

# The People's Pulpit

## Advent 2025



**St Thomas sets its heart toward being a Christian Home which welcomes, encourages, and seeks to inspire people.**

**St. Thomas Anglican Church**  
1619 Stittsville Main Street  
Tel. (613) 836-5741  
[StThomasStittsville.ca](http://StThomasStittsville.ca)  
[StThomasStittsville@gmail.com](mailto:StThomasStittsville@gmail.com)  
Like us on Facebook!

## ST THOMAS OFFICE HOLDERS, COMMITTEE CHAIRS AND STAFF

Interim Incumbent	Ven. Rob Davis
Parish Administrator	Carolyn Cheer
Organist & Choir Director	Bonnie MacDiarmid
Rector's Warden	Pat McNally
People's Warden	Rick Anderson
Lay Members at Synod	John Bottriell and William Passmore
Facilities Rep.	vacant
Treasurer & Budget Committee Coordinator	Ryan Dallaway
Bookkeeper	Nicole Dallaway
Stewardship Officer	Bob Lomas
Outreach Rep	Bonnie McNally
God's Garden	Merilee Clarke
Youth Group Ministry	
People's Pulpit Editor	Mary Anne Reinhard
Webmaster	Moira Reade
Projection Co-ordinator	Pat McNally
Altar Guild Co-ordinator	Arlene Simonovich
Anglican Church Women President	Diane Clement
Pastoral Care	
Cemetery Committee Chair	Brad Faulkner
Cemetery Committee Secretary/Treasurer	Jane Walsh
Coffee Hour Co-ordinator	Susan Clark-Dow
Liturgical Support Co-ordinator	Carolyn Cheer
Cornerstone	Mary Passmore
Counter Schedule Co-ordinator	Bonnie McNally
Envelope Secretary	Bob Lomas
Fundraising Committee	Judy Dallaway
Nursery Coordinator	Vacant
Prayer & a Pint Group	William Passmore
Prayer Chain	Sylvi Dawes
Sunday Prayer & Healing Coordinator	Bonnie McNally
Along Side Hope (PWRDF) Contact	Barb Bottriell
Funeral Tea Co-ordinator	Judy Dallaway
St. Thomas Bazaar Co-ordinators	Bonnie McNally, Judy Dallaway
Auditors & Financial Reviewer	Vacant

## **A NOTE FROM THE EDITOR: Mary Anne Reinhard**

It has been about 5 weeks since I sat down to write for the last edition of the newsletter. It has been and will be a busy time of year though. There are the continuing activities at the church such as Sunday Services, Wednesday Morning Prayer, A.C.W. and Prayer & a Pint meetings, God's Garden, Choir and Cornerstone practices, Open Table (twice by the time this arrives), the Blow Out Clothing Sale, Synod, and we will also have had the Christmas Bazaar. Mac, our janitor, also was able to strip and wax the floors of the Hall, kitchen and downstairs bathrooms. They look fantastic!

This newsletter contains reports on some of the past events, an update on some of the current news and notices about upcoming events and services. As we begin our new Church year, this first Sunday of Advent I wish you all a Happy New Year and a peaceful, blessed Christmas season.



A "shed" Church, Cavendish, NL & Labrador

## Words from the Wardens

As our days get cooler and the nights colder no need to worry, we will be toasty warm!  
Our new furnace was installed in September! Thanks to a generous donation from a parishioner, the cost has been covered.

We continue to be so blessed by our interim priest the Venerable Rob Davis.  
The wheels turn slowly when looking for a new incumbent. The required Descriptive Summary of our Parish has been written and submitted. We will be meeting with our Archdeacon Monique Stone soon to discuss next steps.

Our Parish Administrator, Carolyn Cheer is now also working at St. Stephen's Church, and we have agreed to a change in her hours. Our office is now open Monday to Thursday from 1:30 – 4:30 p.m. Thank you to Carolyn for all her work on our behalf, her beautiful bulletins, announcement power points, and all the work that she does behind the scenes!

We have signed a new snow clearing contract and none too soon! They did a great job with our first significant snowfall!

Quarterly financial update as of September 30<sup>th</sup> :

	YTD	YTD budget	Last year
Incomes	153,102	153,463	143,726
Expenses	159,510	156,077	143,166
Deficit (6,408)	(2,615)	560	

These results do not include increased revenues from the Capital Campaign, of \$13,400.

We have increased our rental income with new renters on Wednesday evenings and are negotiating a contract with a group who will offer a summer STEM (Science, Technology, Engineering, Math) camp for young people next year.

We are a busy parish with so many of you giving of your time and talents to God's work within the parish and in outreach to our community. Thank you!

Our Open Table dinners continue to be a blessing to many in the community and we serve about 80-100 people each month.

Through our Blow-Out Clothing sales, we have been able to donate over \$13,000 to the Stittsville Food Bank in the past 18 months.

Our Ministry to Seniors' homes continues, with monthly services at four different residences. The Autumn Leaves Yard Sale and Café was a big success thanks to so many of our workers and plans are underway for the upcoming Snowflake Bazaar and Luncheon at the end of November.



We hope you can join us for our [Christmas Services](#):

Wednesday, December 24 <sup>th</sup>	at 4:30 p.m.	Family Service
Wednesday, December 24 <sup>th</sup>	at 8:00 p.m.	
Thursday, December 25 <sup>th</sup>	at 10:00 a.m.	
Sunday, December 28 <sup>th</sup>	at 9:30 a.m.	Lessons and Carols

We wish you and your families a peaceful, joyful and holy Christmas season as we celebrate the birth of our Lord and Saviour.

Your brothers in Christ,

Pat McNally and Rick Anderson

## FISCAL UPDATE NOVEMBER 2025

It's been a busy year for St Thomas with widespread change abounding. Year to date regular income is less than 2% behind budget, and roughly 2% ahead of last year, while expenses are 1% above budget. Based on this: the operating income for 2025 is roughly \$4,400 behind expectations, with a year-to-date deficit sitting at \$6,852.

At the same time the church has received a \$10,000 bequest donation which the corporation has directed be applied directly to funding our operating deficit. This \$10,000 puts our year-to-date adjusted surplus at just over \$3,000, roughly \$5,400 ahead of expectations.

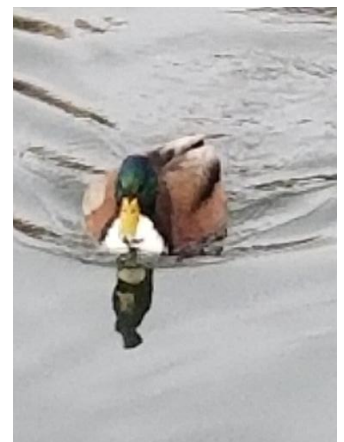
While I'm happy to report this positive result for the Parish it is important for us to understand that large one time donations are not typically applied against Operations and it may be appropriate to adjust this treatment at year end.

Other updates include capital campaign activity with incomes over \$16,000 and year-to- date expenditures of nearly \$12,000. Outreach offerings year to date sit at over \$3,200 with most of the donations flowing towards Along Side Hope (formerly PWRDF).

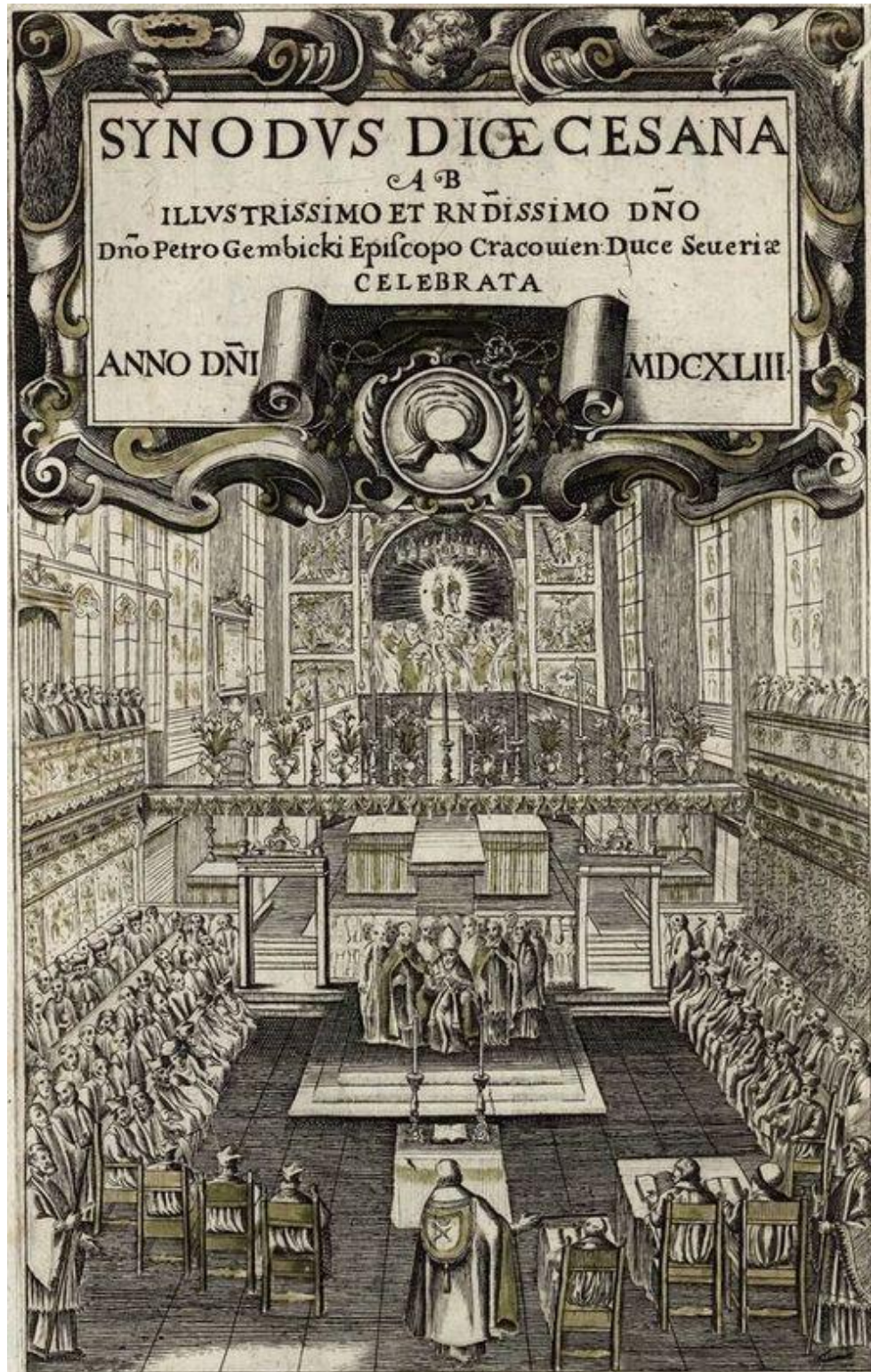
As we approach year end, Corporation is aiming to have the financial accounts resolved earlier in the new year, meaning we would appreciate all donations for the 2025 church year ending December 31st to be submitted or post dated by December 31st 2025 for inclusion in this year's financial statements. Donations received after December 31st will be recognized in 2026 and will be included for tax purposes in 2026. If parishioners require special consideration, please reach out to Corporation or the Envelope Secretary as soon as possible.

We are eternally grateful for all the support this community provides to the Parish and the greater Stittsville community. Thank you all for your time, efforts, prayers, and donations.

Sincerely,  
Nicole Dallaway







*1643 Diocesan synod in Kraków's Saint Mary's Church.*

## REFLECTIONS FROM DIOCESAN SYNOD 2025

In the context of our Anglican Communion, the Diocesan Synod is our annual gathering of Clergy and Laity to review committee reports, view updates on Diocesan activities, and vote on motions covering Canon & Bylaw amendments. Synods have been a long Christian tradition; the apostles convened the first synod, or council, of the Church, in about A.D. 50 (Acts 15). In the Diocese of Ottawa this year celebrates the 145<sup>th</sup> meeting of Synod.

It was indeed a pleasure and privilege to represent St. Thomas Church, Stittsville at the Diocesan Synod. It was a great opportunity to meet clergy and parishioners from other churches in the diocese. The Diocese of Ottawa includes 85 active congregations in 49 parishes with 11,500 members. Over three days we experienced an opening Eucharist Thursday evening followed by a day and a half of presentations, updates, and voting on motions covering Canon & Bylaw amendments. We were also briefed on the selection process for a new Bishop since our former Bishop Shane Parker was elected the 15<sup>th</sup> Primate of the Anglican Church of Canada on June 26, 2025. The election will be held on February 28, 2026.

I was impressed with the results being made to shape our parish ministry through nurturing parishes and by engaging in contextual mission. Under the banner of Learning Commons, training of Parish Leaders was the first step. I can attest to the usefulness of training sessions I had taken in 2024 related to property & finance in the Parish and governance and human resources in the Parish.

Next steps include development of learning modules directed at Parish Councils. To thrive as Parish several elements have been identified covering worship, spiritual growth, community, pastoral care, contextual mission, leadership and governance, financial stewardship & management and property management and maintenance. These resources promise to be very relevant in support of our parish life. There is certainly lots happening in the diocese, and it was wonderful to hear of the varied outreach activities with the parishes. Our own outreach efforts shine with our Open Table, clothing sales, pastoral care and senior residence services.

Synod is a great opportunity to learn more about our diocese. I would recommend it to any parishioner.

*As the rain and the snow come down from heaven,  
and do not return to it without watering the earth  
and making it bud and flourish,  
so that it yields seed for the sower and bread for the eater,  
so is my word that goes out from my mouth:  
It will not return to me empty,  
but will accomplish what I desire and achieve the purpose for which I sent it*

Isaiah 55:10-11

Submitted by John Bottriell



## COMMUNITY MINISTRIES OF OUR DIOCESE

At Synod this year we had detailed reports on our Community Ministries. These are part of our outreach at St Thomas'. We support them through our Fair Share contributions.

**Belong Ottawa** provides a safe space that connects people and creates community. It includes three programs: Centre 454 (located at St. Alban's), The Well (located at St. John the Evangelist on Elgin Street), and St. Luke's Table (housed at the Bronson Centre). Meals were provided to over 78,000 individuals, along with other basic services. Most importantly, they provide safety and respect amid increasing turmoil on the streets of Ottawa.

### CORNERSTONE HOUSING FOR WOMEN

Cornerstone provides a continuum of housing and support for women and gender-diverse people that is inclusive and reduces barriers. Its shelters and supportive housing offered spaces for over 300 women in 2024. Over the past year it served 197,000 meals and recorded 3,800 volunteer hours.

### OTTAWA PASTORAL COUNSELLING CENTRE

The Counselling Centre saw the continuation of counselling services through a hybrid model of in-person and virtual support. In 2025, the Centre continues to: offer hybrid services, expand its reach in our diocese, ensure greater access to its Counselling Fund to support those who cannot pay full fees, develop stronger communications through its website and social media plans, modestly refurbish its offices in the Bronson Centre and implement a revitalized fundraising approach.

### Centre 105

Located in Trinity Church, Cornwall, this ministry offers breakfast three mornings a week to a growing number of vulnerable people in the area. Participants can also access laundry facilities, emergency food hampers, a weekly mobile clinic, and support staff from the city who make regular visits. In 2024, over 2,000 meals were served, facilities were enhanced, and community and partner relations blossomed. Centre 105 once again focused on successful fundraising, often through third parties.

### REFUGEE MINISTRY OFFICE

The office operates as a Sponsorship Agreement Holder with Immigration, Refugees, and Citizenship Canada (IRCC), participating in Canada's private sponsorship program. It works closely with community groups (called Constituent Groups) and family sponsors to bring refugees from around the world to safety in Canada. In 2024, 45 applications were in place, and 70 individuals arrived. Each application takes several years before a person can arrive. A person arriving in 2024 may have been waiting, likely in refugee camps, for a long time. In 2024, the Refugee Ministry Office (RMO) launched its New Beginnings newsletter, an informative tool to help our diocese understand its work in the somewhat mystifying world of refugee management.

Submitted by William Passmore

## UPDATE ON OUR LITTLE TREE

Last year our parish took part in a PWRDF/Alongside Hope program called “Branches of Hope” which promoted planting trees here in Canada and supporting the planting of trees in Uganda. St. Thomas received one of these tree seedlings and we planted it on the side lawn of the church.

Below you can see a current photo of the tree. It has been growing happily, surrounded by a small fence to keep it safe from snow clearing and lawn mower damage. We were delighted to see that it not only survived the winter but has grown over the summer, despite the hot and dry conditions, and that our tree has now taken on the beautiful colours of fall with a mantle of orange.

The Branches of Hope program grew out of a 2022 Lambeth Conference global initiative called the “Communion Forest”. Its purpose was and is to renew the life of the earth across the Anglican communion and beyond by forest protection, tree growing and ecosystem restoration. We are pleased to have a small part in this effort to care for our planet.

*Submitted by Barbara Bottriell*





# **Yard Sale – September 27 2025**

**Thanks to all the volunteers that made this event successful**



## THE CHOIR REPORT

We have started off our season with a few members. We were sad to see Beth Barden and Tanya Drew retire from our ranks. The Choir took them out for tea and goodies at Lafayette Bakery on Hazeldean Road and gave them a small gift to show our appreciation for the years that they have dedicated to the choir. Ladies, you are greatly missed.

We are down in numbers again so if anybody would like to join the Choir, you would be welcomed with open arms. We meet on Thursday nights at 7 p.m. and are usually finished by 8 p.m. There is no audition – no sight-reading test-but an enjoyment of choral music. During the week between Christmas and New Year's we will take a break from choir practice - so the last one will be December 18<sup>th</sup> and we will resume on January 8, 2026.

We would like to welcome our newest member, Gladys, who loves to sing and to sing good choral music. We have extended an invitation to some of our “ringers” to join us for the Advent and Christmas season so it will bring some new life to the Choir.

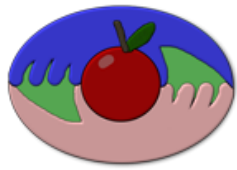
We wish everyone a Joyous Festive Season and the very best for 2026.

Yours in music,

Bonnie MacDiarmid

An angel from last year's Christmas pageant





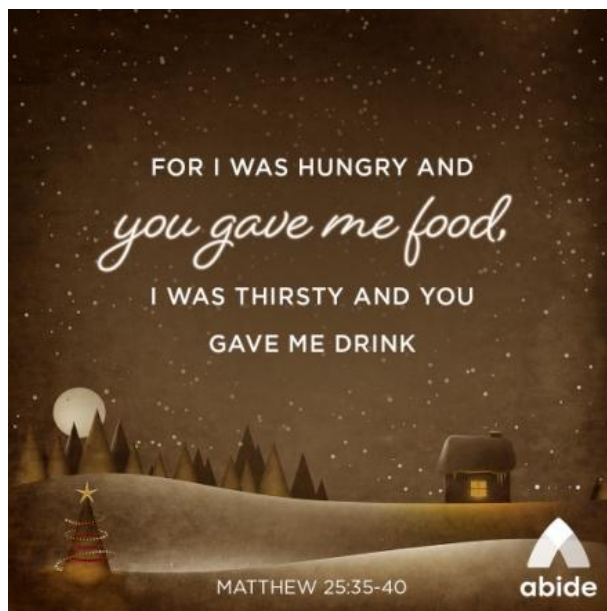
Stittsville  
Food Bank

## ADVENT CHALLENGE

There is a basket at the back of the church for donations to the Stittsville Food Bank.

If each of us put in just one can per Sunday in Advent, that basket would be overflowing into the hands of our neighbours in need.

Please consider it. Thank you.  
Post this next to your grocery list.







## **General Public Hours**

**Friday Jan. 22<sup>nd</sup>**

**1 PM to 5 PM**

**Saturday Jan. 23<sup>rd</sup>**

**9 AM to 1 PM**

**Located at: St. Thomas  
Anglican Church 1619  
Stittsville Main St.**

*All proceeds support the  
Stittsville Food Bank!*

## NEXT TO NEW CLOTHING SALE

The A.C.W. project has been a remarkable success, thanks to the unwavering dedication of our team, including members of the ACW, the wider community and three men. This initiative is a vital outreach to the Foodbank and the families in our community. We have received heartfelt feedback from clients who are struggling to make ends meet, and their gratitude is evident in the numerous hugs and "Thank you's" we receive.

A highlight of our November event was the provision of winter clothing, including coats and boots, to foodbank clients. The continuous support from the community, through generous donations, is the backbone of this ministry, and we extend our heartfelt thanks to everyone involved.

As we conclude our final sale for this calendar year, we are proud to announce that the A.C.W. has raised and donated \$12,941.87 in 2025.

Congratulations to everyone for their hard work and dedication!

Pam Hazen



This picture was taken shortly after the sale began.

## **Casting Call for 2025 Christmas Pageant!!!!**

**Calling all Children!!! All ages !!!!**

**Email me ASAP if you wish your child to take a part in this year's presentation called.....**



**“Decorating the Tree”**

**Rehearsal will be during the 9:30 service**

**The date to circle is Sunday Dec. 21**

**The Pageant will be performed at 11:00 a.m.**

**R.S.V.P. Email Merilee at [godsgardenstt@gmail.com](mailto:godsgardenstt@gmail.com)**

We need four actors to play the mother and her three children (they will need to either read or memorize short lines). One extra rehearsal will be announced for these actors.

All other actors will be candy canes, or bells, or angels, or shepherds, or sheep and of course Mary, Joseph and possibly a donkey. *We will try to give all children their first choice but this is not always possible.*

In preparation for the pageant, during God's Garden, we will be making candy cane decorations on Nov. 21, Angel decorations on Nov. 28, Bell decorations on Dec. 5 and sheep decorations on Dec. 12.

**Please sing these songs with your child/ren at home as often as possible.**

<p><b>Joy to the World (one verse)</b>          Joy to the world! The Lord is come.          Let earth receive her          King!          Let every heart prepare Him room          and heaven and nature sing.          and heaven and nature sing,          and heaven and heaven and nature sing</p>	<p><b>Angels we have heard on High (One verse)</b>          Angels we have heard on high,          Singing sweetly thorough the night.          And the mountains in reply, echoing their brave          delight. Gloria in          excelsis Deo, Gloria in excelsis Deo</p>
<p><b>While Shepherd's Watched ( 2 verses)</b>          While Shepherd's watched their flocks by night,          All seated on the ground.          An angel of the Lord came down,          And glory shone around.          Fear not said he (for mighty dread had seized their          troubled minds) "Glad          tidings of great joy I bring to you and human kind.</p>	<p><b>Merrily on High (One verse)</b>          .... Ding dong merrily on high.          In heaven the bells are          ringing:          Ding dong! verily the sky is riven with angels singing.          Gloria, Hosanna in excelsis!          Gloria, Hosanna in excelsis!</p>
<p><b>Away in a Manger (one verse)</b>          Away in a manger, no crib for a bed,          The little Lord Jesus lays down his sweet head.          The stars in the bright sky looked down where he lay.          The little Lord Jesus asleep on the hay,</p>	<p><b>Go tell it on the Mountain Chorus after vs3,</b>          Go tell it on the mountain,          over the hills and          everywhere,          Go tell it on the mountain          that Jesus Christ was born.</p>



## UPCOMING ***OPEN TABLE*** DATES:



**Saturday: December 20<sup>th</sup>**

**January 17<sup>th</sup>**

**February 21<sup>st</sup>**

**Doors open at 4:30 p.m. and the meal is served at 5 p.m.**

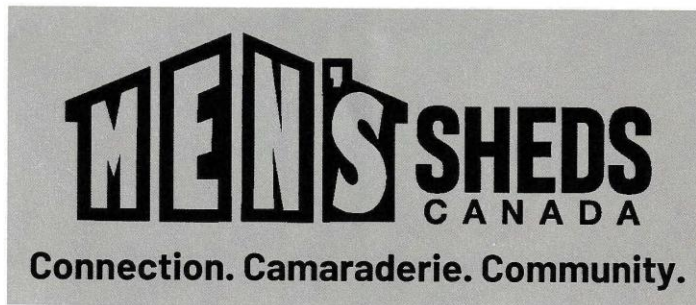
## **MEN'S SHEDS**

At our November meeting we heard about Men's Sheds. This is an opportunity for men to gather socially for conversation and fellowship. It is also an opportunity to make things, do carpentry, help the local community and much more.

There are local Men's Sheds in Kanata, Carleton Place and Almonte.

The article on the next page describes the work in greater detail.





## Men's Sheds Canada:

**Our Mission:** to grow and strengthen the Men's Shed movement across Canada.

**Our Vision:** A Canada where every man feels valued and engaged in his community, experiencing purpose, belonging, and well-being in his aging journey.

## The Challenge:

The National Institute on Aging reports 58% of Canadians over age 50 have experienced loneliness. Men, especially older men, are particularly vulnerable to loneliness and social isolation due to significant life changes that often accompany aging, such as retirement, divorce or widowhood, loss of family members and close friends, and increasing health issues.

Traditional masculine values often discourage men from openly expressing emotions or seeking social support. Men over 65 have among the highest suicide rates in Canada and increasing rates of depression and other mental health challenges. Loneliness has serious consequences, including the risk of early death. Research indicates it can increase the risk of stroke and cardiovascular disease as well as anxiety, depression, and dementia.

## A Solution:

The Men's Sheds movement originated in Australia in the 1990s and has grown to nearly 3000 Sheds in 15 countries. Sheds have gained global recognition for effectively combatting isolation among older men, offering more than just physical space: they promote and cultivate social interaction, skill sharing, emotional support, and community connections. Sheds provide an opportunity for men to engage in meaningful activities, and their volunteer efforts contribute significantly to their communities.

## What is a Men's Shed?

Symbolic of the backyard workshop where men gather to share stories and tinker with projects, a Men's Shed is a group of men who get together in their community to develop new skills, discover new interests, and make new friends. Shed members cross age, culture, and socioeconomic status. Some Sheddies gather in a workshop to build and fix things. Others focus on hiking or gardening or cooking. And most team up with local organizations to do special projects that support their community.



## THE MEANING OF THE CAROL: THE TWELVE DAYS OF CHRISTMAS

From 1558 to 1829, in England, they were not allowed to practice their faith openly. Someone during this era wrote this carol as a catechism song for young Catholics to learn about their faith. It has two levels of meaning. The surface meaning and a hidden meaning known only to the church.

Each element in the carol has a code word for a religious reality which the children would remember.

Partridge in a pear tree.....Jesus Christ  
2 Turtle Doves..... Old and new testaments  
3 French Hens.....Faith, Hope and Charity (love)  
4 Calling birds.....Four gospels, Matthew, Mark, Luke and John  
5 Golden Rings.....First 5 books in the Old Testament (the Torah)  
6 Geese a-laying..... Six days of creation  
7 Swans a swimming..... 7 gifts of the Holy Spirit (Wisdom, understanding, counsel, strength (might), knowledge, True Godliness and Holy fear of the one who created creation.  
8 Maids a milking.....The Beatitudes Matt 5 vs 3-10  
9 Ladies Dancing..... Nine Fruits of the Holy Spirit: Gal.5 : Love, joy, kindness, goodness, faithfulness, gentleness, Self-control.  
10 Lords a leaping..... The 10 Commandments.  
11 Pipers Piping ..... The 11 Faithful disciples.  
12 Drummers Drumming.....The 12 points of belief in the Apostles Creed.

So, you see, there is much information about the Christmas Religion to be seen in this seemingly senseless carol or Christmas song. If we pay close attention the next time we sing it, I'm sure it will have more meaning for us personally, and remind us, as all other carols do, that Christmas is a religious holiday and we should focus our minds on God, not just on the commercial aspect of this Holy Season.

*This was researched and written by a friend of my mother's who attended the Anglican Church in Twillingate Newfoundland.*

I hope you feel like you have learned something new yet very old.

Merry Christmas Merilee Clarke



## Book Reviews: THE TEARS OF THINGS

The Tears of Things: Prophetic Wisdom for an Age of Outrage by Richard Rohr. Convergent Books, 2025.

“When we picture a prophet of the Old Testament – and there were many of them, more than thirty, including seven women – most of us imagine an angry, wild-haired person ranting and raving at the people of Israel for their sins or predicting future doom.” These are the words that Richard Rohr uses to introduce his most recent, and reputedly last, book which is focussed on the prophets, including John the Baptist (or in Rohr’s words “John the Baptiser”) and, finally, Jesus.

Richard Rohr is a Franciscan priest who taught for many years in Ohio before founding the Center for Action and Contemplation ([www.cac.org](http://www.cac.org)) in Albuquerque, NM. In this latest book he examines the role of the prophet within Old Testament culture as an agent of reform by first calling out to God’s people to jar them out of comfort and complacency and then encouraging a renewed focus on the kind of people that they are meant to be. He postulates that, because this was a recognized (but uncomfortable) role within OT Israel, the society was able to repeatedly reform itself from within.

He notes that the way of the prophet went through several distinct phases (although, admittedly, not all got to the final phase). The first phase is that of becoming angry at injustices, oppression and war. This anger is intended to be a transitory phase – but not the destination. The second phase is time of inner conflict and sadness (lamentation) associated with understanding the size of the gap between how things are and how they are supposed to be. Finally, there is a prophetic word from God affirming that, despite the sadness, God is committed to work with humanity and to transform the world from what is to what it is intended to be.

Rohr illustrates this thesis by considering the stories of Amos, Hosea, Jesus, Jeremiah, Elijah, Jonah, John the Baptist, the several authors of Isaiah and, finally, Ezekiel. The historical perspectives are cast against the reality of the 2020’s where, once again, we see unfolding as the top priority of so many in power (including some of those leading organized religion) the preservation of that power and influence. The answer is a renewed focus on the infinite love of God which goes so far beyond the punishment-reward duality into something that is truly transformative.

The last word goes to Richard Rohr:

The prophets want us to love God above all else,  
And be loved by God above all other partners.  
Which will, and must, lead to a universal love.  
The kind that sets out to rescue those we’d much rather condemn  
That is the prophets’ hard-won conclusion  
Their tear-filled victory.  
Is there any other kind of winning?

Submitted by Dave Hazen



## *RECIPES*

### **CORNMEAL CRANBERRY MUFFINS**

An already tasty muffin made more festive by the addition of cranberries!



Ingredients: 1 cup flour  
1 tablespoon baking powder  
½ teaspoon salt  
½ cup sugar  
1 cup cornmeal  
½ cup butter  
1 egg  
¾ milk  
1 cup cranberries

Mix dry ingredients together and stir in cornmeal.  
Melt butter, add egg and milk and combine well.  
Stir liquid ingredients into dry and combine just until moistened.  
Stir in cranberries.  
Fill greased muffin cups and bake at 375° for 15-20 minutes.

Serve hot! Enjoy!



Some healthy **CANDY CANES**  
for the little ones!

Ingredients: 1 banana  
5 strawberries

Enjoy!



Both submitted by Maureen Anderson

## **THE FAMOUS "A.C.W. HAMBURGER SOUP"**

1<sup>1/2</sup> pounds of ground beef  
1 medium onion  
1-28 oz. can of tomatoes  
2 cups of water  
3 cans consommé or stock  
1 can of tomato soup  
4 carrots, chopped fine  
3 sticks of celery, chopped fine  
1 bay leaf  
1 teaspoon of parsley  
1<sup>1/2</sup> teaspoons thyme  
8 Tablespoons of pearl barley  
Pepper to taste

Brown meat and onions and drain well. Combine all other ingredients in a large pot. Simmer covered at least two hours or all day. Serves 10 and freezes well.

This recipe was passed on to me when I began coordinating the kitchen at the Bazaar from Enid Goodfellow.

Submitted by Mary Anne Reinhard

## **PINEAPPLE CHEESE BALL**

500 grams ( 1 lb. ) grams of cream cheese.  
1 (540 ml ) can of crushed pineapple, well drained of excess moisture.  
2-3 finely chopped green onions.  
1 garlic clove minced (optional ).  
1/2 teaspoon mixed herbs. 125- 150 grams finely chopped walnuts/ pecans/ fresh herbs.

1. Have cream cheese at room temperature and blend well.
2. Add drained pineapple and blend well.
3. Chill for 20 to 30 minutes.
4. Shape chilled cheese mixture into a round shape.
5. Sprinkle chopped nuts onto cling wrap- place rounded cheese ball on top nuts then roll in the nuts to coat.
6. Serve with assorted crackers.

Submitted by Audrey Jorssen





[This Photo](#) by Unknown Author is licensed under [CC BY](#)

Do you enjoy a few minutes after Church to visit with people, catch up with acquaintances that you haven't seen for a little while?

I know that I enjoy a hot cup of tea or coffee on Sundays from September to May/June. Could you volunteer to make tea/coffee on a Sunday? Susan Clark-Dow has posted a sign-up sheet in the Narthex and downstairs in the Hall looking for hosts for the early winter. Concerned about making it in an unfamiliar kitchen? Speak to Susan or one of the current hosts.

Submitted by Mary Anne Reinhard

*Thank you!!!*

Once again, I am overwhelmed by the generosity of the people in this Parish. I asked for soups and desserts for the kitchen at the Bazaar and presto there they were. I tried a few of the broken pieces of those desserts and can testify that they were delicious. Pierre, our soup maestro, samples the soups to make sure that they are hot enough and he gave them rave reviews.

Also, to the many hands that set up the dining area, brewed drinks, served soups, cleaned the countless dishes, helped with the service and so much more...you are a great team to work with. Till next year? Thanks a million.

Mary Anne

## THE LAST WORD

Last day of November...snow, pretty snowflakes are falling. Quieter afternoon than the earlier ones this week.

I am reminded of the Venerable Rob Davis's sermon this morning when he talked about families and siblings. We as a Parishioners do not always see eye to eye on some things, but we can come together and stand for each other in times of need or give a helping hand to each other. What a blessing that is. As we head into the month of December and the Christmas season it is my hope that we can continue to support each other and the wider communities that we live in.

On that note I found this on the internet at <https://www.friendshipbreadkitchen.com/happiness-cake-recipe/>

### Happiness Cake

This Happiness Cake is the best dairy-free, gluten-free, sugar-free cake we could come up with!

#### Ingredients

- 1 cup good thoughts
- 1 cup kind deeds
- 1 cup consideration for others
- 2 cups sacrifice
- 3 cups forgiveness
- 4 cups humility

#### Instructions

1. Mix thoroughly. Add tears of joy, sorrow, and sympathy. Flavor with love and kindly service. Fold in 4 cups of prayer and faith. After pouring all this into daily life, bake well with the heat of human kindness. Serve with a smile anytime and it will satisfy the hunger of starved souls.

#### Notes

Credit: Elizabeth Nagasawa, who included the recipe in the *Mauna Kea Beach Hotel Employees Cookbook* (1985).



Happy New Year and Merry Christmas!

Mary Anne

Lobster trap Christmas tree, Salvage NL

## THE PEOPLE'S DIRECTORY

	Role	Phone	Email
Rick Anderson	People's Warden	613-825-6816	<a href="mailto:p.warden.stthomasstittsville@gmail.com">p.warden.stthomasstittsville@gmail.com</a>
Attwell, Mary	Synod Delegate	613-836-3133	<a href="mailto:maryattwell@yahoo.ca">maryattwell@yahoo.ca</a>
Cheer, Carolyn	Parish Administrator Mon-Thurs. 1:30-4:30 PM	613-836-5741	<a href="mailto:StThomasStittsville@gmail.com">StThomasStittsville@gmail.com</a>
Clarke, Merilee	Church School/God's Garden	613-591-9351	<a href="mailto:godsgardenstt@gmail.com">godsgardenstt@gmail.com</a>
Clement, Diane	ACW President	613-825-6223	<a href="mailto:bill.di@sympatico.ca">bill.di@sympatico.ca</a>
Dallaway, Judith	Open Table Chair & Fundraising Committee Rep.	613-323-1971	<a href="mailto:mapilgrim1946@gmail.com">mapilgrim1946@gmail.com</a>
Dallaway, Nicole	Bookkeeper		
Dallaway, Ryan	Treasurer	613-298-6670	<a href="mailto:rjdallawa@live.com">rjdallawa@live.com</a>
Dawes, Sylvi	Prayer Team	613-492-0218	<a href="mailto:sylvidawes@gmail.com">sylvidawes@gmail.com</a>
Deevy, Bill	Member at Large		
Hall, Andrew	Member at Large		<a href="mailto:andrew128@rogers.com">andrew128@rogers.com</a>
Hazen, Pam	ACW Rep on Council	613-831-3093	
Lomas, Bob	Envelope Secretary. Stewardship	613-836-5229	<a href="mailto:bobhlomas@gmail.com">bobhlomas@gmail.com</a>
McNally, Bonnie	Outreach Committee Rep. Counter, Sunday Prayer & Healing Co-ordinator, Council Secretary	613-831-0968	<a href="mailto:pbmcnally@bell.net">pbmcnally@bell.net</a>
McNally, Pat	Rector's Warden & Synod Rep.	613-831-0968	<a href="mailto:rec.warden.stthomasstittsville@gmail.com">rec.warden.stthomasstittsville@gmail.com</a>
MacDiarmid, Bonnie	Organist & Choir Director	613-271-8474	<a href="mailto:rorbon@hotmail.com">rorbon@hotmail.com</a>
Miller, Brenda	Member at Large		
Passmore, Mary	Cornerstone	613-836-2876	<a href="mailto:cpassmore@sympatico.ca">cpassmore@sympatico.ca</a>
Passmore, William	Prayer & a Pint	613-836-2876	<a href="mailto:cpassmore@sympatico.ca">cpassmore@sympatico.ca</a>
Reade, Moira	Webmaster & Member at Large	613-266-6472	<a href="mailto:webmaster.stthomasstittsville@gmail.com">webmaster.stthomasstittsville@gmail.com</a>
Reinhard, Mary Anne	Editor, People's Pulpit	613- 838-5781	<a href="mailto:mareinhard1@outlook.com">mareinhard1@outlook.com</a>
Roy, Ewan	Member at Large	613-770-7003	
Simonovich, Arlene	Altar Guild	613-836-2753	<a href="mailto:asimonovich@rogers.com">asimonovich@rogers.com</a>
Walsh, Jane	Cemetery Committee	613 866-1360	<a href="mailto:jpwalsh@rogers.com">jpwalsh@rogers.com</a>