



St. Luke Cedar Hill

www.stlukesvictoria.ca

"a beacon in the community, illuminating
many ways to encounter God"

The Prescription



FALL 2025

St. Luke's Rector: The Reverend Daniel Fournier

Editors: Sharon McMillan, Neil Patterson, Barb Prescott

Cover photo by Sharon McMillan

(All unattributed pictures in this edition are from websites that offer free photos for non-commercial use)

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We embrace the knowledge that the Lək'wəŋən and W̱SÁNEĆ peoples are the original custodians of the lands on which we gather. Their traditions are a blessing that can open our hearts and minds, and they are bearers of ancient wisdom that can give us hope.

From the Editors

Sharon McMillan, Neil Patterson, and Barb Prescott

Welcome to this Fall 2025 issue of ***The Prescription***. Thank you to everyone who sent in pictures and articles for this issue. We are always happy to receive your contributions! We also appreciate feedback and suggestions as to what you would like to see included in ***The Prescription***.

The submission deadline for the Christmas edition of ***The Prescription*** is **Friday, November 28th**. As you are reading this ***Prescription***, please think about articles, photos, poems, or other creative endeavours you could send for the Christmas issue. Please send your contributions to:

communications@stlukecedarhill.ca or admin@stlukecedarhill.ca.

October Musings

Something I find interesting about church communities is how they bring together people from varied backgrounds with diverse skill sets, more so than you would often find in work situations. Workplaces are often geared to those with particular skills: teachers work together at a school, lawyers work with other lawyers in law firms. But churches attract people with a variety of work experiences and traits. That is one of the reasons I enjoy working with others in our church community. I am able to work with people with a variety of talents and also know that with God working in us, we can do infinitely more than we can ask or imagine, as we say at the end of the 10 am service on Sunday mornings.

Several events were held in October to recognize volunteers, who give their time and talents to St. Luke's and to the Diocese. As well as a time to come together and celebrate as St. Luke's community, our Celebration Sunday lunch is a way to thank all of the volunteers at St. Luke's. We provide a catered meal that everyone can enjoy – no one is in the kitchen at home making a potluck dish to bring, or in St. Luke's kitchen serving or cleaning up. We enlist others to help with this. Thanks to our youth team this year: Sam Sayers, Aanika White, Dexter Fyfe, Hailey Just, Jesse Charmley, and Rebecca Ford. As well, the Investiture Service at Christ Church Cathedral on October 25th recognized lay volunteers throughout the Diocese. I was honoured to be nominated this year to be invested as a Member of the Order of the Diocese of British Columbia.

It's been a busy couple of months since our last issue of the *Prescription* at the end of August. We've held an Attic Treasures Vintage Market, a Blessing of the Animals service, Thanksgiving services, Celebration Sunday (only few pictures from Celebration Sunday fit in this issue – watch for more in the next issue!) and attended the Investiture Service at Christ Church Cathedral. This issue also includes a report from the youth and their leaders who attended CLAY (the Canadian Lutheran Anglican Youth gathering) in Saskatoon at the end of August.

Blessings to all during this fall season,
Barb



*Pictured above are our youth servers
at the Celebration Sunday lunch
Photo credits: Sharon Hallsor*

From the Rector's Desk

by the Rev. Daniel Fournier



Dear Friends,
I typically select a theme or reflect on a personal experience when preparing my contributions for *The Prescription*. On this occasion, however, I am providing what may be considered an interim update regarding parish affairs for 2025. There is a considerable amount to convey, but I will focus on three key highlights.

Parish Celebrations and Milestones

Throughout the first ten months of this year, St. Luke's has experienced an exceptionally rich and meaningful period. One of the most significant moments was the celebration of the Parish's 165th anniversary. This joyful occasion brought together Bishop Anna, a broad circle of friends, and our parishioners, highlighting the enduring bonds within our community.

The anniversary was marked by gathering at three important tables: the table of the Word, the table of the Eucharist, and the table of a shared celebratory meal. Each table represented a distinct and vital aspect of our parish life—spiritual nourishment, communal worship, and fellowship. Coming together in this way allowed us to honour our past, give thanks for our present, and build hope for our future as a parish family.

We appreciated the contributions of all participants in the event, including St. Luke's youth and friends for serving the meal, Yasser Youssef from Fig Deli for preparing the food, Rebecca Ford for overseeing the kitchen, and Tara Poilievre for creating two beautiful cakes. Overall, the day was highly successful.



*One of Tara's beautiful cakes
Photo credit: Sharon Hallson*

Music Ministry Renewal

Another significant source of joy within our parish community this year has been the arrival of our Interim Music Director, Alan Whitmore. Alan has brought with him not only considerable musical talent, but also a genuine passion for fostering a renewed sense of purpose and energy within our music ministry. His leadership has been instrumental in encouraging the growth of our choir, inspiring members to discover new levels of ability and potential within themselves.

Through his guidance and dedication, Alan has offered the parish a remarkable gift—one that is already evident in the choir's evolving sound and confidence. As the choir continues to flourish under Alan's direction, the entire parish benefits from the enriched worship experience that music brings. This renewed focus on music ministry is helping to cultivate a deeper sense of community and shared purpose among choir members and parishioners alike.

Sacred Frontier Study Group: Embracing Renewal and Discovery

Another notable source of joy and renewal within our parish community is our openness to the unexpected ways in which God works among us. This openness has been especially evident through the recent success of our Sacred Frontiers study group, which was held last spring. The group's experience reflects a deep and genuine desire among members to learn, explore, and grow in faith—both within St. Luke's and beyond.

Over the course of more than twelve weeks, up to twenty participants came together, journeying side by side through study, reflection, and discussion. This communal commitment to spiritual growth and learning fostered a sense of connection and mutual encouragement, strengthening our collective faith and understanding.

Building on this positive experience, we are excited to announce that a second year of Sacred Frontiers studies will be launched in January. All parishioners are warmly invited to join and participate in this upcoming period of learning and renewal, as we continue to seek deeper faith and a greater sense of community together.

Looking Ahead: Anticipating Advent and Christmas

There are many other great things to speak about and much that has yet to happen as we enter the last two months of this year with Advent and Christmas approaching very soon. As our parish prepares for these meaningful seasons, we look forward to additional opportunities for celebration, reflection, and coming together as a faith community. The anticipation of Advent brings a sense of hope and preparation, while the joy of Christmas offers a time for gratitude and renewal. As we journey through these upcoming months, we remain excited for the events and experiences that will continue to enrich our shared life and deepen our faith.

A Closing Reflection: Living a Sacred Life

Before concluding, I would like to share one final thought. Recently, I was asked to share the quote that I used in my homily on Sunday, October 26th. "May the Christ in me see and honour the Christ in you, And the Christ in you see and honour the Christ in me." I believe this quote offers a profound and holy approach to living a sacred life, inviting us all to reflect on how we see and honour Christ's presence in ourselves and in one another.

As we come together in anticipation of Advent and Christmas, let us hold fast to the peace we share as a faith community. In this season of hope and renewal, may the spirit of peace guide our hearts, deepen our connections, and inspire us to honour the presence of Christ within one another and ourselves. Let us continue our journey with gratitude and a commitment to living sacred lives, fostering unity and compassion in all that we do.

Peace be with you all.

Daniel +

Your Support is Always Gratefully Received...

Contact the Parish Office if you would like to help
as a Reader or Liturgical Assistant **with keeping the grounds tidy**
or by donating to the Altar Guild for flowers

Financial support of St. Luke's is always welcome.

Make an extra financial donation to St. Luke's by:

- **Cheque or Cash** (collection plate, mail it, drop it off at the hall, or have it picked up)
- **E-Transfer** (from your bank account)
- **Credit Card** (Canada Helps)
- **PAR** (Pre-Authorized Remittance Program, also called automatic debit)

Visit the Donate page at the website (<https://www.stlukesvictoria.ca/donate>) for more information about making financial donations.



Dates to Note: November through December 2025

Date	Event
Friday, November 7 th	Fantastic Friday (aka Messy Church) – 4:30 – 6:30 pm
Sunday, November 9 th	Service of Remembrance – 10 am to recognize veterans in St. Luke's Cemetery
Thursday, November 13 th	Silver and Sage – 1:30 - 3:30 pm in the church Explore a Theme through Story and Poem
Sunday, November 16 th	Reflections Service – 4:30 - 5:30 pm in the church with sound weaver, Sylvia McAvany
Saturday, November 22 nd	St. Luke's Christmas Bazaar – 10 am - 2 pm
Thursday, November 27 th	Silver and Sage – 1:30 - 3:30 pm in the church Prospecting for Gold and Other Valuable Metals
Friday, December 5 th	Fantastic Friday (aka Messy Church) – 4:30 - 6:30 pm
Sunday, December 7 th	10 am Service with Christmas Pageant followed by a potluck lunch
Thursday, December 11 th	Silver and Sage – 1:30 - 3:30 pm in the church Sing Your December Favourites
Sunday, December 21 st	10 am Service with pre-service Carol Sing starting about 9:45 am.
Sunday, December 21 st	Longest Night Service – 7 pm
Wednesday, December 24 th	Christmas Eve – Christingle Service – 4 pm
Wednesday, December 24 th	Christmas Eve – Choral Eucharist – 8 pm pre-service Carol Sing starting at 7:45 pm
Thursday, December 25 th	Christmas Day Service – 10 am
Sunday, December 28 th	Service of the Word – 10 am No 8 am Service



*The high altar decorated for Thanksgiving
Photo credit: Barb Prescott*

Penfriends

By Gillian Bloom



When I was in the 6th form of my all-girls school in England, we were introduced to the idea of having a pen friend. I do not remember how the penfriends were acquired by our teachers, but I ended up with three. I was quite excited about getting in touch with them, so I started by writing to a boy in South Korea. He was the same age as me – about 16 – but lived a very different life. His letters were very sporadic but continued for a few years when finally he wrote to say that our friendship must end as his wife did not approve!

The second one was Gerd from Sweden and our letters (albeit just at Christmas for the last few years) only ended a couple of years ago. I wrote but got no reply so presumably she has passed away. One of my first big adventures was travelling to Sweden by myself to go and visit her. She lived in Gothenberg and she was the only one in the family who spoke any English. We did a lot of sightseeing and I even managed to get over to Stockholm. However, a very strange thing happened. She started to be very rude to her parents and would leave the house without warning. She hardly spoke to me at all and I had no idea what to do. Her parents were very worried and finally got her to a doctor. She was actually admitted to what we would then have called a mental asylum as she was not making any sense at all. Then of course, there was a language problem as her parents did not speak any English. There was no way I could contact my parents (no internet in those days,) so I had to wait it out until my planned return to England. I did get to visit Gerd in the hospital, which was quite a frightening experience. I am glad to say that they discovered it was an insulin imbalance and she was allowed back home before I had to leave and she was back to normal – what a relief!

My third pen friend was Michele from Paris and as well as the letters, we actually saw quite a lot of each other. I visited her and her family in Paris when I was around 16 and I spent a lot of time with her mother, going shopping and exploring the area in which they lived. I can't remember where Michele was but she only seemed to be there in the evenings. It was a great experience (especially as my French was not very proficient then). The second time I saw her was when my brother and I went over to France and went skiing with the family. We learned to "chasse neige" (snowplow) and had a great time even though neither of us had skied before!

The third time I saw her was when she came to England to my wedding. She had a very mischievous nature and she nearly wrecked our honeymoon. The marriage ceremony and the reception were over and we were ready to leave for the Lake District. We had driven for about an hour and I decided I would like a chocolate (I knew we had some in the trunk). Imagine my dismay when I opened the trunk and none of our suitcases were there! I phoned home and couldn't get much sense out of anyone but finally my brother discovered that Michele (as a prank) had put the suitcases in the swimming pool, which was empty at the time. So my brother had to drive to where we were parked, bringing the suitcases, and we could finally proceed with our honeymoon.

I saw Michele one more time after many years had passed when I was about 30. I took the train and the "Chunnel" and met her at the station in Paris. It was as if we were in our teens again. I would have

recognized her anywhere. It was so good to see her again, and she took me all over Paris – a really wonderful time. We continued writing , but mainly at Christmas, when sadly I received a letter from her sister, Chantal, saying that she had passed away – at a very young age – she didn't even reach 50. Such wonderful memories of all three. My daughter's middle name is Michele.

Dear God, Thank You for the gift
of life and allowing me to see another
beautiful day. As this New Season of

Autumn begins,

I come to You with a heart full of gratitude
for guiding my path, keeping me in good
health and giving me strength to get
through. May the days ahead be filled with
joy, love, blessings and answered prayers.
Heal the sick and place hope in the hearts
of those who need it. Help me to make the
most of each moment and to spread
love and kindness wherever I go.
Bless everyone this new season with your
divine protection, favor and peace.
Amen

submitted by Harry Felsing

Hope

A Poem by Joan Jolson

WHAT IS HOPE?

It is a feeling where broken hearts can be mended
Or a feeling where we cannot see an answer
To that which keeps us down
Or is it the feeling that can take us up to great heights
Where life is full of sun and light and holds it to our hearts and in our lives

Is it a phantom that lurks in our darkness?
That is elusive to our minds, hearts and lives
Ever taunting us from behind closed doors within ourselves
Or is it the key to open these closed doors?
To allow us to live a fuller life with Peace and Love

Maybe the quiet within our hearts will manifest the peace that will allow us the Hope we need
by opening our eyes, hearts and souls to the love around us.



A Conversation with St. Peter

submitted by Harry Felsing

A man dies and goes to Heaven.

St. Peter says, "You need 100 points to make it into Heaven. Tell me all the good things you have done and I'll tell you how many points you get. When you reach 100 points, I'll let you in."

The man says, "I went to church every Sunday."

St. Peter says, "That's worth 2 points."

"Two points? Well I always gave 10%."

"That's worth another 2 points."

"Two points? Wow. I started a Soup Kitchen," says the man.

"Fantastic!" Exclaims Peter. "Another point well deserved."

"I was married to the same woman for 50 years and never cheated on her."

"That's wonderful," says Peter, "That's worth 3 points."

"THREE POINTS?" The man cries, "At this rate the only way for me to get into Heaven is by the Grace of God!"

"Come on in!"

Attic Treasures Vintage Market - September 20, 2025

by Carol Turnham

St. Luke Cedar Hill held another very successful Attic Treasures Vintage Market on Saturday, September 20th, from 9:00 am-4:00 pm. Twelve spaces and tables were rented to vintage vendors, for \$150 for an 8' x 8' space or \$100 for a large table with room divider backdrop. Including the rental of tables to the vendors, the Market brought in \$4,372.

Vintage Fashion Showcase, who co-convened the event, sold their vintage clothing and accessories in the Sequoia Lounge. St. Luke's had a table for vintage items and a Silent Auction table, to sell particularly valuable items. We did not request donations from parishioners for this sale but simply sold vintage items left over from the Spring Fair as well as the many generous donations we received from community members! Unsold items will be available at our Christmas Bazaar on November 22nd.

Our sincere thanks to all who helped with this endeavour. My thanks to Harold Turnham, Tara Poilievre and her family, and the Scouts for the set-up and takedown. Thanks to those who helped with advertising in various ways.

Thanks to those who manned the entrance table all day, particularly Gillian Bloom, Penny Stanley, Heather Simpson, Sharon McMillan, and Genessa Poilievre. We had 53 Early Birds who paid \$10 for entry during the first hour. From 10 am – 4 pm, the entry fee was \$3. A total of 348 people attended.

A big thank you to Tara Poilievre, Barb Prescott, Linda Beltrano, Nazzi Barani, Samantha Poilievre, and others for their help with St. Luke's sales table and the Silent Auction. Sandra Lindberg, the "hostess with the mostest", provided much appreciated coffee, tea and goodies to the vendors and workers all day.

Our thanks also to Matthew Robertson and Sharon McMillan for arranging for appropriate music to set the tone. Thanks to those who dressed in vintage attire to also add to the fun.

A good time was had by all and we look forward to our next Attic Treasures Vintage Market on February 28, 2026.

Our Next Fundraising Event - St. Luke's Christmas Bazaar



Attic Treasures Vintage Market Photos

by Sharon McMillan and Barb Prescott



While Travelling....

submitted by a St. Luke's Cemetery Volunteer

During a recent family vacation, we spent some time in England. The main reason was to experience firsthand where our ancestors lived and worked, and for some, where they were laid to rest. We visited the church where my great-great-grandparents were married, the homes they lived in as children and the ones they lived in just before coming to Canada. We also visited several cemeteries, which are the final resting places of our ancestors who remained in England.

One morning, we set off for a cemetery in a southwest London borough, with plot numbers and a map of the grounds in hand, both of which I had found online. I thought I was prepared, but in hindsight, I was not. Although the cemetery is city-owned and maintained by staff, there is no signage, and large portions, particularly the oldest sections, have been overtaken by blackberry bushes. Unfortunately for us, these unmaintained areas, labelled 'conservation areas', were where our ancestors are buried. It was not possible to access their plots.

Feeling deflated and sure that we would not find the final resting place of any of our ancestors, we wandered the cemetery and read some of the headstones. One of the headstones that caught our attention was that of a mother and her three children, all of whom died on the same day. The headstone inscription referenced "The Blitz," and with a quick search on our cellphone, we discovered they were the victims of the aerial bombing campaign on major British cities by Nazi Germany's Luftwaffe in 1940-41.

We returned the next day, with renewed enthusiasm to locate the plot of my great-great-great aunt and uncle. Their plot was also in a conservation area, but someone had cut a small path through the blackberry bushes. We followed it and came to a Commonwealth War Graves Commission (CWGC) headstone, which explained why there was access. On either side were blackberry bushes, but a quick search on the Find-A-Grave website resulted in the plot number of the CWGC grave. This allowed us to pinpoint our ancestors' resting place, which was just four plots over!

With a large stick, I hit at the blackberry bushes, and lo and behold, the headstone of my great-great-great aunt and uncle appeared! That evening, while having dinner at a local pub, I asked a group of women sitting next to us where I could buy clippers, known as loppers in England, as we were now determined to tackle the blackberry bushes. One of those women offered hers, and so the next morning we went to her home, where she gave us loppers and gloves. Now better equipped, we headed back to the cemetery.



We cleared the area and cleaned the headstone. We decided to buy some flowers to place in the vase. At the corner store just down the road, the woman asked whom we were buying the flowers for, and we indicated they were for our ancestors at the cemetery. She offered us a second bunch at no additional cost. We placed one bunch at my great-great-great aunt and uncle's grave, and the other at the grave of the woman and her three children.

I share this story because, as a more recent volunteer at St. Luke's Cemetery, I've come to appreciate the incredible work being done by the St. Luke's Cemetery Committee. At the cemetery, this includes providing row markers and keeping up the grounds by hosting community cemetery cleanups. Online, the committee offers free access to the cemetery's database, including a dedicated section for veterans. Each year, during Remembrance Day week, the committee honours every veteran buried in the cemetery, and last year they hosted an Old Cemeteries Society of Victoria walking tour.

History can be discovered in books, online, and in museums, but it can also be uncovered in cemeteries. Kudos to the St. Luke's Cemetery Committee and the community members who have contributed in countless ways to the preservation and care of this historic cemetery!!!



An Update from Shannon Stewart



*St. Luke's Archives
in the storage room at the back of the hall
Photo credit: Barb Prescott*

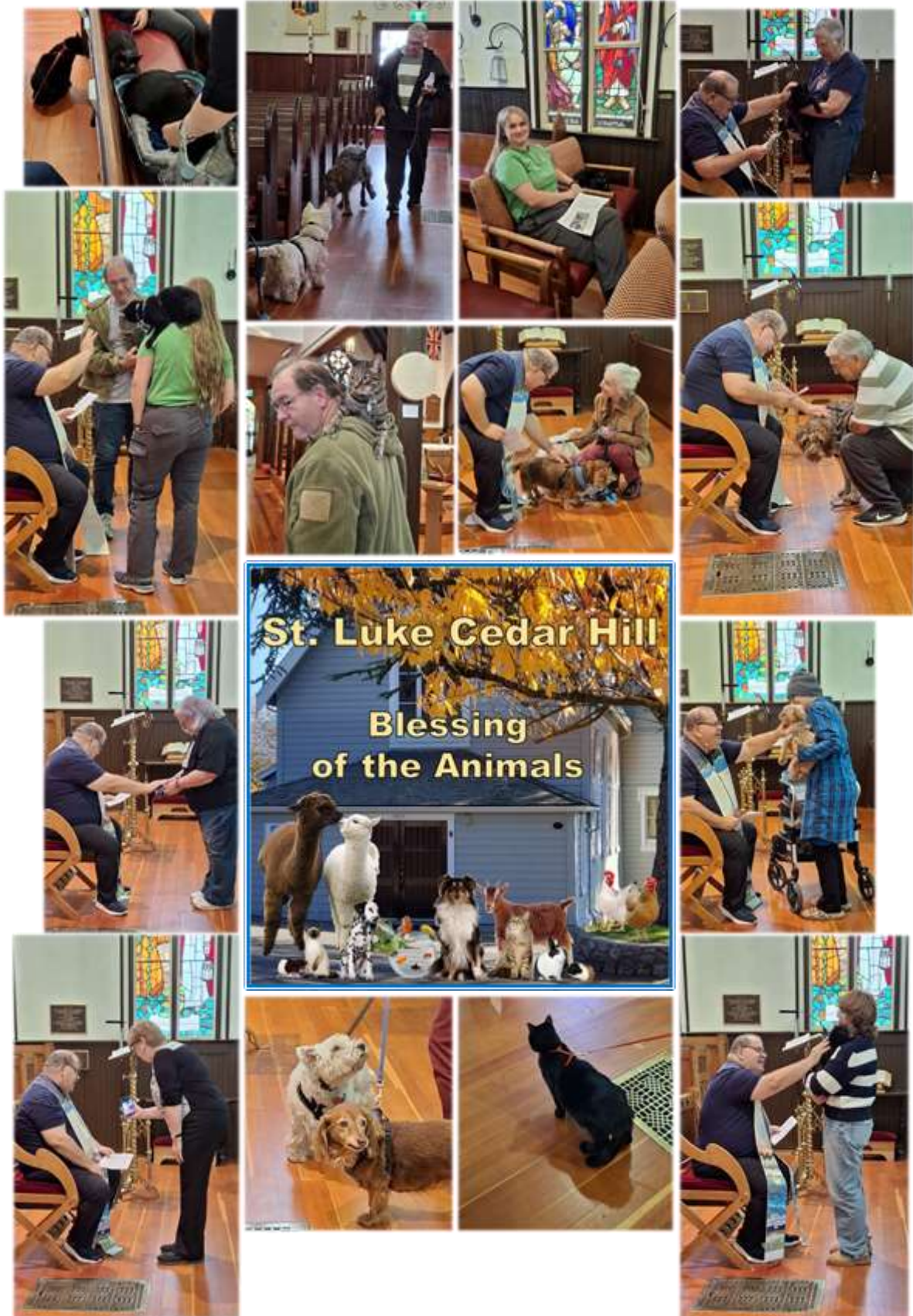
This summer, I worked at St. Luke's as a research archivist through a Canada Summer Jobs grant. I added five boxes of material to St. Luke's archives, reorganized and added to the library, and created a book with biographies of past priests of St. Luke's.

My summer job helped give me valuable experience to carry forward into my current program, the Dual Masters in Library and Archival Studies at UBC. So far in the program, I've learned about the importance of context and relationships in archival documents. All of the documents in our archive are related to each other, the different functions and activities at the church, and the people who created and used the documents. Our archival documents tell the unique story of our church. I'm glad that I was able to help preserve the story of our church through my work in St. Luke's archives this summer.

Editors' Note: We were pleased to receive a Canada Summer Jobs grant and to be able to hire Shannon to do this work for us. She did a great job for us! We wish her well in her studies at UBC.

Blessing of the Animals

photos by Tara Poilievre



Silver and Sage – Lift Off!

by Brenda Morgan



On September 25, after a year of planning, Silver and Sage 55+ Seniors' Program got off the ground. It was much anticipated, and the event did not disappoint. We were expecting thirty or so people, but over sixty came. Some were members of our parish, but others came from afar; one even told me she was from Sidney.

We wanted something special for our first meeting, and Claire White supplied us with that: she brought Langham Court Readers' Theatre Group with her, and they performed "Fourteen", a one-act radio-play. It was light and fun and gave our program a wonderful start. Thank you, Claire! However much one plans, there is always danger of something going awry—and of course, that happened too. One of the fuses blew and our plugged-in urns of coffee and tea got cold. *C'est la vie!* The powers up there were having their little joke: *You've had a success; don't get too proud now! You've still got work to do.*

Seriously though, we live in a world of social media, and yet socially so many feel lonely and unsupported. Some people I talked to said they had come because they needed more "connection". Some just need an outing and a little fun in their lives; some are bored and need stimulation; others need to find a purpose. We can't be everything to everyone, but in our small way we can help, and that is our goal. Our motto is Seniors Supporting Seniors, and that is what our group will do. We hope over the next few months to include other entertainments, music, practical workshops, and informative talks. We rely on people we know who have expertise in different areas to help us deliver the program. It's amazing how diverse and varied our group is. We are blessed with having experts in so many different areas.

The idea for a Seniors' Program came about during my term as warden, when St. Luke's received a letter from Elizabeth May, our MP, alerting us to a grant that the federal government was giving to form such a group. I asked Sharon McMillan and Brian Dominique to help me with the grant application, and that started us on a journey of discovering what a Seniors' Program should be.

We talked at length about the special needs of seniors, identifying several areas that a good program would need to address. They were diverse in nature. We developed a list of objectives and a variety of activities that we felt would meet the objectives.

We did not get the federal grant we were hoping for, but I thought the whole idea was wonderful, and with or without money, we should give it a go. I mentioned it to Bishop Anna, and she said she thought the Diocese might be able to help financially. She asked me to send her a copy of the plan to consider. A few weeks later a cheque arrived, to use for the seniors' program. We had the seed money to get started. Many thanks to Bishop Anna for giving us the encouragement to get off the ground.

I would be remiss if I didn't mention the brilliance and talent of Sharon McMillan, who was with me every step of the way, and often much ahead. In addition to all her clever ideas, she designed the very professional promotional items: the logo, the pamphlet, the rack-card, and posters.

Not getting federal funding has forced us to be resourceful, and I have concluded that it is the enthusiasm of members and not money that most enriches a program. Ultimately, it will be a willingness to participate and contribute that will keep the program alive. We have an exciting program to offer, but sometimes we will not bring anyone in to present a topic, but rather it will be the members who bring in their stories and chatter to make the session all about connection and "getting to know each other".

Check St. Luke's website for more information about upcoming meetings and events.

Langham Court Readers' Theatre Comes to St. Luke's

by Claire White

It is amazing how timing works in ways we are not always aware of and how those threads are woven together to make new beginnings...

When Brenda Morgan was brainstorming with other members of the *Silver and Sage* committee as to how to kick off *Silver and Sage's* inaugural community session, my comment was:

"Have I got an idea for you... I am directing two One Act Plays at Langham Court Readers' Theatre, and so we can come and perform one of these plays for Silver and Sage."

The committee thought this was a great way to kick off the start of this new ministry and took me up on my offer.

One thread starting...

Around the same time, I was holding auditions for the upcoming One Act Plays at Readers' Theatre and had more actors come out to the audition than was needed for the plays. So I asked all the actors if any of them would be interested in performing one of the plays in the community, just thinking of the new *Silver and Sage* that was going to be launched in September, as an idea.

Another thread ...

So many of the actors signed up to take the plays on tour that I was able to cast all the interested actors either in the plays at Langham or for the tour to *Silver and Sage*. Many happy actors.



*Actors, left to right: Barb Waldner, Carl Powell, Penny Pitcher, and Laurie Ellen Best
Photo Credit for this photo and photo on the previous page: Sharon McMillan*

More threads forming...

On Thursday September 25th, Langham Court Readers' Theatre came to *Silver and Sage's* first session at St. Luke's Church and performed the light-hearted comedy play "*Fourteen*" written by Alice Gerstenberg. There were over 60 people sitting in the pews watching the 30-minute play, laughing and smiling, taking it all in.

The play was well received and after the performance, during the meet and greet, Martin and I were approached by a few people who wanted the play to be performed at other locations, and can they join the Langham Court Readers' Theatre?

Threads starting to weave...

We are always looking for more people to join in with Langham Court Theatre in many ways, whether being involved in the main productions or Readers' Theatre. The advantage of Readers' Theatre is that the time commitment from start to performance is only two weeks with a total of four rehearsals and one performance on the main stage at Langham Court Theatre. We have two sessions a year booked at Langham and so have the time to take the plays on tour. We are going to build up a repertoire of plays to choose from and have a list of actors who are happy to tour at various locations, so there will be opportunities for all to take part at some point.

So where will these threads take us? What are we beginning to weave here?

Only time will tell...

Are you interested in joining in and weaving something new in your life and the life of others?

If so, please contact Claire White at clairew1@telus.net

Our Youth are Rooted and Rising

by Sharon Hallsor

Every two years, Anglican and Lutheran youth (aged 14-19) come together from all parts of Canada to celebrate their relationships with Christ, and forge new relationships with one another. It is a remarkable experience, offering faith, fun and adventure. Of course, I am talking about CLAY – the Canadian Lutheran Anglican Youth gathering. This summer the event was held in downtown Saskatoon, Sask. from August 21-24 at the Anglican Cathedral of St. John the Evangelist. Over 350 youth, leaders, clergy and bishops gathered around the theme of “Rooted and Rising”. Jordan Cantwell (Growth Animator for the United Church in the Prairie Regions) proved to be an excellent keynote speaker during the ‘Large Group Gatherings’ each day. Through the use of engaging storytelling, humour and parables of Jesus, Jordan called on the youth to consider what roots them in their faith and in their sense of self. Secondly, how can they carry these gifts out into the world?

We were fortunate to have several youth from Victoria, BC attend this year’s CLAY: Aanika White (14), Genessa Poilievre (15), Dawn Bradley (15), and Scarlett Allen (15) from St. Luke’s. Sam Sayers (15) joined the group in Saskatoon and attended from Lutheran Church of the Cross. I was pleased to provide the primary leadership for our team, with the support of Tara Poilievre (St. Luke’s Youth Leader) and Pastor Lyndon Sayers (Church of the Cross).

As has become the custom for our diocesan youth travelling to CLAY, our delegation worked hard beforehand to raise enough funds to include a ‘pre-trip’ in order to explore the wider region in which CLAY was being held. This year it was the prairies of Western Canada. Flying from Victoria to Calgary, and driving on to Saskatoon and back, provided an even deeper experience of God, and enabled us to consider what ‘Rooted and Rising’ might mean for us.

Our journey began along the beautiful foothills of the Rocky Mountains heading south on the Cowboy Trail, with stops at: Christ Church in Millarville (built in 1896); Bar U Ranch, a national historic site in Longview; Okotoks Erratic; and the UNESCO World Heritage site of Head Smashed-In Buffalo Jump near Fort McLeod. Further highlights of our trip included visiting the Calgary Zoo; exploring the vast, flat prairie landscape; and a rather hot day in Drumheller to see first-hand the depth and breadth of God’s creation over time at the Royal Tyrrell Museum.

During our time at CLAY, we participated in a very well organized and thoughtful program. A local Saskatoon band led the music during worship and at our large group gatherings. Overall, our time was divided between three church locations: St. John Anglican, Knox United, and Zion Lutheran. Approximately 20 workshops were offered and we encouraged our youth to choose activities that interested them most. Thus they selected: Rooted in Theatre; Meewasin Valley Clean-up; Queer and Christian without Contradiction; Dancing our Prayers; Rooted and Rising Journaling; and Walking the Meewasin Trail. An offsite trip was scheduled to Wanuskewin Heritage Park, northeast of Saskatoon. While there, we learned about the role of the bison as a cultural and spiritual keystone to the Northern Plains Indigenous peoples.

These are but a few of the experiences we shared this summer. More importantly though, we had a rare moment of time that we were able to spend together, knowing God, and knowing that we are loved and supported. For this, I will be forever grateful. The feelings gained at CLAY are shared by all and not forgotten, even years later. And to that end, I strongly encourage you to encourage youth to

attend the next CLAY. The good news is that the next gathering will be much closer to home. On the last day, it was announced that CLAY 2027 will be held on Vancouver Island in Nanaimo. I hope that I will see youth from St. Luke's at CLAY 2027.

CLAY 2025 – Rooted and Rising

photos by Sharon Hallsor and Tara Poilievre

Alberta / Saskatchewan border



St. John's Cathedral



At Wanuskewin, Saskatchewan



Wanuskewin, Sask.



Head Smashed-In Buffalo Jump, Alberta



Christ Church, Millarville



Tiny Church in Drumheller



Youth Impressions of CLAY 2025

submitted by Tara Poilievre and Sharon Hallsor

The youth attending CLAY (Scarlette Allen, Dawn Bradley, Genessa Poilievre, Aanika White, and Sam Sayers) were asked six questions. Their answers are below.

1) What was the best part of the CLAY conference for you?

Aanika and Sam found the trip to the Indigenous Heritage Center, Wanuskewin, particularly interesting: "...especially the part where we got to see what the different parts of the bison were actually used for."

Dawn said CLAY was a lot of fun with the workshops and the music and such! But honestly, she really enjoyed the free time where she could talk with her home team about the day and other random things. She remembers talking in a field while everyone else was playing glowstick tag. "It was really awesome."

Genessa said the best part of CLAY for her was playing games that allowed her to learn about Lutheran and Anglican groups that support various communities.

The best part about CLAY for Scarlette was seeing different churches from all over Canada come together and worship.

2) Tell us something about the workshop you attended at CLAY.

Sam was at the Meewasin Trail cleanup, along the South Saskatchewan River: "There was a surprising amount of garbage, but filling up multiple garbage bags also felt like you were making a difference."

Aanika and Scarlette attended a workshop called "Queer and Christian Without Contradiction." They found it very welcoming and everyone running it was awesome and it was interesting to learn about how God accepts everyone no matter race, gender, or sexuality. Scarlette especially liked the poem they read. Aanika said the key takeaway from this workshop was that Christianity is about loving everyone—and notably, that Jesus never expressed any stance against being queer.

Genessa went to the Meewasin Trail hike along the river. "We got to see pelicans and we walked onto a train track bridge."

Dawn went to a workshop called "Rooted in Theater". "It was really fun! They mostly just played some games that involved acting, but overall, I felt really comfortable with everyone there."

3) What message did you come away from the conference with?

Genessa learned that anything can grow - some things just need more time, care and attention.

Aanika learned that Christianity is really about loving each other no matter what.

Scarlette left CLAY with the message that you don't have to fit a certain mold to worship Christ - anyone can do it, and that God loves everyone.

Dawn was reminded of John 3: 16: "For God so loved the world, that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

Sam said the conference helped him to be more comfortable walking up to people and getting to know them.

4) What would you tell another young person, if they were interested in attending CLAY in the future?

"CLAY is a super welcoming gathering where you can participate in many activities, make new friends, and learn more about Christianity, while being supported by everyone."

"You get to meet lots of people from around Canada, the activities are fun, and things like the songs aren't too "churchy" like some church camps can be."

"It's not just about the conference itself; sometimes it's about the memories and friends you make along the way."

"I would encourage them to just have fun and engage and participate in all the great activities because everyone is very kind there, don't be afraid to speak up!"

5) Which one of the churches we visited was your favourite?

Aanika, Scarlett and Genessa's favourite church was Knox United Church in Saskatoon. They thought it looked really pretty, and they loved the architecture. Scarlett referred to it as 'stunning', and Sam said the light shining through the glass at the back of the church was amazing. They made great memories there with their friends while engaging in a group activity.

St. John's Anglican Cathedral was Sam's favourite. The wooden beams in the roof were beautiful. He liked the golden hanging lights, the font was cool, and the red brick on the outside made it stand out.

On the road trip back, we stopped at this really tiny church you could go into in Drumheller! Dawn really liked it: "It felt cute and humble."

6) Overall, what was your favourite part of the trip?

Aanika: "I generally enjoyed getting closer to my friends and spending so much time with them. It was interesting to find out new things about all of them."

Sam: "My favourite part was meeting random people from all over Canada, ...even talking to all the bishops and the sound guy. It's fun to get to know people and see a little of what their life is like."

Genessa: "My favorite part of the trip was driving, and spending time with my friends, and getting to know them better."

Scarlett: "My favourite part about the CLAY trip was definitely being able to visit somewhere I have never been before, and make tons of lifelong memories, and strengthen my friendships with the people I went with."

Dawn: "THE ROAD TRIP HANDS DOWN. It was so fun just hanging out in the car and singing stupid songs while we passed by a huge field of cows. And just the random tourist stops we would make were also really fun!"

Tara: "I loved the whole trip. The girls had a great time getting to know each other and welcomed Sam right into the throng when we got to Saskatoon. There were many highlights along the way and the conference was well put together, with a weekend-long game that got the kids mixing and talking to others. I have to admit a highlight for me was getting to meet some of my prairie cousins (two 2nd cousins once removed, four 3rd cousins, and twenty-one of Genessa's 4th cousins) for the first time while we stopped at Atton's Lake (near Cut Knife) for a swim on the way back after the conference."

Sharon: "As much as I enjoyed the beautiful landscapes we drove through, and the interesting sites we explored along the way, my favourite part of this CLAY trip was witnessing these young people come into their own. I was awed by their quiet talents that are only just beginning to take root: Dawn's joy of singing; Scarlett's commanding use of words; Genessa's forethought; Aanika's loyalty; and Sam's self-assuredness, just to name a few. I honestly feel blessed to know these people, and to be in a position to continue to watch them rise."

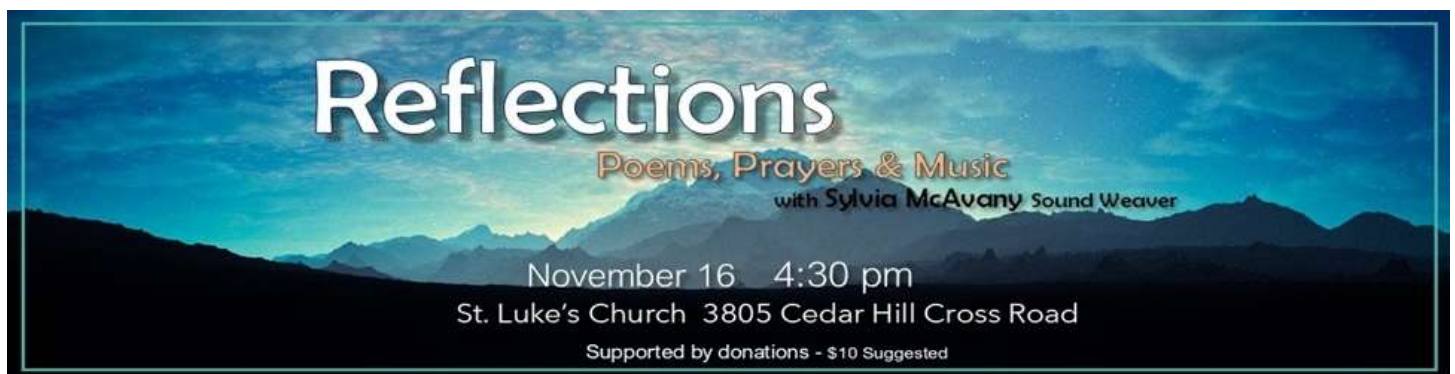


Cozy Choir

The choir is ready for cooler weather! Last winter-spring, the choir's own fibre-talented chorister, Maria Ross, crocheted lovely, warm scarves for the choir. They look smashing!

*Front row L-R: Donna Dunning, Genevieve Richards, Susanne Reul-Zastre, Heather Moon, and Cynthia Blackburn
Back row L-R: John Laidlaw, Anton de Bakker, BJ Van't-Haaf, Mary Byrne, Jet Starkey, Maria Ross, and Matthew Robertson*

An Upcoming Event – Reflections with Sound Weaver, Sylvia McAvany



Donating Securities to St. Luke's

by Patrick Smith

CPA, CA, CIM, TEP, Portfolio Manager, Wealth Advisor, Scotia McLeod

When you are making donations to St. Luke's Church, you may want to consider donating securities (such as publicly-traded stocks, government bonds, mutual funds, or trust units) instead donating by cash, cheque, or via the PAR. By donating securities, you can maximize the tax benefits of your donation.

How does it work?

Capital gains on the donation of marketable securities (such as publicly-traded stocks, government bonds, mutual funds, or trust units) are tax-exempt. So, you have no capital gain income to report if you donate securities to St. Luke's that have an accrued gain.

Donations of marketable securities must be transferred "in-kind" to the registered charity. Typically, the security is transferred electronically to the charity's brokerage account (in St. Luke's case, the Scotia McLeod Investment Account), and the donation value is usually based on the closing price of the security on the day of receipt.

Tax advantages

Let's say a BC taxpayer earns a taxable income of \$80,000 and is donating 100 shares of publicly traded ABC shares with a last traded price of \$50 per share and a cost base of \$20 per share.

	Sell securities and donate cash	Donate securities
The fair market value of ABC shares (A)	\$5,000	\$5,000
Less: Adjusted cost base	\$2,000	\$2,000
Potential capital gain	\$3,000	N/A
Potential tax liability (assuming a marginal rate of 28.2%) (B)	\$420	N/A
Tax receipt issued	\$5,000	\$5,000
Federal and BC charitable donation tax credit (see below*) (C)	\$2,240	\$2,240
Cost of \$5,000 donation (A + B – C)	\$3,180	\$2,760

*Tax credits: 21.06% on the first \$200, and 45.80% on the balance

In other words, this donor is able to save \$420 in tax by donating shares rather than donating cash.

Key considerations

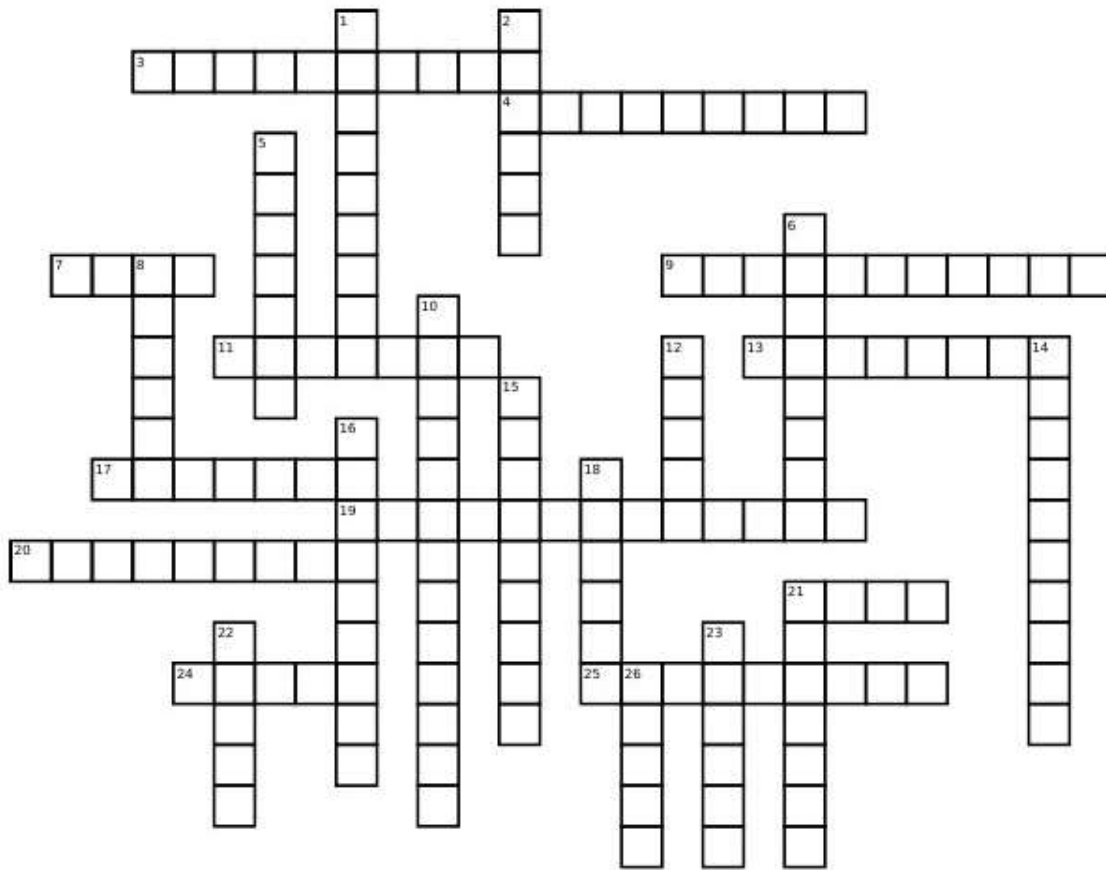
- Must be a donation to a registered charity; St Luke's Church CRA charity registration number is 11878 7142 RR0022
- The biggest benefit occurs when you give away securities with the highest embedded gains
- Beware of giving securities in a year with capital losses that can offset your gains

Make sure that you speak with your own tax advisors about your own tax situation before implementing any tax planning strategies.

Editors' Note: You can also speak to St. Luke's Treasurer, Barb Prescott, if you have questions about making a donation this way.

Speaking Anglican

created by Tara Poilievre



Across:

3. Place where Eucharist is kept
4. The part of the church where the main altar is located
7. Small white cloth-covered square that covers the top of the chalice, also cloth used to cover a coffin at a funeral
9. Small white cloth used to clean the chalice after each recipient
11. Stand which holds the Holy word to be read to the people
13. Square piece of white cloth spread over the centre of the altar
17. The current archbishop of a national church
19. Candle or light near the tabernacle to show Jesus is present
20. Re-enactment of the Lord's Supper

Down:

1. An ordained person who has been entrusted to the care of a parish
2. Where the clergy put on their vestments, may also be known as the sacristy
5. Part of the church near the altar reserved for clergy and choir, typically separated by a step or screen
6. Covered container used to hold consecrated hosts
8. Reader
10. Side table in the sanctuary where objects for Eucharist are placed before and after use
12. Box or glass case attached to the wall of the church where holy oils are kept
14. Large book containing Bible readings for the service.

Across:

21. Large part of the worship space where the assembly gathers
24. The plate on which the bread rests
25. Sink in the sacristy with drain that leads to the earth, used to dispose water that is used to wash sacred vessels

Down:

15. Person admitted by the Bishop into formal preparation for ordained ministry
16. Distinctive clothing worn by the clergy and those serving at the altar
18. Statutes of the church passed by Synod
21. Antechamber or porch before the nave
22. Honourary title granted to a senior priest or outstanding lay person
23. Bottle-like containers that hold water and wine
26. Place where sacrifice of Eucharist is offered to the Father and made present to us

Speaking Anglican Word Bank

altar	corporal	Canon	canons
eucharist	incumbent	lectern	nave
paten	postulant	primate	purificator
sanctuary	vestments	vestry	credence table
narthex	ambry	pall	chancel
tabernacle	sanctuary lamp	lector	lectionary
ciborium	cruets	sacrarium	

Order of the Diocese of British Columbia *from the 2025 Recipients Booklet*

The Order of the Diocese of British Columbia honors and gives special recognition to members of the diocese (and in the case of honorary awards, those not part 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.

October 2025

Dear friends,

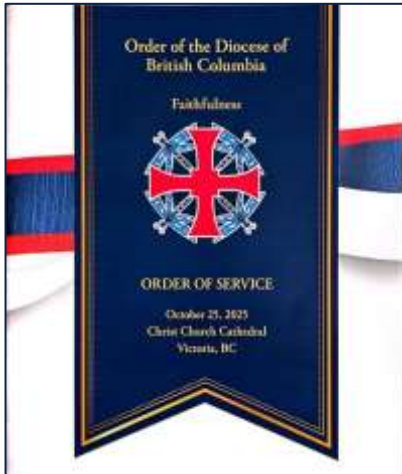
It is a privilege and an honor to be with you today as we invest 43 individuals to the Order of the Diocese. This occasion is one of my favourite diocesan celebrations as it is the time that we honor and recognize the lay people who selflessly give so much of themselves, their time and their energy to the common good. Each person that comes up to be honored this morning represents countless hours of humble service. Moreover, these folks are the font of prayerfulness, discernment, sound judgement, grace and generosity without which we could not exist.

That our new Primate, The Most Reverend Shane Parker, is here with us to celebrate is also a special blessing. Shane connects us to the work done by countless other lay people across our vast and beautiful church. As part of today's service, Shane will also be presenting the Anglican Award of Merit to Canon Ian Alexander. Ian's work serving and leading the National Church has and continues to be extraordinary.

Whoever you are and whatever brought you here today, we are so pleased that you are here to celebrate with us. May today's service inspire you in your own acts of justice, generosity and service.

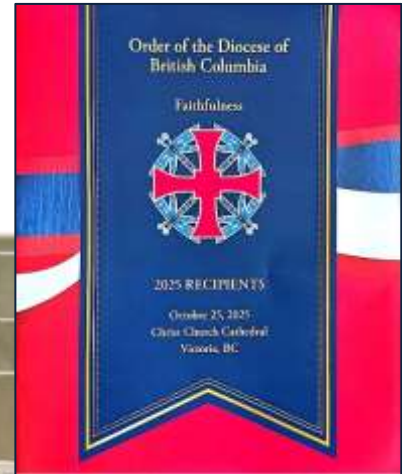


The Right Reverend Anna Greenwood-Lee
Bishop



Order of the Diocese

Barb Prescott
October 25, 2025



**St. Luke's, Cedar Cross Rd.
Barbara Ann Prescott**

Integrity, intelligence, Christian values and positivity are evident in all Barb does. Her knowledge of St. Luke's, both past and present, is extensive. Calm, efficient and meticulous, she works selflessly and quietly, taking joy in sharing her many talents. Barb's compassion and commitment to serve governs her sound decisions. While assisting in daily functions, she never loses sight of our overall vision and mission, making her advice trusted and respected. Loyal and dependable, Barb is truly a gift.





News from the Shelbourne Community Kitchen Team

October 2025



The Shelbourne Community Kitchen's Jazz Bar, held on October 27th, was a great success! \$9,475 was raised to stock the Kitchen's Pantry shelves. What an incredible night of music, community, and generosity! If you would like to learn more about the Kitchen's work, or explore ways to get involved, visit the Kitchen's website: www.shelbournecommunitykitchen.ca or reach out to the team at info@shelbournecommunitykitchen.ca



Thank You to St. Luke's for your Thanksgiving Donations to the Kitchen

A big thank you for your Thanksgiving food donations for the Shelbourne Community Kitchen Pantry Program. Donations from St. Luke's included 240 lbs of fruit and veggies, plus 274 lbs in canned food for a total of 514 lbs!

Thank you to Ray Lett and Elaine Matsushita for taking these donations to the Kitchen.

An October Update Newsletter from the Shelbourne Community Kitchen with further information can be found at the News page of St. Luke's website:

<https://www.stlukesvictoria.ca/news/october-updates-from-the-shelbourne-community-kitchen>

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Speaking Anglican Answer Key

