



**St. Luke Cedar Hill**

[www.stlukesvictoria.ca](http://www.stlukesvictoria.ca)

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

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# The Prescription

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# CHRISTMAS 2025

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**St. Luke's Rector:** The Reverend Daniel Fournier

**Editors:** Sharon McMillan, Neil Patterson, Barb Prescott

*Cover Artwork by Victoria Beata – Tales of The Glen*

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We embrace the knowledge that the Lək'ʷəŋən and WSÁNEĆ 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 Christmas 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 Easter edition of *The Prescription* is **Friday, March 13<sup>th</sup>**. As you are reading this *Prescription*, please think about articles, photos, poems, or other creative endeavours you could send for the Easter issue. Please send your contributions to:

[communications@stlukecedarhill.ca](mailto:communications@stlukecedarhill.ca)      or      [admin@stlukecedarhill.ca](mailto:admin@stlukecedarhill.ca).

## Are You Ready for Christmas?

People often ask me this question and I am never quite sure how to answer. Some of my friends have had their homes decorated and ready for Christmas for several weeks. Whereas I am usually putting up decorations several days before Christmas. That's when I am ready to take that step in the preparations for Christmas. We each have our own ways and timelines for preparing for Christmas.

So in certain ways I am not ready for Christmas when I am asked that a week or two ahead. But I always do question what being ready for Christmas means. Does it mean having your decorations up, presents bought and wrapped, baking done, cards written? I guess that's what people mean when they ask that question. But isn't there a different way of preparing for Christmas?

“Prepare the way of the Lord....” The words from that taizé chant keep echoing through my head. Preparing for Christmas includes preparing ourselves inwardly as well as the outward decorations, preparing to welcome the Christ Child as Daniel notes in his article in this *Prescription*.

What does preparing for Christmas mean? For me, it means taking in the Longest Night Service to rediscover the peace of the season within the busyness. I always have to remind myself to look for activities which bring me peace, rather than stress.

I hope that you will find some peace and time to relax and enjoy this issue of *St. Luke's Prescription*. This is a time to look back on some recent activities. This issue is full of pictures! A special thank you to Sharon McMillan for creating all the wonderful collages. The word count tells me that this issue has 5,325 words, but if as they say, “Each picture is worth 1,000 words”, this would then be a very wordy issue!

Blessings and Peace to you, and to your family and friends during Advent and through the Christmas season.

Barb



*Decorating the Christmas Tree  
in the church*



## From the Rector's Desk – December 2025

*by the Rev. Daniel Fournier*

Dear Friends,

As we arrive at the conclusion of a most interesting year and the beginning of a new one, we find ourselves in the midst of a holy season. Over the past 4 weeks, we have been journeying through the season of Advent, and now we enter into the celebration of Christmas. Through all this time, we have been greeted with a multitude of announcements. Let me reiterate a few.

“Therefore you also must be ready for the Son of Man is coming at an unexpected hour.” John the Baptist speaks the words, “Prepare the way of the Lord. Make his path straight.” Mary sings her song upon her visit to Elizabeth as she rejoices at the announcement of what God will be bringing about, “The rich will be sent away empty...” And Joseph experiences holy voices calling him to honour Mary and to provide a home for a holy family. Then so powerfully, the angels at the birth of Jesus proclaiming to the shepherds and to the world, “A Saviour is born who is to be called Messiah, who is Jesus.”

These are announcements of God’s visitation, God’s presence, God being with us. And in each of these announcements there is the call to the ones who welcome - to welcome the good news, to welcome the message of John the Baptist to prepare the way, to welcome what the song of Mary proclaims as a prophecy of justice, to welcome God’s angels speaking to us as they did to Joseph, and to have open hearts and minds to the leading of the Spirit. And most especially to welcome the child, the Christ, who comes among us, journeys with us through our joys and sorrows, our successes and our failures.

Our response? It is to be faithful in welcoming what is revealed to us.

Why do I highlight this as part of my Christmas message this year? Well, sadly, more than ever it seems the world needs, and we need, to hear this message of welcome. Or as the Bishop Anna recently said ... “the world today is desperately in need of Christmas.” In a world where suspicion and violence and hatred abound, and walls are being erected, where division and polarization are at such a high level, we too can be affected by the culture that is around us.

At St. Luke’s, in our mission statement, we highlighted these words: “St. Luke’s is a beacon in the community, illuminating many ways to encounter God.” How do we do this? First and foremost, by our welcoming of the Christ Jesus - all that he taught and showed us by the example of his life, and by following in his way. We do this beginning with a visit to his crib, and joining with the shepherds and animals, along with the wise visitors, and then to listen and discern where he leads us. We are also to welcome the doors that he opens and the pathways where he leads us.

I pray that this Christmas will be especially powerful for you as you rediscover the Christ Child, and may the year ahead be one of deep blessing for you and your loved ones.

Daniel +



## Dates to Note: January through April 2026

Date	Event
Sunday, January 4 <sup>th</sup>	<b>Lessons and Carols for Epiphany</b> – 10 am Coffee Time in the Hall after the 10 am service
Friday, January 9 <sup>th</sup>	<b>Fantastic Friday (aka Messy Church)</b> – 4:30 - 6:30 pm
Sunday, January 11 <sup>th</sup> – Sunday, February 15 <sup>th</sup>	<b>Communion Services at 8 am and 10 am</b> Coffee Time in the Hall after the 10 am services
Sunday, January 18 <sup>th</sup>	<b>Reflections Service</b> with Cellist, Elena Antontceva – 4:30 pm
Friday, February 6 <sup>th</sup>	<b>Fantastic Friday (aka Messy Church)</b> – 4:30 - 6:30 pm
Sunday, February 8 <sup>th</sup>	<b>Reflections Service</b> – 4:30 pm
Sunday, February 15 <sup>th</sup>	<b>Choral Evensong</b> – 7 pm
Monday February 16 <sup>th</sup>	<b>Family Day</b> – Church Office Closed
Tuesday, February 17 <sup>th</sup>	<b>Shrove Tuesday Pancake Supper</b> – Time TBA
Wednesday, February 18 <sup>th</sup>	<b>Ash Wednesday Services</b> – 10:30 am at St. Luke's, 7 pm at Church of the Cross
Saturday, February 21 <sup>st</sup>	<b>Attic Treasures Vintage Market</b> – 10 am – 4 pm
Sunday, February 22 <sup>nd</sup>	<b>One Morning Service only this Sunday</b> at 10 am, followed by lunch and the <b>Annual Vestry Meeting</b>
Sunday, March 1 <sup>st</sup> – Sunday, March 22 <sup>nd</sup>	<b>Communion Services at 8 am and 10 am</b> Coffee Time in the Hall after the 10 am services
Friday, March 6 <sup>th</sup>	<b>Fantastic Friday (aka Messy Church)</b> – 4:30 - 6:30 pm
Sunday, March 8 <sup>th</sup>	<b>Reflections Service</b> – 4:30 pm
Sunday, March 22 <sup>nd</sup>	<b>Choral Evensong</b> – 7 pm
Sunday, March 29 <sup>th</sup>	<b>Palm Sunday</b> – Communion Services at 8 am and 10 am Coffee Time in the Hall after the 10 am service
Monday, March 30 <sup>th</sup> – Saturday, April 4 <sup>th</sup>	<b>Holy Week – Services TBA</b>
Sunday, April 5 <sup>th</sup>	<b>Easter Sunday</b> – Services at 8 am, 10 am, and 2:30 pm
Sunday, April 12 <sup>th</sup> – Sunday, April 26 <sup>th</sup>	<b>Communion Services at 8 am and 10 am</b> Coffee Time in the Hall after the 10 am services.
Sunday, April 12 <sup>th</sup>	<b>Reflections Service</b> – 7:00 pm
Saturday, April 25 <sup>th</sup>	<b>Spring Fair</b> – 10 am – 2 pm

Further information about services for Palm Sunday and Holy Week  
will be available closer to those dates.

# Silver and Sage Updates



**Silver and Sage, a social group for seniors 55+, is continuing at St. Luke's in 2026. Meetings are held twice a month, on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays, 1:30 – 3:30 pm. Unless otherwise noted, the group meets in the church.**

Below are the dates and topics for the sessions in January through to the end of March.

## January 8<sup>th</sup> – Sitting is the New Smoking

Presented by Susanne Reul-Zastre

January 22<sup>nd</sup> – Persian Culture (In the Hall)

Presented by Behnaz Barani

February 12<sup>th</sup> – Living Fully with Chronic Conditions

Presented by Liz McCarter

## February 26<sup>th</sup> – A Radio Play

Presented by Claire White

March 12<sup>th</sup> – Under the Hood or On the Road

Presented by Matthew Robertson

March 26<sup>th</sup> – How to... (computer & mobile)

Presented by Maria Ross

# Your Support is Always Gratefully Received...

Contact the Parish Office if you would like to help

**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) (<https://www.stlukesvictoria.ca/donate>) for more information about making financial donations.**

# Memories of Christmas

by Gillian Bloom

I was very lucky growing up as I had quite an extended family and also lived in quite a large house, so generally every Christmas, everyone came to our house. Usually there were at least 12 family members plus a few friends.



*The family gathered at Christmas*

We had two living rooms, each with a fireplace and with a folding door that could slide back to make one big room. With a large Christmas tree in one corner and two fires burning, it was festive and warm! But what I remember most were the games we used to play. "Murder" was a lot of fun. A set of cards was handed out, including one designating the murderer and one the detective. The detective remained in the living room while everyone else dispersed through the house. The murderer did his fearful deed by touching someone on the shoulder and the victim had to count to five before screaming to allow the

murderer to get away. At the sound of the scream, everyone trooped back into the living room and the detective began to ask questions. No one could lie except the murderer and the detective had to try and guess who had done the murder!

Another game we played was "Charades" – not the way it is played today but with little skits involving two or three people, often with costumes – it was hilarious!

I left for Canada when I was 21 and even though I had relatives near Toronto, Christmas was not the same and I remember feeling very homesick. No such thing as the internet and all the programs where you can see and talk to someone on the other side of the world. You had to rely on the telephone and at Christmas, you had to actually make a reservation. Reservations were not always on time and I can remember finally getting through - but it was 2:00 am, British time!!

Lots of letters and recorded tapes went back and forth, and at one point, I told my father about the Canadian custom of decorating homes outside with Christmas lights (not done in England in the 1960s). Imagine my surprise and delight when coming back to England for Christmas, I found that my father had strung coloured lights in our front garden – what a welcome home!



*Gillian with her parents and her brother*

*[Editors' Note: Parish Council members met with Heather Stewart at the beginning of April for a Parish Council Retreat. This retreat was the start of our strategic planning process. Parish Council members have been meeting with Heather Stewart monthly since then. We asked Heather to provide an update on our strategic planning process for this issue of the Prescription.]*

## **Strategic Planning**

**by Heather Stewart**

Imagine that someone invites you to go on a trip. It is unlikely you would immediately pack your bags and head to the airport - you would want to do some planning first. At the very least, you would ask where you are going, for how long, and why you are travelling there. Most people would also want to do some research on sights to see, figure out finances, book accommodation, and make travel arrangements.

While we routinely engage in planning processes for our personal lives, we don't always see the need for organizations to do so. Strategic planning is simply undertaking long-term planning for an organization.

It starts by understanding the big picture. Strategic planning involves asking the organization what they see as the ideal, thriving future state - this is called *Vision*. Strategic planning also involves clearly defining the organization's purpose or why they are here - this is called *Mission*.

Once an organization clearly understands and has expressed its *Vision* and *Mission*, then it is important to look at the organization's current state. There is a space between the current state (now) and the future state (where we want to go). How the organization plans to move from here to there is called *Strategy*.

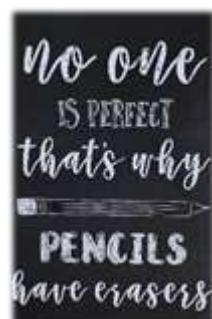
Although strategic planning processes can be challenging at times, the benefit is great for an organization. The strategic plan can help an organization understand where they are going, why they are going there, and how they will get there. This is like "making travel plans" for the organization.

A group of dedicated parishioners made great strides in strategic planning a few years ago, by working on St. Luke's *Vision* and *Mission* statements. Now the Parish Council is engaging in a deeper dive on *Vision* and *Mission*, which is required to accurately identify *Strategy*. Determining St. Luke's current state is important, so the organization can move effectively from now to the future, or "execute" the *Strategy*.

The Parish Council has now worked through the details of *Vision* and are moving on to *Mission* next. Once these big picture items are fully explored, they plan to share this work with the whole congregation. This will help all members of the parish come into alignment and move in the same direction. Parish Council is committed to communicating with the congregation throughout the strategic planning process.

# A Tour of Cedar Hill Middle School

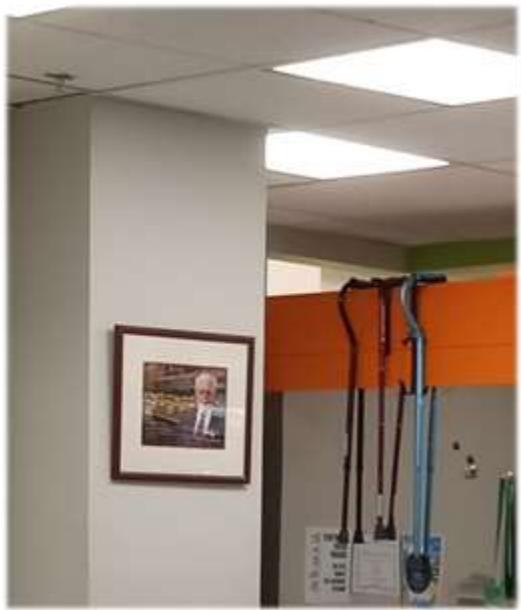
photos by Sharon McMillan and Barb Prescott



Principal Maryanne Trofimuk invited St. Luke's parishioners for a tour of the new Cedar Hill Middle School after coffee time on Sunday, October 26<sup>th</sup>. We were impressed by the new school and its interesting features.

## The Cane Mystery, Perhaps

by Ray Lett



Waiting at the check-out in the Thrifty Foods at Tuscany Village recently, I noticed a number of walking canes hanging behind the service desk. I asked a staff member the reason for the canes thinking that they might provide an in-store service for disabled customers. The staff member could give no reason for the canes, so in my imagination I had an image of a disabled client experiencing a sudden cure of their infirmity while walking through Thrifty's. I thought it might be akin to a Lourdes miracle whereby the client was able to throw away their cane and run rejoicing from the store.

In fact, the reason for the canes hanging in the service area is more prosaic. Apparently, Thrifty clients often leave the store with a cane attached to their shopping cart and forget to take their cane when they transfer groceries to their vehicle.

## Celebrating St. Luke's 165<sup>th</sup> Anniversary on Celebration Sunday

On Sunday, October 19<sup>th</sup> (the day after the Feast Day of our patron saint, St. Luke) St. Luke's parishioners and community partners celebrated the 165<sup>th</sup> anniversary of the Parish of St. Luke. The first congregation at Cedar Hill met in the Irvine family farmhouse in September 1860.

Community members attending this 165<sup>th</sup> celebration included representatives from the Shelburne Community Kitchen, the Dawson Housing Society, St. Luke's Players, and South Island Counselling Centre. Bishop Anna presided and preached at this special service. October 19<sup>th</sup> was also our Stewardship Sunday when we thanked our many volunteers and asked parishioners to consider their pledges for 2026.

After the service, parishioners and friends enjoyed a catered lunch (from Fig Deli) and two birthday cakes, and took in a historical display showing St. Luke's through the years. It was a joyful celebration to mark St. Luke's 165<sup>th</sup> anniversary!

**An Update from the Stewardship Team:** A big thank you for the pledges made on Celebration Sunday and afterwards on the Estimate of Givings Cards. We received 48 pledges totalling \$86,300. Including those who use the PAR but didn't make pledges adds another \$7,776 to bring the total to \$94,076. Of the people who made pledges, 15 increased their pledges from last year (\$5,400) and 15 who hadn't pledged last year or before at St. Luke's pledged \$16,520. Thank you to everyone pledged these amounts for their offerings in 2026.

## Photos from Celebration Sunday



Photos by Steve Ruttan, Sharon Hallor, and Barb Prescott

# St. Luke's Christmas Bazaar 2025

by Carol Turnham, Bazaar Convenor



The parishioners of St. Luke Cedar Hill held another very successful Christmas Bazaar on Saturday, November 22, from 10 am - 2 pm, which raised \$9,810.20.

The usual publicity was carried out both online, to the media and newspapers, and the distribution of large and small posters. The line-up of customers was very impressive on opening. They began lining up at 8:45 am and continued arriving steadily throughout the day.

The weather was a light drizzle most of the day. The Greek 'n Go Food truck arrived and set up before opening. Due to the wet weather, the men erected a large canopy on the lawn behind the truck, with two tables and eight chairs. It did not appear that they had many customers until lunchtime, but they are happy to come to our next event, which will be Attic Treasures Vintage Market on February 21<sup>st</sup>. They pay \$100.00 for the opportunity, and supply very delicious food, which is much appreciated by customers as well as Bazaar workers.

New Christmas-themed bunting was made and hung up inside and out to add to the festive atmosphere.

Our thanks to Matt Robertson, Maria Ross, and Sharon McMillan for providing Christmas music in the auditorium and lounge which also contributed to the Christmas spirit.

Christmas corsages were made and offered to the workers to wear with their name tags. Others were sold to the public for \$5. Houseplants were also sold at the welcome table.

Our thanks to all who helped with set-up on Thursday evening, including the Poilievre family and many of our strong men. They also worked hard with take-down after the sale, with the help of the Baron's Organization International (BOI, an order of Canadian Knights). The men of the White Elephant stall were also invaluable with helping me deliver the leftover items to the Salvation Army after the sale.

We appreciate very much all the generous donations from our members and their friends who make it all possible. Also, we couldn't manage without everyone and their friends coming out to help organize and sell. As we all get older, it seems harder each year, but let's keep up the good work, pull together, and keep raising much needed money for the many programs and services of St. Luke's Church. As well as a major fundraiser, the Bazaar is a wonderful opportunity to share our Christian joy with the rest of the community. Well done, and thank you again.

## St. Luke's Christmas Bazaar November 22, 2025 Final Summary

	Totals with Additions after the Bazaar
Antiques & China	\$ 485.95
Linens & Needlework	459.80
Jewellery	936.55
Jams & Jellies	1,007.80
White Elephant (In - \$869.50 /Out - \$145.50)	1,015.00
Home Baking	1,103.20
Christmas Decor	455.30
Greeting Cards	173.10
Books, Puzzles, Audio Visual & Toys	898.55
Crafts and Creations	613.00
Bric a Brac	297.75
Silent Auction	1,075.00
Vintage Clothes and Accessories	787.00
Plants and Corsages	112.00
Donations	290.20
Food Truck Payment	100.00
<b>Christmas Bazaar Total</b>	<b>\$ 9,810.20</b>





## ST. LUKE'S CHRISTMAS BAZAAR



*photos by Barb Prescott and Carol Turnham*



# A Poem from Calvary's Way

by Margaret Haley Jones

*Forward to Calvary's Way, by Helen Mary Olden:*

Many of these poems were written when Margaret was in considerable discomfort, some while in hospital. They reflect the deep peace that Christ can give in the midst of suffering if our hearts are fixed on Him.

I am honoured to pen these few lines and invite you to receive His blessing as you share these heart songs from another traveller of the Way.

## Come Lord This Day

Come Lord, this day  
And walk with us the common way  
As once You did  
When in a manger You were born.  
Come Lord!

Two thousand years have passed  
Since You appeared  
In stable crude, yet warm  
And walked the solitary way.  
Come Lord!

I wonder what You'll find a second time.  
You promised that You'd come again  
But what a shame  
If disappointment came at every turn.  
Come Lord!

I've wondered Lord, how we'd react  
If suddenly You re-appeared  
Without a word.  
Or how we'd feel  
If into our own circumstance  
We felt your glance.  
Come Lord!



## While Travelling (continued...)

### *submitted by a St. Luke's Cemetery Volunteer*

In the Fall 2025 issue of *The Prescription*, I wrote about my family's experience locating the final resting place of our ancestors in a cemetery in a southwest London borough. On the same trip, we visited several other cemeteries in England, including one specifically to attend a Commonwealth War Graves Commission (CWGC) tour. This tour took place at Bletchley (Fenny Stratford) Cemetery in Buckinghamshire. It was led by a CWGC volunteer who also volunteers with the CWGC *Eyes On, Hands On* project. This project, initiated in the UK, trains volunteers to help maintain more than 160,000 scattered war graves across the UK. It involves inspections and light cleaning of the headstone as well as removal of vegetation around the plot. Our tour guide at Bletchley was a fellow who tends to the final resting place of war dead in seven cemeteries and delivers tours!

The CWGC was established by Royal Charter in 1917 as the sole authority responsible for commemorating Commonwealth servicemen and servicewomen who died during the First World War. It was then extended to include the Second World War. This work involves the care and maintenance of the graves and memorials of 1.7 million individuals who died due to their service between August 4, 1914, and August 31, 1921 and between September 3, 1939 and December 31, 1947, across 23,000 sites in more than 150 countries and territories.

After a brief introduction, we strolled through the cemetery, stopping at each final resting place where our guide spoke about the person. The tour was about two hours long, and the fellow said he had tried to shorten it but felt compelled to commemorate each individual on each tour because “when I say their name, they are remembered.”

St. Luke's Cemetery is the final resting place of one CWGC war dead, and over 185 veterans\*, along with several cenotaphs. Each year, St. Luke's Church holds a Service of Remembrance during which the names of those who served for our freedom are read aloud, ensuring they are remembered. St. Luke's Cemetery is also the final resting place of Colonel Herbert Tom Goodland, who served as Deputy Controller of the Imperial War Graves Commission (now CWGC) from 1919 to 1928.

Years ago, I learned about the CWGC and its *Eyes On, Hands On* project and wondered why a similar program didn't exist in Canada. To my delight, our UK tour guide informed me that the CWGC launched its official Canadian volunteer program, modelled on the success of its UK initiative, in April 2025, and in August, it was rolled out in BC. In a fitting full-circle moment, I am now a CWGC volunteer and will be tending to the final resting place of 20 war dead at Ross Bay Cemetery. As I carry out my volunteer work, I will say their names so that they, too, are remembered.

*[Editors' Note: This number differs from the 196 veterans we recognized during our Service of Remembrance on November 9, 2025. In further discussions with this volunteer, she pointed out that “some of those listed on St. Luke's veterans' list aren't actually veterans; they are war dead. There is a*



*Colonel Herbert Tom Goodland's marker in St. Luke's Cemetery*

difference. Veterans are people who were honourably discharged whereas war dead died during the wars. The general population often uses veterans for anyone who served but it isn't technically correct. That is why I said one CWGC war dead, over 185 veterans and several cenotaphs. The cenotaphs are memorializing someone who died overseas, a war dead. I wanted to be accurate in the use of the word 'veteran'." Her explanation was very helpful in explaining the correct terminology to us.]

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## Preparing for the Service of Remembrance

by Barb Prescott



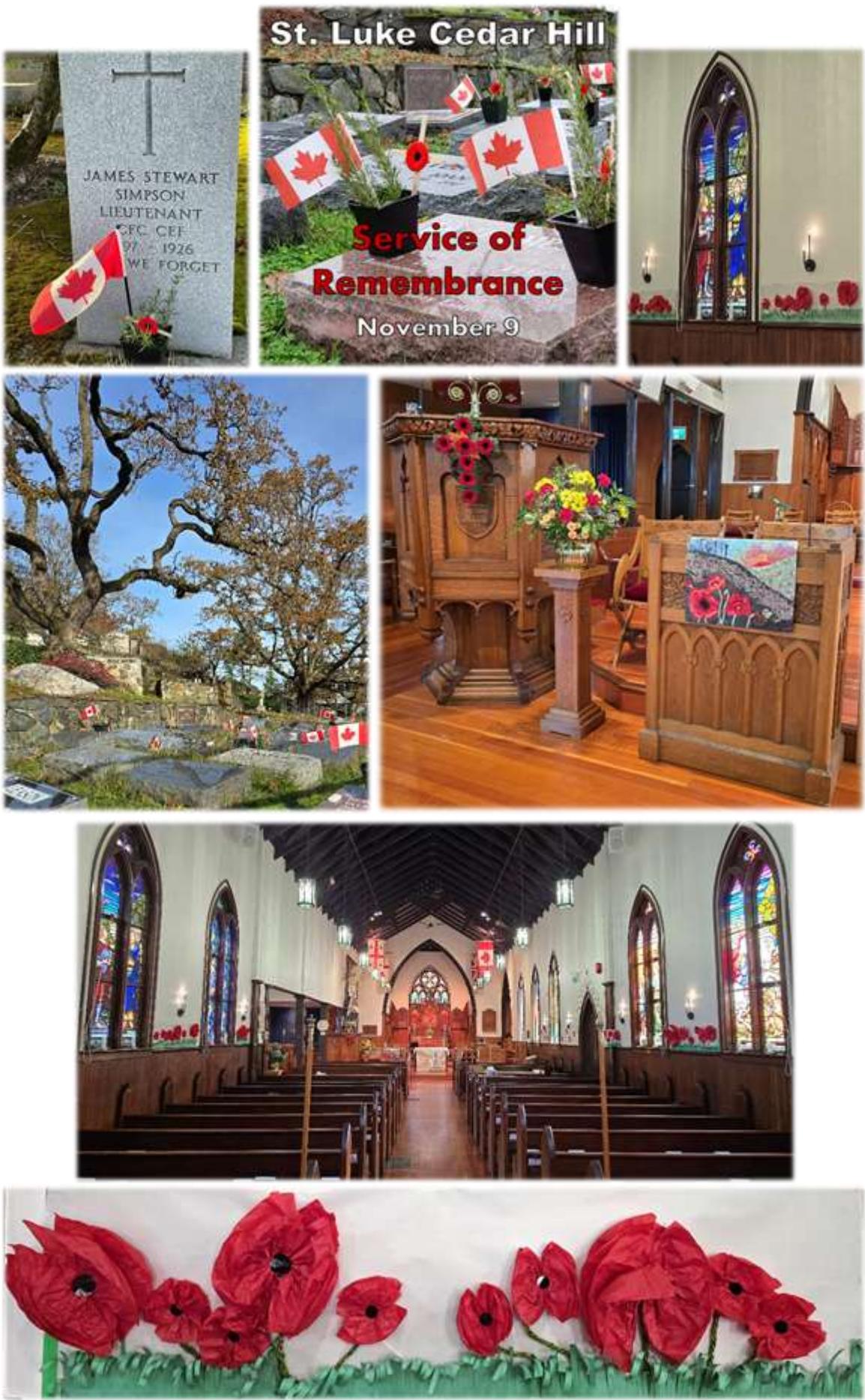
At Fantastic Friday on November 7<sup>th</sup>, we assembled remembrance pots to put on the veterans' graves and made poppy banners to hang in the church.

The weather for our Service of Remembrance on Sunday, November 9<sup>th</sup>, was bright and sunny. Partway through the service, we moved from inside the church to the cemetery where we recognized the 196 veterans resting in St. Luke's Cemetery.

Thank you to Tuf Turf for providing at no cost the sand for the remembrance pots. Thanks to Noreen Saville and Pepper Gaudio for providing the rosemary, and to Rick and Noreen Saville for filling the remembrance pots with sand, and setting them up in the cemetery ready to distribute. Youth and adults at Fantastic Friday on November 7<sup>th</sup> added rosemary, a Canadian flag, and a poppy cross to the pots.



## Pictures from the Service of Remembrance





*photos by Sharon McMillan and Barb Prescott*

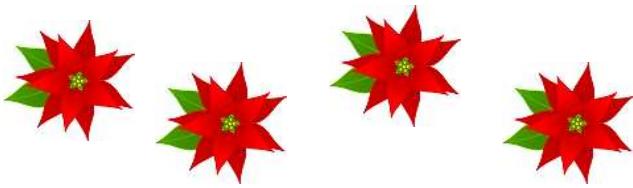
# How Falling in Love is like Owning a Dog

*found on Facebook – written by Taylor Mali*

On cold winter nights, love is warm.  
It lies between you and lives and breathes  
and makes funny noises.  
Love wakes you up all hours of the night with its needs.  
It needs to be fed so it will grow and stay healthy.  
Love doesn't like being left alone for long.  
But come home and love is always happy to see you.  
It may break a few things accidentally in its passion for life,  
but you can never be mad at love for long.  
Is love good all the time? No! No!  
Love can be bad. Bad, love, bad! Very bad love.  
Love makes messes.  
Love leaves you little surprises here and there.  
Love needs lots of cleaning up after.  
Sometimes you just want to get love fixed.  
Sometimes you want to roll up a piece of newspaper  
and swat love on the nose,  
not so much to cause pain,  
just to let love know, "Don't you ever do that again!"  
Sometimes love just wants to go out for a nice long walk.  
Because love loves exercise. It will run you around the block  
and leave you panting, breathless. Pull you in different directions  
at once, or wind itself around and around you  
until you're all wound up and you cannot move.  
But love makes you meet people wherever you go.  
People who have nothing in common but love  
stop and talk to each other on the street.  
Throw things away and love will bring them back,  
again, and again, and again.  
But most of all, love needs love, lots of it.  
And in return, love loves you and never stops.



## Christmas Humour



I never understood how the little drummer boy's parents could just send him outside alone at night to play his drum until my daughter brought a recorder home from school.

# One Solitary Life

*submitted by Donna Dunning*

Here is a young man who was born in an obscure village, the child of a peasant woman.

He grew up in another village and worked in a carpenter shop until he was thirty.

For three years, he was an itinerant preacher. He never wrote a book. He never held an office. He never owned a home. He never had a family. He never went to school and he never put his foot into a big city. He never travelled 200 miles from the place where he was born. He never did one of the things that usually accompany greatness. He had no credentials but himself...

While he was still a young man, the tide of public opinion turned against him. His friends ran away. He was turned over to his enemies. He went through the mockery of a trial. He was nailed to a cross between two thieves. While he was dying, his executioners gambled for the only piece of property he had on earth, and that was his coat.

When he was dead, he was laid in a borrowed grave through the pity of a friend.

Twenty centuries have come and gone, and today, he is the central figure of the human race and the leader of the column of progress. We are far within the mark when we say that all the armies that ever marched, and all the navies that ever sailed, and all the parliaments that ever sat, and all the kings that ever reigned, put together, have not affected the life of all upon this earth as has that ONE SOLITARY LIFE.

*[Editors' Note: "One Solitary Life" originated in a book entitled "The Real Jesus and Other Sermons". The author's name is the Reverend James Allan Francis. It was published in 1926 by Judson Press in Philadelphia (p. 123-124 "Arise Sir Knight!")]*



## St. Luke's New Piano

In November, St. Luke's purchased a well-cared for Baldwin Model R Artist Grand Piano. This piano is a wonderful addition to St. Luke's music program and will help make the space very suitable for concerts and recitals.

The total for the piano (\$6,000), moving costs to bring it to St. Luke's (\$500), along with other

associated costs such as hammer reshaping, a quilted cover and a spider dolly, is \$8,750. We hope to hold concerts in the spring to recover these costs. Meanwhile, your donations towards the piano are much very appreciated.

To make a donation, please make a donation in one of your special donation envelopes or via an e-transfer and note that the donation is towards the grand piano. We are hoping to recover the cost of the piano through donations and fundraising. **Thank you for your donations to date. So far we have received \$2,645 in donations with more pledged.**

# The Christmas Pageant

Photos by Sharon Hallsor, Barb Prescott, and Carol Turnham



## Laura Stoyles' Birthday!



Photos by Vicki Sharp and Barb Prescott



# COOK GROW SHARE CONNECT

## News from the Shelbourne Community Kitchen Team December 2025

*by Ray Lett, Shelbourne Community Kitchen Board Member*

The Shelbourne Community Kitchen is staffed by Kim Cummins (Executive Director), Tyler Akis (Program Coordinator) and Marlene Davie (Administrative Coordinator). Kitchen staff, with the help of over 200 volunteers, deliver Food Skills Program meal kits and manage the Pantry services. Over 1800 of the Kitchen's registered members access the services including the Food Skills program. From January to November, this year the Kitchen distributed 304 meal kits and 1582 meal servings as part of this program. In October 2025, 477 people visited the Pantry to access the Kitchen grocery program and there were food deliveries to 47 people. Also, 168 people received a grocery card to assist with buying food.



To date the Kitchen has been supplied by 11,107 lbs of vegetables (kale, rhubarb, turnips, squash, baby bok choy, chives, romaine, and Swiss chard) harvested from Omnivore Acres farm in Central Saanich and from the Cedar Hill garden at St. Luke's.

Four practicum students are working with Kitchen staff. Two students are from the University of Victoria

School of Nursing; one is from Camosun College Community, Family and Child Studies Program; and the fourth student is from the University of Victoria Social Science Program. Student volunteers from the University of Victoria School of Business, the Garth Homer Society, and St. Michaels University School are also helping at The Kitchen.

The Jazz Bar concert at Broadview United Church (St. Aidan's) on October 27<sup>th</sup> attracted almost 100 people including several from St. Luke's.

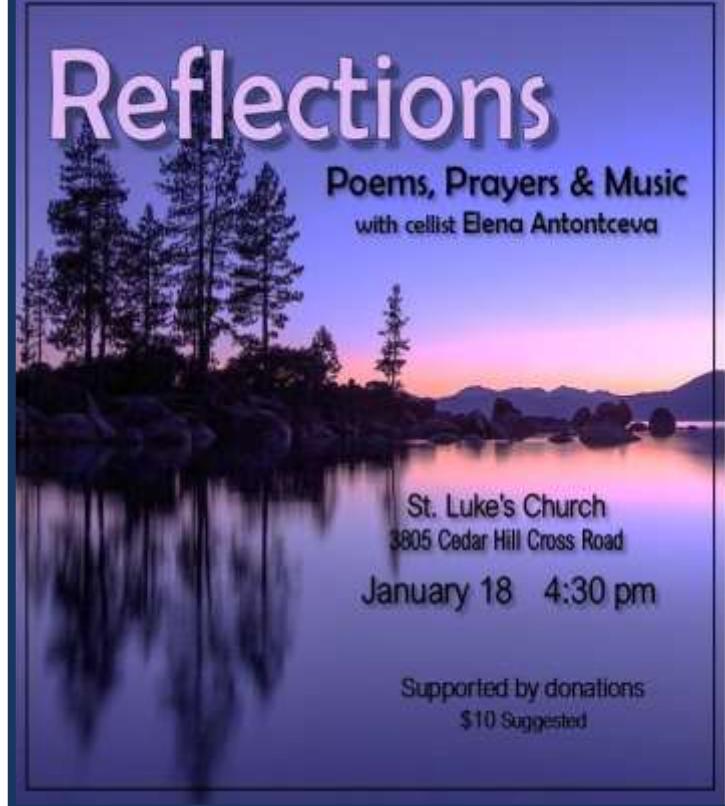
From September 1<sup>st</sup> to October 31<sup>st</sup> 8,145 lbs. of food were donated to the Kitchen as part of the Pump up the Pantry Food Drive including 514 lbs. from St. Luke's.

Weekly food deliveries from St Luke's to the Kitchen continue and volunteers to assist with the transfer of the food are always welcome.

## Upcoming Events

# Reflections

Poems, Prayers & Music  
with cellist Elena Antontceva



St. Luke's Church  
3805 Cedar Hill Cross Road

January 18 4:30 pm

Supported by donations  
\$10 Suggested

# ATTIC TREASURES

*Vintage Market*

Vintage, Retro, Collectible items



Saturday, Feb 21 10:00 - 4:00  
St. Luke's Community Hall  
3821 Cedar Hill Cross Rd.

Admission  
General: 10am - 4pm \$3  
Early Birds: 9am - 10am \$10

Information  
Email: [admin@stlukecedarhill.ca](mailto:admin@stlukecedarhill.ca)  
or call: 250 477-6741

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