

CONNEXION



The Quarterly Newsletter of the Anglican Parish of Central Saanich

Number 53



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

December 2024

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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.
 - **Wednesday Eucharist services** at St Mary at 10:00 a.m with 'Sermon Circle' Bible Study following at 10:45 a.m. (Bible Study ends Dec. 11th and Service ends Dec. 18th, both resuming on January 8, 2025).
-

Other Upcoming Events

- **Saturday, December 7th** from 9:00 am: Saanichton Community Christmas/Pancake Breakfast and photos with Santa at St Mary.
 - **Monday, December 23rd** at 7:30 pm: A Child's Christmas in Wales by Dylan Thomas at St Mary by Vox Humana Chamber Choir.
-

Christmas Season Services

- **Tuesday, December 24th:**
 - Christmas Eve Eucharist Service at St. Stephen at 4:00 p.m.
 - Christmas Eve Eucharist Service at St. Mary at 8:00 p.m.
 - **Wednesday, December 25th:** Combined Christmas Day Eucharist Service at St Mary at 10:00 a.m.
 - **Sunday, December 29th:** Combined Morning Prayer Service at St Mary at 10:00 a.m.
-

Winter Events

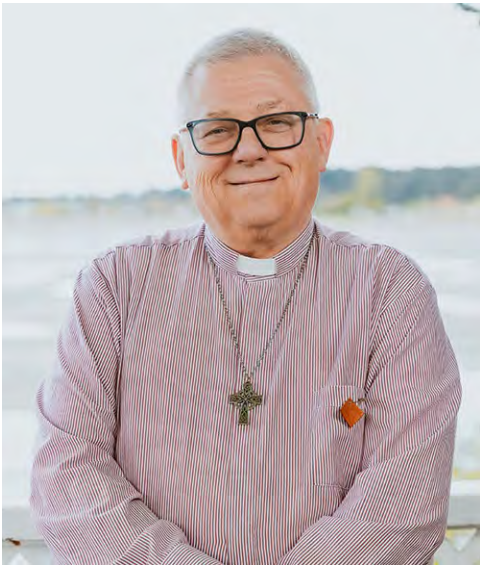
- **February 23rd, 2025:** Parish Annual General Meeting at St Mary following a combined Eucharist Service at 10:00 am and a light lunch.
- **March 4th, 2025:** Shrove Tuesday pancake supper at St Mary. (Details to be confirmed and announced).

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



“Greetings as
we embrace
Advent 2024
and look
forward to
celebrating the
Incarnation of
Jesus as God’s
Son...”

“Rejoice in the Lord always, and again I say, Rejoice. Let your moderation be known unto all men. The Lord is at hand. Be careful for nothing: but in everything, by prayer and supplication with thanksgiving, let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

The Role of a Regional Archdeacon

Greetings as we embrace Advent 2024 and look forward to celebrating the Incarnation of Jesus as God’s Son, sent to pitch his tent in our neighborhoods and in our hearts, otherwise known as Christmas.

Most of you know that I am one of three Regional Archdeacons in our diocese. I will explain a little of what this means and how I live into this role and how it interacts in my primary role as your Parish Priest.

The newly accepted Canons from our November 1-2, 2024, 102nd Synod of the Diocese of Islands and Inlets moved the definition of the role from Canons to regulations.

Regulation R2.1.1 Duties of Archdeacons

A. The duties of an archdeacon may include, but are not limited to the following:

1. Welcoming and orienting new incumbents and other clergy.
2. Installing a new incumbent in “The Celebration of a New Ministry,” and, in the absence of the Bishop, preside at the service.
3. Providing pastoral support to clergy in their work, and especially in times of crisis.
4. Providing pastoral support to parishes in a time of crisis, especially when clergy are suspended, removed, or die.
5. Meeting with the cleric for an “end of ministry” interview when a ministry comes to an end.
6. Ensuring that the ministrations of the church are carried out regularly in parishes where there is no incumbent.
7. Inspecting rectories during vacancies.

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8. Conducting “transition days” in parishes.
 9. Assisting in the worship and work of the cathedral.
 10. Serving on committees as the Bishop’s appointee.
 11. Meeting with the Bishop, the Dean, and the other archdeacons on a regular basis.
 12. Convening and chairing the regional chapter (Clericus), which consists of all of the active clergy within the region holding the license of the Bishop.
 13. Convening and chairing regional conferences.
 14. Performing such other duties as assigned by the Bishop.
- B. Where an archdeacon is unable to carry out a duty for any reason, the Bishop may ask the Executive Archdeacon or another archdeacon to act for them.**
- C. The Bishop may assign the title of archdeacon emeritus to an archdeacon who has ceased to hold office.**

This regulation captures the essence of what I do as Regional Archdeacon. As well, as parish priest and archdeacon, I support all Safe Church initiatives.

Our region is called the Western, Peninsula, and Southern Gulf Islands. The parishes that I am involved with are:

Holy Trinity, Sooke; St. Mary’ Metchosin; Church of the Advent in Colwood; St. Michael and All Angels; Our parish; Holy Trinity’ North Saanich; St. Andrew, Sidney; St. Mary Magdalene on Mayne Island; All Saints on Salt Spring Island; St. Margaret of Scotland on Galiano Island; Parish of Pender and Saturna Island; St. Philip in Cedar; and Christ Church on Gabriola (mostly cared for by the United Church now as it is a United/Anglican parish currently with a United minister appointed).

As you can see it is a long list of parishes. Some require little or no oversight from me. Others go through times of greater need of involvement by the archdeacon. The tide comes in and the tide goes out.

I very much enjoy this aspect of my current ordained ministry. There are benefits to my “home parish. I learn continually and watch for good ideas and challenging aspects of other parishes and bring that to our Parish of Central Saanich discussions and day-to-day life. I have come to know many of the wardens from these parishes as well as the clergy. This all offers me and us a broader look at the larger church that we are a part of. I am in the flow of information from the Diocese which helps us stay tuned in.

The question that I hear and that has been asked for years is why the diocese doesn’t pay for my time rather than expect the parish to. This was being asked when I was a warden in the late 90’s early 2000’s. I have several responses.

- Remember that before I came to our parish and this newly formed region, The Ven. Penelope Kingham was the Regional Archdeacon. She served at Holy Trinity and our parish and others benefited from her experience and strength.
- I will not speak for other Regional Archdeacons but in my case a large part of my time commitment to the ministry is above and beyond hours I spend doing parish work.

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From the Pastor's Pen *continued*

- I have talked in favour of home parishes being subsidized to some degree for having an archdeacon. I don't see this happening soon, yet it is at least an open conversation.
- I challenge us as a parish family to be leaders in the Diocese and to look beyond dollars and cents to see effective and important ministry. I commit to always holding high the best interest of our parish, my home in all my deliberations. I also see us as a teaching parish. We have brought up younger clergy and been a part of their training and our Admin person, Leslie Pedlow, is often called upon by other church Admin people for 1-800 help!
- It is very important for you to know that as your parish priest I am available for visits, coffees, phone calls. Please don't assume that I am "too busy." I will make time.
- Please keep me in your prayers. I thoroughly enjoy my vocation with each of you and the Diocese of Islands and Inlets.

Parishioner Profile: Bob Buchanan

by Sandra Scarth



Bob is a third generation Calgarian whose grandfather arrived in Canada as a youngster in the late 1890's. The middle child of five children (three sisters and one brother), he grew up in a family that was involved in the United Church. He was baptized and attended Sunday School and other church events. During his youth he played competitive badminton, bowling and golf.

He graduated from the University of Calgary with a business degree focused on marketing. His first job was with Canadian Foremost, a company that made all-terrain vehicles sold to oil and gas companies, including Russia which was a big customer. Bob worked in the marketing department and in administration.

After working for two years, he caught the travel bug in 1977 and decided to go to Europe. After a year of travel (often by hitchhiking), his mother died unexpectedly. His father contacted him and told him not to come home and instead joined Bob for three weeks of travel. His friend Caryl also joined Bob on his travels.

He married Caryl in 1979 in Highwood Lutheran Church and became deeply involved, accepting Jesus as his Lord and Saviour. He began working with the Canadian Association of Oil Well Drilling Contractors as General Manager.

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Parishioner Profile: *continued*



In 1985 the travel bug hit again, and he and Caryl took a year off and travelled primarily in Asia, to Japan, Taiwan, Thailand, Malaysia, Burma, Australia, New Zealand and Fiji.

Back in Canada in 1989, Bob took a job as Vice President of Marketing for the Canadian Energy Research Institute and worked until 1992 when he developed a chronic illness that could be managed by medication but prevented him from working, so he retired.

It was during this period that Bob's two boys were born. Neale, 32, is a chef at the Legion Restaurant in Lethbridge and Jayme, 34, lives in Calgary and works with Deloitte in administration.

In 2008 Bob took part in Cursillo, and joined the Anglican church which has been an important part of his life since then.

He sees himself as a bit of a sports nut, avidly following the Calgary Flames. He was active in mixed curling for 25 years and in a men's badminton league for 22 years. The family also spent many happy years at their cabin at Lake Invermere, where they were involved with the Alliance church.

He and Caryl divorced amicably in 2010, and remain good friends, chatting on the phone or visiting most weeks. She lives in Victoria. When Bob decided to move to Victoria three years ago, he asked his sister's friend, Marion Carroll about Anglican churches. She suggested he visit three, including St. Stephen's, where her husband is buried. He attended the three, met Lon and felt most comfortable at St. Stephen's. He began to attend regularly and last year became active as People's Warden. It is good to have a recent member take an active part in our church.

Parish Annual General Meeting

At each church, a display board has been prepared to give parishioners information regarding the many opportunities to serve on the Leadership Team of the Parish of Central Saanich. The displays provide detailed information on the following four positions: Church Wardens, Members of Parish Council, Synod Delegates and Parish Treasurer.

This material is being made available well in advance of the Parish Annual General Meeting in February so that individuals have an opportunity to review the materials provided, perhaps talk to those who are in the positions currently, or have been in the past, and determine whether any of these opportunities to serve are of interest. If you are interested in any of these positions, please talk to Lon.

The parish is so much stronger when a wide variety of parishioners take on roles and it helps to share the workload and responsibility among a larger number of people and perhaps give those who are presently serving a break. It is also a great opportunity to be more involved in parish life and perhaps learn new skills.

Clay Balls

Submitted by Lynda Clifford

A man was exploring caves by the Seashore. In one of the caves he found a canvas bag with a bunch of hardened clay balls. It was like someone had rolled clay balls and left them out in the sun to bake. They didn't look like much, but they intrigued the man, so he took the bag out of the cave with him. As he strolled along the beach, he would throw the clay balls one at a time out into the ocean as far as he could.

He thought little about it, until he dropped one of the clay balls and it cracked open on a rock. Inside was a beautiful precious stone!

Excited, the man started breaking open the remaining clay balls. Each contained a similar treasure. He found thousands of dollars worth of jewels in the 20 or so clay balls he had left.

Then it struck him. He had been on the beach a long time... He had thrown maybe 50 or 60 of the clay balls with their hidden treasure into the ocean waves.

Instead of thousands of dollars in treasure, he could have taken home tens of thousands, but he had just thrown it away!

It's like that with people. 'We look at someone, maybe even ourselves, and we see the external clay vessel. It doesn't look like much from the outside. It isn't always beautiful or sparkling, so we discount it.

'We see that person as less important than someone more beautiful or stylish or well known or wealthy. But we have not taken the time to find the treasure hidden inside that person.

There is a treasure in each and every one of us. If we take the time to get to know that person, and if we ask God to show us that person the way He sees them, then the clay begins to peel away and the brilliant gem begins to shine forth.

May we not come to the end of our lives and find out that we have thrown away a fortune in friendships because the gems were hidden in bits of clay. May we see the people in our world as God sees them.

I am so blessed by the gems of friendship I have with you... Thank you for looking beyond.

Hidden Gem - Five Acre Property: St. Stephen Anglican Church, Parish Of Central Saanich

By Bob Buchanan



The following article was produced for Faith Tides, an online faith-based publication of the Anglican Diocese of Islands and Inlets. You may read more at faithtides.ca

As you enter the five-acre grounds of St. Stephen Anglican Church off of Mount Newton Cross Road, Saanichton, you immediately feel that you are in a special historic place — a place of peace — a place of serenity.

St. Stephen Church is tucked away in the southeast corner of the acreage, nestled beside the tranquil cemetery. Built in 1862, the church is the oldest continually operating church in the Anglican Diocese of British Columbia. An integral part of the cemetery is devoted to pioneer families from Saanich. The cemetery continues to offer burial sites by reservation through Howard Kolson, the Cemetery Custodian at 250-896-4531.

The church is open daily from 10:00 a.m. to 4:00 p.m., starting December 2, 2024, for visitors to sit and be still, knowing that God is present. Sunday Service is held at 11:15 a.m. or at 10:00 a.m. on alternative Sundays in July and August. Christmas Eve Service is at 4:00 p.m. Christmas Day service is held at our sister church, St. Mary Anglican Church in Saanichton at 10:00 a.m. St. Stephen Church is available for baptisms, weddings or Life Celebrations for up to 100 people.

The property has an open, grassy area of about two acres, ideal for walking pets or having a picnic with family, friends or a corporate picnic with coworkers. On the property resides the St. Francis Pet Memorial Pathway and Garden, a place to visit and remember pets that have passed on, or a place to sit peacefully with your present four-legged companion. Pet memorial bricks can be purchased for \$50.00 each, plus a suggested minimum donation of \$50.00. Join us with your pet for an animal blessing service on October 5, 2025 at 1:00 p.m. in the Garden (see photos of the 2024 service on page 9).

At the entrance to the property is the St. Stephen Memorial Church Hall, which is available for events on weekends and for evening functions during the week. With banquet-style seating capacity up to 120 people, the facility houses a large, commercial kitchen, ideally suited for hosting

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Hidden Gem - Five Acre Property *continued*

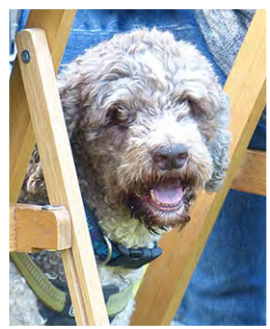


events for various church council and corporate day retreats, as well as baptism, wedding, birthday, anniversary and Celebration of Life receptions. Groups such as strata councils, artists, photographers and dog club members may find this Church Hall meets their needs. An office and boardroom space are available in the Hall for a short- or long-term lease.

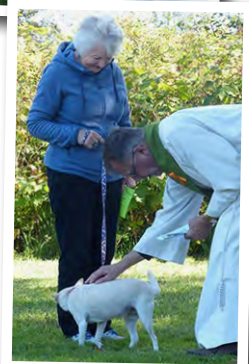
For testimonials, go to our website at www.parishcs.ca To inquire about potential bookings, contact one of the Church Wardens: Lynda Clifford at 250-516-6478 or Bob Buchanan at 250-818-5340. All are welcome to visit, use, and reserve this country property located at 7921 St. Stephens Road, Saanichton, BC V8M 1S2.

We acknowledge that this Church property is on the ancestral lands of the WSÁNEĆ and Coast Salish peoples.

Blessing of the Animals Service 2024



This annual event takes place at St. Francis Pet Memorial Garden on the grounds of St. Stephen. This year the Blessing took place on Sunday, October 6. A wide variety of canines were present, but just one cat.



Cane's Corner: China - Part 2

By the Rev. Dr. Brett Cane



Brett at Chinese Opera Dinner Theatre



Bullet Train: I travelled to Xi'an from Beijing by bullet train - 1,100 km in four hours! On the way I saw the countryside was, like Beijing, very clean with good roads and huge apartment buildings everywhere. I also saw a large church with cross as we approached Xi'an.



The Drum Tower: This freestanding tower got its name from the huge drum located within the building. Which was beaten at sunset to indicate the end of the day.

Xi'an, the Terracotta Warriors, Yangtze Cruise and Shanghai

In our last issue, I described the first part of my tour of China last April which began in Beijing along with a visit to the Great Wall. In this second installment, I will conclude with my visit to the historic city of Xi'an and the Terracotta Warriors, followed by a cruise on the Yangtze River ending up with a two-day visit to Shanghai.



Xi'an City Gate: Modern Xi'an sits on a portion of ancient Chang'an, established as the capital by the first Emperor of China in 202 BC with a population of about two million and was one of the largest cities in the world. The modern city of Xi'an was built on the site of the former imperial quarters and inner fortifications in the 14th century with walls, a moat and 18 gates like this one.



Giant Wild Goose Pagoda: The Small and Giant Wild Goose Pagodas (built in the 7th and 8th centuries AD) are the oldest buildings in the city. Buddhist Pagodas had symbolic and practical functions – like a church bell tower or steeple – and were designed to hold important relics and artifacts.

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Cane's Corner *continued*



Tang Paradise Theme Park Entrance: Nearby is a large 165 acre theme park featuring numerous buildings, squares, and gardens, all incorporating features of traditional Tang (ca. 600-900 AD) Chinese architecture.



Shopping centre: I was impressed by the many new buildings in the city that seek to echo traditional Chinese styles such as this shopping centre.



Muslim quarter and squid skewers: Traditional food can be found in the Muslim quarter which can be traced back to the 8th to 10th centuries when wealthy Muslim merchants came via the Silk Road and settled here (60,000 people live in this area, more than half of whom are the Hui – Chinese speaking Muslims). The unique dishes that are available here include skewers of fried squid.



Dinner Theatre: On one of the evenings I (see title slide above) was treated to a traditional dumpling dinner theatre (dance/ballet musical) which told the story of the only woman Tang Emperor through dance, ballet and music. The food was great and the costumes stupendous!

First Chinese Emperor: The highlight of my time in Xi'an was travelling 40 km outside the city to see the amazing Terracotta Warriors. Qin Shi Huang, the First Emperor of China who unified warring Chinese kingdoms into an Empire in 221 BC, set about building an immense (98 sq. km!) funerary complex, of which the warriors to protect him in death were only a small part. (The bulk of the complex has yet to be excavated.)



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Cane's Corner *continued*



Terracotta Army: The Terracotta Warriors were discovered in 1974 by local farmers and include 8000 soldiers of varying ranks (each one different!), 130 chariots and 520 horses, and 150 cavalry horses.



Kneeling Archer: The figures are life-sized and vary in height, uniform, and hairstyle in accordance with their portrayed rank. This soldier was an archer whose pose of both hands show that he held a crossbow originally. All the statues were originally brilliantly coloured but the paint started peeling within seconds of being exposed to the air and thus the deceptively gray appearance today.

Yangtze Cruise

From Xi'an, I travelled five hours through mountainous country and long tunnels to Chongqing (22 million people) in South Western China, 1450 km inland from Shanghai, to board the boat for my three-night Yangtze River cruise. The ship of five decks housed 180 crew and 378 passengers, most of whom were Chinese. Our journey took us 600 km downstream on the Yangtze river to the Three Gorges Dam which has raised the resulting reservoir 110 m (361 ft) higher than the river level downstream but was down by 30 metres during our trip, awaiting the increased water to come in the rainy season from July to September. The scenery was spectacular and we stopped for three excursions.



"The Victoria Jenny" cruise boat



Costume show: The first evening we were treated to an amazing presentation by the crew (mainly young people) wearing traditional Chinese costumes and explaining Chinese customs.

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Cane's Corner *continued*



Entry pavilion: Our first stop was Fengdu 170 km downstream – a new city built higher up the mountainside opposite its former location; 70,000 people needed to be relocated because of the dam. The relocation resulted in “Fengdu Ghost City”, a complex of shrines and temples, which we visited.



Stencil making: There we were taught how to make stencils of traditional Chinese characters of a Chinese New Year greeting which figured prominently in one of the shrines dedicated to a beloved 11th century Chinese poet, governor and cook!

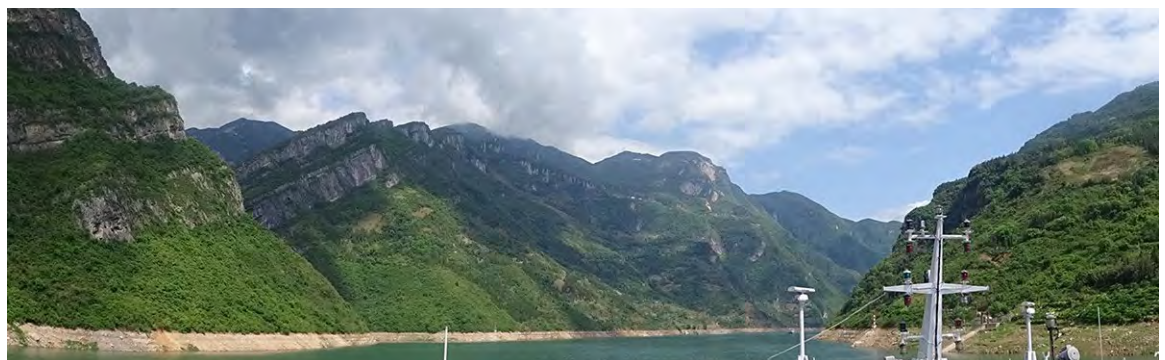


War of the Three Kingdoms: After berthing that evening, we were taken to an absolutely amazing outdoor live-action musical and acrobatic performance depicting a major story in Chinese history with a cast of hundreds, elaborate costumes, cavalry (using real horses), water and fire, 5 huge moving megaliths, a giant boat with trampolines, “hanging Gardens”, sound effects and 3D holographic laser projection. I called it “Ben Hur meets Lord of the Rings - but live!”



Wushan Yangtze River Bridge: The next part of the river is famous for its three gorges which are spectacular enough with a 80 metre rise in the original water level – what they looked like before must have been even more stupendous! Stretching over the entry to second 45 km (Wu) gorge is this arch bridge, completed in 2005, 130 metres high with a span of 460 metres ranking seventh in the top ten longest arch bridges in the world.

Wu Gorge:
The mountains on both sides are spectacular and known as the Wu Mountains.



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Cane's Corner *continued*



The Goddess Stream: Through the gorge, we docked at the entrance of a tributary river, the Goddess Stream, with even more beautiful scenery of gorge and mountains. We got off our main ship and were assigned to smaller boats to go down the stream which was very quiet and peaceful, between cliffs hundreds of metres above us.



Three Gorges Dam: Arriving at our final destination, the dam itself, we were taken on a fascinating tour of the whole gigantic site. Finished in 2015 after 22 years of construction, it was the largest construction project in world to date – three times the size of the Aswan Dam. It cost almost US\$32 billion but all this was recouped by the sale of hydro power within 4 years!



Ship elevator (left): The dam has two sets of massive locks for bigger boats plus a ship elevator – the world's largest. The latter is a much quicker option for elevating lighter ships, up to 3,000 tons along with a volume of water roughly equivalent to four Olympic-sized swimming pools!

Shanghai



The "Bund": My final destination in China was seven hours away by train – Shanghai. The city is roughly 25 million people, one of China's largest. It is famous for its "Bund" – a mile-long waterfront area built from the 1860's to the 1930's as the rich and powerful center of the foreign establishment in Shanghai, essentially a European/American colony exacted from a very weak Chinese government. It is made up of magnificent commercial buildings in the Beaux Arts and Art Deco styles.



Shanghai skyline: Shanghai has experienced urbanization and modernization since the 1990s, becoming a global financial center and developing the area opposite the Bund which is now home to many of Shanghai's best-known modern skyscrapers. The tallest of which is the 128-story, 632-meter-tall Shanghai Tower, the tallest building in China and the world's 3rd tallest. I was able to visit it, using some of the world's fastest elevators rising at a top speed of 20.5 meters per second. The view from the top was amazing!

In my next article, I will describe my cruise on the Baltic Sea which I took in May.

Note: Most of the photos are my own but I did get a couple from the internet!

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 October 31, 2024.

St. Mary October 31, 2024 Update

Item	Actual To Oct. 31	% To Budget Target=83%	2024 Budget
Total Revenue	\$122,660.60	81.6%	\$150,300
Total Expenditures	\$132,588.83	79.4%	\$166,925
Operating Surplus/ Deficit	-\$9,928.23	59.7%	-\$16,625

St. Stephen October 31, 2024 Update

Item	Actual To Oct. 31	% To Budget Target=83%	2024 BUDGET
Total Revenue	\$80,390.35	68.2%	\$117,900
Total Expenditures	\$105,580.47	73.0%	\$144,572
Operating Surplus/ Deficit	-\$25,190.12	94.4%	-\$26,672

Additional Information:

- Offerings (Regular, Open and Festival) comprise the vast majority of the budgeted revenues.
- Increased facility/parking income at St. Mary this year and proposals for office space income for St Stephen in 2025.
- Maintenance expenditures for St. Mary this year included the roof de-mossing. Installation of a new door for the hall entrance and steeple repairs deferred to 2025.
- Both churches saw significant increases in insurance costs over those of the previous year.

Genesis, John And The Trinity

So Complex, So Simple, So Clear, So Mysterious

By Greg Robinson, aided by Brett and Christine

There is a line in one of the versions of the Gloria in our Communion service which I have found very helpful. That line is, “so complex so simple so clear so mysterious.” I find that separating the two concepts helps me to understand my Christian faith.

An example of what is clear and simple, is Jesus’ command to love which sums up all the law and the prophets. Jesus is essentially saying that is the fundamental call for Christians and for all humanity. We are simply called to reflect God’s love into our communities, thereby fulfilling the call in the Lord’s Prayer; Your Kingdom come on Earth as in Heaven.

Understanding the Trinity, however, always seems to be complex and mysterious. My goal in this is to find a way of simplifying and demystifying the Trinity as best I can.

So then, how can I as a lay person understand Trinitarian doctrine? Human understanding of the Trinity, while implied throughout the New Testament, came together over time. The first mention we have of it is from Ignatius of Antioch, written in approximately 110 A.D., where he calls out and encourages obedience to “Christ, and to the Father and to the Spirit. This belief is then expanded on, until it became official church doctrine at the “Council of Nicaea” in 325 B.C.

There have been whole books written on the Trinity and so much more can be learned on the subject. However, I contend that we can come up with a relatively clear and simple method so that we can at least wrap our heads around it at its most basic level.

I suggest that the best place to start is John Chapter 1. The Gospel of John was the last Gospel written, (by many years), towards the end of the 1st century, giving the early Christians time to organize and pray over their understanding of Christian doctrine through all that Jesus had taught them.

In verses 1-14, John, in my mind, lays out the very foundation for our understanding of the Trinity. He starts out by writing this in verses 1-3: “In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made.”

John is telling us in a rather contradictory fashion that the “Word” was with God, but at the same time was God. In his second verse John tells us that He (the Word) was with God in the beginning, again making God



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Genesis, John And The Trinity *continued*

*“It is the
spirit,
God’s Holy
Spirit, that
brings God’s
conscious
desires for
our lives into
our hearts.”*

and the Word distinct entities, but in the first verse he has also said that the “Word” was God; essentially two in one. To understand what John, as a Messianic Jew meant by the “Word,” we can go back to the first book of the Jewish Scriptures. In Genesis 1 it is written:

“Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.”

This verse doesn’t say that God was hovering over the water, but that it was His Spirit. It implies that God’s connection with creation is in and through His Spirit.

In verse after verse after that we can read how God the Father speaks creation into existence. Here are just three examples among many. Verse 3: “Then God said, “Let there be light”; and there was light.” Verse 11: Then God said, “Let the earth sprout vegetation: plants yielding seed, and fruit trees on the earth bearing fruit after their kind with seed in them”; Verse 26: “Then God said, “Let Us make man in Our image, according to Our likeness.”

Those are just three examples of how God the Father through His Spirit, His Holy Spirit, spoke all of creation into existence.

I contend then, that the Spirit referred to in Genesis chapter 1, verse 2, is the link that connects God the Father to His creation, and the same Spirit that connects us to the Father. It is the “Still Small Voice of God” that spoke to Elijah in 1 Kings. I contend that we can safely say from John Chapter 1, that when John writes that “the Word was God” we can understand that the “Word,” is God’s essence or consciousness. It is the spirit, God’s Holy Spirit, that brings God’s conscious desires for our lives into our hearts.

So, what about Jesus? In verse 14 John tells us that “The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.”

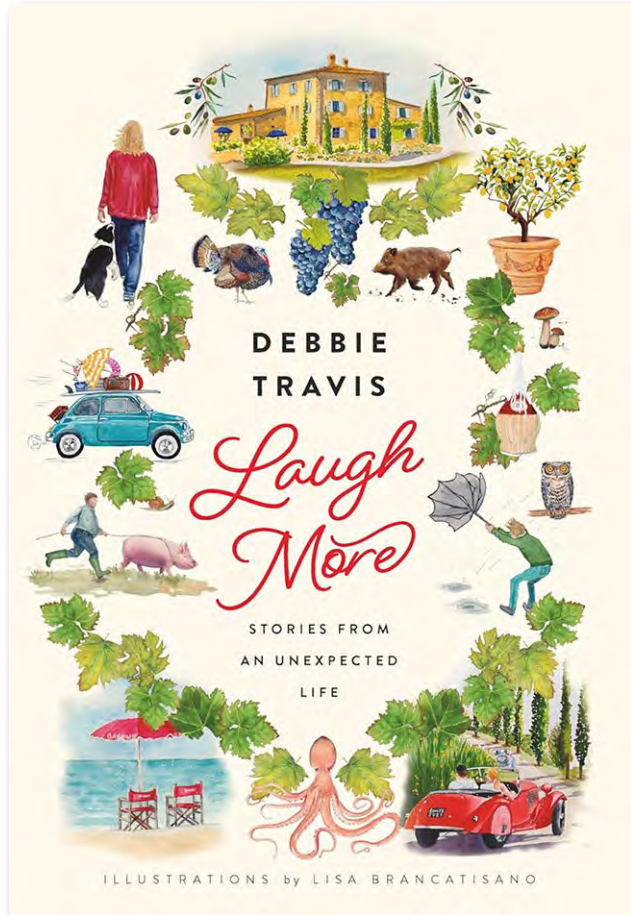
John tells us that “the Word became flesh” clearly referring to Jesus. It is Christian belief that the man Jesus, with all of His human frailties, perfectly embodied God’s Word, through His Holy Spirit, which spoke creation and life into existence and still speaks to us today. So, when we understand Jesus, the “Son” as being there at the time of creation, along with God the “Father” and God the “Holy Spirit,” it begins to make sense.

So, there we have it. Father Son and Holy Spirit; three in one. We can see God the Father as the creator of all things; God the Holy Spirit bringing to creation His love and power; and God the Son perfectly embodying His nature and desires. Hopefully, this has brought our understanding of the Trinity from the complex and mysterious, into something that is at least somewhat clear and simple.

Book Review: *Laugh More - Stories from an Unexpected Life*

By Debbie Travis

Review by Nancy Choat



If you are looking for a book to give as a Christmas present for someone in need of a laugh, or to treat yourself, Debbie Travis' book, *Laugh More* would make a great gift.

A decade ago, Debbie Travis gave up her hectic life as the producer and star of several hit TV shows to move to a 13th-century crumbling farmhouse and vast olive orchard in Tuscany, which she and her husband then turned into the boutique hotel and wellness retreat. That was a big change in direction—and Debbie's shared the best of what she learned on that journey in two bestselling books full of humane, heartfelt and sensible advice on pursuing your true passion (*Design Your Next Chapter*) and making room for happiness, health and connection (*Joy: Life Lessons from a Tuscan Villa*).

Now, in *Laugh More*, Debbie digs down to what really keeps her going, especially when the going gets tough: her talent for telling a good story and sharing a good laugh. Organizing them around the passing of the seasons at the Villa Reniella, Debbie gathers up a brilliant mix of stories from her daily life and from her past—growing up headstrong in a struggling family in northern England (her mum perfected dog-food shepherd's pie), travelling the world as a model (not so glamorous), becoming one of the first home renovation TV stars (by the seat of her overalls) and encountering the famous and the delightful (especially her wicked and wonderful grandmother, Joyce).

Funny, poignant, inspirational and full of the human foibles Debbie loves so much, *Laugh More* is a warm and cozy book to curl up with, and even better to read aloud. And since memories are so often ignited by great eating, Debbie has added a bonus: fifteen of her favourite seasonal recipes.

Thoughts on Planned Giving

By Leslie Pedlow

During 2024 both Churches within the Parish of Central Saanich have received bequests that have assisted with the cost of ongoing operation and are greatly welcomed and appreciated. This led me to wonder how many of us know all of the many ways in which we can plan our giving.

Planned Giving is not just about remembering your church in your will (commonly referred to as Legacy Giving). The personal satisfaction of knowing that you are 'making a difference' is usually the only motivation needed for giving to your church. However, planned giving allows you to make the most of your gift, and may permit you to increase your overall giving while saving taxes.

How To Give Faithfully Throughout The Year

Weekly Offering Envelopes.

You would place your offering in the collection plate at the church when you attend services. If you would like to give monthly, just use one envelope per month. You may use your weekly offering envelope at either church, especially during combined worship services. We will ensure that it gets to the church that is identified on the outside of the envelope. Please speak with Lynda Clifford at St. Stephen or me at St. Mary if you would like a box of weekly offering envelopes.

Pre-Authorized Remittance Program.

You can ensure that your community of faith and those who are helped through our parish can count on your support by giving monthly. Through an automatic withdrawal from your bank account or credit card on the 20th of each month, completing our PAR Form allows you to give to what matters to you most.

Please speak with Lynda Clifford at St. Stephen or me at St. Mary if you would like a form to register for PAR.

Alternate Electronic Method.

You may donate to either congregation on-line by going to the parish website (ParishCS.ca) and clicking the "DONATE" tab on the top line. From there follow the instructions, scroll down the menu to select where your donation should be applied. May also be used for Outreach donations as well.

You may use a Visitor's Envelope and place it on the offering plate or send a cheque (made payable to either St. Mary's Church or payable to St. Stephen's Church) and mail it to the respective address found on the Newsletter. Please do not hesitate to ask if you have any questions.

Legacy Giving

A legacy gift to a parish is a meaningful way for you to acknowledge your faith. These future gifts can be an opportunity for you to make a significant contribution to the church. A gift in your will allows your parish to fulfill its



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Thoughts on Planned Giving *continued*

*“For many,
naming your
parish as a
beneficiary is
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future gift”*

mandate to proclaim the gospel of Christ. For many, naming your parish as a beneficiary is an opportunity for you to make a significant future gift. Some suggestions follow:

Seek Counsel: While we can provide the wording and options for legacy giving, it is important that when you are considering making a significant donation to the church, you seek independent legal and financial counsel to ensure your wishes are carried out as you intended and eliminate any future conflicts, such as disputes by other estate beneficiaries. We can help eliminate any future conflicts, such as disputes by other estate beneficiaries.

Bequests: Charitable bequests are the most common form of legacy giving as it is simple wording in your will. If you already have a current (less than five years) will in place and there have been no significant changes in your life, then it may not be necessary to rewrite your will. It may be as simple as having your lawyer add an additional clause (known as a codicil) to your will.

Sample Bequest Clause—undesignated gift:

“I give and bequeath to the full name of the parish, church and full street address) the sum of \$_____ dollars to support the areas of greatest need.”

Sample Bequest Clause—designated gift:

A gift in a will to a specific designation should include an additional “power to vary” clause. While the church and the diocese will do its utmost to honour the wishes of the donor, circumstances may be that the parish or program may no longer exist. This clause will provide the church and the diocese, in consultation with the executor(s) with the flexibility to execute the bequest in a way that respects and honours the original wishes of the donor.

“I give and bequeath to the (full name of the parish, church and full street address) the sum of \$_____ dollars to be directed to support _____ (i.e. parish or specific program).

Power to Vary Clause: “Should the bishop or synod deem the bequest impossible, inadvisable or impractical to execute, the bishop may direct the gift to support an area of need that will honour the original wishes of the donor.”

There are also ways to give Gifts of Life Insurance or Gifts of Securities. For more information, please visit the Diocesan Website at: <https://www.bc.anglican.ca/giving/legacy-giving>

The diocese acknowledges that every individual’s circumstance is unique and strongly recommends independent counsel to ensure your wishes are carried out as you intended.

This article was written paraphrasing from the diocesan website and incorporating local Parish practices.

Around the Parish

by Ken Pedlow

Here are some of the highlights of the past three months in the parish. It has been a busy time as the summer lull has come and gone.

On September 11th, the Wednesday morning bible study group was blessed with the presence of **Jean Allen**, the author of the book 'Manna Gathering', which is one of our main references for this group. After attending the 10:00 service, Jean took part in our study which was followed by a light lunch. It was great to have her insights into the book which provides a commentary on each of the gospel readings in the three-year liturgical cycle the church uses. The larger than normal number of attendees thoroughly enjoyed meeting her and a good time was had by all.

On the evening of Friday, September 27th **Bernie Grimes** and **Barb Lanz** catered and hosted the Fall Feast Fundraiser at St. Mary. This dinner of pulled pork, buns, salads, baked beans and dessert was extremely well received especially given that a lot of the ingredients were home grown or as locally sourced as possible. Those who attended had a great time and the event was a very successful fundraiser for the church. Bernie is Leslie Pedlow's brother and is well known in the parish for his home-made tarts.

On the morning of Saturday October 5th, the parish hosted the **Western, Peninsula & Gulf Islands Regional Conference** at St. Mary. The many attendees, representing the numerous parishes of the region, (See the Pastor's Pen article for more details) conducted the necessary business required each year including those in preparation for the November Diocesan Synod.

On Sunday October 6th the annual **Blessing of the Animals Service** was held at St. Stephen on the grounds of the St Francis Pet Memorial Pathway. This event was presented by the Parishes of Central Saanich and St Peter and St. Paul, Esquimalt. See page 9 for some photos.

On Sunday, October 6th our Deacon, **The Rev. Gil Shoesmith**, attended, and represented the parish at, the official dedication ceremony for the new addition which has been constructed at the Central Saanich United Church (formerly Shady Creek United Church). Called the Shadywood Centre, the new multipurpose building is a wonderful complement to this very historic church and cemetery.

On Wednesday October 9th the **Rev. Dr Brett Cane** presented his 'Touring in China' slide show as part of the Dessert Evening and in St. Mary's Hall. Well attended, as usual, it provided a glimpse into various parts of this fascinating and rapidly changing country. Thanks to **Lynn Fallan** for organizing the refreshments.



Lon and Bernie at the Fall Feast

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Around the Parish *continued*



On Saturday, November 23rd St Mary's held its annual **Holly Fair** event. The various stalls were well stocked with crafts, Christmas items, home baking, jewelry, books, mystery bottles, refreshments and the ever-popular silent auction. The sale was a rousing success financially and it is the one event each year which involves the most people in the parish in a wide variety of roles. Special thanks to the conveners **Judi Clark**, **Lynn Fallan** and **Marcia McMenamie** for a job well done.

On November 1st and 2nd, the Diocesan Synod was held at Christ Church Cathedral and the Baumann Centre of St John the Divine in Victoria. The Parish representatives included **The Ven. Dr Lon Towstego**, **the Rev. Gil Shoesmith**, **Karen McColm**, **Jacob Shoesmith** and **Dr. Don Wilson**. Following the Friday evening Eucharist Service at the Cathedral, the Saturday morning sessions dealt with a number of changes to Diocesan Canons and regulations to increase clarity and bring them more in line with current practice and needs.

Throughout the fall a number of Friday evening **Taizé Services** have been held at St Michael and All Angels, Royal Oak, jointly sponsored by the Parish of Central Saanich. These have provided an opportunity for those desiring a quieter and more contemplative style of worship.

There are three items of sad news to pass along. The first includes the passing of **Mike Sealey**, husband of **Norma Sealey**, on September 1st. The second includes the passing of **Barbara Townley** after a brief period of illness, whose Memorial Service was held at St Mary on October 26th. The third includes the passing on October 17th of **Mel Hadinger**, the long-time partner of **Nancy Choat**. Our thoughts and prayers go out to the families and friends of all these individuals.

On a more positive note, **Lynda Clifford** was able to have her hip replacement surgery and is making a good recovery while enjoying some quieter time from her usual busy routine.

Travel news of note has been **Barry** and **Becky Lowe's** trip to Italy and **Lon** and **Marian Towstego's** vacation to Vietnam and Cambodia in November. Both trips seem to have gone well.

Images from
the Holly Fair

Recipe Page: Sticky Toffee Pudding

Submitted by Nancy Choat

A seasonal favourite, I managed to find this simplified recipe for Sticky Toffee Pudding on a web site. What I like about it is that it makes 12 individual puddings in muffin tins. They can be made up to five days in advance or frozen up to three months. Give it a try this holiday season!

Ingredients:

- 8 ounces (1 cup) medjool dates pitted.
- 1 cup of boiling water
- 1/3 cup of butter (salted) at room temperature
- 2/3 cup light brown sugar, firmly packed
- 2 tsps. vanilla extract
- 2 large eggs, room temperature
- 2 tbsp molasses
- 1 2/3 cups of all-purpose flour
- 1 1/2 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt

Instructions

- Preheat the oven to 350 degrees F. Lightly grease a 12-cup muffin tin or ramekins. Add the dates to the bowl of a food process or blender and pour boiling water on top. Set aside for 5 minutes.
- Meanwhile, prepare the batter: Cream together butter and brown sugar. Add eggs, one at a time, beating after each addition. Add the molasses and vanilla and mix.
- Sift together the flour, baking powder and salt, and then stir into the batter.
- Pulse the date mixture in a food processor, then stir in baking soda. Pour date mixture into batter (no need to strain) and fold in gently to combine (don't over-mix).
- Pour batter into the prepared pan. Bake for about 18 – 20 minutes or until a toothpick inserted in the center comes out clean or with few crumbs. Don't overbake or cake will be dry. (For square baking pan, bake for 22-25 minutes).
- Serve muffin cakes flat side up, with warm toffee sauce on top.

Toffee Sauce*:

- 1/2 cup heavy whipping cream
- 1/2 cup butter
- 3/4 cup light brown sugar, packed.
- 1 pinch of salt
- 2 tsp vanilla extract
- chopped walnuts (optional)

Toffee Sauce Instructions:

- Add cream, butter, brown sugar, and salt to a saucepan. Cook over low heat, stirring, until sugar dissolves and sauce is smooth, and slightly thickened about 7-10 minutes. Remove from heat and stir in vanilla.
- Spoon toffee sauce over cake and garnish with chopped walnuts, if desired.
- Store the cakes and sauce (in an airtight container) separately for up to five days in the refrigerator.



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

Ian Stuart, istuart@parishcs.ca

Lynda Clifford, lgcliff@gmail.com

People's Wardens: St. Mary
St. Stephen

Ken Pedlow, ken.pedlow@shaw.ca

Robert (Bob) Buchanan, rjbuchanan6201@gmail.com

Members: St. Mary
St. Stephen

Judi Clark, Lynn Fallan

Terry Hartley, Gary Moss, Sandra Scarth

Youth Representative:

Jacob Shoesmith

Synod Delegates: St. Mary
St. Stephen

Karen McColm, Ken Pedlow, (alt)

Don Wilson

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.