

CONNEXION



The Quarterly Newsletter of the Anglican Parish of Central Saanich

Number 55



St. Mary Church

1973 Cultra Avenue,
Saanichton, BC V8M 1L7



St. Stephen Church

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

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

Worship Services

Sundays

- 9:00 am Holy Eucharist

Wednesdays

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

Office: 250-652-1611

Email: stmarys.saanichton@shaw.ca

Web: www.ParishCS.ca

Worship Services

Sundays

- 11:15 am Holy Eucharist

Office: 250-652-4311

Email: admin@parishcs.ca

Web: www.ParishCS.ca

June 2025

In this issue:

Dates to Note	2
From the Pastor's Pen	3-4
Parish of Central Saanich Website	4
Stewardship Update	5
Cane's Corner	6-10
Recipe Page	10
Bread, Wine and Covenants	11-13
Book Review	13
Around the Parish	14-16
Parish Directory	16

Incumbent: Ven. Dr. Lon Towstego

Honourary Assistant: Rt. Rev. Dr. Logan McMenamie

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

Deacon: The Rev. Gil Shoesmith



www.ParishCS.ca

Anglican Parish of Central Saanich

St. Mary Church

St. Stephen Church

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

Regular Services

- **Sunday services** at St. Mary at 9:00 a.m. Sunday services at St. Stephen at 11:15 a.m. unless otherwise noted below and in the Summer Service Schedule.
- **Wednesday Eucharist services** at St Mary at 10:00 a.m. with 'Sermon Circle' Bible Study following at 10:45 am. The last of these services will be June 18th resuming after the summer hiatus on September 10th.
- **Sunday, June 22 and Sunday, June 29:** Both churches will have Morning Prayer Services, led by the Lay Assistants, instead of Eucharists as the Ven. Dr Lon Towstego will be away attending General Synod.

Summer Service Schedule

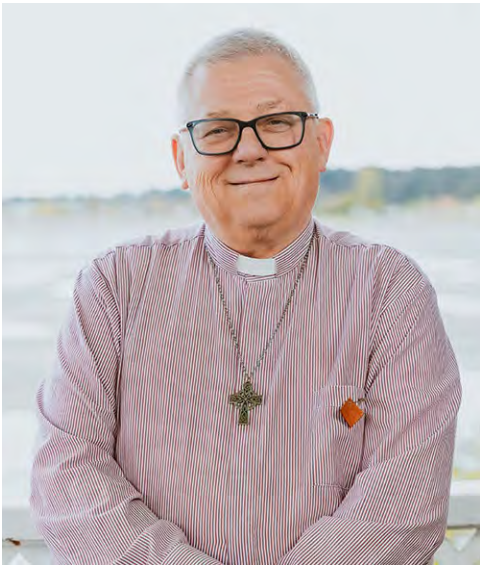
- **July 6** 10:00 a.m. One Service only at St. Mary.
- **July 13** 10:00 a.m. One Service only at St. Stephen, in the Church.
- **July 20** 10:00 a.m. One Service only at St. Mary.
- **July 27** 10:00 a.m. One Service only at St. Stephen. Outdoors with the Praise Band.
- **August 3** 10:00 a.m. One Service only at St. Mary.
- **August 10** 10:00 a.m. One Service only at St. Stephen, in the Church.
- **August 17** 10:00 a.m. One Service only at St. Mary.
- **August 24** 10:00 a.m. One Service only at St. Stephen. Outdoors with the Praise Band.
- **August 31** 10:00 a.m. One Service only at St. Mary.

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

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

From the Pastor's Pen

The Ven. Dr. Lon Towstego



“I am seeing evidence of our welcoming and of spiritual growth on many levels.”

Revival Report

- *There are no leaks in the tents and number keep growing. We celebrated our largest attendance in many years at a Midweek Communion last Wednesday. Bible study is also growing. I thank Ken Pedlow for his co-leadership with me at that.*
- *I do recognize that revival is not only about numbers of people. I am seeing evidence of our welcoming and of spiritual growth on many levels.*
- *At the Clergy Conference I was part of a small table group with a focus on navigating church growth. This is a new skill to many of us! Leslie Flynn was a part of the group as well.*

I will begin by reiterating all that Gil has said about the clergy conference. I thank Gil for the copious notes that he takes at these events. Thank-you for being a parish that believes in helping in the ongoing education and spiritual support of your clergy. This is vital and life giving. I really appreciated the messages given by Retired bishop of Chicago, Jeff Lee and Musician Dent Davidson.

By the time you receive this report on May 20 you will have had the Rev. Leslie Flynn preach and preside at the May 18 services. I was, of course, at St. Philip, Cedar. I was pleased when Leslie agreed to this “pulpit swap,” as it gave you the opportunity to experience her presence in Liturgy after over one year of ordination and leadership in a very nice parish, St. Philip. Most of you will remember that we mentored Leslie as she was placed with us for an internship. I admit to feeling a bit like a proud father as I celebrate her success and our parish’s teaching capacity. I am honoured to be her regional archdeacon.

We were involved in a similar process with the Rev. Matt Humphrey who I spent some time with at Clergy conference and with Deacon, Rev. Trish Stock. Both are significantly involved in our diocese now.

This points us to the current moment as we mentor and walk with Gary Moss, seminarian. On the weekend of June 6-8 Gary will

continued on page 4

From the Pastor's Pen *continued*

attend an Advisory Committee on Postulants for Ordination (ACPO) weekend. This is a time where the larger church, the ecclesiastical province, gathers with folk like Gary and help to discern with them the Call to ordained ministry. Gary has quite an investment in the process to date. There are no guarantees of ordination, and it is not a reward for hard work, although hard work does prepare one well. I am hopeful for Gary to hear a positive affirmation and yet we, especially as Parish Leadership, need to be prepared to support Gary and his family well however ACPO goes. Sometimes it is a green light yes, sometimes a yellow light, proceed but with some direction as to how, sometimes it is a no, not now. This is always a stressful time for people so join me in praying the peace and calmness of God upon Gary.

I really seek your help in encouraging the congregation to trust in the Holy Spirit as expressed through all levels of our church life in this process with Gary. We need to help them to not speculate out loud on next steps for Gary as to placements, etc. I am involved in some discussion and will only say that we will seek to broaden Gary's perspective of Anglicanism. It is clear the postulants virtually never are assigned back to the home parish that raised them up. This is how we contribute to the larger church.

I pray that we all have a great summer and revival continues. Please keep Logan (and Marcia), Brett, and Ian in your prayers as well as all people listed in our weekly prayers and known to God alone.

Lon+

Hot Off the Press, June 8, 2025:

Gary Moss has been approved by ACPO! More details on future placements etc., to follow. Congratulations Gary, Rachel and family!

Parish of Central Saanich Website

Our website contains much information for both parishioners and members of the public who may wish to learn more about our parish. Parishioners may login to the "Members Only" area by clicking on "**Login**" at the **bottom of the home page**. You will need to enter your email address and password to access the Members Only section. If you have do not have a password, please contact Leslie at admin@parishcs.ca

After having logged in, you will find the **Member's Area** button at the **top of the page**. In this section you will find a variety of information about church activities, including weekly bulletins, parish calendars, schedules, readings and messages.

Step 1: Click on **Login**



Step 2: Click on **Member's Area**



Parish of Central Saanich Stewardship Update

By Ken Pedlow

The following is an update on the financial situation at the St. Mary and St. Stephen churches of the Parish of Central Saanich as of May 31st, 2025.

St. Mary May 31, 2025 Update

Item	Actual To May 31	% To Budget Target=42%	2025 Budget
Total Revenue	\$61,713.02	36.8%	\$167,500
Total Expenditures	\$73,197.61	41.1%	\$177,882
Operating Surplus/ Deficit	(-\$11,484.59)	110.6%	(-\$10,382)

St. Stephen May 31, 2025 Update

Item	Actual To May 31	% To Budget Target=42%	2025 BUDGET
Total Revenue	\$47,775.26	39.3%	\$121,450
Total Expenditures	\$60,409.85	40.8%	\$148,154
Operating Surplus/ Deficit	(-\$12,634.59)	47.3%	(-\$26,704)

Additional Information:

Offerings (Regular, Open and Festival) comprise the vast majority of the budgeted revenues.

Increased facility/parking income at St. Mary is budgeted for this year and proposals for office space income for St Stephen are being pursued this year.

Both churches have seen significant increases in insurance costs again this year.

Cane's Corner: Copenhagen

By the Rev. Dr. Brett Cane



This is the final article on my travels last summer. Following my cruise in the Baltic Sea in May I was able to spend three days in Copenhagen which included a day trip by train to visit two castles about 45 minutes away.

Copenhagen ('merchants' harbour') is a beautiful city – the major port and capital and most populous city of Denmark and is situated on two major islands with a number of canals. It began as a Viking fishing village in the 10th century and was decimated by two major fires in 1700's which destroyed almost all its medieval and Renaissance heritage. Fortunately, the city was rebuilt with many fine neoclassical cultural and governmental buildings and palaces.



I began my visit with a walking tour of the city, which began in front of the City Hall city hall which was built in the 1890's.



There were many sculptures nearby including Hans Christian Andersen one of Hans Christian Andersen, famous Danish poet and author of fairytales (The Ugly Duckling, The Little Mermaid, etc.). I was interested to find out the is also known for his intricate paper cuttings!



Former Telephone Kiosk: This former telephone kiosk is in the centre of the oldest square in the city and one of many found throughout Copenhagen. Designed in the Parisian Art Nouveau style at the turn of the 1900's they served as places where people could send and receive their messages before the era of private phones. The ones remaining are now used as coffee shops where you can also buy wine and beer.



The National Museum of Denmark comprises the histories of Danish and foreign cultures, alike and is one of over 57 art galleries and museums in the city (including a beer museum, Jewish museum, Guinness world records and Ripley's Believe it or Not museums!)

continued on page 7

Cane's Corner *continued*



Copenhagen is a city of canals which give easy access to the sea. It is said that they were inspired by the success of Amsterdam and the charm of Venice



One of the most famous is Nyhavn (New Harbour) Canal, once the red light district of the city but refurbished from the 1960's, and is now a major tourist attraction with many colorful buildings and buzzing atmosphere.



On my boat tour I was able to see the Copenhagen Opera House, completed in 2004. One of the most expensive opera houses ever built, the roof also serves as a diving platform for the Red Bull Cliff Diving World Series.



Power Plant- the roof of the power plant also serves as a dry ski run!



Frigate HDMS Peder Skram now serves as a museum and is most famous for its involvement in the "Whoopsie Missile Incident" in 1982 where a Harpoon missile was accidentally launched due to a technical malfunction, destroying four nearby unoccupied summer cottages!



Christianshavn, a neighbourhood located on several artificial islands with a fashionable, diverse and lively atmosphere.

continued on page 8

Cane's Corner *continued*



There are two other palaces in the city. The Christiansborg Palace has been destroyed by fire many times and is surrounded by canals. Originally the principal residence of the Danish kings and the centre of government it now houses the Danish Parliament, the Supreme Court, and the Ministry of State.



The Great Hall is the largest and most spectacular of the Royal Reception Rooms; it seats 400 guests and is used for banquets, state dinners and receptions.



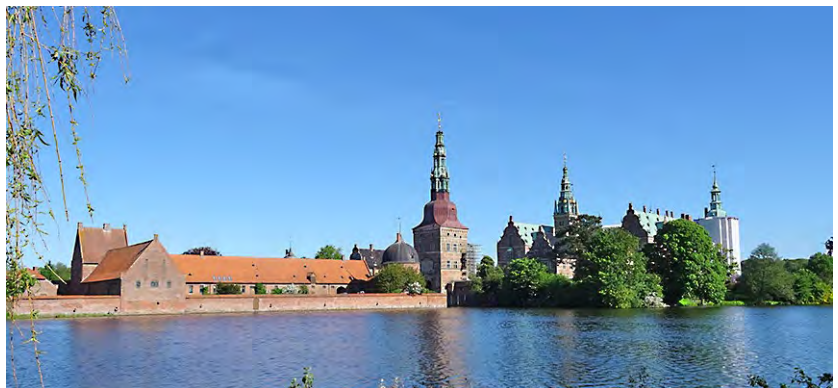
The Royal family actually lives in the Amalienborg Palace: originally built in 1760 for four noble families and taken over by the Danish Royal family in 1794 after one of the Christiansborg Palace fires.



Frederik VIII's Palace – the section of the palace where King Frederick and Queen Mary and their family live today.



Royal Guard - Amalienborg is guarded day and night by Royal Life Guards whose uniform is similar to that of the British Foot Guards but whose manner is not – they are quite casual - I was not impressed!



One of my days was taken up by a visit to two more castles/palaces located 50 minutes by train north of the city, both rebuilt by Christian IV. One is the magnificent Frederiksborg Palace. The setting is beautiful and there are many impressive interiors (70+ rooms) from various periods. It now houses the Museum of National History.

continued on page 9

Cane's Corner *continued*



Castle forecourt and Neptune fountain – the latter symbolizes Denmark's position as a leading Nordic power in the early 17th century with Christian IV as Neptune!



The Chapel in which coronations took place here and it serves as an active parish church today.



The Great Hall is the most impressive room in the castle.



One further train journey took me to the most famous of all Denmark's palaces, Elsinore. World-famous as the setting for Shakespeare's Hamlet, its actual name is Kronborg Castle.



The Dark Gate which leads into the courtyard.



Castle Courtyard, restored to its appearance of 1574-85.

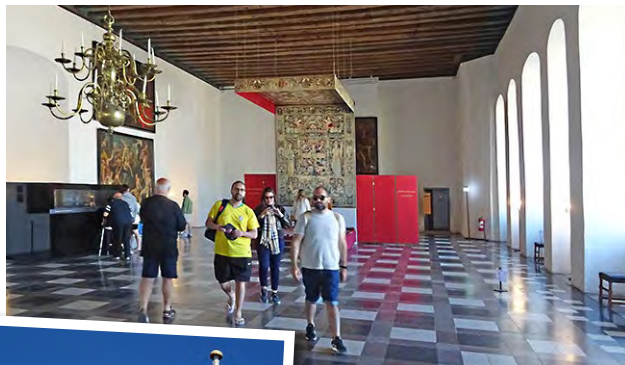
continued on page 10

Cane's Corner *continued*



"Trumpeter's Tower" is the tallest and named after the trumpeters who sounded fanfares of warning from the tower's gallery.

The Ballroom is the largest royal hall in northern Europe - you can rent it out for a wedding reception!



The Danish flag flies proudly from the battlements and serves as a fitting farewell to a most enjoyable time in a delightful country!

Recipe Page: Two-Ingredient Bagels

Submitted by Nancy Choat

A friend of mine (who is not much of a cook!) sent me this recipe for bagels! She raved about how easy it was to make and how tasty they were. Do give it a try and try some of the toppings suggested below.

Ingredients

- 1-1/3 cups of self-rising flour (alternatively, 1 cup of all-purpose flour plus 2 tsp of baking powder and 3/4 tsp salt)
- 1 cup of plain Greek yogurt, full or fat free
- 1 egg white lightly beaten with 1 tsp of water

Instructions

- Preheat oven to 350°F
- Line a baking sheet with parchment paper
- In a large bowl mix flour and yogurt until crumbly and shaggy
- Form a ball with clean hands and transfer to a lightly floured surface
- Knead for 2 minutes, adding extra flour as needed until a smooth ball is formed
- Cut ball into 4 equal pieces
- Cover and let the dough rise for 5 minutes
- Roll each piece into a 6" or 7" long "snake" shape. Bring the ends together and pinch to secure
- Repeat with other 3 pieces
- Place all 4 "rings" on baking sheet
- Brush the tops with egg wash and sprinkle with your favourite topping (see below) or leave plain
- Bake on top rack for 25/30 minutes

Suggested toppings: poppy seeds, sesame seeds, grated cheese, everything bagel seasoning



The Bread, the Wine and the Covenants, Part 2

By Greg Robinson

In the last issue we saw how the bread and wine tradition as a way of worshipping God, went back to the time of Moses and incorporated into their Passover celebration.

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

Then we come to the new, or 2nd Covenant. This new covenant is prophesized in Jeremiah 31:

31 “The days are coming,” declares the LORD, “when I will make a new covenant with the people of Israel and with the people of Judah. 32 It will not be like the covenant I made with their ancestors when I took them by the hand to lead them out of Egypt, because they broke my covenant, though I was a husband to them,” declares the LORD. 33 “This is the covenant I will make with the people of Israel after that time,” declares the LORD. “I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people.

The Word of God has taken on flesh, says John in the 1st chapter of his Gospel. The Word took on flesh in the man Jesus, who came to inaugurate the “Kingdom of God,” the Kingdom for now and stretching into eternity. The first covenant gave laws that amounted to a code of conduct. The second Covenant had a different emphasis. God planted His command in our hearts to love that which is good, and to reject evil. God’s love in our hearts should guide our actions and how we conduct our lives. However, we are also left with the ability to reject that call and to live a life based on selfish desires. God has given us the knowledge of good and evil and the freedom to choose our own path.

We can then see in the Gospel accounts of the “Last Supper” how Jesus took these wonderful ancient Jewish forms of first covenant celebration and renewed them in ways that built on the covenant and formed what we call the second or new covenant. Jesus uses the traditional seder meal with the same symbolic wine and bread.

However, Jesus expanded on then meaning of bread and wine. The bread which symbolized a thanksgiving for God’s provision for us going back to Genesis 1. Jesus however didn’t take away from all that we had to give thanksgiving for but enriched it.

“God has given us the knowledge of good and evil and the freedom to choose our own path.”

continued on page 12

The Bread, the Wine and the Covenants *continued*

“*I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.*”



This is from John 6.

32 Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven.

33 For the bread of God is the bread that comes down from heaven and gives life to the world.”

34 “Sir,” they said, “always give us this bread.”

35 Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

49 Your ancestors ate the manna in the wilderness, yet they died.

50 But here is the bread that comes down from heaven, which anyone may eat and not die.”

Now with the new covenant Jesus tells us that the bread isn’t simply about supplying our needs in this life but is also about providing our needs in the New Creation life to come. Then Jesus goes further in the next verse.

51 I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.”

Jesus sacrificed His own life in the flesh symbolizing an end for the need of the shedding of blood.

Jesus in keeping with the Jewish tradition of blood offerings offered up his own blood symbolically in the drinking of the wine. Jesus had said earlier that He desired mercy and not the ritual sacrifices as were offered up in the Temple.

Now the sacrificial taking of life was replaced with the bread and wine of the new covenant as instituted by Jesus.

The drinking of the blood, as symbolized by the wine, also represented the suffering of Jesus and for all suffering in this world which will only come to an end in the new creation.

It also calls us to a life that gives death to the self. We are called to reject a life that is self-focused even at the expense of others and instead be led to a life of self-giving love as led by God’s Holy Spirit guiding our hearts. As the psalmist says in Psalm 37:

4 Take delight in the LORD, and He will give you the desires of your heart. 5 Commit your way to the LORD; trust in him and he will do this.

After the last supper Jesus went to the Garden of Gethsemane and prayed. He understood through the scriptures and prayer that He was to enter into Jerusalem making a messianic claim, (as he did by riding a colt as per Jeremiah), knowing that the authorities in Jerusalem were all aligned against Him and that He would be put to a tortuous, humiliating death.

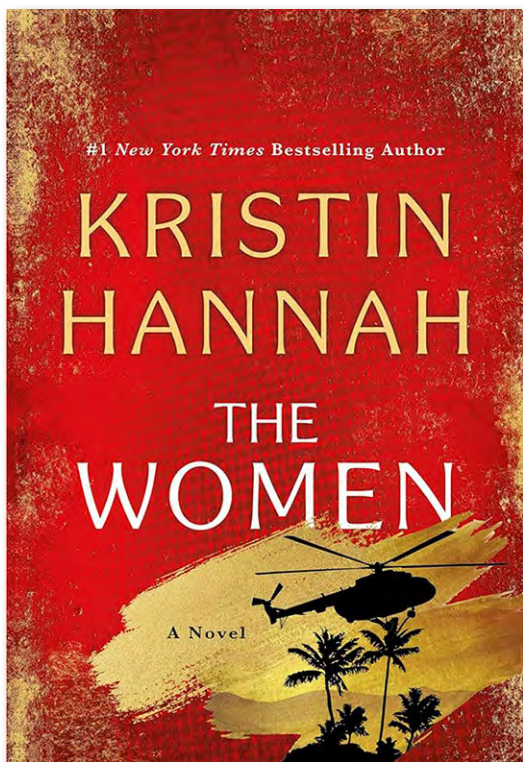
continued on page 13

The Bread, the Wine and the Covenants *continued*

We should always take the bread and wine with thankful hearts and always remembering the love of God for all life. We are celebrating 3000 years of Judeo-Christian history. We are honouring the sacrifice of Jesus, as Son of God, who sweated blood in fear of the ordeal that He was about to face, in a perfect act of self-giving love on the cross. When we take communion, we celebrate God's heavenly Kingdom coming to earth and into our hearts. God's heavenly space is one with our earthly space, in anticipation of the eternal recreation of all things.

Book Review: *The Women* By Kristin Hannah

Review by Nancy Choat



A book that has recently received rave reviews is entitled *The Women* by Kristin Hannah. This is the book I am reviewing for readers of this issue of *ConneXion*.

Kristin Hannah has written several books among them, *The Four Winds*, *The Great Alone* and *The Nightingale*. She also wrote *Firefly Lane* which was featured on Netflix. As noted in her biography, Kristin's writings take her across many eras and to many places but the one constant that connects all her work is the focus on what it's like being a woman in challenging times. And *The Women* is no different. Kristin is a lawyer-turned writer and has one son. She and her husband live near Seattle.

Written in 2024, Kirsten has written the following forward to her book:

"This novel is dedicated to the courageous women who served in Vietnam. These women, most of them nurses and many of them raised on proudly told family stories of World War II heroism, heeded their country's call to arms, and went to war. In too many instances, they came home to a country that didn't care about their service and a world that didn't want to hear about their experiences; their post war struggles, and their stories were too often forgotten or marginalized. I am proud to have this opportunity to shine a light on their strength, resilience and grit."

I hope you find this book as much of a "must read" as I did.

Around the Parish

by Ken Pedlow



Burning
the Palm
Sunday
crosses

Here are some of the significant events of the past three months in the parish. It has been a busy time during this spring season.

On Tuesday, March 4th the parish held a very successful pancake supper at St. Mary. Many thanks to all who helped with this event, especially **Ian** and **Daniel Stuart**.

Wednesday, March 5th saw the Ash Wednesday services at both churches which involved the imposition of ashes prepared the night before from the burning of the Palm Sunday crosses from the previous year.



Saanichton
Village
Association
lasagna
dinner

Wednesday evening also saw the annual Saanichton Village Association Lasagna Dinner at St Mary. Cooper Hall was jam packed for dinner and following it there was music in the church sanctuary by the band Shenanigans. Thanks go to **Jim Townley** and **Lynn Fallon** for leading the team of many who helped with this exciting event.

Two award presentations of note took place in March. On March 2nd, **Suzanne Jackson**, the daughter of **Nancy Jackson**, was made a Canon (Lay) in the Territory of the People by Bishop Clara Plamondon at a ceremony in Prince George. Canon Suzanne has served as the Legal Counsel to the Bishop for over eight years and continues to faithfully serve in this capacity.



On March 5th, at a ceremony at Government House in Victoria, **Nelles Shackleton** was awarded the King Charles Coronation Medal by Lieutenant Governor, Janet Austin. Nelles has provided many years of service to Government House as well as to the many organizations she has volunteered with over the years, especially those related to the local Chinese community. Congratulations, Nelles. A most deserving recognition.

Nelles Shackleton at the King Charles
Coronation Medal presentation

continued on page 15

Around the Parish *continued*



Parish Leadership retreat

Birthday celebrations for Leslie (right)
and Irene (below)



Legion Manor tea

On March 22nd, your Wardens, **Bob Buchanan**, **Maria King** and **Ken Pedlow** attended the Treasurer's and Warden's Workshop held at St. Paul's Church in Nanaimo. Dividing up and attending as many of the sessions as possible, much valuable information was acquired to bring back to the parish.

On April 12th the Parish Leadership Team (Parish Council) held a retreat at St. Stephen. Our facilitator was **Bob Brandle** who has a wealth of experience to share both from his career in Government and his work with the Diocese. Bob is well known to many of the participants.

Two birthdays of note took place in April. On Wednesday April 9th, after the weekly service, our office administrator **Leslie Pedlow** was presented a small birthday cake from Lon while the congregation sang happy birthday. On Sunday April 27th, **Irene Feir** celebrated her 80th birthday by hosting coffee after the service and then soon after taking a two-week Alaska cruise with her daughter Alayne. Well done, Irene.

On April 17th, **Gil Shoesmith**, **Greg Robinson**, **Patricia Winters** and **Rev. Lon** joined **Willa Temple** and others for tea at the Legion Manor housing complex. The event was a Volunteer Recognition Tea which for these individuals thanked them for their support of the once-a-month Sunday services held at this facility.

Beginning with the Palm Sunday Service on April 13th and ending with the Easter Sunday Eucharists of April 20th, various services and events of Holy Week took place in the parish. These provided opportunities for parishioners to more deeply understand the meaning and significance of the Easter season.

On April 29th, **Sandi** and **Cheryl** of the Central Saanich United Church hosted an Ecumenical Ministerial gathering of clergy from the peninsula which includes the **Ven. Dr. Lon Towstego**. Such gatherings help to strengthen the ties between the various churches in the area and support a more unified Christian witness to the community.

During the week of May 6th to 9th **Rev. Lon** and **Deacon Gil** attended the clergy conference up island. For more details on what took place see the Pastor's Pen column in this issue of *ConneXion*.

continued on page 16

Around the Parish *continued*



Before the opening of the Spring Fling thrift sale



Sam and Paige
with twins Julian and Clara

On May 24th, St Mary's held its annual Spring Fling thrift sale. A good time was had by all and the event raised \$3,160. Thanks to **Lynn Fallan** and **Karen McColm** for their leadership and to all the parishioners who participated in making this event such a pleasant and successful experience.

Sybil Bagshaw is delighted to welcome her sixth and seventh great grandchildren to the family one week after the congregation prayed for their safe delivery. **Julian David** and **Clara Louise**, born eight weeks ago, are thriving as is their mother **Paige**, who was christened at St Mary 32 years ago. Congratulations to all.

We end with a sad note, the passing of **Vera Philip** whose memorial service was held at St. Stephen on May 31st. We extend our sympathies to **Mike** and the family at this time.

Anglican Parish of Central Saanich Directory

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

Parish Council: Ex Officio

Ven. Dr. Lon Towstego
Rev. Gil Shoesmith

Rector's Wardens: St. Mary
St. Stephen

Ken Pedlow, ken.pedlow@shaw.ca
Robert (Bob) Buchanan, rjbuchanan6201@gmail.com

People's Wardens: St. Mary
St. Stephen

Vacant
Maria King, rociok@shaw.ca

Members: St. Mary
St. Stephen

Lynn Fallan, **Becky Lowe**, **Marcia McMenamie**, **Ian Stuart**
Lynda Clifford, **Terry Hartley**, **Gill Shoesmith**

Youth Representative:

Jacob Shoesmith

Synod Delegates: St. Mary
St. Stephen

Karen McColm, **Ken Pedlow**, (alt)
Don Wilson

Parish Treasurer:

Lynn Schumacher

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

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

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