

CALEDONIA CONNECTOR

Serving Anglicans in Northern BC

Upcoming Diocesan Events

Prayers @ Mid-day

Monday - Saturday ~ 12:15 PT

St. Andrew's Cathedral
Facebook Page

Compline

Nightly

9:00 PT on the Diocesan
Facebook page

Diocesan Service

Sundays

10:00 am PT on Facebook,
YouTube, and Vimeo

Advent Quiet Day

December 12th

Online

Bacon Cheeseburgers and the Holy Spirit

by Bishop David Lehmann

Trust in the Lord with all your heart, and do not rely on your own insight.

Proverbs 3:5

I miss bacon cheeseburgers. While I may have one in a lettuce wrap, it's not really the same. I am starting into my third year of a diagnosis of food sensitivities, and diverticulitis has required some dietary adjustments. I feel much better for them and am thankful for the changes. But I miss bacon cheeseburgers.

If I were living under the old covenant and the 613 laws laid out in the Torah, I would not have known about the joys of bacon or cheese with meat. Thanks be to God, that Peter had his vision that all food was clean and permissible to eat. See Acts 10 & 11 for the actual account. This has led me to ponder what is unclean in contemporary society and what the Holy Spirit is saying about it.

For me, discernment is about being curious as to what the Holy Spirit is saying. The church has created many rules that tend to exclude people. We want members of our congregations to look and behave like us. It makes life easier and far less messy. But Scripture reminds us that the body of Christ has many parts and there is room for all



ANGLICAN DIOCESE
OF CALEDONIA



Bishop's Travels

October 26 - 31 Nashotah, WI
and Council of the North

November 1 Prince Rupert

November 8 Prince Rupert

November 14 Nass Valley

November 16 Hazelton &
Smithers

November 17 Vanderhoof

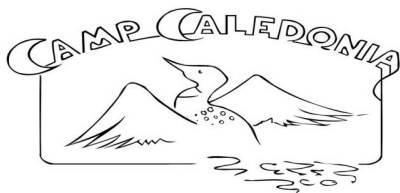
November 22 Tofino

November 25 Victoria (50th
Anniversary of Women)

November 29 Prince Rupert

Camp Caledonia

2027 Camp for All Ages is
set for July 12 - 16



Families are invited to
register and come out to
Camp Cal for a week full of
faith and fun!

people who believe that Jesus is the Messiah.

An argument can be made that my logic is flawed and an appeal to key Scripture verses and church traditions will be made. Peter was raised living on a kosher diet and when God revealed that all food was good, he struggled with this new revelation. For me, though, the question remains about the work of the Holy Spirit and revelation in our time. Did God only speak to people hundreds of years ago, or is the Spirit at work today?

It is messy, and yet I feel called to live a life that is messy, and that makes room for everyone. The Diocese of Caledonia becoming an affirming diocese is about saying, "If you can say the creeds with integrity, you are welcome - all of you is welcome."

We need to have conversations about what this means in practical ways in the diocese, but let's start with asking God to soften our hearts and to be open to the leading of the Holy Spirit. We don't need to wall off from the world, but to trust that the Spirit is at work in it! All while we confess the faith we have in the creeds.

May we pray for All Saints and All Souls

O ALMIGHTY God, who hast knit together thine elect in one communion and fellowship, in the mystical body of thy Son Christ our Lord: Grant us grace so to follow thy blessed Saints in all virtuous and godly living, that we may come to those unspeakable joys, which thou hast prepared for them that unfeignedly love thee; through Jesus Christ our Lord. Amen. *(BCP - All Saints Day)*

Father of all, we pray to you for those we love, but see no longer. Grant them your peace, let light perpetual shine upon them, and in your loving wisdom and almighty power, work in them the good purpose of your perfect will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

(BAS - All Souls Day)

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now
we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies
grow
In Flanders fields.

~John McCrae

For Those Who Walked With Us

For those
who walked with us,
this is a prayer.

For those
who have gone ahead,
this is a blessing.

For those
who touched and tended us,
who lingered with us
while they lived,
this is a thanksgiving.

For those
who journey still with us
in the shadows of awareness,
in the crevices of memory,
in the landscape of our dreams,
this is a benediction.

~Jan Richardson

From Around the Church



A new deacon!

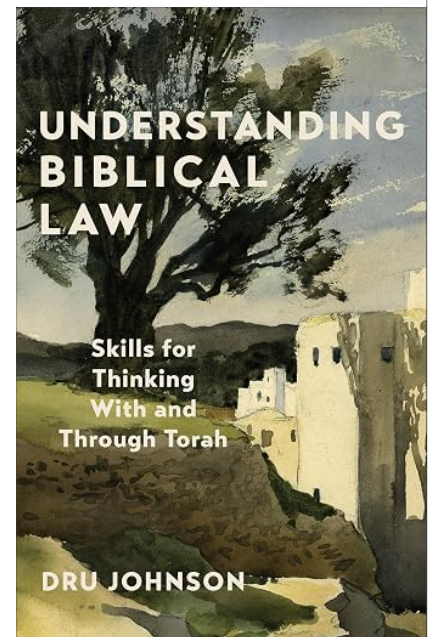
Welcome to the Reverend Jaysen St. Onge, the newest deacon in the church and our diocese! Jaysen is a student in his final year at Nashotah House in Wisconsin. He and his wife Patricia will join the Cathedral in July 2027.

God Words – Books to help us find our Way by Rev'd Ken Alton

Dru Johnson describes his book as Story and Instruction – relatively short chapters of explanation punctuated with episodes from a fictional story about a possible murder in ancient Israel.

The mixing of story with instruction takes it beyond the Pentateuch itself. Johnson hopes we will learn helpful things from the story to complement the chapters focused on explanation.

In the fictional account, Makhlah, her aunt Zeruiah and her uncle Shai and their villages must discern what counts as murder in God's eyes by wrestling with the Torah. Through these characters we learn to notice patterns in biblical law, how it differs from and resembles modern law (mostly differs), and how ancient Hebrews might have used the Torah to discern and deal



Social Media

Please look for the Diocese on Facebook @dioCaledonia

Vimeo by searching for the Diocese of Caledonia or vimeo.com/user110118524

YouTube Channel - *Diocese of Caledonia*

Council of the North

For more information on the Council of the North, visit www.anglican.ca

Gospel Based Discipleship

Attached are the Gospel readings for November. Read the Gospel three times asking 1. what words jump out, 2. what is Jesus saying to me, and 3. what is Jesus calling me to do? The Gospel Based Discipleship book may be found at www.anglican.ca

New Diocesan Cycle of Prayer

Please be watching for a new Diocesan Cycle of Prayer coming soon. You will find it on the diocesan website at www.caledoniaanglican.ca

with the worst and best circumstances in life.

The book returns to ideas and passages of biblical law to inspect different facets of its complexity. The renowned eye-for-an-eye law receives repeated inspection as do the lists in Leviticus of prohibited sexual practices. Johnson has written each iteration in the hope of a slow-to-sudden turn in our thinking about what law is for and how it might work.

This book is about how to approach the biblical law, written with a "teach someone to fish" approach more than a "give someone a fish" approach. By the end of this book, I had a better sense of what is going on in the law, rather than simply wanting to turn the page looking for the gospel. Johnson believes our broader Christian impulse teaches that the law is not something for us to master. It masters us, through principled practices, for the sake of all the families of the earth. 208 pages. Baker Academic, 2025

Alongside Hope - Childhood Starvation by Camilla Lewis

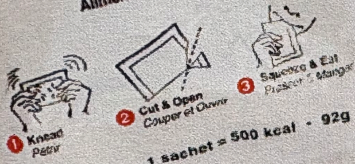
Peanut porridge in Burundi – A country in East Africa, with a population of over 14 million people. Roughly half of the population consists of children under the age of 18. Two million of those children are under the age of five. Alongside Hope helps provide nutrition by helping communities mass-produce peanut porridge, which helps aid young children getting much needed nutrients.

Imagine holding a golf ball, or a Ping-Pong ball in your hand, take note of the size, the diameter of it. How you can have your thumb and fingers almost touch around the small piece of plastic. Now replace the ball with the arm of a child, between the shoulder and elbow. Nearly 57% of children under five years old, are this severely malnourished. Though the World of Gifts, on Alongside Hope's webpage, a gift of \$85 can help provide peanut porridge for one child for eight weeks. For more information and to donate, please go to alongsidehope.org

FOR CHILDREN WITH SEVERE ACUTE MALNUTRITION
POUR LES ENFANTS ATTEINTS DE MALNUTRITION AIGUE SEVERE

RUTF

READY TO USE THERAPEUTIC FOOD
Aliment Thérapeutique Prêt à l'Emploi



Peanut Paste - 1 sachet = 500 kcal - 92g

Ready-to-Use Therapeutic Food (RUTF)
Make-at-home recipe

Ingredients

1 cup	peanut butter	2 tbsp	honey or sugar
1/2 cup	skim milk powder	Omitted*	
2 tbsp	vegetable oil	Multivitamin/mineral premix powder	

Portions: 4 sachets

Directions

- 1 Mix peanut butter and oil until smooth.
- 2 Blend in milk powder.
- 3 Add honey or sugar.
- 4 Stir until a thick, uniform paste forms.
- 5 Store in a clean airtight container and refrigerate.

*RUTFs include a complex balance of needed vitamins and minerals; finished products often will include a stabilizer like lecithin

Alongside Hope

1 cup = baseball 

1/2 cup = tennis ball 

1/4 cup = golf ball or extra large egg 

2 tablespoons = ping-pong ball 

1 teaspoon = fingertip 

3 ounces of meat = deck of cards or palm of hand 