St. Luke Cedar Hill

www.stlukesvictoria.ca

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

The Prescription

Easter 2026

St. Luke's Rector: The Reverend Daniel Fournier

Editors: Sharon McMillan, Neil Patterson, Barb Prescott

Cover Artwork created by Sharon McMillan using Bing AI.

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We embrace the knowledge that the Lək̓ʷəŋən 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 Easter 2026 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 Summer edition of ***The Prescription*** is **Friday, *August 7th*.** As you are reading this ***Prescription***, please think about articles, photos, poems, or other creative endeavours you could send for the Summer issue. Please send your contributions to:

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

Connections and Community

Mrs Stewart's Tree

As I worked on the continuing story of Mrs. Stewart's tree (on page 14), and through my e-mails back and forth with Kathy Roberts, I thought a lot about the connections we make through our lives and how various coincidences happen. We often don't realize until later that a person we've met, in what may be only a peripheral way, can sometimes come back later into our life or make an impact in a way we don't expect at the time. I often think of these coincidences and connections as God working in mysterious ways.

I was musing too on how people in a community of faith, such as St. Luke's, can build and strengthen connections through working together. Faith communities often bring together people with similar values. Though like any family or group, the values don't always mesh exactly but we can still come together to work towards common goals.

"Lasting change happens when people work together toward a shared purpose." I read that sentence in an article recently. Isn't our shared purpose to continue to change and evolve to build a strong community here at St. Luke's? St. Luke's community has existed for 166 years and we want it to continue as a strong community. Please look at the list of committees included on page 10 and think where your skills and talents would fit. We all have gifts to share and St. Luke's community will be stronger when we pool all of our skills and talents. This is our opportunity to continue to be a beacon demonstrating God's love through our actions.

Thank you for being part of the community of St. Luke Cedar Hill. May you have a joy-filled Easter.

Blessings
Barb

Spring violets in St. Luke's Cemetery
Photos on this page by Barb Prescott

From the Rector's Desk – April 2026

by the Rev. Daniel Fournier

Dear Friends,

May I proclaim to you a happy and glorious Easter! I write this to you as I am recovering from a super-aggressive bug/cold virus. I know that some of you have had to endure this as well with various degrees of severity. Please know I'm grateful for your prayers.

As I write, I find myself drawn deeply to the first seven verses of Matthew's telling of the Easter Story: "Matthew 28".

It is indeed a curious scene: the angel descends from heaven, an earthquake rocks the earth, the angel rolls away the stone sealing the tomb where Jesus' body was placed, and now the angel sits on the huge stone. It is a scene of shock, with no lack of fear and with deep unsettledness. And now the women have appeared and have gone to the tomb. We are not told why in Matthew's account. What has led them there? And then we have the announcement: "He is not here, he has been raised, come and witness." (Come and see the place where they laid him.)

And then we have the command: "Go and tell the others…Jesus will meet them there." In other words, Jesus will meet them elsewhere. There is a lot going on in just those few verses!

I think of the earthquake and fear, the unsettledness of the earth and what that might mean. Certainly that may be the way some of us might be feeling during these turbulent times, with another new-old war in the Middle East, the ongoing conflict in Ukraine which has now passed the 4 year mark, and the uncertainty of economics caused by forces beyond our borders. There is lack of cooperation between the nations and we feel the effects of this in our Canadian society and in our own economics. And yet, we have in our gospel scene, the angel sitting on a stone nonchalantly and calmly saying, "He is not here. He has been raised." Don't hang around here, but go and tell the others the good news. Not here. But out there!

How do we live into the angel's command and go and tell the good news? I daresay this is also the Easter command. When is the last time we did go out and tell? The whole trajectory of the gospel story is indeed the outward telling to the world that he is not here – that he has been raised. How do we tell this story? How do we live this story? It is by our actions. By living into the values and actions of the Jesus we know, the Jesus who walks with us in new life, who meets us every day in our walk of life. By being good news to a world, or neighbourhood, and to our friends or family who are in need of receiving such a powerful message.

So what is resurrection for us this year? It is for us to be the voice of the angel sitting calmly on the rock…go quickly, tell the others.

May every Easter blessing hold you up this Easter season!

God bless you.
Daniel+

Dates to Note: April through June 2026

Date	Event
Sunday, April 12th	**Reflections Service** – 7:00 pm
Sunday, April 19th	**Lunch following the 10 am service** Please bring your own plate, cup and cutlery
Saturday, April 25th	**Spring Fair** – 10:00 am – 2:00 pm
Sunday, April 26th	**Concert: Touches of Sweet Harmony** – 4:00 pm
Friday, May 1st	**Fantastic Friday (aka Messy Church)** - 4:30 - 6:30 pm
Sunday, May 10th	**Reflections Service** – 7:00 pm
Wednesday, May 13th	**Cemetery Cleanup** - 9:00 - 11:30 am
Friday, May 15th	**Early Bird Registration Deadline for the Amazing Journey Day Camp**
Friday, June 5th	**Fantastic Friday (aka Messy Church)** – 4:30 - 6:30 pm
Saturday, June 13th	**Cemetery Cleanup** - 9:00 - 11:30 am
Sunday, June 14th	**Reflections Service** – 7:00 pm
Saturday, June 20th	**Downton Abbey Fashion Show and Strawberry Tea** Watch for more information coming soon
Sunday, June 21st	**Registration closes for the Amazing Journey Day Camp**

And Dates to Note in the Summer

Monday, July 6th - Friday, July 10th	**The Amazing Journey 2026 Summer Day Camp** - 9:00 am - 12:00 noon – A joint project of St. Luke's and Church of the Cross. The Camp will be held at Church of the Cross this year.

Unless otherwise noted, Sunday services are at 8 am and 10 am.
Coffee Time in the Hall follows most of the 10 am services.

Just Saying….

If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.

To refuse to admit to a mistake is to make it twice.

Life isn't tied with a bow, but it's still a gift.

When it comes to chocolate, resistance is futile.

God loves you because of who God is, not because of anything you did or didn't do.

Over prepare, then go with the flow.

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

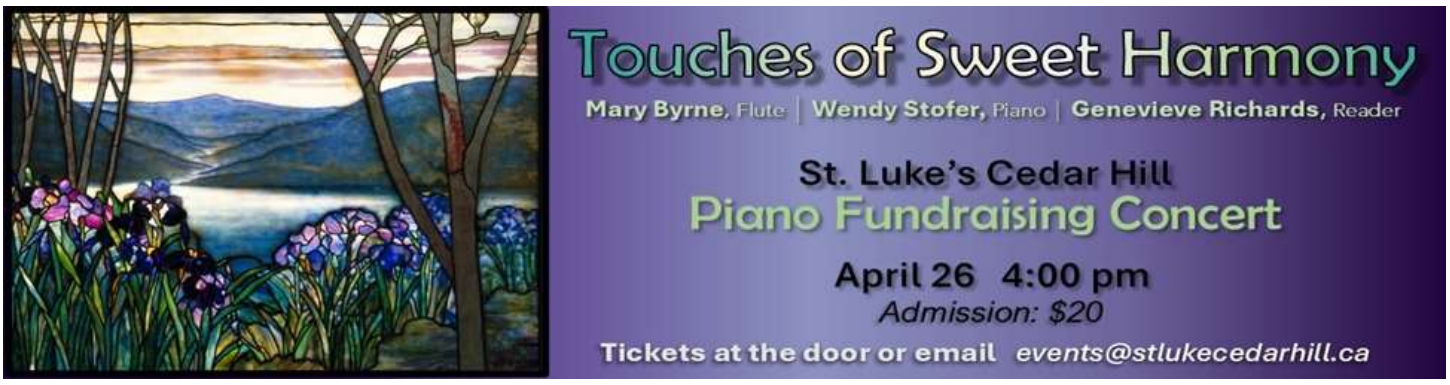
Financial support of St. Luke's is always welcome.

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

- **Cheque or Cash** (in the collection plate, mail it, or drop it off at the hall)
- **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.

Upcoming Events



Touches of Sweet Harmony

Touches of Sweet Harmony weaves a breath-taking hour of music and spoken word with Mary Byrne (flute), Wendy Stofer (piano), and Genevieve Richards (reader). In the flowing style of a Christmastide "Lessons and Carols," our Springtime offering celebrates the miracle of music as contemplated by authors of word and manifest by architects of sound.

In November, our parish welcomed a magnificent Baldwin grand piano to our historic sanctuary. Its resonant tone has enhanced our worship in a myriad of ways. ***Touches of Sweet Harmony*** inaugurates the concert life of the Baldwin in our parish. All proceeds from the concert support the purchase and care of our lovely new piano.

Music by Kristen Stoner, Kent Kennan, Camille Saint-Saëns, Howard Hanson, Johann Sebastian Bach, Ian Clarke, Charles Griffes, Georges Enescu, and John Rutter.

Tickets are $20, available at the door, or by e-mailing **events@stlukecedarhill.ca**.

Please join us!

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 2nd and 4th Thursdays, 1:30 – 3:30 pm. Unless otherwise noted, the group meets in the church.

Below are the dates and topics for the sessions from April to June.

April 9th – Volunteerism
Presented by Caroline Herbert
from the Saanich Volunteer Services Society.

April 23rd – A Cello Concert
Presented by Elena Antontceva

May 14th – Herbs and Lore
Presented by Thea Todd

May 28th – I Didn't Make Admiral
Presented by George Jackson

June 11th – Classic Cars
Presented by Matthew Robertson

June 25th – Polar Adventures
Presented by Andrew Ross

Amazing Journey Day Camp

Unlocking God's Promises

Early registration is open for this year's Amazing Journey Summer Day Camp, Unlocking God's Promises. The Camp will be held July 6th to July 10th, in the mornings, 9 am to noon at Church of the Cross. Children born January 1, 2015 to June 30, 2022 are eligible to be campers. If you have children, grandchildren, or friends with children ages 4 through 11, please consider registering them to participate in the day camp. Children with special needs may attend with an assistant.

We are also looking for Middle School students to be Leaders in Training and High School students to be Small Group Leaders.

Early Bird Registration is open now. Register Online here:
https://www.jotform.com/build/241056421475250

The registration form is also available at St. Luke's website on the News page.

Early Bird Registration Fees are 1st child - $50; 2nd child - $45; 3rd and additional child - $40. Early Bird Registration Deadline is Friday, May 15th.

Registration fees after May 15th are $10 more per child. Registration final deadline is June 21st.

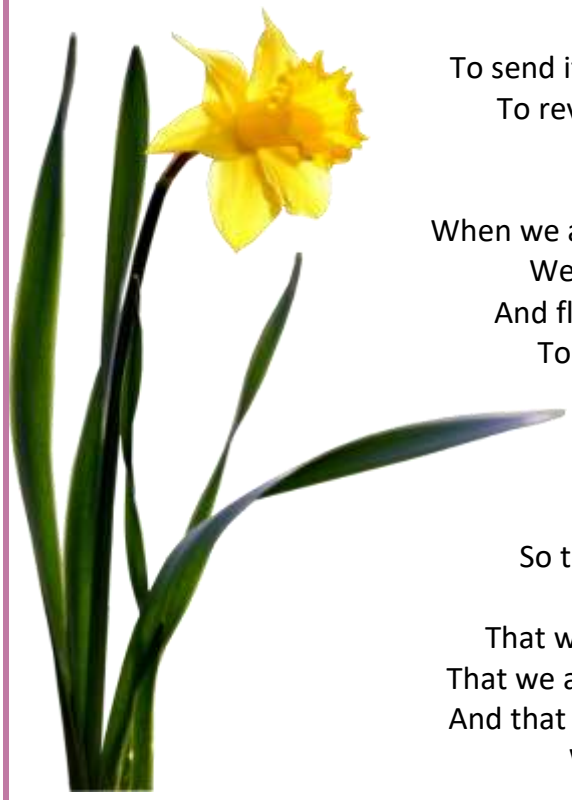
Come, Drink With Me

From Calvary's Way, a book of poems
by Margaret Haley Jones

Come, drink with me
The loveliness of morning light,
The sight and sound of waking earth
Of birds in flight.
O how they sing their songs of joy
So early in the morn,
Greeting us with God's symphony of sound
This glorious dawn.
Come, breathe the fragrance of the flowers
So delicately made,
And see the beauty God hath painted
Into everything
In nature's secret shade.
What glory shines from his own hand divine.
He is our Citadel,
our Safe Retreat,
our Heavenly Shrine!

The Bulbs of Life

by Joan Jolson*



God created the bulb
With its many layers and secrets
Given good soil, water, light and love
A beautiful flower will emerge
From the depths of this
To send its stems and leaves up into the light
To reveal to the Maker its true beauty

Our life is like that bulb
When we are nurtured with love hope and faith
We too will become like this bulb
And flower into the beauty of the light
To carry our faith love and hope
To those who come

So be like the bulb
And remove the layers
So that the true beauty in our lives
Can be seen and loved
That we can love and be given the hope
That we are meaningful in our individual lives
And that hope and beauty reign in our hearts
With the help of our Maker

**Joanne Jolson's mother, Joan Jolson, wrote poetry throughout her life.*
We have shared her poems in previous issues of The Prescription, and we are pleased to share another here.

Springtime

by a St. Luke's parishioner

When spring comes - as it always will,
And brings each shining daffodil;
When breezes and the springtime showers
Send forth the ever-budding flowers,

Then even hearts that have been grey
Will feel their cares are washed away.
Change and uncertainty may be here,
But so are loving friends who care.

Some things remain forever good,
As Nature unfolds the way it should.

St. Luke's Vestry Meeting

St. Luke's Vestry Meeting (also called our Annual General Meeting –aka AGM) was held on February 22nd after the 10 am service. At that meeting, parishioners reviewed the financial statements and committee reports from 2025, approved the budget for 2026, elected new Parish Council members, and said thank you to those stepping down from their leadership positions.

Our thanks to Heather Simpson, who "retired" as Rector's Warden, and to Brian Dominique, Donna Dunning, Sharon McMillan, Tara Poilievre, and Rick Saville, who stepped down as Council members.

We also said thank you to Barbara Felsing for her many years of coordinating the Coffee Time.

Thank You to Barb Felsing

from All of Us at St. Luke's

Barb Felsing has been taking charge of our Coffee Hour after the 10 am Sunday service since 1998. This role involved buying supplies (napkins, tea, coffee, some cookies) and putting out a call for volunteers to take on a Sunday's duties or to bake some yummy treats for everyone to enjoy.

Many hours were spent on the phone asking people when they could take on the duty next. Barb taught those who volunteered the duties of putting on coffee time and wrote up the schedule. Many volunteers helped out over those 28 years, but there were also times when volunteers were nowhere to be found. This meant putting on the coffee herself, often relying on her family to help, sometimes week after week and quite often on special weekends, like Mother's Day, as her family experienced more than once.

Despite the ups and downs, Barb never gave up and you can often find her in the kitchen still, helping out Rebecca and keeping tally of the incoming donations. Since she took over in 1998, the coffee hour donations have exceeded $5,000.

Thank you, Barb, for 28 wonderful years of service! You are a blessing to all of us.

Parish Council Members for 2026

Parish Members were installed at the 10 am service on Sunday, March 1st.
Our thanks to all who will serve on Parish Council this year.

Rector's Warden - Kathleen Patterson
People's Warden - Claire White
Deputy People's Warden - Joanne Jolson

Treasurer - Barb Prescott
Secretary - Maria Ross

Synod Delegates - Carol Turnham and Sharon Hallsor
Alternate Synod Delegates - Sharon McMillan and Bruce Hallsor
Members-at-Large - Linda Beltrano**,** Jane Grant**,** Brenda Morgan**,** and Steve Ruttan
Youth Delegate - Shannon Stewart

Pictures from St. Luke's 2026 Vestry Meeting

Photos by Sahar Saeidbakhsh, Sharon McMillan, and Tara Poilievre

Committees at St. Luke's

by Heather Stewart

St. Luke's Leadership Team recently decided to implement a new committee structure. The eleven committees encompass the ongoing business of the St. Luke's organization. The committees will help our church to proactively plan and manage its business in a sustainable way. Ultimately, this will allow St. Luke's to accomplish its long-range strategic goals and enable the organization to fulfill its mission in our community.

Since introducing the committee structure to the parish in March 2026, we have already had numerous committee chairs step forward. Now, St. Luke's is looking for parishioners to volunteer for committee member roles. Committee members can expect a 3-4 hour commitment per month, and a fixed term (until April 2027).

This committee structure is not a new thing - it harkens back to the way St. Luke's became a thriving church in the past. It is based on the "many hands make light work" concept. The committees allow members of the parish to participate in and contribute to the work of the church.

Please scan the committee summary that follows and consider volunteering for an area of interest. Being part of a committee can be fun and rewarding. If you are interested in volunteering for a committee or have questions, please contact me (Heather Stewart) at strategy@stlukecedarhill.ca.

Committee Summary

Committee Name	Purpose of Committee
Buildings Committee	Assess building-related priorities and oversee execution of projects.
Children, Youth and Family Committee	Plan and coordinate all children, youth, and family programs.
Communications Committee	Create internal and external communications content. Oversee publication.
Event and Fundraising Committee	Hold major events to raise funds and increase community awareness of St. Luke's.
Finance Committee	Advise on financial matters, including budget and investments. Apply for grants and other funding.
Grounds Committee	Assess grounds-related priorities and oversee execution of projects. Includes parking and cemetery (sub-committees)
Hospitality and Stewardship Committee	Support internal social programs and hospitality, and encourage stewardship.
Music Committee	Oversee music-related programs, performances, and events.
Partnership and Outreach Committee	Engage with external community and partners; build new relationships.
Pastoral Committee	Cultivate supportive relationships and offer pastoral care to the parish.
Worship Committee	Facilitate planning and logistics for worship services. Includes Altar Guild (sub-committee).

Family Doctors for Saanich

by Ray Lett

The **Family Doctors for Saanich** is a grassroots, volunteer-led campaign launched in late 2025 to address the critical shortage of primary care providers in the District of Saanich. Founded by my friend, JoAnne Nelson, and other local residents and supported by Saanich Councillor Teale Phelps Bondaroff, the campaign focuses on connecting unattached residents with medical professionals and advocating for systemic improvements. Residents are encouraged to improve local healthcare access by:

- Ensuring that all unattached residents are registered on the provincial **Health Connect Registry** (**https://www.healthlinkbc.ca/find-care/health-connect-registry**). Registration helps the BC government accurately assess the level of need for more doctors and nurse practitioners in Saanich.
- Raising community awareness about the registry and the physician shortage by canvassing at local events and becoming involved in neighbourhood outreach.

In January 2026, the Saanich Council unanimously agreed to explore permissive tax exemptions for non-profit medical clinics to lower their operating costs and encourage the opening of new facilities. Examples include the Shoreline Medical Society on the Saanich Peninsula and the Goldstream Medical Clinic, a partnership of the City of Langford with the South Island Primary Care Society, that opened officially on February 9, 2026. Residents are encouraged to urge Saanich Council, local MLAs, and other decision-makers to provide better primary care support. For more information or to get involved, visit **https://www.familydoctorsforsaanich.ca/**.

Ray Lett and Elaine Matsushita (on the left), JoAnne Nelson (third from right), and other residents gather in Rutledge Park on December 12th, 2025 to launch Family Doctors for Saanich.

St. Luke's Attic Treasures Vintage Market - February 21st

by Carol Turnham, Convenor

Another very successful Attic Treasures Vintage Market was held at St. Luke's Community Hall on Saturday, February 21, 2026, from 9 am -4 pm. Press releases were sent out in good time, and the Times Colonist newspaper helped us advertise with two extra articles. The usual paid advertising was done, and posters were distributed around the community.

More customers than ever attended, "early birds" paying $10.00 during the first hour, from 9 – 10 am, and the general admission of $3.00 was paid until closing at 4 pm. Vendors of vintage and collectible items paid a total of $1,450.00 in table/space rentals.

Admissions at the door plus items sold by St. Luke's, including the Silent Auction raised $2,267.60, making the total proceeds to the church $3,717.60.

The members of Vintage Fashion Showcase co-convened the event, selling their clothing and other items in the Sequoia Lounge.

Coffee and snacks, made available to vendors in the kitchen, were much appreciated. Bunting decorations, retro music, and vintage outfits worn by vendors added to the fun atmosphere. All vendors were happy with the event and seven have already committed to joining us at our next event, on Saturday, September 19th.

If more space is needed, St. Luke's stall, including books, may expand to the basement area. We may even offer a funky retro caffe downstairs for customers.

My sincere thanks to all who helped with this project in so many ways. It has been fun working with you, and I look forward to next time!

Attic Treasures Vintage Market

Photos by Barb Prescott, Colleen Taylor, and Carol Turnham

Mrs. Stewart's Tree – The Story Continues

by Barb Prescott

In the Easter 2025 issue of St. Luke's Prescription, I wrote about Mrs. Stewart's tree and the research we did to find out more information about the tree. That was actually the start of another story.

Before being included in the Easter 2025 Prescription, the story of Mrs. Stewart's Tree had been posted for some time at our website. A page in the cemetery section of our website includes stories of those resting in St. Luke's Cemetery (**Links to Stories of Those Resting in St. Luke's Cemetery**). A descendant of the Stewart family was searching the internet and happened upon this story and so began another interesting connection to St. Luke's Cemetery.

In April 2021, we received an e-mail to the parish office with a subject line, "Mrs. Stewart's Tree" from Graeme Roberts, "I came across this article strictly by accident today. Mr. and Mrs. George A. Stewart were my great-grandparents. I had completely forgotten that they were buried at St. Luke's. Their home at 374 Sunset Avenue still stands, as does that of my grandfather and grandmother, David and Grace Forbes, next door at 362. As a boy, I was raised there. I was away from Victoria for many years but when it came time for 'retirement' 35 years ago, it seemed very natural and appropriate to return.

My wife and I reside in Brentwood Bay near Butchart Gardens having settled in Cadboro Bay before that. I do definitely plan to visit George and Harriet's grave very soon. Hard to believe that over the years I had forgotten about St. Luke's being their burial place. It's now 'beginning to ring a bell'."

Graeme Roberts

After a number of e-mails back and forth about the Stewart family history, I arranged to meet with Graeme and his cousin, Bruce Hodding, at St. Luke's cemetery at the beginning of May. Graeme was a very gracious man in his late 80's. When I asked if he would like to be added to the cemetery e-mail list to receive the cemetery news e-mails, he suggested that someone younger such as his cousin Bruce should receive the e-mails instead. As we chatted, I mentioned that I had grown up in the Cowichan Valley and that my maiden name was Horton. At that point, we made an interesting connection. Graeme had known my uncle, Colin, and my cousin, David (both deceased now). My uncle had been a car fanatic (Studebakers in particular) and would have known Graeme through Graeme's car connections. Graeme commented that he had attended the service for David, knowing him through his job with Air Canada at the airport, without realizing up until that day of his service that he was Colin's son. So our lives had connected in various ways in the past that we didn't know until we met.

I expected that we would meet again at some point as he had a large family tree map that he wanted to show me but, with this being COVID times, the buildings were closed. As well, there were family stories Graeme said he would tell me later so I expected that we would meet again at some point so that I could hear further stories and see the family tree diagram.

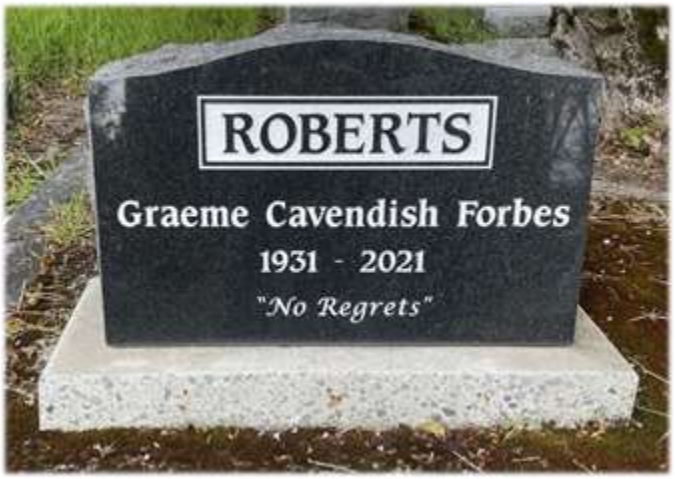
Imagine my surprise and sadness when his wife, Kathy, phoned to tell me that Graeme had died at home at the beginning of June. His obituary in the Times-Colonist listed his many achievements

including being the mayor of Nanaimo from 1984 to 1986. The obituary quotes Kathy, who said, “He was a salesman extraordinaire,” earning a lifetime achievement award from the New Car Dealers Association of BC for his contribution to the automotive industry as a car dealer for nearly two decades and as chairman of the board of directors of the Motor Vehicle Sales Authority of British Columbia. He served on several other boards, including the Victoria Airport Authority and Air Canada Jazz, and was a former chairman of the British Columbia Public Service Commission.

This then started a number of e-mails back and forth with Graeme’s wife, Kathy Roberts. Kathy commented that two months before Graeme passed, he made a connection with me (Barb) and it was of great comfort to him that the Stewart plot could be his final resting place. He was very interested in family history.

Another interesting connection between Graeme and St. Luke’s Cemetery was through the Wenman family. A number of Wenman family members are resting in St. Luke’s Cemetery, including John and Alice Wenman, and their sons, Reg (with spouse Eve Lytton) and Godfrey (with spouse Freda Blyth). Graeme was very familiar with all of the Wenman family due to his family and rugby connections. Graeme's uncle, (his mother's twin brother) Campbell Forbes, was a star player who, along with Reg Wenman, played for the Oak Bay Wanderers. Campbell, Graeme's uncle, married Lorna who had been married to Godfrey at the time of Godfrey’s death in 1959. Godfrey and Lorna had a son, John Frederick Wenman, who was one year old when his father died. Lorna married Campbell Forbes when Fred was a few years old. Lorna died in 1971 and it was decided at the funeral, since Campbell was 64 and not keen to take care of a thirteen year old, that Fred would go home with Graeme and his first wife, Liz. Graeme called him a son from that point on and he grew up in the household with Graeme's two daughters. Fred Wenman is now deceased (he died in 2016). And so with many of the Wenman clan resting in St. Luke’s cemetery, this was another connection to St. Luke’s cemetery for Graeme.

On Saturday, June 17th, 2023, Graeme Roberts joined his great-grandparents, George and Harriet Stewart, his great aunt, Frances Edwardes (his grandmother’s sister), and her son, James Stewart Simpson, in his final resting place in the Stewart family grave. Graeme’s wife, Kathy recently commented, “I marvel at how remarkable the timing of Graeme discovering the Stewart Tree story was for what was about to transpire so few months later. In that last week of his life he was so comforted to know he had somewhere to 'be' after his death. Not to mention how happy I was that I could place him in such a significant location.”



Those resting in St. Luke’s Cemetery have many interesting stories and this is just one of them….

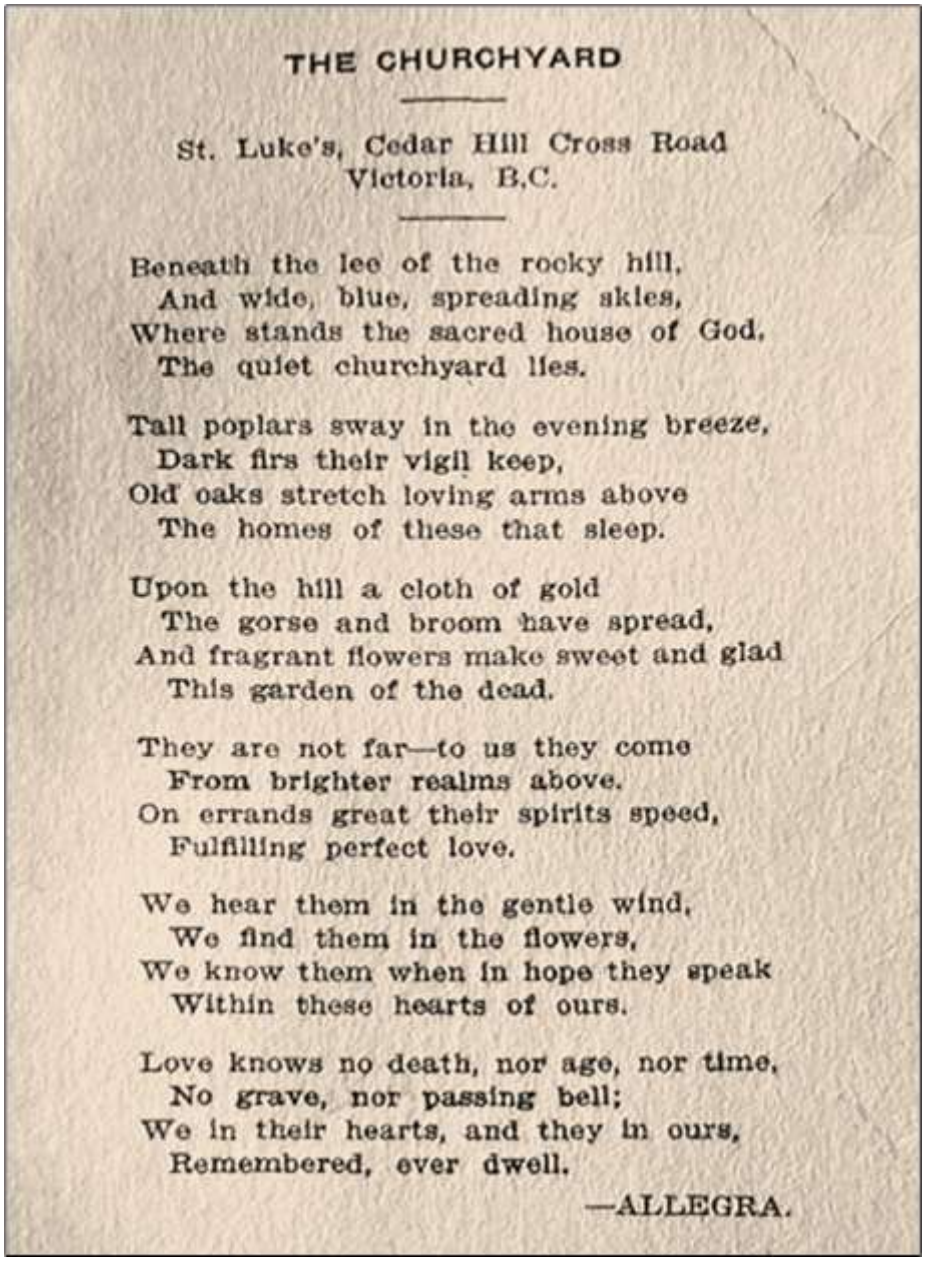
Sources: E-mails from Graeme and Kathy Roberts, obituaries in the Times-Colonist, Nanaimo News Now, and Vic News. Photos by Barb Prescott and submitted by Kathy Roberts.

The Churchyard Poem

submitted by Briony Penn

"I wanted to send a poem I found in my great grandmother's notes about the graveyard. Not sure if you know about it or not, but I thought it was a lovely poem with reference to the trees and wildflowers, especially the oaks. The broom and gorse although highly invasive are, I imagine, nostalgic for these old Scots colonists. Anyway, thanks for your work."

E-mail from Briony Penn, December 31, 2025



THE CHURCHYARD

St. Luke's, Cedar Hill Cross Road
Victoria, B.C.

Beneath the lee of the rocky hill,
And wide, blue, spreading skies,
Where stands the sacred house of God,
The quiet churchyard lies.

Tall poplars sway in the evening breeze,
Dark firs their vigil keep,
Old oaks stretch loving arms above
The homes of these that sleep.

Upon the hill a cloth of gold
The gorse and broom have spread,
And fragrant flowers make sweet and glad
This garden of the dead.

They are not far—to us they come
From brighter realms above.
On errands great their spirits speed,
Fulfilling perfect love.

We hear them in the gentle wind,
We find them in the flowers,
We know them when in hope they speak
Within these hearts of ours.

Love knows no death, nor age, nor time,
No grave, nor passing bell;
We in their hearts, and they in ours,
Remembered, ever dwell.

—ALLEGRA.

Briony's grandparents are Montague Arthur Weaver-Bridgman and Euphemia Sybilla Drummond Weaver-Bridgman, who are resting in St. Luke's Cemetery in Row L West Plots 3 and 4.

Spring Updates from the Shelbourne Community Kitchen

I want to start by saying a heartfelt thank you to the community at St. Luke's. Your generosity and ongoing partnership mean so much to us. As we stock the shelves with donated goods, cook together in the kitchen, and grow food together at the Cedar Hill Garden located in the rectory at St. Luke's, you are part of what makes our work possible, and we feel that support every day. **In 2025, St. Luke's donated an incredible 1,012.8 lbs of food, representing a fair market value of $3,687, which has gone directly toward supporting neighbours with access to healthy food.**

Spring is an exciting and busy season at The Kitchen. Our Pantry Program continues to welcome more individuals and families, averaging 500 grocery orders a month. In our Food Skills Programs, we're sharing ***Dinner on a Dime*** meal kits, hosting spring-themed cooking classes, and launching an exciting new youth after school cooking program called ***Skillz & Skillets***. Our gardens are coming back to life, too, with early harvests already making their way into the Pantry.

As the cost of living continues to rise across Greater Victoria, demand for our programs is growing. This spring, we invite you to ***Spring Into Action*** and help us keep our Pantry shelves stocked. **Our Spring Into Action food drive and fundraiser runs from March 25 to May 7, with a goal of collecting 3,000 lbs of non-perishable food and raising $2,000.** Whether you donate food, give online, or organize a food drive, every action helps fill shelves, fuel programs, and strengthen our community.

With deep gratitude for your care, and for the many ways you help make our community stronger.

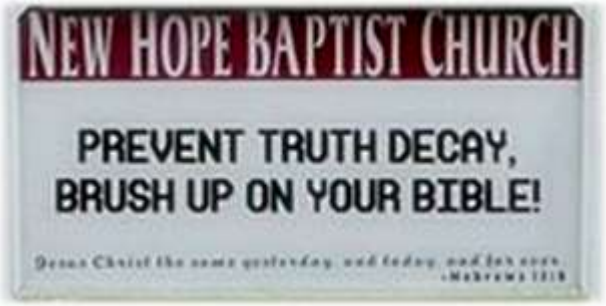
Wishing you a joyful and hope-filled Easter season.

Kim Cummins
Executive Director
Shelbourne Community Kitchen

Humour

Hiking in your 40s is a great way to meet people.

Today I met two paramedics, three nurses, a cardiologist... and nearly met Jesus.



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