



The Anglican Parish of St. Peter, Quamichan

BEACON Newsletter – August 23, 2026

13th Sunday After Pentecost A (Proper 21)



QR code to
St. Peter's
website

Address: 5800 Church Road, North Cowichan, BC V9L 5M3

Telephone: (250) 746-6262

Priest: The Reverend Theo Robinson trobinson@bc.anglican.ca

Deacon: The Reverend Norah Fisher nfisher@bc.anglican.ca

Parish Administrator: Karen McCullough admin@stpeterduncan.ca

Wardens: Mark Oldnall, Chris Easley wardens@stpeterduncan.ca

[The Anglican Parish of St. Peter, Quamichan](https://www.facebook.com/stpeterduncan.quamichan)

[@stpeterduncan_quamichan](https://www.instagram.com/stpeterduncan_quamichan)

<https://www.stpeterduncan.ca>

Sunday at 8 AM (BCP) AND 10 AM (BAS)

Our 10 AM service on Sunday is livestreamed

Use this link to watch the service LIVE:

<https://www.stpeterduncan.ca/sermons/current-service>



If you need of a ride, home communion, or a pastoral visit, please contact Jennifer Perry at (250) 732-4518.

If you would like to speak directly with Reverend Theo, please call (204) 782-9454 and leave a message.

MARK YOUR CALENDARS

Holden Evening Prayer

Sunday, August 23 at 7:00 PM

Maple Bay Preschool School Supply Drive

Ongoing until August 30

Vera Martin Memorial Food Drive

Ongoing until September 27

Gordon & Vickie Oldnall's 60th anniversary party

Saturday, August 29 from 1:00-4:00 PM

No RSVP required

Bible Study with Deborah Neal

Tuesday, September 8 at 7:00 PM

Budget Review Meeting

Sunday, September 13 at 11:00 AM

See page 2 for more information...

Youth/Young Adult Service

Sunday, September 27 at 7:00 PM

The Truth About Cowichan with Bishop Anna

Wednesday, September 30 from 1:30-3:00 PM

See page 3 for more information...

St. Peter, Quamichan's 160th anniversary dinner

Saturday, October 24

Tickets available now

THIS WEEK'S READINGS

First Reading: Exodus 1:8-2:10

Psalms: 124 (BAS p. 884)

Second Reading: Romans 12:1-8

Gospel: Mathew 16:13-20

HOLDEN EVENING PRAYER

The next Holden Evening Prayer service is on August 23 at 7:00 PM.



Holden Evening Prayer

Come As You Are – All Hearts Welcome

This is a Lutheran-based service of predominantly music and dimmed lighting.

DATES:

**JUNE 21
AUGUST 23
OCTOBER 25
DECEMBER 13**

5800 Church Rd
Duncan BC V9L 5M3
Visit our website @

<https://www.stpeterduncan.ca/>
for more information

AT 7:00PM

Rector's Message



"We, who are many, are one body in Christ, and individually we are members one of another."

(Romans 12:5)

In this week's epistle, Paul is writing to the ancient church of Rome and is calling them into full body worship, reminding them that they are one body in Christ with many members. Paul also points out to them that they are all individuals with unique attributes and gifts that, when put together, become the amazing body of Christ.

When we look around at our parish, we recognize that we are all unique individuals with unique gifts. We might be teachers or prophets or caregivers or leaders or followers. We are all an important piece of the puzzle, important cogs in the machine that we call "church". For us to serve our community, we must lean into our gifts and share them with those around us. Not sure how to do that? We have a bible study for you! (See "Managing God's Gifts" with Deb Neal.)

One way to serve our community is to learn its history and learn what needs arise through discussion with the people around us. I encourage everyone to attend "The Truth About Cowichan" with Bishop Anna on September 30 at 1:30pm in the hall. Ahead of this event, here is an excellent article to read about the E&N Railway on the Tyee website. See below for the link.

Blessings,

Reverend Theo

LINK TO THE TYEE ARTICLE

<https://thetyee.ca/News/2026/07/06/Land-Grab-Vancouver-Island-Rail-Baron/>

SPECIAL MEETING OF THE PARISHIONERS: BUDGET REVIEW

You may recall at that the AMP the wardens indicated that there would be a budget review in September. On **September 13, at coffee hour after the 10:00 AM service**, there will be a Special Meeting of the Parishioners to review the budget passed at the Annual Meeting of Parishioners in February. This is a very important meeting that all parishioners are encouraged to attend. It should not take more than one hour. Mark you calendars now!

160th CELEBRATION TICKETS AVAILABLE FOR \$50 AT COFFEE HOUR OR IN THE OFFICE



The Anglican Parish of St. Peter, Quamichan

160th CELEBRATION



Saturday, October 24, 2026 @ 5pm
5800 Church Rd, North Cowichan BC V9L 5M3

VERA MARTIN MEMORIAL FOOD DRIVE

The Vera Martin Memorial Food Drive will be on from August 23 until September 27. We kick the drive off with requests for breakfast items such as cereal, oatmeal, pancake mix, syrup, jam, peanut butter, tea, coffee, and hot chocolate. If you are able, please bring any of these items with you to church on August 23 or drop them off in the parish office. See the poster to the right for each week's suggested donations.

THE TRUTH ABOUT COWICHAN

All are invited to join Bishop Anna at St. Peter's on September 30, National Day of Truth and Reconciliation, for an overview of the colonial history of the Cowichan Valley. With all the hype and anxiety right now about the 'Cowichan Decision' it is imperative that we understand how these lands were never ceded but were settled with 'Gunboat Diplomacy'.

The presentation and discussion will take place in the parish hall from 1:30 – 3:00 pm.

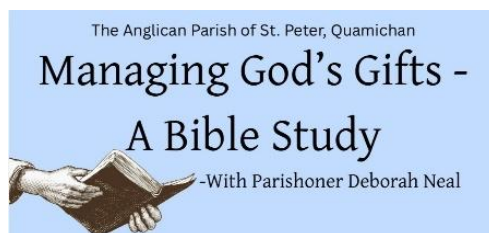
This event is open to all in the Diocese and general public. To help us plan for this event, we ask that you register in advance at <https://tinyurl.com/truthaboutcowichan>



BIBLE STUDY WITH DEBORAH NEAL

Sign up for a 4-week Bible Study lead by parishioner, Deborah Neal. Each week will feature a different topic:

Managing God's Gift of the World, Managing God's Gift of Other People, Managing God's Gift of Time, and Managing God's Gift of Money. The group will meet in the lower lounge **every Tuesday evening at 7 pm for 4 weeks, starting on September 8**. Please feel free to join us for one, two, three, or all four evenings. Space is limited. There is a signup sheet in the hall.



THE VERA MARTIN MEMORIAL FOOD DRIVE

Aug. 23: Start the day right!

Cereal, oatmeal, pancake mix, syrup, jam, peanut butter, tea, coffee, hot chocolate

Aug. 30: Pasta for the pantry.

Pasta, pasta sauce, canned tomatoes, rice, macaroni and cheese, parmesan cheese (shelf-stable), olive oil



Sept. 6: Protein helps families thrive.

Canned tuna, salmon, chicken, beans, lentils, chickpeas, peanut butter, nuts (sealed)



Sept. 13: Warm meals for cooler days.

Canned soup, crackers, canned chili, canned stew, peanut butter, jam



Sept. 20: Healthy choices make a difference.

Canned vegetables, canned fruit, applesauce, whole grain rice, quinoa, dried fruit



Sept. 27: Every donation counts! Bring your pantry favourites.

Baby food, school snacks, granola bars, fruit cups, pudding cups, cookies, muffin mix, any non-perishable food items



LIBRARY IN THE LOUNGE

Do you have books in good condition that you're looking to get out of your house? Reverend Theo will be creating a small library in the newly renovated lounge in the hall basement.

Religion, theology, fiction, children, biographies, self-help, and anything in between! Bring him your books and he will choose ones to go into the library. Anything that doesn't go into the library will be donated to local used bookstores.



PRAYERS OF THE PEOPLE for the week of AUGUST 23:

Members of our congregation: Tricia, Norah, John, Suzanne, Shannon, Mary, Ann, Bonnie Jean, Pat, Vickie, Mark, Jane, Jim, Cory, Jason, Connie, Gordon, Doreen, Hazel, Brandon, Eileen

Anglican Cycle:

- Shane, Primate, Anglican Church of Canada
- Anna, Bishop, Diocese of BC
- Regional Archdeacons
- St. Peter's Clergy and Lay Assistants
- The Church of the Province of West Africa

Government Leaders: Charles, our King, Mark, our Prime Minister, David our Premier, Cindy, Chief of the Cowichan Tribes, and Rob and Michelle our mayors.

Birthday Blessings this week: Frank Bollinger, Elissa Erickson

Parish Families: Gordon & Vickie Oldnall, Ron & Nancy Parker, Sue Parmenter

Flowers this week: The flowers on the reredos are given to the glory of God by Sheila Sanders who celebrates the anniversary of becoming a landed immigrant in Canada.



WHAT'S THEO READING THIS MONTH?

**HOLY HURT: UNDERSTANDING
SPIRITUAL TRAUMA
AND THE PROCESS OF HEALING
BY HILLARY L. MCBRIDE**



Clinical psychologist Hillary L. McBride sends a sincere and profound message: spiritual trauma is real and has a far-reaching impact. She also reassures us that we can remake ourselves and heal in its aftermath. This is a profound book for anyone who has experienced spiritual trauma, knows someone who has, or wants to know more about it. It was more impactful to me than I was expecting. I give my recommendation for this book with fair warning that the stories within its pages are emotional and may be triggering if you've personally experienced any sort of trauma.