St. Luke Cedar Hill

www.stlukesvictoria.ca

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

The Prescription



Fall 2026

St. Luke's Rector: The Reverend Daniel Fournier

Editors: Sharon McMillan and Barb Prescott

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We embrace the knowledge that the Lək̓ʷəŋən and W̱SÁNEĆ peoples are the original custodians of the lands on which we gather. Their traditions are a blessing that can open our hearts and minds, and they are bearers of ancient wisdom that can give us hope.

From the Editors

Sharon McMillan and Barb Prescott

Welcome to this Fall 2026 issue of ***The Prescription***. Thank you to everyone who sent in pictures and articles for this issue. We are always happy to receive your contributions! We also appreciate feedback and suggestions as to what you would like to see included in ***The Prescription***.

The submission deadline for the Christmas edition of ***The Prescription*** is **Friday, November 27th**. It will be another short turnaround time to this next issue. As you are reading this Prescription, think about articles, photos, poems, or other creative endeavours you could send for the Christmas issue. Please send your contributions to: **communications@stlukecedarhill.ca** or **admin@stlukecedarhill.ca**.

With Gratitude and Thanksgiving

Each issue of the ***Prescription*** is a chance to look back on the events since our last issue and look ahead to upcoming events. In September, we held our 5th Attic Treasures Vintage Market. Carol has provided a report and several people shared pictures (see pages 11-13). We also welcomed May Lin to our Children's Ministry in September. October brought a Blessing of the Animals Service (pages 6-7) as well as our Harvest Thanksgiving service.

We look ahead to the events in November and December (page 4), including the Service of Remembrance on November 8th, Celebration Sunday on November 15th (page 8), the Christmas Bazaar on November 28th, and Advent and Christmas celebrations in December.

As I read over the Prescription articles before sending ***The Prescription*** to be proofread, I often watch for a theme to emerge. With the celebration of Harvest Thanksgiving in October, I found themes of giving thanks and gratitude. ***The Neuroscience of Gratitude*** (pages 20-22) speaks to this specifically and encourages us to practice gratitude. Thanks to Sharon McMillan for finding and sharing this article.

Our Celebration Sunday on November 15th is also our opportunity to give thanks and show gratitude to God and each other for our community of St. Luke Cedar Hill and all the blessings we receive. As well as a time to offer our monetary pledges, it is an opportunity to offer our time and talents. Please consider if you could offer your time and talents to sit on one of the committees listed each Sunday in the bulletin. Or could you let your name stand to be a member of Parish Council for 2027 as we look towards our AGM in February?

I am very thankful to all of you for your contributions of articles, poems, photos. Without your contributions, there wouldn't be a St. Luke's ***Prescription***. I am very grateful to Sharon McMillan for all the work she does pulling together the ***Prescription***, from designing the cover to creating all the wonderful photo collages, and adding most of the articles. (I'm always chasing after some of the last minute articles once she has passed it on to me!) Thanks as well to the proofreaders who find all the catches we've missed. It's a great team effort!

Looking forward to giving thanks and celebrating with all of you on November 15th at Celebration Sunday.

Blessings, Barb

From the Rector's Desk

by the Rev. Daniel Fournier



Dear Friends,

On October 22nd, Joan and I returned from our long-planned, long-awaited trip to the UK and Quebec. Our original plan was to tour Scotland, England, France, and Italy. What an adventure this adventure would have been for the "Grey Eagles". (This a name our son TJ used when Joan and I first ventured to Australia. When we let him know we had arrived safely, he sent out a notice to his anxious siblings saying, "The Grey Eagles have landed.") Our flights were booked last October, and then our son TJ and his wife Ashley sat us down with a big question, "Are you sure?" As experienced world travellers, they let us know that our plans were very ambitious, probably too ambitious, and they expressed concern for the Grey Eagles being let loose on their own in Europe. So, it was back to the drawing board and we made a big adjustment. Yes, we would go to the UK, which included Edinburgh, London, Stonehenge, Bath, and Herefordshire County. The last two weeks of our holiday would be spent in Quebec.

The idea of visiting England was so that Joan could discover some more of her paternal heritage. For me, going to Quebec was to explore some of my own family heritage. On my bucket list was to one day travel the Gaspé Peninsula, and this was the year! As I think about Quebec, I often think about the cultural and agricultural aspects of the province. What I discovered this time around visiting Quebec was how much of the province is built around its maritime identity and economy. The coastline is so extensive and beautiful, particularly Gaspé and Percé. But this was not the highlight of the trip.



Percé Rock



Joan at the pulpit in her dad's childhood church

No, the highlight for me was spending seven days in the Herefordshire area of England, and visiting old churches and buildings and taking in all the history. And so impressively, these churches were open. One could walk into practically any small town or village, and find the church open for exploration or prayer or just soaking in the history. The villages we visited included Leominster, Erdisland, Kington, Pembridge, Croft Castle, Lucton, Whitney-on-Wye, Weobley, Hatfield, Wormsley, and Kingley. At Hereford Cathedral, we attended a sung Evensong service with special guests, the High Sheriff and the Shirevalty of Hereford in their wigs and slippers.

Lastly, of course, and most importantly, was Kingsland where we stayed and where Joan's father was born. We even found the house where he was born, and the creek in which he had nearly drowned as a young child.

I so loved getting a sense of the history and standing in buildings that had been in existence for over 1000 years, with powers and rulers, and the lows and highs of history etched into each stone.



Hereford Cathedral

The greatest excitement for me was when Joan made contact with a third cousin on her grandmother's side, who shared common great-grandparents. This cousin, John, took us to a church in Weobley named St. Peter and St. Paul, where his grandmother (Joan's grandmother's sister) had been married. A service had just ended and the very friendly folks were gathered for a harvest thanksgiving festival lunch. The hosts, Wendy and Peter Hereford (yes that is the surname!) greeted us. It just so happened that Peter is a historian in local church history and had done a good amount of work on Hereford Cathedral. I told him about the reredos triptych which was gifted to St. Luke's from Hereford Cathedral back in the 1950's. Peter was very interested in this story and said he would love to dig into the history further. As soon as I got home, I sent some pictures of our reredos and now await his response.

How wonderful it is when connections are made in such a way! It was my hope to be able to talk about our connection with Hereford Cathedral. Then to actually meet a person who was so interested seems like a wonderful gift. And then further to have such a deep connection with the Hereford region because of Joan's family history makes it very special.

Praise be to God who continues to always surprise us with such wonders!



Hay-on-Wye bookstore



Bath Abbey Altar



Bath Abbey



London

Dates to Note: November through December 2026

Date	Event
Thursday, November 5th	**A Little Patch of Ground – Literature of WW1** A Presentation of Silver and Sage 1:30 - 3:30 pm in the church
Friday, November 6th	**Fantastic Friday (aka Messy Church)** – 4:30 - 6:30 pm
Sunday, November 8th	**Service of Remembrance** – 10 am to recognize veterans in St. Luke's Cemetery
Wednesday, November 11th	**Church Office Closed for Remembrance Day**
Sunday, November 15th	**Celebration Sunday** – 10 am service, followed by lunch. No 8 am service this Sunday.
Thursday, November 26th	**Silver and Sage** – 1:30 - 3:30 pm in the church Small Boats around the World, presented by Ken Gibbard
Saturday, November 28th	**St. Luke's Christmas Bazaar** – 10 am - 2 pm
Sunday, November 29th	**Reflections Service** – 4:30 - 5:30 pm in the church with sound weaver, Sylvia McAvany
Friday, December 4th	**Fantastic Friday (aka Messy Church)** – 4:30 - 6:30 pm
Sunday, December 6th	**10 am Service with Christmas Pageant**
Thursday, December 10th	**Silver and Sage** – 1:30 - 3:30 pm in the church Christmas Stories and Poems, presented by Sharon McMillan and readers
Sunday, December 20th	**Longest Night Service** – 7 pm
Thursday, December 24th	**Christmas Eve – Christingle Service** – 4 pm
Thursday, December 24th	**Christmas Eve – Choral Eucharist** – 8 pm pre-service Carol Sing starting at 7:45 pm
Friday, December 25th	**Christmas Day Service** – 10 am
Sunday, December 27th	**Service of the Word** – 10 am No 8 am Service



Unless otherwise noted, communion services are at 10:30 am on Thursdays, and at 8 am and 10 am on Sundays. Coffee Time in the Hall follows most of the 10 am services.

The church was beautifully decorated for Thanksgiving by the Altar Guild
Photos by Barb Prescott



Your Support is Always Gratefully Received…

Contact the Parish Office if you would like to help

as a Reader or Liturgical Assistant **with keeping the grounds tidy**

or by donating to the Altar Guild for flowers

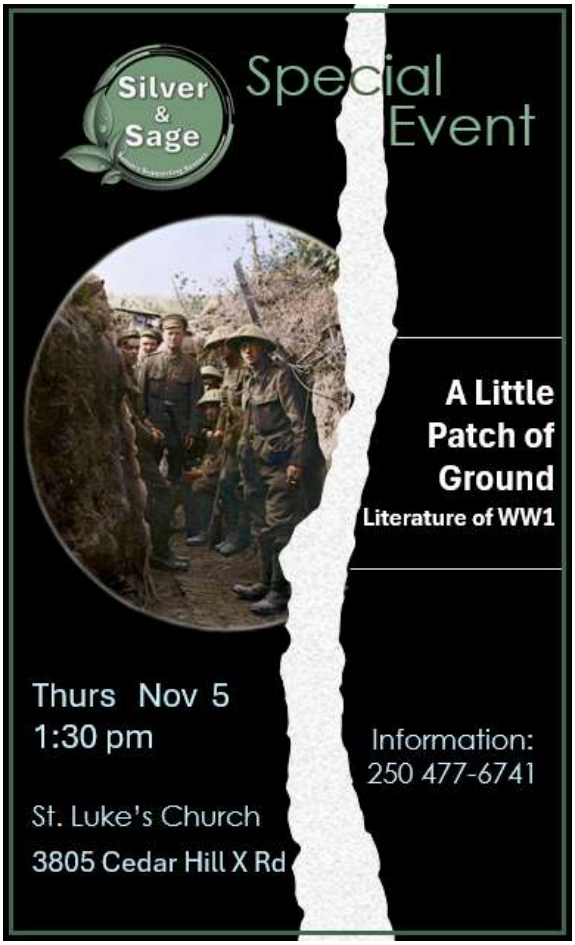
Financial support of St. Luke's is always welcome.
For information, visit the Donate page at **(https://www.stlukesvictoria.ca/donate)**

Make a financial donation to St. Luke's by:

- **PAR** (Pre-Authorized Remittance Program, also called automatic debit, a monthly donation from your bank account)
- **E-Transfer** (from your bank account to admin@stlukecedarhill.ca)
- **Cheque or Cash** (in the collection plate, mail it, or drop off at the hall)
- **Credit Card** (Canada Helps or via PAR)

Mark Your Calendars







Welcome to Dongmei (May) Lin

by Joanne Jolson



In September, we welcomed May Dongmei (May) Lin to St. Luke's. May comes to St. Luke's with a wealth of experience in teaching middle school. She has her Bachelor's Degree in education and is working toward her Master's in Educational Psychology at the University of Victoria. May has a family and has two boys under the age of 10. May is working in the Greater Victoria School District. She is learning right along with the children in Sunday School about what we are about here at St. Luke's. May is a great asset to our Children's Ministry.

This Year's Blessing of the Animals Service

by Claire White

October 4th, the Feast Day of St. Francis of Assisi, was bright and sunny, a perfect day to host the annual Blessing of the Animals Service at St. Luke's.

The sun streamed into the church and lit up the altar as we waited to see who would come through our doors on two or four legs and anything in-between!

We were not disappointed and had over 30 two legged attendees and many four legged friends.

Pastor Lyle McKenzie took the service as Rev. Daniel Fournier was away on vacation. This was a very special service for Pastor Lyle, as he had never conducted a Blessing of Animals service before. He was in for a treat!

It is lovely to see God's creatures come into a sacred place. It is also amazing to witness that when they came into the church, they calmed down, did not bark or meow, and behaved themselves perfectly. Yes, I am talking about the four-legged creatures and not the two-legged varieties, who also behaved themselves!

A selection of dogs, cats, and bunnies received a blessing from Pastor Lyle. He even brought his 40 year old turtle, Slider, for a blessing as well. Those whose faithful companions are no longer with us brought photos and stories to share with Pastor Lyle and also received a blessing.

The Blessing of the Animals Service welcomes everyone who may not always attend our other worship services. They know there is a warm reception from the family of St. Luke any time they walk through those doors and beyond, both the two legged and four legged creatures.

God Bless Them All!

Blessing of the Animals Photos

by Claire White, Tara Poilievre and Yolanda de Yong

















Celebration Sunday is Coming!



Once again we are holding our St. Luke's Celebration Sunday. This year it will fall on November 15th. On that Sunday, we will celebrate our coming together as a full congregation to honour both our heritage and our commitment to St. Luke's future.

We urge you to plan now to attend this important two-part event: the Sunday morning worship with a celebration luncheon (a fully catered meal, not a potluck lunch) immediately following worship that same day.

Congregations that approach financial stewardship from a biblical perspective do not view the money we give to our churches merely as a way to pay the bills. Rather, such congregations see financial contributions as helping people grow spiritually in their relationship with God by supporting their church's mission and ministry with a percentage of their incomes.

Stewardship is based on the biblical philosophy of the need of givers to give for their own spiritual development, rather than on the need of the church to receive. Instead of treating people like members of a social club who should pay dues, we will treat them as people growing in their faith journeys who want to give unselfishly as an act of discipleship. As well as a response to their baptismal promises and call, this program encourages people toward proportionate and systematic giving in response to the question, "What percentage of my income is God calling me to give?" During morning worship on **Celebration Sunday**, we will ask those attending to make their financial commitments to our church's ministries in this community and around the world.

Everyone who completes an *Estimate of Giving Card* does so voluntarily by attending morning worship on **Celebration Sunday**. We urge people to attend even if they feel strongly opposed to completing a card. The procedure is done in such a way that no one feels personal embarrassment if they choose not to fill out a card.

During morning worship, our guest preacher will conduct a brief period of instruction and inspiration, climaxed by members making their commitments as a confidential act of worship.

Stewardship Team members (Daniel Fournier, Sharon Hallsor, Tara Poilievre, and Barb Prescott) and Parish Council members encourage your participation in **Celebration Sunday** events. Since we will make no follow-up visits to ask people to complete their cards, we will make every effort to inform, inspire, and commit everyone to attend **Celebration Sunday** worship. Thanks in advance for your enthusiastic participation in the **November 15th Celebration Sunday** events.

Please contact the Stewardship Team at communications@stlukecedarhill.ca if you have any questions.

Poems

Untitled, by Margaret Haley Jones

From Calvary's Way, a book of poems

This morning, Lord
We've come by winding trails
From high above the cliffs
To sandy shore
Where tide retreats
And hidden treasures
Fill each pool
And peep above the sand
Filling my heart with glee.

I'm filled with awe, dear Lord!
For You have touched my life,
Brought healing with Your Love
In Your great plan to make me whole.
And here I am
Because You strengthened me!
You've given power
And I can walk these hills again.



Today, my friend and I
Delight to find this secret cove
And with a childlike heart
Walk hand in hand.
Finding a million hidden treasures
In the silver sand.

What riches You have given;
Thank you Lord!

Hope

by Joan Jolson

WHAT IS HOPE?

It is a feeling where broken hearts can be mended
Or a feeling where we cannot see an answer
To that which keeps us down

Or is it the feeling that can take us up to great heights
Where life is full of sun and light and holds it to our hearts and in our lives

Is it a phantom that lurks in our darkness?
That is elusive to our minds, hearts and lives
Ever taunting us from behind closed doors within ourselves
Or is it the key to open these closed doors?
To allow us to live a fuller life with Peace and Love

Maybe the quiet within our hearts will manifest the peace that will allow us the Hope we need by opening our eyes, hearts and souls to the love around us.



St. Luke's September Birthdays

Photo by Barb Prescott



Left to right: Rob Jewsbury, Matt Kuhne, Genevieve Richards, Michael Brooke, and Patricia Brooke.

You Know You're Getting Old When...

- ≈ You look for your glasses for half an hour and they were on your head the whole time.
- ≈ When all you want for your birthday is to not be reminded of your age.
- ≈ The pharmacist has become your new best friend.
- ≈ Your idea of weightlifting is standing up.
- ≈ It takes longer to rest than it did to get tired.
- ≈ Your memory is shorter and your complaining lasts longer.
- ≈ Your address book has mostly names that start with Dr.
- ≈ You sit in a rocking chair and can't get it going.
- ≈ You have more patience, but it is actually that you just don't care anymore.
- ≈ You finally get your head together and your body starts falling apart.



Attic Treasures Vintage Market

by Carol Turnham

On Saturday, September 19, 2026, a very successful Attic Treasures Vintage Market was held in St. Luke's Community Hall. It was a warm and sunny fall day as vendors arrived at 8 am. Twenty-seven Early Birds arrived between 9 am and 10 am, for an entrance fee of $10. The general public paid $3 from 10 am until closing at 4 pm. A total of 362 customers attended.



A variety of publicity was carried out, including press releases to the media, paid advertising in the Times Colonist and two versions of posters which were distributed by hand and on social media. Our thanks to Sharon McMillan for designing our usual version and to Brenda Baceda, one of our vendors, for designing the second retro-looking poster. Larger posters were placed on telephone poles around the community as well.

The stream of customers was steady throughout the day. The auditorium was filled with vendors who paid either $100 for an 8' x 3' table with backdrop, or $150 for an 8' x 8' space and choice of tables. We decided to expand to the lower level this time, so two more vendors plus St. Luke's stall were located there. Sales from St. Luke's stall including book sales totalled $350. Vintage Fashion Showcase, who co-sponsored the market, sold their surplus clothing and accessories in the Sequoia Lounge.

We were thrilled to be able to offer our Retro Cafe for customers. Tara Poilievre and a Venturers and Scout group took charge of this aspect. They created a very delicious and reasonably-priced menu including tea, coffee, sodas, hamburgers and hot dogs with fried onions, chips, sundaes, and floats! Customers had the option to eat inside or out. Colourful bunting decorated the '50's style cafe area, which was very much enjoyed! The group provided all the supplies and kept their profit. It was a win win for all!

Appropriate music was provided in each of the three areas by Jet Starkey (with Matt Robertson's help) in the auditorium, Sarah Fleming in the Lounge, and Tara Poilievre on the lower level. Our thanks to Sandra Lindberg, who provided tea, coffee and goodies to vendors all day in the kitchen. Vendors were asked to wear vintage clothing to add to the fun atmosphere, which most did. Almost all are very keen to return for our next market on February 20th.

We are uncertain whether we can offer our Retro Cafe again in February, but certainly next September, we hope! In February, we will probably focus on making space for more vendors on the lower level. The total profit from the Market was $3,475.75.

Our thanks to all who contributed to the success of this event, particularly Harry Felsing, Tara and the whole Poilievre family, Barb Prescott, Gillian Bloom, Penny Stanley, Cora Thomson, Harold Turnham, Debra Sandborn, Behnaz Barani, Kathleen Patterson, and Sally O'Rourke. Your help was very much appreciated!

Attic Treasures Photos

FASHION, MUSIC and FUN!

























Attic Treasures Photos (continued)







Attic Treasures Vintage Market photos by Carol and Harold Turnham, Caleen Taylor, and Barb Prescott

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Mulch Spreading Party

photos by Barb Prescott

On a beautiful September day, a merry group of volunteers (Bart Walton, Tara Poilievre, and Heather Simpson) took charge of sprucing-up the garden beds on Cedar Hill Cross Road. The border now looks marvelous!




“Name the Location” Challenge

We have another challenge for you! Below and on the next page are photos of different locations on and around Vancouver Island and the Gulf Islands where people have been and provided photos. See how many you can name (answers are on the last page.)















“Name the Location” Challenge















Local Chaplain Tells Of War's Realities

From the Daily Colonist 4 Jul 1915



Editors' Note: As we prepare for our Service of Remembrance on November 8th, it is an appropriate time to include excerpts from a letter written by one of the veterans we will remember during that service. The Rev. William Barton served as the chaplain of the 7th Battalion in World War 1. His wife, Nellie Barton, also went overseas in September 1914 and nursed under the British Red Cross during all the war. She was matron in charge of many hospitals in England. Below are excerpts from a letter printed in the Daily Colonist on July 4, 1915. The full text of the letter can be found at the Veterans' Stories page of St. Luke's website. Thank you to Gillian Klassen for typing this letter. The Rev. William Barton and his wife, Nellie, are resting in St. Luke's cemetery, Row A West, Plots 46 and 47.

The Daily Colonist noted when it included the letter, "The following letter will be read with great interest by all Victorians."

Capt. Barton writes: "Since leaving Victoria, one's ideas concerning "active service" have been turned upside down and battered to pieces. When you stand on the pavement or sit in a store and see the lads "dressed in khaki" marching down the street while training for the front, you do not think – and he seldom thinks – of what it all means. I know I didn't. Then came the time that we paraded at Macaulay Point. The people cheered – the men cheered – the bands played, sometimes two of them together and once all three, different tunes, and the dust floated, danced and accompanied with its own silent persistence the hot, perspiring Tommies *[Tommies was slang term for British frontline infantry soldiers in World War 1]* all the way into town.

How those cheers worried me! It was such an outburst of almost gaiety. Then came the school children in front of the Empress Hotel. Some of us heard them singing and they did their part splendidly. I have had many impulses to write and thank them. Funny too, the psychology of the moment. On the corner of two of the principal thoroughfares stand four men apart, wishing to appear blasé – hands in pockets and a graceful droop to their cigarettes. 'Hullo, Charlie, what, you going? cheer oh!' absolutely ignorant of the causes and consequences of the war. Not so, however, with the hundreds and thousands of women that lined the way. Many handkerchiefs were being used to wipe away a silent tear and then being waved vigorously. Anxiety and pride was clearly visible in the many faces. My personal desire was to dodge away and get on board as a stowaway. You see, I had read so much and heard a great deal more about the effect and range of the modern weapons of war. The Boer War seemed only yesterday. Rapid and machine gun fire had been so very vividly described that I felt a terrible depression as I marched off. Unless the blessing of peace came soon, how many of these brave lads would never come back to Victoria, and how many more would be sore wounded and maimed?

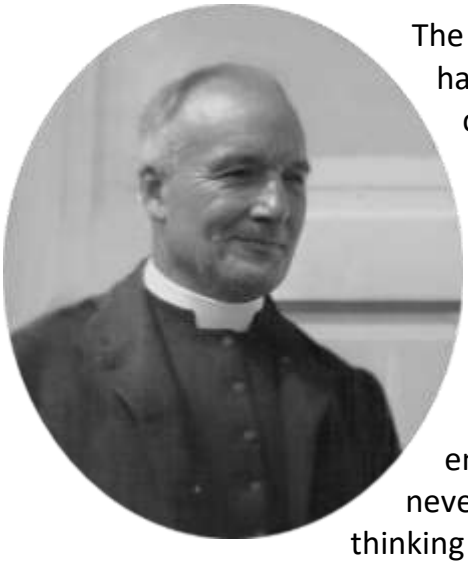
Briefly to sum up this stage in our movements. When we left Victoria we were a small unit, partially trained and equipped. When we left Valcartier *[Valcartier Camp in Quebec was Canada's primary and*

largest training base during the opening of the First World War], we were an Army Division with full equipment and Brigadiers capable of handling their brigades, and colonels and officers who knew their battalions; field hospitals and general hospitals with ambulances and staffs trained and ready; transport and ordnance prepared for their work of supply. In fact, a Division ready for training.

[After training at Valcartier, the Canadian volunteers sailed for Britain.] Salisbury Plain welded the division together with artillery now in a position to take the field. Perhaps the most difficult work was the preparation of the artillery and their training in the mud of Salisbury Plain. Too high praise cannot be given to this arm of the Service, who through the whole winter were in tents and their horses under the rain and clouds of the sky, with feet in mud and often in water.

Our first march was in Belgium, over the paved cobble stones, about 14 miles, was very trying. The day was warm and damp, the road slippery. The men did not know where they were going or how far. They never do know; such information is never imparted. They were in winter marching order, i.e., the added weight of "teddy bear" coats, I should say fifty pounds with rifle and ammunition. Try it if you want to understand what it is like. Mind, you can't stop when you like and adjust the load. You can't take your overcoat off and your coat. You march according to orders, and stop when the word is given to halt. It was dark when the billets were reached. That darkness was a blessing in some ways, because we could not see how tough we looked – all were so tired that they did not stop to see how sore their feet were, and by the next morning they were better.

We didn't stay very long in this part of Belgium. Our next work in the trenches was in France. Here we took over our own line of trenches. How little one understands by reading reports the actual conditions at the trenches. The trenches aren't in a straight line, but zig-zagged and curved and have all sorts of crooks and corners. Some places you walk along standing up straight, the next place you duck your head, the next perhaps you get past quickly and at night. Don't cross in daylight unless you have to, because the enemy can get a glimpse – it's not healthy. When you're walking along and see a Verey light – commonly known as a "flare" – you take cover and don't show your face whilst it is alight. It's wonderful how far you can see a face by the light of one of those flares, and, of course, you feel as though you could be seen at a thousand yards easily. As a rule you don't stop to find a dry place or any other spot, but just drop flat where you are, a bullet cracking past at the moment makes you drop even faster.



The Padre's work is strange. He holds services in barns and bedrooms, haylofts, brewery yards and fields. Holy Communion has been celebrated at 5, 6, 7, 8, 9, 10, 11 pm and 4 pm and 8:30 pm. He's buried men behind the trenches, in churchyards, fields, orchards and gardens. He thanks God every day that he was privileged to be with such a noble band of heroes. Well or wounded or sick, they're always cheerful. When they send a message to dear ones, it's always – no matter what the real conditions may be – "Tell them I'm doing well." What do our boys need most? I think it's letters. Don't wait to hear from them; they can't write for want of time, paper and envelopes. But you, when you think of one you know, however slightly, never mind if you are busy, write them a few lines to show you are thinking of them. Use your open churches and pray for them; so you can really, truly help them."

My September Travels (Some Excerpts)

by Vicki Sharp

Saturday, September 12th This morning Purrcy cat and I started our journey northwards, destination... Dawson Creek, BC. We were up at 6:30 am, onto the 10 am ferry.

Wednesday, September 16th (Picture 6, Connaught Hill, Prince George; Picture 7 Joining of Nechako and Fraser Rivers at Prince George) Drove over to the park running alongside Nechako River.. Cottonwood trees, rose bushes, wonderful fall foliage...could see no fish running, yet. Then over to Park beside Fraser River. Was here last year. Looked at the First Nations old cemetery, and walked to look at the river...a clear divide where the Nechako joins the Fraser River.

Thursday, September 17th (Pictures 3 – Tree Hugger - and 4) - I'm at my cousins' house on Dalhousie Ave., Prince George. Around 7 am, Purrcy bolted up to the window from sleeping...and dogs started barking...wow! Bear! Looked out the window and there was a very large black bear...shoved my feet into my slippers, grabbed phone, outside in my nightie and started photographing...what the neighbours thought of this crazy old gal outside in slippers and nightie, I don't know...but I didn't care...a bear !!! Well, he'd gone between Marina's house and next door. Eventually came out and started across the lawn, saw me, turn back into bush between the houses...dogs barking like mad. I could see his breath as he breathed! After a while, he sauntered across the street, along lawns and driveways, then turned, crossed the street into next door or Lloyds' house beside the campervan. He did a stretch up the big tree! Captured on camera. Then sat, then lay down under the tree...and looked at me several times...NOT afraid. I was in my element! Getting chilled, I went into the camper, Purrcy was having a fit...took some photos thru the window, then he wandered off. I got dressed and went indoors, just as a fox ran by!! So now I believe them that the wildlife comes to visit!!

Friday, Sept. 18th – (Pictures 5, 7, and 11) What a wonderful day! Last night Mr. Bear was around as he kept setting a neighbour's porch light on...and Purrcy was up at the window all alert! I think I saw him, a fuzzy black blob, didn't have glasses on. Some fog this morning...but soon disappeared. .How blessed I am to have these Prince George cousins! Glorious sun all day. They lead me out of Prince George, up the Hart Hwy. The yellows are intensifying as I drive northwards...the marshes, ponds, little lakes, mountains, hills, all in various golden colours...a very few reds in the ground cover. Bullrushes and reeds golden by all the marshes and ponds...and I was on the watch for moose, for this is moose country and the signs say so...but, nary a moose!!! In fact, no wildlife.

Monday, Sept. 22nd (Pictures 2 and 10) Off we went, south east on hwy. 2, over the border into Alberta onto hwy. 43. Drove thru Benzanson, DeBolt to Crooked Creek. Now, the scenery was glorious the entire day…golden aspens, small lakes, ponds, and dugouts (man made little ponds) a lot of geese and ducks on most waters that we passed. Fields being harvested..great big machines…canola being the main crop we saw today. And then we had oil and gas wells dotted along the way in the fields. Several working donkeys aka Pumping Jacks. We came across a very pink donkey with the Breast Cancer Ribbon painted on it…we don't know the story behind this…intriguing, tho!!!

Saturday, September 26th (Picture 9 – Smaller Tree Hugger, and Picture 1 Eastern Blue Jay) Lunch, then off for walkies for Purrcy. A perfect day for a walk...the leaves floating down..a breeze...got some lovely photos.

My September Travels in Photos

by Vicki Sharp























The Neuroscience of Gratitude

How Being Thankful Rewires Your Brain

posted by Integrity Psychological Services

https://www.integritypsych.com/post/the-neuroscience-of-gratitude-how-being-thankful-rewires-your-brain



Gratitude is a powerful and transformative emotion that has been celebrated for centuries across cultures and religions. It's the feeling of thankfulness and appreciation for the positive things in our lives. While gratitude has long been recognized as a virtue, recent advances in neuroscience have provided a deeper understanding of how it affects our brains and overall well-being. In this blog, we'll explore the neuroscience of gratitude, uncovering the remarkable ways in which practicing gratitude can rewire our brains and enhance our lives.

The Science of Gratitude

Gratitude involves recognizing and appreciating the kindness and generosity of others, as well as the positive aspects of our lives. When you experience gratitude, your brain responds in fascinating ways.

One of the key brain regions associated with gratitude is the prefrontal cortex. This area is responsible for executive functions like decision-making, emotional regulation, and moral reasoning. When you feel grateful, the prefrontal cortex lights up, indicating its involvement in the experience of gratitude.

The brain's reward system, which includes the ventral tegmental area (VTA) and the release of dopamine, also plays a crucial role in gratitude. When you feel grateful, these brain regions become activated, creating a sense of pleasure, and reinforcing the feeling of gratitude. It's like a natural reward for acknowledging and appreciating the good things in your life.

The Gratitude Circuit

Neuroscientists have discovered that gratitude can be thought of as a circuit within the brain. This circuit involves multiple brain regions and neurotransmitter systems that work together to create and reinforce the experience of gratitude.

The process often begins with the anterior cingulate cortex (ACC), a region associated with empathy and the processing of emotions. When you recognize a kind act or a positive event, the ACC helps you understand and empathize with the emotions associated with that experience.

As the ACC processes this information, it sends signals to the medial prefrontal cortex (mPFC), which is responsible for processing and integrating social information. The mPFC helps you understand the social implications of the kindness or positivity you've encountered, reinforcing the feeling of gratitude.



The ventral striatum, a part of the brain's reward system, then comes into play. When the mPFC sends signals indicating that you've received something positive or experienced a kind act, the ventral striatum releases dopamine, creating a sense of pleasure and satisfaction. This reinforces the feeling of gratitude and encourages you to remember and repeat the behavior that triggered it.

The entire gratitude circuit strengthens our social bonds and promotes prosocial behavior, making us more likely to engage in acts of kindness ourselves.

Gratitude and the Brain's Plasticity

One of the most fascinating aspects of the neuroscience of gratitude is its connection to neuroplasticity. Neuroplasticity refers to the brain's ability to adapt and change in response to experiences and learning. Gratitude has been shown to have a significant impact on the brain's plasticity.

When you practice gratitude regularly, the brain becomes more adept at recognizing and focusing on positive experiences. This is partly due to the process of synaptic plasticity, where connections between neurons become stronger and more efficient. As you consistently pay attention to and appreciate the good things in your life, your brain becomes more skilled at doing so.



Gratitude, like any habit, can be cultivated over time. The more you consciously practice gratitude, the more it becomes an automatic and natural part of your thinking. This means that over time, you'll naturally see the positive aspects of life and be more attuned to moments of kindness and generosity.

Gratitude and Emotional Regulation

Gratitude is a powerful tool for managing and regulating emotions, particularly those associated with stress and anxiety.

When you experience gratitude, the brain activates the hypothalamus, a region that plays a central role in the stress response. Gratitude can help dampen the stress response, reducing the release of stress hormones like cortisol. This has a calming effect on the body, reducing feelings of anxiety and helping you manage stress more effectively.



Additionally, the prefrontal cortex, which is highly involved in gratitude, also plays a crucial role in emotional regulation. This area helps you regulate negative emotions and maintain a positive emotional outlook. The more you practice gratitude, the more skilled you become at managing your emotional responses to life's challenges.

The benefits of gratitude extend beyond mental health; they also have a positive impact on physical well-being. Several studies have shown that people who practice gratitude experience better physical health and longevity.

For example, gratitude has been linked to improved immune function. When you experience gratitude, your body's production of immune-boosting cells and proteins increases, making you more resilient to illnesses.

Gratitude also reduces inflammation in the body, which is a major contributor to many chronic diseases. Chronic inflammation has been associated with conditions like heart disease, cancer, and diabetes. Practicing gratitude can help lower inflammation levels, thus reducing the risk of these health problems.

How to Cultivate Gratitude

Are you wondering how to cultivate gratitude in your own life? Here are some simple practices to help you get started:



Gratitude journaling: Set aside a few minutes each day to write down things you're grateful for. This can be anything from a kind gesture from a friend to the beauty of nature.

Express gratitude verbally: Don't keep your gratitude to yourself. Let others know when you appreciate their kindness or actions. This not only benefits you but strengthens social bonds as well.

Mindfulness meditation: Mindfulness practices can help you become more aware of the positive aspects of your life. Regular mindfulness meditation can train your brain to focus on gratitude.

Acts of kindness: Engage in acts of kindness and generosity towards others. This not only benefits the recipients but also triggers your brain's reward system, reinforcing feelings of gratitude.

The neuroscience of gratitude offers a fascinating glimpse into how this powerful emotion can transform our brains and improve our overall well-being. From its impact on the brain's reward system to its role in emotional regulation and stress management, gratitude is a potent force for positive change.

Cultivating gratitude is a skill that anyone can develop, and the benefits extend to nearly every aspect of our lives, from mental and emotional health to physical well-being. By understanding the science behind gratitude, we can better appreciate its potential to enhance our lives and the lives of those around you.

In a world often filled with stress, negativity, and challenges, gratitude serves as a beacon of positivity and a source of resilience. As we've learned from the neuroscience of gratitude, the brain is wired to respond to acts of kindness, positive experiences, and the practice of gratitude itself. By incorporating gratitude into our daily routines and thought patterns, we can harness its transformative power.

Gratitude is not merely a feel-good sentiment but a powerful tool for enhancing mental and physical health. It reduces stress, bolsters emotional regulation, and contributes to better immune function, all of which have a profound impact on our overall well-being. By making gratitude a part of our daily lives, we can enjoy the myriad benefits it offers and help create a more positive and harmonious world.

So, why not start today? Take a few moments to reflect on the things you're grateful for. Express your appreciation to someone who has made a positive impact in your life. Practice mindfulness and engage in acts of kindness. As you embrace the neuroscience of gratitude, you'll be rewiring your brain for the better, and the effects will ripple outward, making the world a brighter place for all.

It's never too late to begin the journey toward a more grateful and fulfilling life. The power of gratitude is within your reach, and the neuroscience behind it supports the remarkable transformations it can bring!

On the Sixth Day…

submitted by Penny Stanley

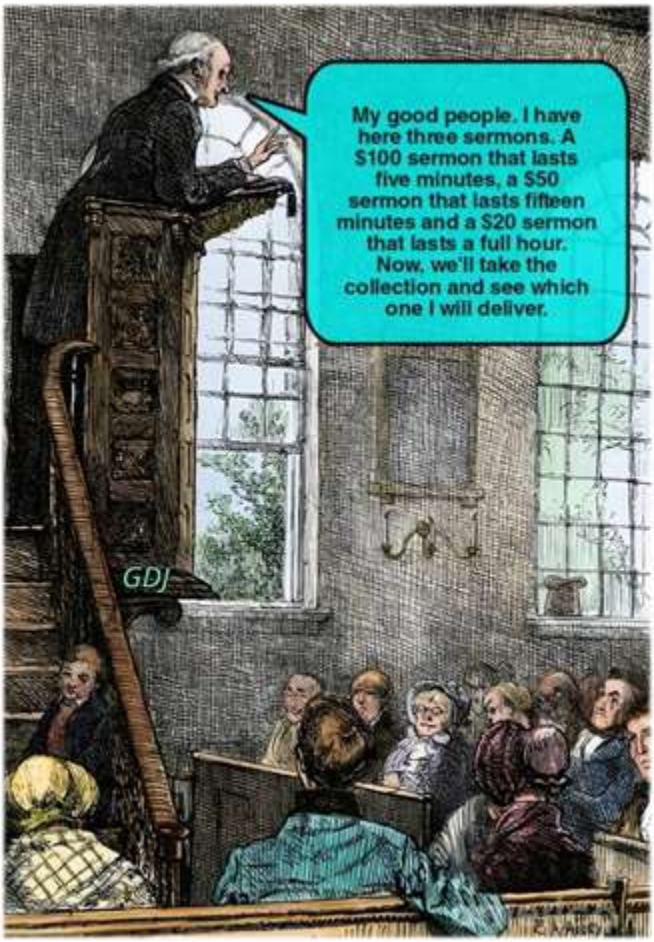
On the sixth day, God turned to the angel Gabriel and said, “Today I am going to create a land called Canada. It will be a land of outstanding natural beauty. It shall have tall majestic mountains full of mountain goats and eagles, beautifully sparkling lakes bountiful with carp and trout, forests full of elk and moose, high cliffs overlooking sandy beaches with an abundance of sea life, and rivers stocked with salmon.”

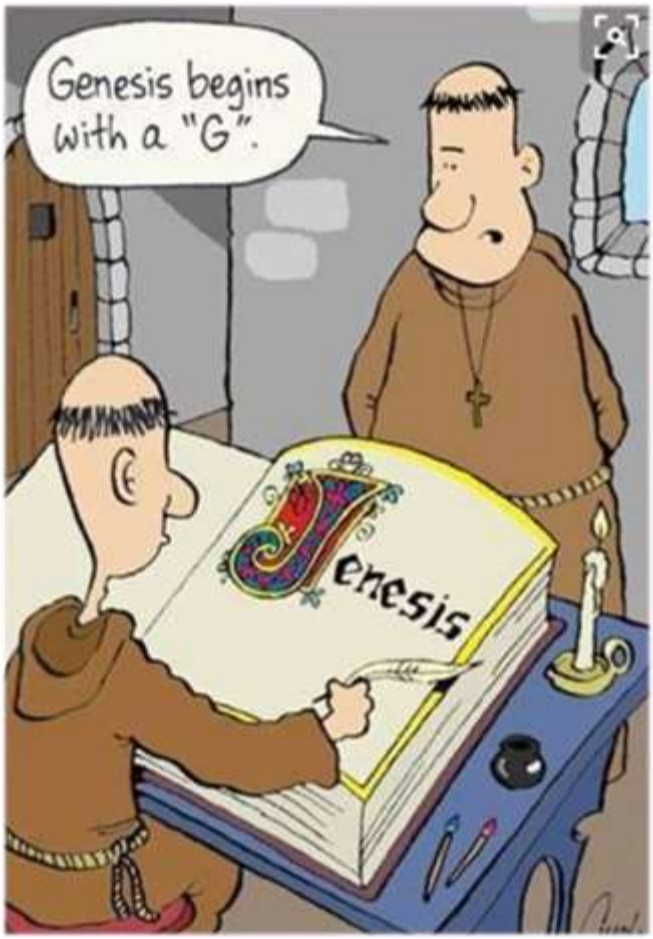
God continued, “I shall make the land rich in oil so to make the inhabitants prosper. I shall call these inhabitants Canadians. They shall be known as the friendliest people on the Earth.”

“But Lord,” asked Gabriel, “Don't you think you are being too generous to these 'Canadians'?”

“Not really,” replied God, “Just wait and see the neighbours I am going to give them!”

Humour







Growing Community Together at the Cedar Hill Garden

On behalf of all of us at Shelbourne Community Kitchen, thank you, St. Luke's, for being such a wonderful community partner! Your generosity, encouragement, and support has helped us grow so much more than food at Cedar Hill Garden. Together, we're growing connection, belonging, and a stronger, more food-secure community. This fall has given us so many reasons to celebrate!

On September 12th, Cedar Hill Garden was one of the stops on the Victoria Urban Food Gardeners Tour, welcoming 130 new community members to explore the garden and see firsthand what our partnership with St. Luke's is growing. The tour also helped raise funds for our work, supporting opportunities for people experiencing food insecurity to cook, grow, share, and connect. We're so grateful that St. Luke's makes this kind of community-building possible.

We also loved welcoming members of the St. Luke's congregation for an after-service garden tour on September 13th! Sharing the space with you was a real joy. Knowing that not everyone can safely navigate the hill, we created a video tour so that those who couldn't join us in person could still experience the garden. The link to the Virtual Garden Tour was sent out with St. Luke's Friday e-mail on October 16th. We believe everyone deserves to feel connected to the places and people growing good things in our community.

And speaking of growing good things, St. Luke's made a tremendous contribution to our Thanksgiving ***Pump Up the Pantry*** Food Drive, collecting an incredible **460 pounds of food donations!** That food helps stock our pantry shelves and ensures our members have access to nourishing groceries. Our heart-felt thanks to each and every one who donated, organized, and spread the word.





As we head into the holiday season, the need for food support continues to grow. On October 23rd, we launched our annual **Donate & Double Your Impact** matching campaign, with a goal of raising $60,000 by December 31. If we reach our goal, a small group of generous, anonymous donors will match the entire amount, doubling the impact of our community's giving! For more information about our matching campaign, please visit our website.

We are so grateful to have St. Luke's support and partnership as we work toward a community where everyone has access to healthy food and community belonging. **Thank you for everything we've grown together, and all the good things still to come!**

With heartfelt thanks,

Kim Cummins
Executive Director
Shelbourne Community Kitchen



Shelbourne Community Kitchen Garden and Tour Pictures









Photos by Kim Cummins and Barb Prescott

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"Name the Location" Challenge – Answers

1. Salt Spring Market
   (Barb Prescott)
2. Macaulay Point Park
   (Barb Prescott)
3. Elk Falls, Campbell River
   (Sharon McMillan)
4. Dionisio Point Park, Galiano Island
   (Steve Ruttan)
5. Taylor Point Trail, Saturna Island
   (Steve Ruttan)
6. Rathtrevor Beach, Parksville
   (Sharon McMillan)
7. View from Whiffin Spit, Sooke
   (Barb Prescott)
8. Southey Point, Salt Spring Island
   (Barb Prescott)
9. Merridale Cidery, Cobble Hill
   (Barb Prescott)
10. Old Barn, Cowichan Bay
    (Steve Ruttan)
11. Thunderbird Park Totem
    (Steve Ruttan)
12. Japanese Garden, Butchart Gardens
    (Sharon McMillan)
13. Kinsol Trestle, Shawnigan
    (Sharon McMillan)
14. Ross Bay sunset, Victoria
    (Sharon McMillan)

Maybe these pictures have given you some ideas of new places to explore!