the Lord, to observe a holy Lent by self-examination, penitence, prayer, fasting, and almsgiving, and by reading and meditating on the word of God. Let us kneel before our Creator and Redeemer.”

Book of Alternative Services, page 282.

We begin our Lenten Journey, 2025 living in anxious times in our world. We can quite easily get overwhelmed and discouraged by the politics of the world, of Canada and all around us.

The Good News is that we have an opportunity day to day and Sunday to Sunday to witness the Gospels, other biblical readings, our liturgy and our Christian friends shining the light of Jesus Christ into our lives and hearts.

Jesus came to us through the incarnation and moved into our neighborhoods, “tabernacled” with us, pitching his tent in our hearts. This is where our hope and help come from.

Celtic Christianity and spirituality teach us to celebrate the goodness of creation. We have one foot in the greenness and beauty of God’s creation and the other in the messages of scripture and lived church history and experience. We can pause to smell the flowers as we walk with a Bible in hand or Biblegateway.com on our device.

We have opportunity to add things that are helpful and life-giving to our lives and the lives of others during Lent. You can choose more time for prayer, more time at worship, more enjoyment of your favourite hobby or activity, more healthy food, exercise. We do not have to be sad and dour Christians. Alternatively, we are jumping for joy as we allow reverence and joy to intersect in our beings. Join us at 10:00 a.m. on Wednesday for a service of Holy Communion followed by Bible Study. You are invited to attend both or either. Bible Study begins about 10:45 a.m. Let this be our Lenten Study.

“Rejoice in the Lord always; again, I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4: 4-7.

Have a blessed Lenten Journey!

Lon+

“ Jesus came to us through the incarnation and moved into our neighborhoods...”

Parish of Central Saanich Annual General Meeting

By Ken Pedlow

The Parish of Central Saanich held its Annual General Meeting on Sunday, February 23, 2025, at 11:45 a.m. following both a 10:00 a.m. joint service at St Mary and a potluck lunch. It was chaired by the Ven. Dr. Lon Towstego. Fifty parishioners were in attendance according to the Registrar and a quorum was declared. The Agenda, Committee Reports, Financial Reports and Budgets were presented as per the packages distributed to parishioners electronically the previous week. Distribution problems were experienced by some parishioners.

The meeting opened with the singing of ‘Lift High the Cross’, a prayer and a land acknowledgement. Lon reviewed procedural matters, referenced and prayed for those on the Memorial List and appointed Leslie Pedlow as Recording Secretary. The minutes of the previous AGM were approved.

The Team and Committee (Non-financial) Reports were received and reviewed, and a few questions and comments were addressed. The outreach motions for each church were reviewed and accepted as presented. It was suggested that the South Island Counselling designation could be replaced for next year.

The meeting then dealt with the process of appointment and nomination of the 2025 parish representatives. Concern was expressed about the inability to recruit a People’s Warden for St. Mary. The Parish Leadership Team for 2025 is as follows:

Rector’s Wardens: Robert (Bob) Buchanan (St. Stephen); Ken Pedlow (St. Mary)

People’s Wardens: Maria King (St. Stephen); Vacant (St Mary)

Council Members: Lynn Fallan, Ian Stuart, Marcia McMenamie, Becky Lowe (St. Mary); Terry Hartley, Lynda Clifford & Gil Shoosmith (St. Stephen); Jacob Shoosmith (Youth Representative)

Synod Delegates: Karen McColm (St. Mary) and Don Wilson (St. Stephen)
Ken Pedlow (alt)

Parish Treasurer: Lynn Schumacher

Thanks were extended to Judi Clark, Sandra Scarth and Gary Moss who are retiring from service on the Parish Leadership Team and to Lynda Clifford and Ian Stuart who are transitioning from Wardens to Council Members.

The Envelope Secretaries for 2025: Lynda Clifford (St Stephen) and Judi Clark (St Mary).

The Financial Reviewers for 2025: Don Wilson (St Stephen) and Karen McColm (St Mary).

The second half of the meeting was spent reviewing the 2024 finances for the St Stephen cemetery, the Parish of Central Saanich joint account, the St. Mary financial statements, the St. Stephen financial statements and the 2025 budgets for each entity. Appreciation of the current operation of the Cemetery was offered

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Parish of Central Saanich AGM *continued*

by David Cooper. The Acting Treasurer indicated that the balanced budgets for each church were the result of a \$5,000 bequest at St. Mary and an \$8,200 contribution from reserve funds from previous years at St. Stephen. Some comments and questions were raised and were answered by representatives of each entity. Some discussion took place regarding the various ways for parishioners to submit their offerings. The financial statements and budgets for both churches were eventually passed. It was felt that many thanks were due to the parishioners for their generous support of the parish during 2024.

During the meeting, expressions of thanks were extended in writing in the information package to many who have worked so hard this year to administer the parish including the parish clergy, wardens, parish council, office administrator, music leaders and the many parishioners who undertake a wide variety of tasks to keep the operation of the parish functioning effectively. Flowers were presented to Leslie for her hard work over the past year. Thanks were extended to the Rector for his leadership over the past year.

The Installation of Officers was scheduled for both services on March 2, 2025.

The meeting concluded at 1:00 with The Grace.

The Seminarian Support Fund

By Leslie Pedlow

Lon mentioned at the February 2nd Church Services that it was the anniversary of his ordination as a Deacon in our Diocese. In his sermon he recognized those who had been ordained with him and spoke about the joys and challenges of being a seminarian.

He mentioned that our parish currently has a seminarian in Gary Moss and encouraged Gary on the second half of his journey. Lon also spoke about creating a fund that could support current and future seminarians with the cost of their educational pursuits, books, etc. While he cautioned that prudent stewardship of our day-to-day operating costs was vital and he didn't want to impact that giving, he also invited people to donate to a new "Seminarian Support Fund."

You may do so by clearly marking your donation with this name and putting in your Envelope number or contact information so that you will receive a tax receipt. Please make cheques payable to St. Mary's Church.

Parishioner Profile: Barry and Becky Lowe

by Sandra Scarth



Perugia, Italy November 2024



Qaqortoq, Greenland

Becky and Barry first met at a Christian Singles Pot Luck Supper in 1992. It was a group of about 60 people aged 19 – 70 years. They attended a games night and a couple of other events. Becky was extremely shy, so dating was difficult for her, but at some point Barry asked her to play badminton (not her skill). She asked a friend if she thought this was a date and friend said yes. Despite Becky's lack of skill or real interest in badminton, they continued dating and became a couple.

Both had been married before. Barry's wife died of cancer, leaving him with two little boys aged 2-½ and 9 months. He was living in Ottawa and moved back to Victoria to be near his parents, and particularly his mother, who became a loving Granny to the children. One day when Barry had to be away for work and his mother was unavailable, his father looked bewildered at how he would change a diaper!

After living with them for about five months, Barry moved into his own house, although his mother continued to be a strong Granny to support him and the children. His youngest son was born with microcephaly and required a lot of extra care over the years, which was stressful. By the time he and Becky got together, his boys were six and seven years old, and Becky's girls were 13 and 15.

Becky's girls were five and seven years old when she became a single parent. Her former husband later died. She was on her own for about eight years, three of them in Vancouver, completing a degree in pharmacy. It was a very difficult time. Both her parents were pharmacists and owned Sidney Pharmacy, where she had had her first job back in high school, as a cashier and delivery driver.

Barry's job in Ottawa had been running computer systems for CMHC (Central Mortgage and Housing Corporation). He had completed a Masters of Math/Systems Engineering at Carleton and a Masters of Business Administration at the University of Ottawa. On his return to Victoria, he worked for the

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Parishioner Profile: *continued*



Hiking in the desert in California, November 2019



Furthest south visiting penguins, Isla Magdalena, Chile

BC government, managing outsourced technical contractors and contracts for computer services.

Barry's family has a long history in Victoria. His family arrived from China in the 1880's, prior to the 1923 Exclusion Act. Their ability to work was limited by the law at the time. They decided to open a tailoring business, but because of the tight rules for Chinese, they were not allowed to rent a building, so bought a building on Government Street in order to start their business. They became Canadian citizens when allowed, post 1947.

Becky's maternal grandparents came from England and Guernsey and met in Victoria around 1910.

Once Barry and Becky decided to marry, they realized they would need a bigger house for their family, so purchased then renovated their current house to comfortably give each of the children sufficient space. They worked hard to get the children to feel like one family. Now that they are grown and out of the house, Barry and Becky have time for their own leisure activities.

Church has always been an important part of their lives. Barry had variously attended Pentecostal, Baptist and Presbyterian congregations. Becky grew up Anglican, but they attended Saanichton Bible Fellowship together for many years. Becky found she was really missing her Anglican roots and they decided to come to St. Mary's.

Physical fitness is also important to them. Becky does Cross Fit, while Barry runs. Both use home gym equipment and do weight training. They both like to walk and hike.

They also are avid readers and spend a lot of time in the summer harvesting and preserving berries, apples, figs and grapes from their backyard garden.

Travelling is one of their favorite activities. For several years they had a Ford F-150 truck with a small trailer. Barry acknowledged that they never managed backing it up easily, so now have a small camper van, much easier to manage. One of their most memorable trips was a

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Parishioner Profile: *continued*

two-and-a-half-month drive across Canada, mostly on secondary roads, all the way to Newfoundland, including an overnight in Labrador. Newfoundlanders were friendly and the scenery majestic. The trip was physically impressionable to these spoiled BC campers: clouds of black flies all the way from western Ontario to Newfoundland and billowing swarms of mosquitos in one wet area in Nova Scotia.

They also have loved trips to other parts of the world, and particularly Italy (four times). One of their more difficult drives (the drive from Hell, according to Barry) was up to a height of land in Sicily. A friend was managing the GPS and took Barry on a back road up multiple steep switch backs that required him to stay in first gear, a scary drive. Only then to find at the top – tour buses! There was an easy drive on a main highway on the other side of the big hill!

Becky and Barry have five grandchildren between the ages of 18–26 and because of their love of travelling, decided to offer them each a trip somewhere in the world after high school graduation, helping them to learn how to travel well. The grandchildren get to pick (within reason). The eldest chose the Greek Islands and enjoyed lots of beach time between seeing museums. The second chose Japan, to see the Gundams (70 foot-high Transformers) and particularly enjoyed a Japanese cooking lesson. The two youngest (cousins) have asked to go to Italy together and one has yet to decide. What great grandparents!



Yokohama, Japan

The Rector's Discretionary Fund

By Greg Robinson

An Important Part of God's Call to His Church

I suggest that there is something that gets overlooked to often in modern day churches, which is crucial to how we function as Christians, and as members of a Christian church. It has been a part of the Christian church since the first Christian groups came together to worship.

In approximately 150AD Justin Martyr wrote a defense of Christianity for the Greco/Roman world. He included in that a description of a Christian worship service. (It is interesting that we call it a service, and it should be a reminder that we are called to a life of service.)

Here is a very brief excerpt from the pen of Justin Martyr.

"They who are well to do, and willing, gives what each thinks fit; and what is collected is deposited with the president, who succours the orphans and widows, and those who through sickness or any other cause, are in want, and those who are in bonds, and the strangers sojourning among us, and in a word, takes care of all who are in need".

We are blessed in our parish to have a pastor, (not a president), who has the heart and the life experience to deal compassionately and wisely with those in our parish, and sometimes outside the parish, who are in need for one reason or another. We, as parishioners, are called to provide the funds required for Lon to enable to him to assist those who need more than just counselling but require financial assistance.

We do that through the "Rectors Discretionary Fund." This isn't a fund that draws funds from the operating fund that sustains our parish. It is a stand-alone fund and has to be designated as such as part of our offerings but is still receipted.

This is an important way that, we as a congregation, can support Pastor Lon in his, and our, calling to bring God's love and hope to our community.



15th-century icon of Justin Martyr

Cane's Corner: Baltic Cruise

By the Rev. Dr. Brett Cane



Travelling alone, I was able to secure a reasonable price for an interior cabin with my regular cruise company, MSC. I boarded the ship in northern Germany after touring the famous brick Gothic churches of the region with a friend, and over the next nine days, visited every Baltic nation (except Russia and Norway as it is not on the Baltic), spending a day in a coastal city of each country except for Stockholm, where we stayed for two days.

Six Countries in Nine Days!

In the last two issues of *Connexion*, I described my tour of China last April. In the next two, I will share about my cruise in the Baltic Sea in May, followed by three days in Copenhagen.



Gdansk



Our first stop was in Poland at the port city of Gdansk

Formerly Danzig, Gdansk was famous for serving as the home of the Solidarity movement which led to the democratization of Poland. The city was virtually destroyed during WWII and has been amazingly rebuilt. Like most of the major south Baltic cities, its origins lie with the medieval Teutonic knights, a German military monastic order, who evangelized the region (often by force!).

Dutch architectural influence

Because of the horrors the city experienced in WWII, the reconstruction downplayed the Germanic character of the city and instead highlighted styles brought in by Flemish/Dutch merchant traders.



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Cane's Corner *continued*



The Golden Gate – from the early 17th century leads into the “Royal Route” taken by Polish royalty when they were welcomed into the city.



Fashionable ladies on the “Royal Route”.



Demonstration: Exiled dissidents from neighbouring Belarus calling for free elections.



Lithuanian band greeted us on the dock.



Klaipėda

Lithuania does not have much coastline and Klaipėda is the only port city. Formerly the capital of German East Prussia, Memel, it changed hands a number of times in the 20th century.



The Palanga Amber Museum: Before touring the town, we were driven to the museum located in a restored 19th-century palace and surrounded by beautiful parkland. Amber, or “Baltic Gold”, is fossilized tree resin and has been prized as a gemstone and healing agent from antiquity.

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Cane's Corner *continued*



Amber jewelry.

Returning to Klaipeda, we were treated to lots of unusual statues throughout city!



Sculpture and giant chess board.



This cat with the face of a gentleman has a slightly grumpy face with an impeccably neat moustache. It has actually been stolen twice!

Riga, Latvia

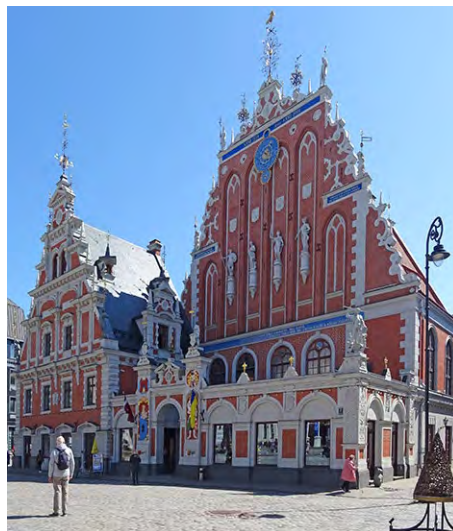


Riga is the capital of Latvia and the largest city in the Baltic States with both a modern and medieval city (again, rebuilt after WWII).

Riga Cathedral (Dom) from the early 1200's is a fine example of the red-brick gothic churches found in cities bordering the Baltic Sea (no stone available). Our tour included a lovely 20-minute organ concert.



Freedom Monument built in 1935, to symbolize the freedom, independence, and sovereignty of Latvia was saved from demolition by the Soviets by convincing them that it stood as a "sign of popular gratitude" toward Joseph Stalin for the "liberation" of the three Baltic countries!



The House of the Blackheads: at the time it was erected in 1334 it was the biggest public building of Riga and from the mid-15th century was used by Brotherhood of Blackheads, a guild for unmarried merchants whose patron saint was St. Maurice, an Egyptian martyr and black soldier.

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Cane's Corner *continued*

Tallin, Estonia



Tallin is the capital and largest city of Estonia and one of the last pagan cultures in Europe to adopt Christianity in the 13th century.



City walls: Half of its city walls originating in the 13th century are largely intact. One tower is known as the "Sauna Tower" because a nun's convent originally just outside the city walls had to be incorporated into them in 1422 and unfortunately, the nun's sauna (!) had to be demolished to do so!



Town Hall Square has been a marketplace and the centre of the town since the Middle Ages. The tradition of celebrating Christmas festivities here dates back to 1441 when the Brotherhood of the Blackheads are thought to have erected the world's very first Christmas tree.

Streets and shops around the Town Hall Square sell delicious baked goods and colourful woven items and clothing.



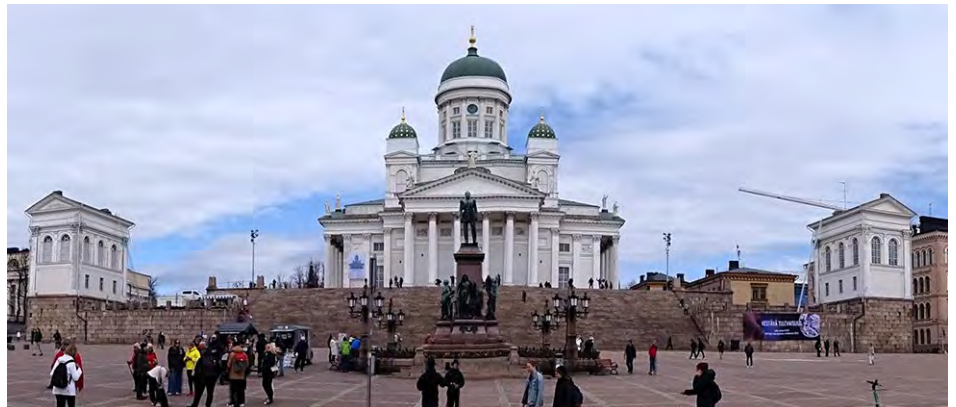
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Cane's Corner *continued*

Helsinki, Finland



In Helsinki, the capital of Finland, the first thing we saw was the **Sibelius Monument**. The 600 tubes weighing symbolize organ pipes making music soaring to heaven. Afterwards, our guide played "Finlandia" on the bus audio system – it was very moving to hear it in the home city of the composer.



Senate Square is the at the heart of the city and contains the (Lutheran) cathedral, university and senate. Built in the first half of the 19th century when the Russian Tsar was Grand Duke of Finland, it resembles St. Petersburg. The statue is of Alexander II who was seen as the "good czar" because he initiated several reforms that increased Finland's autonomy.



Santa Claus, in Finnish folklore, he is said to live in Lapland, in the remote northeast and likes to eat casseroles and many types of fish – foods common throughout Finland.

The "**Rock Church**" was our final stop. Opened in 1969, it was excavated and built directly out of solid rock and is bathed in natural light which enters through the skylight surrounding the center copper dome. It houses an active congregation and is one of the most popular tourist attractions in the city; half a million people visit it annually.

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Cane's Corner *continued*

Stockholm, Sweden



We spent two days there and I took a 3.5 hour bus-boat tour first day and a 2 hour walking tour, "The Magic of Medieval Stockholm", the next day.



I was amazed to discover that there are thousands of islands in Baltic between Sweden and Finland and that Stockholm is itself situated on 14 Islands with 57 bridges and is known as the "Venice of the North".



"The Old Town" seen from the water. Built on one of the main islands from the mid-13th century onward, it contains palaces and major public buildings as well as medieval alleyways, cobbled streets and town squares.



Street scenes and items for sale in the Old City.



The Grand Square is the oldest square in the old town around which the medieval city grew and now contains the Nobel Museum and private houses that once belonged to Swedish nobility.

Tomte, Sweden's version of Santa is not a jolly soul but an elf-like creature who must be fooled into appearing in public and is easily offended but very helpful when it is treated with respect!



After Stockholm, we sailed on to Copenhagen and in my next article, I will describe my three days in the city and surrounding region which followed my cruise.

Note: Most of the photos above are my own but I did get a few from the internet!

The Bread, the Wine and the Covenants

By Greg Robinson

In our church we celebrate Holy Communion every Sunday. As a result, it is so easy just to go up and take communion without even given much thought to why we celebrate it this way.

In the Scriptures we can read about Jesus' dining on wine and bread along with His disciples. The question in my mind was why wine and bread. What should it mean to me when I go to the altar to take communion.

For Jesus and the disciples as faithful Jews, it was the time of Passover. It was time to celebrate the exodus of the Jews out of Israel. It celebrated their covenant with Yahweh, the Abrahamic covenant. As Christians we now understand this as the first covenant.

At the time of Jesus part of the Passover celebration was the Passover meal. The primary characteristic of the meal was the consumption of the sacrificial male lamb which had been carefully and ritually prepared. This lamb was mixed with herbs and eaten with unleavened bread. This meal symbolized the two main elements of the Exodus out of Israel.

Firstly, the sacrificial lamb represented Jewish response to the inauguration of the covenant in celebration. The blood of the lamb represents the blood of the Passover. The writer of Exodus 24 relates to us how it was inaugurated.

7 Then he (Moses) took the Book of the Covenant and read it to the people. They responded, "We will do everything the LORD has said; we will obey." 8 Moses then took the blood, sprinkled it on the people and said, "This is the blood of the covenant that the LORD has made with you in accordance with all these words."

The writer of the book of Hebrews Chapter 9 puts it this way:

19 When Moses had proclaimed every command of the law to all the people, he took the blood of calves, together with water, scarlet wool and branches of hyssop, and sprinkled the scroll and all the people.

20 He said, "This is the blood of the covenant, which God has commanded you to keep. 21 In the same way, he sprinkled with the blood both the tabernacle, and everything used in its ceremonies. 22 In fact, the law requires that nearly everything be cleansed with blood, and without the shedding of blood there is no forgiveness.

The shedding of blood was necessary in order to receive atonement or forgiveness.

The writer of Leviticus says this. Lev 17:11. For the life of a creature is in the blood, and I have given it to you to make atonement for yourselves on the altar; it is the blood that makes atonement for one's life.

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The Bread, the Wine and the Covenants *continued*

Sacrificial blood was fundamental to the relationship between Yahweh and the Jews. A blood covenant is significant because it creates a bond between two parties that is based on sacrifice and loyalty.

Why then, in addition to the wine, are we given bread?

From Genesis 2 we read: *8 Now the LORD God had planted a garden in the east, in Eden; and there he put the man he had formed.*

Starting with the time of the creation God provided food for us with a garden.

Then in Genesis 15 following the rescue of Lot by Abraham we read this: *18 Then Melchizedek king of Salem brought out bread and wine. He was priest of God Most High, 19 and he blessed Abram, saying, "Blessed be Abram by God Most High, Creator of heaven and earth.*

“To this day we use the phrase “the breaking of bread” to symbolize friendship and a sense of community...”

Bread was seen as being symbolic of God providing for us. Bread has always been a symbol of God providing sustenance and even freedom. We can specifically see this when Yahweh supplies manna, (a form of bread), to the early Israelites in their exodus out of Egypt. So, bread also became symbolic of leaving slavery behind and as a result it was used, often unleavened, in virtually all of their holy days of celebration.

To this day we use the phrase “the breaking of bread” to symbolize friendship and a sense of community, and it was so with first testament Jews.

So, before Jesus, bread and wine were symbolic to their understanding of, and worship of, Yahweh by the Jewish nation.

First century Jews, of which Jesus was one, would celebrate the traditional Seder meal at Passover, (as they still do), with wine and with unleavened bread. What we call the “Last Supper,” was Jesus and His disciples celebrating Passover in traditional Jewish fashion.

So, for the first covenantal Jewish people this was in celebration of what Yahweh had done for them. They celebrated with bread and wine as symbols of what Yahweh had done for them.

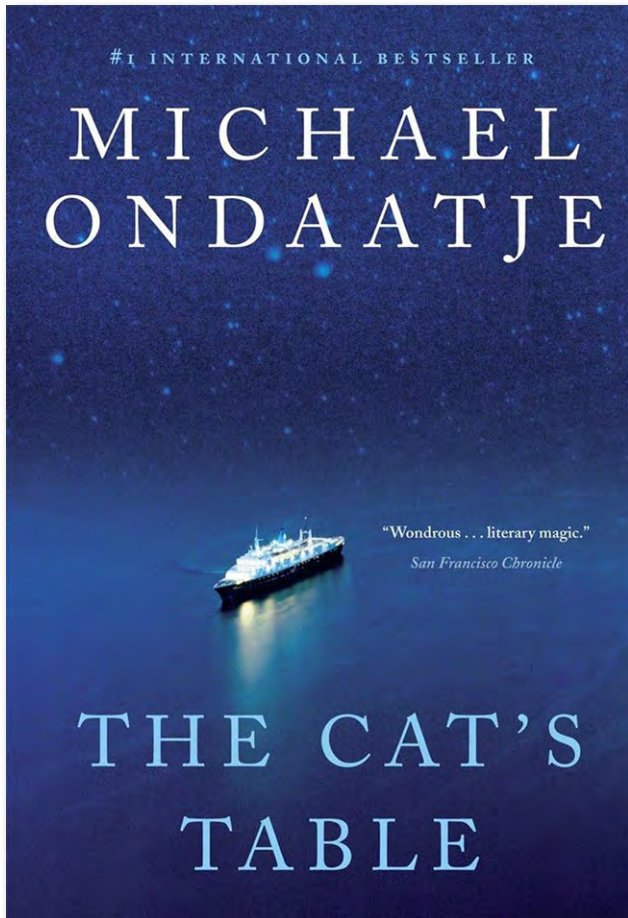
Then at a certain point in history, God comes back to the Israelites as promised but not in the way normally expected. He came back not in some spectacular way but humbly through a peasant or working-class Jew, the man Jesus. Jesus fulfilled the Jewish expectation of a messiah, but not in the way that was expected. Instead of leading a violent revolution against the Romans, He brought the ultimate victory over evil itself through His suffering and humiliation and death on the cross, then vindicated by His Father with His resurrection.

To be continued next time

Book Review: *The Cat's Table*

By Michael Ondaatje

Review by Nancy Choat



For my book review I have chosen a book discussed at my Book Club's February meeting. Alison Stewart, a former parishioner of St Mary's and member of the group had chosen this book to present. Sadly, we lost Alison to cancer last November. As a remembrance to her and her contributions, I am presenting her book for this issue of *ConneXion*. It's a good read, as were all of Alison's books.

Told in first person, the book describes the voyage of an eleven-year-old boy from Sri Lanka to England on the ship *Oronsay* in the 1950s. It will take three weeks. Michael, the boy, is seated at *The Cat's Table* with a ragtag group of insignificant adults and two other boys. As the ship makes its way across the seas, the boys tumble from one boisterous adventure to another. The novel is made up of short chapters, most no longer than ten pages, some only a page or two. There are many characters throughout the book, and they are not always introduced as they first appear. Occasionally, we see Michael's life off the ship, as an adult in England, and then in Canada. As the narrative moves between the decks and the holds of the ship, it tells a spellbinding story about the differences between the tender innocence of childhood and burdens of earned understanding.

The author, Michael Ondaatje, born in Colombo when it was Ceylon, came to Canada in the early 1960s. A Booker Prize winner, his deep roots in the east colour much of his writing with references and places at once familiar and exotic. He is justly recognised as a master of literary craft.

Invitation to the Bishop's Dinner

By Lynda Clifford

The invitation I received to attend was sent to me as a recipient of the Order of the Diocese awarded to me a few years ago. All recipients of the Order were invited. I was eager to attend partly because it was an opportunity to go out and have a lovely dinner, but also to make a donation with receipt to the work of churches at the north end of the island who do amazing work with very little funding. Over \$10,000 has been raised to assist in the work being done in these less populated areas. We heard heartfelt words from local First Nation representatives and from Rev. Sheila Cook, recently ordained, and from the church in Alert Bay and surrounding area and of course encouragement from Bishop Anna and Brendon Neilson, Executive Director. Many of the clergy from the island were in attendance along with other recipients of the Order of the Diocese and friends and family.



Our Diocese gives us many opportunities to be involved, regular services in the cathedral, a beautiful Advent Candle lit service, Ordinations, and Evensong among others like the Order of the Diocese presentations! It is Our diocese, and as we all know, there is something special about belonging, and the times when visiting and worshiping in our cathedral are very special and memorable.

One of the things I enjoy myself is getting to know other church members, and who the clergy are at the various churches around the area. As wardens we visit other parishes for diocesan meetings, we have the opportunity to learn from diocesan staff and mix with parishioners too. There are many ways to be involved or just take your place in the pew and be still.

We have the chance to keep up to date by receiving emails “Coming and Goings” sign up required. Also, you can receive by email “Faith Tides” which has articles written by our Bishop, clergy, and a variety of people and topics throughout the diocese. These are varied pieces, sometimes local and recently an article was written about our property, by Bob Buchanan.

I would encourage you to take advantage of opportunities to join with other believers in the Victoria area, at one of those mentioned services. You will hear the majestic organ played beautifully, hear the choirs of the cathedral, including the cathedral school choir, all wonderfully trained to bring us joy in listening.

I know it is a drive into town, but I think you will be pleased to be blessed by the words of sermons and music of choirs and take the memories with you as you drive home. You will, I hope, feel part of the Diocese, that caring community of believers.

Also, when the invitations go out for the next dinner, you can be there if you wish. There will be news regarding the 2nd Annual Dinner in the Fall. I would like to encourage you to come along and see for yourself.

Around the Parish

by Ken Pedlow

Here are some of the highlights of the past three months in the parish. It has been a busy time throughout this winter season.



On Saturday, December 7th, the 20th Saanichton Community Christmas and Food Bank Fundraiser was held in Cooper Hall at St. Mary. Those in attendance enjoyed the pancake breakfast prepared by the Central Saanich Lions Club, the Christmas decorations put up by the church crew led by **Lynn Fallan** and the children had their photos taken with Santa.



Saanichton Community Christmas and Food Bank Fundraiser



Lon on Gaudete Sunday

December 15th, saw Gaudete Sunday, the third Sunday in Advent, celebrated in the parish at both services. The theme of this day is rejoicing in the anticipation of Christmas and is reflected in the pink Advent candle. **The Ven. Dr Lon Towstego** was arrayed in his salmon-coloured vestments for the occasion.

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Around the Parish *continued*

Christmas celebrations in 2024 started with the December 22 Lessons and Carols service at St. Mary and were followed by the Christmas Eve services at both churches and the usual joint Christmas Day service. Thankfully this year, the weather facilitated these services to be well attended. The church year ended with a joint lay-led morning prayer service on December 29th. Thank you to **Ian Stuart** and **Gary Moss** for their leadership at this service

On January 9th, St Stephen's saw the death of **Margaret Pollard**, a stalwart member of their congregation. The memorial service is scheduled for Saturday, March 8th at 1:00 p.m. at St. Stephen.

Thursday, January 16th saw a public meeting held in Cooper Hall at St. Mary to discuss the controversial **Aryze** development proposed for property adjacent to the Legion Manor housing project. This shows the ongoing use of all our facilities for community-related events.

On Wednesday, January 29th, a very enjoyable Burns Dinner was hosted at the home of **Lynn Fallan** by her and **Logan** and **Marcia McMenamie** to the great enjoyment of guests **Derrick and Pat Sparks**, **Anne Wing**, **Nancy Choat**, **Geri Hinton** and **David Cooper**. In addition to the haggis, presented by and addressed to by Bishop Logan, Marcia arranged a quiz for the dinner guests on facts about the bard. \$600 was raised in support of the Holly Fair.

The February 2nd Sunday services saw the celebration of **Candlemas** and the blessing of candles used in the church with a beautiful display of candles to provide decoration for the altar.

On Wednesday, February 5th, **Bishop Anna Greenwood-Lee** hosted the 1st Annual Bishop's Dinner at the Laurel Point Inn in support of the parishes of northern Vancouver Island. Some 112 people attended from across the Island, raising \$10,000 for this ministry. The Parish was represented by **Paul and Lynn Schumacher**, **Geri Hinton**, **David Cooper**, **Maria King**, **Lynda Clifford**, **Lon** and **Marian Towstego**, who enjoyed an excellent

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Participants at the Burns Dinner



Candlemas service at St Mary

Around the Parish *continued*



Peter Simpson on the 1975 Power King, plowing snow at St. Stephen. Yes it runs well!

dinner and evening. For more on this event see the article by Lynda Clifford in this issue of the newsletter.

Early February saw the arrival of snow in the parish. The parking lot at St. Mary was cleared at considerable expense by our contractor and snow clearing at St. Stephen was undertaken by **Peter Simpson**.

On February 12th **Angela Dyck**, who is the behind-the-scenes computer employee at the St. Stephen's cemetery, visited St. Stephen's with her new son **Oran**. **Rev. Lon, Jackie and Howie Kolson, Lynda Clifford** and **Bob Buchanan** were there to meet them. Lon blessed him and Jackie presented Prayer Shawls to both of them. This was a very happy event for all.



Lynda Clifford, Oran and Angela Dyck and Jackie Kolson

On Sunday, February 16th, a service was held at St. Stephen to dedicate a monument to the members of the **Whims** family and to recognize the many black pioneers buried in cemeteries in our community. An article in the February 20th Peninsula Review covered this event and a video of the proceedings was available on the paper's website. February is Black History Month.

Despite some significant recent health issues for the **Rev. Dr. Brett Cane** and his sister **Melanie**, Brett was able, on Wednesday, February 26th, to present his slides on six of the Baltic sea-coast cities he visited on his cruise last year. A good time was had by all who attended this slide show and dessert evening at Cooper Hall.



Parishioners and members of the Whims family at St Stephen's Cemetery

Recipe Page: Easy Beer Loaf

Submitted by Nancy Choat

This recipe was featured in the January issue of Seaside Times magazine (page 19). I tried it along with the Minestrone soup and it was easy and very tasty. It's perfect with soup.

Ingredients

- 3 cups of all-purpose flour
- 3 tsp of baking powder
- 1/8 cup of sugar
- 1 tsp of salt
- 12 oz (1 1/2 cups) of beer (your choice, including non-alcoholic) at room temperature.
- 1/4 cup of butter in small chunks

Instructions

- Preheat oven to 350°F.
- Mix dry ingredients and beer in a bowl. Do not over mix.
- Put dough in a buttered loaf pan and very lightly push dough into corners of the pan. Do not pat dough down.
- Dot top of dough with chunks of butter.
- Bake for one hour. Let rest for 15-20 minutes.
- Remove from pan.
- Slice and enjoy!



Anglican Parish of Central Saanich Directory

The Ven. Dr. Lon Towstego 250-208-9949 ltowstego@bc.anglican.ca

Parish Council: Ex Officio

Ven. Dr. Lon Towstego

Rev. Gil Shoesmith

Rector's Wardens: St. Mary
St. Stephen

Ken Pedlow, ken.pedlow@shaw.ca

Robert (Bob) Buchanan, rjbuchanan6201@gmail.com

People's Wardens: St. Mary
St. Stephen

Vacant

Maria King, rociok@shaw.ca

Members: St. Mary
St. Stephen

Lynn Fallan , Becky Lowe, Marcia McMenamie, Ian Stuart

Lynda Clifford, Terry Hartley, Gill Shoesmith

Youth Representative:

Jacob Shoesmith

Synod Delegates: St. Mary
St. Stephen

Karen McColm, Ken Pedlow, (alt)

Don Wilson

Parish Treasurer:

Lynn Schumacher

Leslie Pedlow is primarily at the St Mary's office on Tuesdays, Wednesdays and Thursdays from 8:30 am to 1:00 pm.

At the St. Stephen Church office, **Lon Towstego** will be in the office on Fridays from 9:30 am to 12:00 noon.

Please call or email your respective office for the most up-to-date information on their availability and access to the office.