

The Messenger

Easter 2020

Reverend's Reflections - Triduum

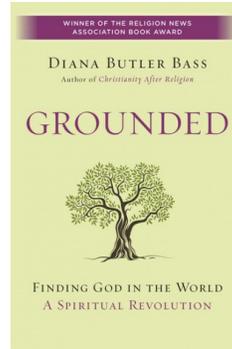
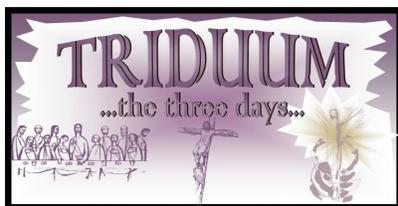
In her book *Grounded*, Diana Butler Bass writes that “We are animated dirt. Soil and life joined. From living ground we were made; to living ground we will return.” Our Lenten journey began on Ash Wednesday with the imposition of ashes and Holy Week finds us in the midst of a Global Pandemic, and so we are feeling the weight of our mortality more intimately than we might have imagined.

This Holy Week feels strange and unfamiliar as we gather in new ways but this reality also reflects that of the early church as they were finding ways to share the story in an ever-changing reality. In our Christian context, the triduum (trid-ju-um) marks the time between Maundy Thursday and Easter. This year, our triduum will be shaped by the garden images in scripture, poetry and prayer that are so much a part of this sacred time.

Steven Nightingale writes, “Gardens are where fate is decided; gardens mark decisive turns of events in the story of our life on earth; gardens safeguard wisdom; gardens hold beauties that help us learn how the order of nature offers the secrets of life.” In this Holy Week we, too, move to the garden to explore the complex story of Jesus’ life, death and resurrection. The garden gives us a window into Jesus’ vulnerability, and our own.

Our Triduum will take place this year in my family’s garden – but the process of writing the service has helped me to remember and celebrate the opportunities we will have to share our outdoor worship space in the future.

Later in the Messenger, Brenda Crockford from the 2 Saints offers suggestions for how we might each create an Easter Garden to help us pray our way through the Triduum. If you do make one, please take a picture and send it along to smaaac@telus.net so we can share them with one another.



Art by Valda Kitching

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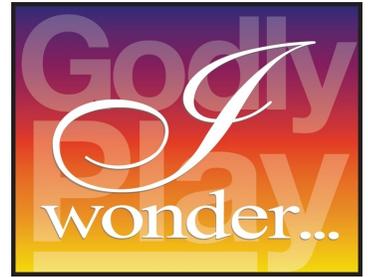
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Gardening is a metaphor for life, teaching you to nourish new life and weed out that which cannot succeed. Nelson Mandela

Godly Play

For the last three months we have been introducing the Godly Play program to the young people in the parish. Godly Play is a creative and imaginative approach to faith formation and spiritual development which uses symbols, objects, silence and words to explore biblical stories and Christian practices. It encourages young people to make meaning for themselves, and values process, openness and discovery. It invites the children into stories and encourages them to connect the stories with their own personal experience.



The Godly Play environment surrounds the children with the stories, symbols, and language of the Christian faith. The room is designed to support learning, creativity, and a sense of peace. Godly Play makes clear the connection between a supportive community, the language of faith, and sacred space.

The Godly Play sessions include a time to:

- * Gather, centre, and get ready.
- * Experience a faith story using beautiful created objects.
- * Explore the story with open questions and conversation.
- * Respond to the story by choosing from a variety of materials to draw, make, read, write, retell a story etc.
- * Enjoy a simple feast and sharing.
- * Receive a blessing.

The children of St. Michael and All Angels have been very responsive to Godly Play, even through the flooding of the Sunday School classroom which precipitated a move to the stage, and the Covid 19 situation which has led to online storytelling and follow up.

In Godly Play, the materials for storytelling and response evoke something of the mystery of God and the beauty of God's creation. The use of finely crafted liturgical, story and response materials draw attention to what might otherwise be considered ordinary. Beautiful materials can draw us into a faith experience that transcends words. We are very appreciative of Bert and Gerri who have already created materials for the program.



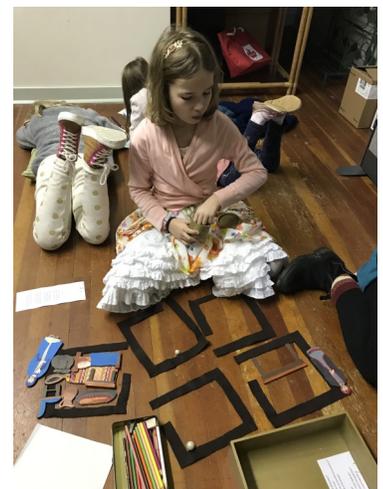
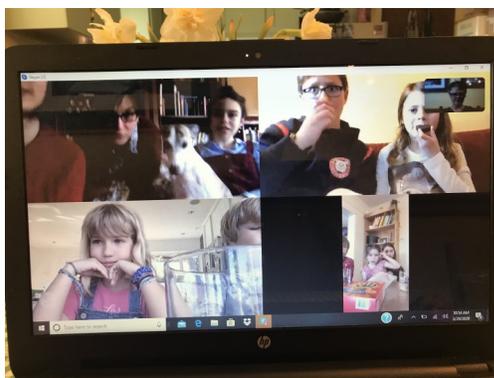
We are currently looking for parish members who would like to become part of the Godly Play team (with training) as storytellers, doorkeepers, feast providers, and craftspeople.



Art by Valda Kitching

Submitted by Colleen Lissamer

Reference: <https://godlyplay.ca/>



Wardens' Message

As we embark on the fourth week of self-isolation in the pandemic, we are all adjusting to a new way of seeing and doing church service and observance. Dawna has, as usual, been our guiding light, providing services, leadership and comfort to us all. Our church community is rallying around the cause with nurses advising on best practices, Catie conducting phone check-ins and Brian, Helen and others looking after the church property and grounds. The pause in activities has led to challenges and changes in worship but does not preclude our individual participation. Many thanks to Angela and Tony for supporting Dawna in her online service presence. Parish council meets via Skype and parish business continues as possible. Our community presence is regularly announced by Peter Goddard ringing the bell, as a reminder of our faith.



Parish outreach programs are on hold right now with bottle collecting, clothing and food bank donations all on pause. We have had to delay the labyrinth build and are ensuring social distancing by closing the hall and church. The church closure is affecting the fiscal picture of the parish. If possible, we should continue our giving for both outreach and operating costs. Our outreach is internal as well as external. Lanny is ably managing our finances and we are investigating options for fiscal recovery.

The challenges we face as individuals and families can seem intimidating. However, we will see this through with our faith, the community and God behind us. Be kind to yourself, enjoy the newfound opportunities to seek self-improvement and expand your horizons. Reengage with a hobby or another pursuit you have been neglecting or have just been too busy to enjoy. I, for one, have found time to increase my reading, work in my garden and practice mindfulness. When out, consider a word of thanks to all those who continue to serve at some risk to themselves: the medical staff who treat us, the fire and police services who guard us, the grocers, truckers and warehouse workers who feed us, the postal workers who keep us connected, in fact, all who help us weather this pandemic storm.



Art by Valda Kitching

Remember to engage with friends and family. Though we may not be able to gather as a community of friends and family, we can reach out through telephone and computer. There is no timeline for this pandemic to be contained or when our lives will return to normal, so it is important that we remain connected with ourselves and our community, albeit through less direct means. This too shall end...

Submitted by Stan Willow

Notes from a New Warden:

I have had a wild start to my time as Warden!

As requested, I am doing regular checks in and around the church and hall to ensure that the property is secure and any urgent maintenance is identified. Together, Peter and I are joining in Skype Council meetings and contributing to the leadership in our parish. I'm thankful for Dawna's daily prayers and the weekly 'produced' service for parishioners' viewing on the internet. I have heard from parishioners that these have been greatly appreciated. Peter and I are also making sure that our church bell rings loudly every evening at 7pm, in thanksgiving for the front-line workers in our community.

Submitted by Brian Goddard

Living Well Through Lent

Some years ago, I heard the expression 'God-instance' rather than 'coincidence'. It has lingered in my memory ever since. When Dawna first distributed the book *Living Well Through Lent*, she could not have known that we would each be entering a life-changing period concerning this coronavirus pandemic and that we would need courage to survive our self isolation.

The Lenten book of daily readings deals with the topic of 'courage'. For most of our study group we have never experienced a worldwide catastrophe such as World War 2 and we have not dealt with having daily to arm ourselves with courage. Each reading starts with a quote or verse. There were three quotes that really pertain to this present period. They are:

- * *You don't develop courage by being happy in your relationships everyday. You develop it by surviving difficult times and challenging adversity. – Epicurus*
- * *For God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline. – 2 Timothy 1:7*
- * *Courage is the power to let go of the familiar. – Raymond Lindquist*

Each reading then goes on to explain further that day's quote. At the end of each reading each participant is challenged to make it personal and to investigate themselves. For further reading on the topic of 'Courage':

Adults:

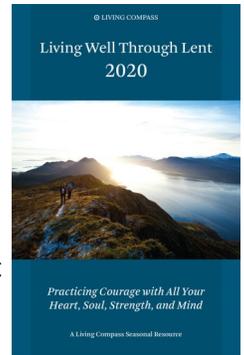
- * Daring Greatly - Brene Brown
- * The Alice Network – Kate Quinn
- * The Light of the World – Elizabeth Alexander

Children:

- * Call it Courage – Armstrong Sperry
- * Sheila Rae, the Brave – Kevin Henkes
- * Courage – Bernard Waber

Our study group consists of 8 to 10 regular attendees. If you would like to join us, Sally Tuckey has organized an email chain so we can interact with each other on a regular basis. Last Wednesday we met via Zoom. It worked wonderfully well as we could be face to face with our friends as we discussed the present COVID situation we are all in today. We would welcome new members at any time.

Submitted by Marion Edgar



Giving

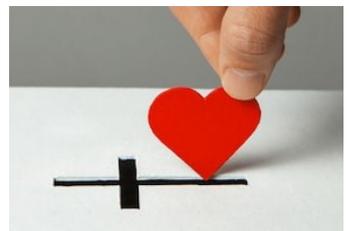
During this time, when we are unable to gather for our normal worship services at the church, it is important to continue financial support if possible. Most of our parish costs continue and without the normal contributions from our Parishioners, we will rapidly deplete our reserves. The following options are available to continue regular giving:

1. Use your **regular envelope** and drop it through the mail slot in the door of the office.
2. **E-Transfer:** If you do on-line banking, you can make an Internet E-Transfer from your account to St. Michael's Church using the email address treasurer@stmikevictoria.ca
Set a security question (that can be used for future transfers) and call or email Lanny to give him the answer so that he can process the deposit. In the Message Box you can specify where you would like your donation to go
3. **Tithe.ly** : There is a link on our webpage at <https://www.stmikevictoria.ca/giving> which will allow secure contributions by credit or debit card on the **Tithe.ly** platform. You do not need to sign up and login unless you want to be able to access a record of your donations. You will receive an email confirming your donation.

NOTE: A fee of 2.9% plus 0.30 will be charged from your donation but you can tick the box "cover fee" if you wish.

All contributions made will be recorded by our Envelope Secretary and receipts issued for Charitable Tax Donations. If you need any assistance making a donation, please contact our Treasurer, Lanny Hubbard at 250-888-7495.

Thank you in advance for helping us continue to live out God's vision for us and to spread the gospel of Christ Jesus.



Untie the Ribbons

It's hard to grasp how much things can change in such a short period. Just a mere month ago, Gordon and I were travelling in South America. We had glorious weather, both on land and when we were on the ship going around the "Horn". Calm seas meant that we were able to go ashore on the British Falkland Islands - a highlight of our trip.



With a population of 3,000 people spread over 700 islands, the penguins and the sheep vastly outnumber the human inhabitants! We explored the port town of Stanley with its Pub, Post Office and Anglican Cathedral being memorable stops. The Pub served great fish and chips and we shared a dark beer from Britain too! The Post Office has two working bright red Telephone Boxes beside its front door [the ones you step into, close the door and make your call] and the many keyed mailboxes inside are bright red and cover one whole wall. The Anglican Cathedral has a Whale-Bone Arch in its side yard and the Church Ladies had set up a "Tea-Room" in the Narthex.

After our time in Stanley, we went by bus and then a 4 by 4 to "Bluff Cove Lagoon", which is part of a 35,000-acre sheep and cattle ranch run by a charming couple and their few staff. There, we got close to King penguins with newborn babies on their feet, had a proper "cream tea" in the cafe down on the beach and watched many penguins going into the ocean to fish and others coming out so full that they could barely manage the cliff-climb to their families where feeding took place. This scene is something we will never forget!!! We were told that the Governor's wife was among the ladies who served us our tea. Everyone volunteers to help when cruise-ship travellers are able to come ashore.



*Each day comes bearing its own gifts.
Untie the ribbons.*

Now settled into our home, we are following the guidelines and taking one day at a time. The Guild has had two meetings this year (in January and March) and we will come together again as soon as the restrictions are lifted. Our planned "Plants and More Sale" on May 9th cannot take place but we will work out an online way to purchase Phyllis Fatt's tomatoes and Peter Goddard's baskets. All the "garden-themed" items we already have can stay in storage for now. When activities can resume, we will plan our "next steps". In the meantime, be kind to yourself and others and stay well. I have a little card that stands on my desk here at home with a lovely quote by Ruth Ann Schabacker:

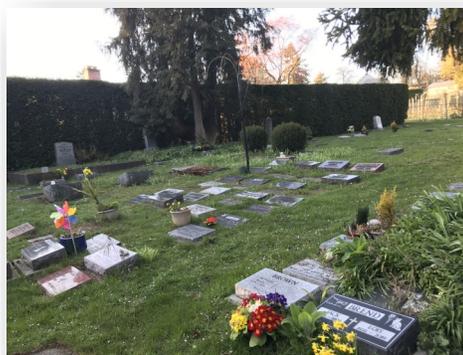
"Each Day Comes Bearing Gifts.....Untie the Ribbons".

Blessings and Happy Easter

Submitted by Lenore English



Spring Light in our Cemetery



Outreach Outcomes – Faith in Action

Threshold Housing



THRESHOLD
HOUSING SOCIETY

As we all work through our personal struggles with the impact of Covid-19 it is important to remember those in our city who do not have the advantages of a secure home, close family and social supports. One such group is the youth at risk in our community. Fortunately, Threshold Housing - an organization our parish generously supports each year - is committed to helping. The following is an update from Threshold Housing's Executive Director, Colin Tessier:

We're in unprecedented times to be sure. Amongst the swirling information and constant changes, we are actually doing okay here at Threshold. We have plans in place, we're following direction from the BC CDC and other health authorities, we've got communication flowing, and we've got a great team who is ready to respond where needed.

Our frontline staff are heroes in my view. They continue to work within our homes and with our youth participants because these supports cannot simply be removed. Some of our youth are really struggling, and there will be more hardship to come. Our staff are meeting the need head-on, and in doing so are put at increased risk. We have implemented a staffing plan that redirects people from other areas to focus on our core purpose, the care of the youth who we support. Within this plan, we can operate at 50% staffing levels for a time and be okay.

All of the youth in our program are safe. We are wrapping support around them and they still have access to all their Threshold resources. There has been a significant spike of mental health related challenges, which comes with the territory of being isolated and feeling the stress related to things like loss of finances. Every youth in our program has support and will continue to have support as we take on the challenges that lie ahead.

No matter what, we will continue to act with compassion and care for the youth we support. We will prioritize the health and safety of our staff and youth. And, we will move beyond this as time passes. Threshold will continue forward because we must. There are too many at-risk youth in this community who are in harm's way and who need a place to call home.

For more information on what we are doing during Covid-19, or to donate to help us through this time, please visit our website at thresholdhousing.ca



Ring the Bells in Thanksgiving

Beginning April 1st at 7pm and every evening until the health crisis is declared over, Bishop Logan McMenamie is inviting all parishes of the Anglican diocese of Island and Inlets to join together in ringing their church bells for five minutes. The purpose is to say thank you to Adrian Dix, Minister of Health, and Dr. Bonnie Henry, B.C.'s provincial health officer, and all front-line workers for all that they are doing to keep our communities safe during these difficult times.

Parishioners are also encouraged to go out onto their front steps at this time, with bells in hand, and join in if they can. If they don't have bells, they can use pots and pans! Let's show our support and appreciation mid-day, mid-week to help bolster spirits and let these folks know they are thought of every week that this continues.

The Glory of the Garden

A garden is a place of creation and of relaxation, a scene of hard work and also of healthy produce, of flowers and fruit, of slugs and snails. Work may be most intense in the season of Spring, its most arduous in the Summer months, charmed by the acrid smell of slow bonfires in Autumn, and its most neglected in Winter when its populations are dormant . . . a year-round variety, at these latitudes at least, a kaleidoscope of colours and sizes, a cornucopia of produce.

But remember:

*Gardens were not made
by singing, "Oh how beautiful", and sitting in the shade.*

More: taking a turn at the spade as a way of working off a few surplus ounces may not always work.

*You can feel your arteries harden as you strain to reduce your girth.
You're nearer God's heaven in a garden than anywhere else on earth.*

Whether it's a flower garden, a kitchen garden, a sunken garden or a shrubbery, the original meaning spoke of something enclosed, as though deer were always perennial problems. Gardens certainly have their roots deep in history, and here is what gives us pause. Was a garden always the idyllic, if labour intensive, thing of beauty? Jeremiah instructed us to plant gardens and eat their produce, a ruling that some of us obey to the letter, but what about the two most famous gardens of all? The Garden of Eden was the scene of the downfall of humankind, where its produce was too tempting for Eve and then Adam to resist, and humans were ever after condemned to dig the soil by the sweat of their brow (and to risk snake-bites). In a curiously opposite sense the Garden of Gethsemane was the site of vicious betrayal of perfect humanity, when the very being of God seemed to be put to a different kind of test. And in a more curious contrast it was in a garden "at the place where Jesus was crucified" that His body was laid, and where - miraculously - He rose from the dead. Each special Garden revealed its own individual form of glory.

Gardens may be restful, relaxing or demanding - it depends on attitude. Gardens invite both work and worship, always rewarding, and never solitary.

*Oh Adam was a gardener, and God who made him sees
That half a proper gardener's work is done upon his knees.
So when your work is finished you can wash your hand and pray
For the glory of the garden, that it may not pass away.*

Submitted by Elizabeth Griffin



Our Labyrinth

Our garden project moved a step closer to fruition on March 7th when a hardy group gathered to move 1,378 bricks to the location of the labyrinth.

Unfortunately, construction is now paused, but will recommence when we can once again gather at the church.

St. Michael's Website



As we get our heads round not having a physical church and contact, our website has come of age. As with all coming of ages it's not without challenges and I am working towards making it as accessible as possible.

Since our 60 days of closure began our website has changed from being useful, to being an essential way of keeping us spiritually connected in our physical distancing. With that, where things are on the website has changed and I'll outline where they are for you.

The service for the current week will be in our Latest News <https://www.stmikevictoria.ca/> on the front page, next to the Readings for the week. All of our previously recorded services are available on the Top Bar Services <https://www.stmikevictoria.ca/podcasts/services>

Dawna has been recording prayers as well as her usual Blog. All her blogs and prayers can be found on the Header Bar, Blogs & Prayers <https://www.stmikevictoria.ca/blog>

Our Parishioner Page can be accessed from About Us on the Top Bar <https://www.stmikevictoria.ca/about/parishioner-page> This usually has our activities listed, but also has information, such as our co-op number, returnables number, etc.

We have recently added Giving <https://www.stmikevictoria.ca/about/Giving> to our Top Bar. This has instructions of how to give on-line should you wish to use this method. We thought it would be good to have this option available as an additional method, but not as a replacement for your existing methods.

I know that many of you have enjoyed the music that has been included in our recorded services, but also music from before. Music from the church and Tony's singing is available under Music at <https://www.stmikevictoria.ca/podcasts/music/series>.

I have included links to the relevant pages, but do go to the website and explore for yourself.

Submitted by Catie Oates-Hill

Shrove Tuesday's Pancake Supper

February 25th seems like a lifetime ago. The traditional Shrove Tuesday pancake supper was not only a delightful evening of food and companionship, it was, in retrospect, the last opportunity for us to be together socially before the need to socially distance changed our lives. Here are a few photos' from Angela's lens to remember the night. Special thank you to the organizing committee and to Robert K for the music and entertainment.



Easter at St. Michael's in Pictures

The following collection of photographs will bring back memories for many of Easter celebrated in years past. This year, we celebrated Palm Sunday and Easter from “the comfort of our homes” but we are all together in Spirit and Dawna has helped ensure that our community remains strong and connected.



Photos provided by Angela Goddard

Alma Krakau's Baptism on Easter Sunday 2019



Dressing the Graves 2019



Palm Sunday 2020



New Palms ready for a new year

Burning last year's Palms



Linings, Silver or Bronze

*God moves in a mysterious way
His wonders to perform . . .*



So often we are left trying to fathom the meaning, purpose or benefit of whatever action or event is filling our conversations. We may be prevented right now from most – if not just about all – of the daily activities that are our choices, duties or occupations. However, take a moment to look at the present situation through the other end of the telescope, and view in a very different way what has been happening to our world of late. Some real benefits are emerging.

A few weeks ago we announced a new Group called *Climate Matters Here*, an offshoot of the Diocese Committee, Climate Matters. The strong focus of the Group is to bring Environmental matters to the fore, to discuss what effective changes we – as a Parish, and as individuals – can introduce into our daily routines that would prove a benefit to the local environment. To be sure, anything that we as individuals can introduce will be a mere drop in the ocean, but enough drops make an ocean! Even though we cannot discuss relevant actions and promote ideas very effectively at present, we encourage everyone to keep thinking how we can build this Climate initiative into a Parish-wide, Region-wide and Diocese-wide set of activities that people are keen to pursue, want to join, and feel the need to share with others. Key to building a Group as comprehensive as is needed is all to do with building Communities.

Building a Community is not a textbook task. There is no correct or defined way to go about it. It's a two-way process: it requires leaders to represent a focus for the Community and it takes intending members to want to join. People will only want to form a Community if they have already experienced belonging to one and know first-hand its substantial benefits. Communities form most readily when safety or survival depends on them, and are the most all-embracing and all-inclusive then. Communities formed among the negro slaves in the face of personal and group oppression; think of the "Underground Railway" and those uplifting Negro Spirituals which were actually messages of hope disguised by a code language. Communities formed spontaneously during WW II, when nations were experiencing a Common Foe and neighbourhoods sought mutual support. Communities are not committees; they are natural all-inclusive assets produced by healthy human bonding.

Anything that sets out to combat a Common Foe requires total participation by a whole community, and that is the only way we are going to be able to tackle that other Common Foe, the seemingly irreversible pollution of our Mother planet Earth. We will not succeed, however hard those involved may try, to reverse habits and undo deleterious outcomes if only part of a group (be it city-wide or Parish-wide) is practising what it will take. If (say) 30 out of 100 leave the car at home and take public transport one day per week while 60 of the remaining 70 drive twice as far on some days as before because the price of gas has fallen, the observance of The Three R's (Re-duce, Re-use, Re-cycle) has no impact.

Even though humans are incorrigibly social animals it is hard, if not near impossible, to set up communities, especially ones imbued with the correct attitudes of selfless help and concern. We cannot coerce people to join; they must want to join. But take heart; a great opportunity has arrived! The present global situation is seeing Communities springing up everywhere, as we have reached out to neighbours and contacts near as well as far. We are re-discovering relationships long since lapsed or finished, and friendships just waiting to be made. This new growth of Communities is an unusual but exceedingly needed new measure to herald Spring 2020. Similies with Nature's Springtime abound, just as Easter is a season for re-birth and re-commitment (that makes it 5 R's!).

Continued on next page...

Linings, Silver or Bronze (continued)

As Earth's new buds swell and burst into healthy leaf, let's build on this most welcome Silver Lining of the current global clouds while it is strong and flourishing, and devise schemes that will endorse and expand Community actions against the Common Foes of waste, over-purchases, unnecessary or over-frequent travel, excess packaging, air pollution, light pollution . . . the list goes on . . .

Have you noticed the cleaner air round here? Air pollution from car fumes has dropped dramatically! Lift up your eyes unto the hills and see the distant views like you've probably never seen them before from downtown. We could – we must – make it routinely as clean as that. If it took an experience as ugly as that of a global health pandemic to bring us to our senses, that is precisely what happened 2000 years ago when humanity was in such a terrible state that God deemed it necessary to sacrifice the life of a perfect man in order to bring people to their senses (or to attempt to do so, even though we are still arguing over the interpretation and application of those events). God certainly moves in a mysterious way, and the wonder of Easter is the world's most spectacular resurrection of how man can be restored to that initial pattern of God's own image. Planet Earth needs also to be restored to the protective and productive common Home it was intended to be. This Easter let's learn to grasp eagerly the opportunities, now being laid before us, to clean up our physical world by practising the true meanings and actions of Community – everywhere.

Submitted by Elizabeth Griffin

Seasonal Art by Harry Stanbridge

These are paintings over a print image from frescos in The former Yugoslavia circa 1056 ad.

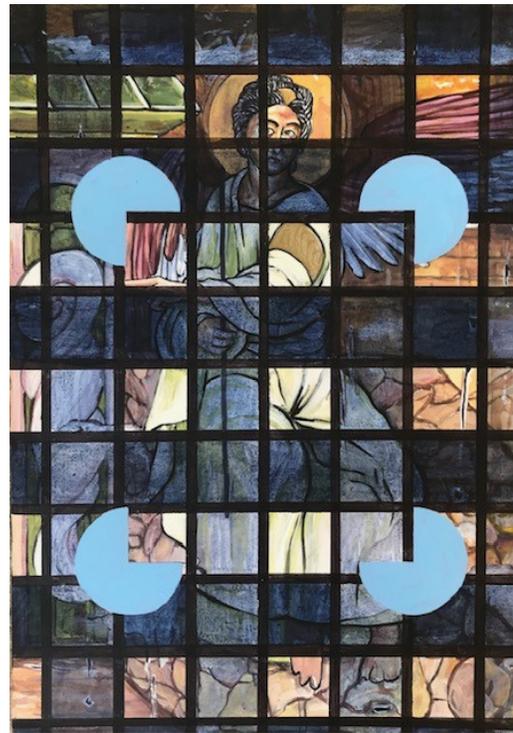
“Shamed Disciple with bullet hole”

It's a life-size fresco of Peter after his denial. The paint over brings the work into a contemporary consideration with the bullet hole adding to the passion and sandwiching the historical understanding of time and place.



“Angel at the Tomb, He is Risen”

This painting shows the Angel at the empty tomb pointing to the grave cloths. This both obscures and reveals aspects of the event, for it was to the three Marys that the angel was gesturing and explaining. Trust you may use them in an appropriate place.



Gentle Gardening

Trilliums, Spring and Easter

Whatever is happening in our world, it is always a joy to welcome Spring. I go into my garden every morning to see what is now appearing. The mini daffodils and grape hyacinths are going full tilt with the tulips close behind – today five tulips have opened. But the most exciting for me is when I see the trillium and fawn lily push out of the ground. These two lilies are transplants from my previous home.



The trilliums, which don't take kindly to moving about, are doing famously well. Originally I obtained one single lily from Elizabeth Griffin, which in a few years became a large clump. From this big clump I removed a small portion, then planted it in my new garden. After six years it became a clump of twelve flowers.

Trilliums are the provincial flower of Ontario, but obviously they are just as happy here.

To add to the flower enjoyment, we also have camellia blooming and I put fresh blooms in my home on an almost daily basis. There is joy to be had in the simple things of life. The reappearance of life in our gardens reminds us of the resurrection in the upcoming Easter season.

Submitted by Nancy Whysker

Goddard's Garden

I bought an acre of land, a former strawberry field, in 1958 and later an additional third of an acre of forest on the North side. One large clump of Western Red Cedar trees on it has been designated Heritage by Saanich Municipality. The half-acre of garden includes an orchard section and a large open garden area. There are two greenhouses; of which one is heated during the winter for the more delicate plants.

Presently propagation is underway for Spring planting. The main garden has been tilled ready for vegetable and floral planting. Soil from the compost has been sifted with peat moss and some poultry litter blended in. This has been used to fill 45 flats ready for seed planting at the beginning of April for future transplanting out into planters and the garden in May. I like to think plants grow faster with manure in the soil to get away from the odour. There are 150 Begonia bulbs to be planted in pots ready to be planted out in late May. There are 100 varieties of Dahlia Tubers to be divided and replanted soon.

I make up 30 floral hanging baskets for parishioners and for the cemetery summer enhancement. Other home-grown annuals are used for the church driveway border garden to welcome all.



Flowers from Linda Stanbridge

I end with a couple of random themed definitions:

- ◆ Hoe: Gardening tool whose name derives from the fact that when its blade is stepped on, its handle delivers a sharp rap to the gardener's brow, at which point he cries "Ho!", or "Oh, ____!" or "Holy ____!"
- ◆ Hose: Crude, but effective and totally safe type of scythe towed through gardens to flatten flower beds and level vegetable plantings.

Submitted by Peter Goddard

*Gardeners must dance with feedback, play with results, turn as they learn.
Michael P. Garofalo, Pulling Onions*

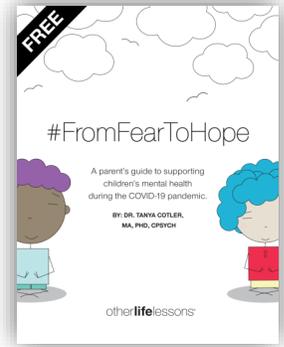
From Fear to Hope

Other Life Lessons (otherlifelessons.com) is a small publishing company based in Toronto, founded by two moms who were tired of only reading their kids stories about cute fluffy animals and unicorns. While those types of stories are lovely, they also wanted books that would help explain difficult topics, including entitlement, grief and why they left home during the week to go to work. They believe that life is a crazy, beautiful and incredible adventure but there are speed bumps along the way and moments that can be hard or unexpected. With their honest children's books, they share with children, as well as adults, the often-unspoken truths and struggles all of us face as we grow. Because if life is an adventure, we're all exploring it together.

"From Fear to Hope" has been developed with the incredible expertise of clinical psychologist Dr. Tanya Cotler, this free workbook does more than explain a scary situation, it's a powerful tool for helping children understand and cope with their emotions during the COVID-19 pandemic. The book contains a series of six drawing prompts - each with its own purpose and helpful notes for parents as well as breathing exercise for children and tips for parents.

This little book is recommended by Dawna as a helpful resource for parents in our parish.

<https://otherlifelessons.com/collections/covid19workbooks/products/fromfearthohopeworkbook>



Annalise's Reading Recommendations

In times of stress, our family of introverted readers often turn to reading favourite books out loud. Here's a short list of our top 10 family comfort reads.

1. **"Mary Poppins"** by PL Travers: Fun to listen to and compare/contrast with the Disney version.
2. **"The Wollstonecraft Detective Agency"** by Jordan Stratford: This is a newer series about Mary Shelley and Ada Lovelace becoming friends and starting a detective agency.
3. **"Finn Family Moomintroll"** by Tove Jansson: A quirky series of short anecdotes about the lives of mythical creatures in the Valley of the Moons.
4. **"The Little Prince"** by Antoine de Saint Exupery: A short classic that never fails to offer new insight into big and small themes.
5. **"Little Women"** by Louisa May Alcott: The ultimate "family" novel, perfect for reading aloud.
6. **"Cabin in the Woods"** by Lara Ingalls Wilder: The perfect introduction to the "Little House on the Prairie" series.
7. **"Miss Happiness & Miss Flower"** by Rumer Godden: The story of a young Japanese girl who moves to England and is comforted by two dolls, Miss Happiness and Miss Flower, who help her introduce Japanese culture to her adopted family.
8. **"Anne of Green Gables"** by LM Montgomery: A Canadian classic with dynamic and long loved characters.
9. **"Paddington"** by Michael Bond: Charming story about a bear's adoption into the Brown family, and their consecutive adventures.
10. **"Ballet Shoes"** by Noel Streatfield: A lovely story about the three Fossil sisters, and their hopes and dreams.

Submitted by Annalise Wall



Art by Valda Kitching

One Family's Story

Early this past January our family enthusiastically discussed going on a mid-March holiday. With three teachers in the family, Spring Break has always been a highlight of the year. As Gavin was turning five years old, Legoland, and San Diego with its sunny beaches and ocean waves, were quickly decided upon. Flights and accommodations were booked for four adults and two children: one five years old and the other two years old.

On Tuesday, March 10th we flew out of Victoria at 5:30 am. A few days earlier our son-in-law Oliver, who is a senior science teacher, had quietly mentioned that the corona virus seemed to have taken a hold in Washington State. We all agreed that our usual thorough hand washing, hand sanitizer and general awareness would be even more necessary.

As Stan and I changed flights in Seattle we noticed a very minimal use of masks but all airport workers using gloves. Upon arrival in rainy San Diego, other than airport staff wearing gloves, there was no information posted about the virus. We travelled to our hotel in the rental van with the excitement mounting as our holiday had finally begun! The hotel had hand sanitizers available, but also offered a self-serve breakfast buffet for a few hundred guests. Yikes!

Owing to a forecast of heavy rain arriving in a few days, we adjusted our first two days of planned activities. We visited Balboa Park in light rain with some sunny periods. Gavin and Margot were thrilled with the train museum and frequent promises of going to Legoland on Saturday helped to keep their attention.

On waking up on our third morning in the hotel, the American TV news was suddenly flooded with news of Covid-19 spreading within the US. Disneyland in CA had already closed that morning. That day we would be moving out of the hotel and into a house we'd rented for the next 7 days.



We were relieved to leave the hotel as the reality of how fast the virus was suddenly spreading hit us. That afternoon we learned that Legoland had also closed.

Suddenly, there were two dilemmas facing us after only three nights in San Diego: how to tell Gavin that he couldn't go to Legoland after months of building up the trip, and how to change our flights to return home as quickly as possible!

Because it was taking 18 hours to get through on the phone to the airline agents, we headed to the beach between rainy and sunny periods to make good use of our time. We were determined to get home as soon as possible, but also determined to make it a happy time for the little ones.

Gavin, even at five years old, could understand that this bad cold virus was affecting everyone in the world. He lives in a boarding school house with 65 teenagers and 450 students altogether from around the world. Washing hands while singing Happy Birthday is nothing new to him. He already knows the importance of keeping healthy around a group of people. We four adults were amazed at his resiliency to accept a major disappointment and embrace what he could have: hours of fun digging on the beach and running in the waves. Margot at two years old copied her big brother's behaviour and knew nothing different.

We distanced ourselves from other families on the beach but observed many groups of approximately 15 college kids each playing Frisbee around us. Our daughter, Robyn noticed that more and more people were arriving at the beach in the day and a half we were there. On her one trip to the local grocery store she noted empty shelves. We knew we had made the right decision to go home.

Continued on next page...



One Family's Story (continued)

After only 6 nights in San Diego, the Willow and Amiel families flew home. San Diego airport was now taking more precautions. We noticed how few passengers were waiting to board but that still no one was wearing masks. However, when we landed in Seattle to transfer planes we observed that this airport was crowded with passengers. Many travellers were wearing both a mask and gloves. Cleaners were working hard everywhere.

Once home we were grateful that other family members had put groceries in the fridge. There were 14 days of self-isolation looming ahead of us. More groceries were dropped off and we began receiving emails and phone calls from friends. Dawna's nightly prayers and readings boosted us and Catie kept in touch with us. Stan and I didn't suffer for lack of sustenance, either physically or spiritually. We feel so blessed to have received such support. The Amiel family also received the same support from their Brentwood College family.

Presently, Robyn and Ollie are both teaching full days on-line to their students who remained at home around the world. It is definitely a test of perseverance with two young children in the house. However, everyone is healthy and safe. That is the important fact here.

This is our family's story of the past three weeks living in a rapidly changing world. It includes the experiences of two grandparents, two working parents and two young children. The past few weeks have challenged us in ways than we could never have expected. Routines which usually give us comfort and enable us to learn and build upon, became different over night. We then turned to creating new routines, such as exercising differently, adapting recipes instead of running to the store, connecting with family and friends whose ties may have slipped, pulled as community members by social distancing, cleaned out cupboards and drawers or simply bought groceries for the elderly or neighbours.

I know each one of us in our congregation at St. Michael's will have varied experiences from the past few weeks, but will also share many of the same experiences. I continue to be amazed by the resilience of people of any age, their ability to make change and to make good choices during challenging times. God bless and stay healthy!

Submitted by Terry Willow



Pastoral Care - Face Masks

Yes, face masks can help us protect each other from the Coronavirus. They are becoming the next step to help contain and reduce infection. But where oh where do we get them? Medical masks must be kept available for healthcare workers, so cloth face masks are really coming into their own during the time of Coronavirus. They are effective, they can be washed and reused and they even make a fashion statement.

The Pastoral Care Team is going to start making cloth face masks. Our seamstress beyond compare, Marion Edgar, has volunteered to sew away for us! They will use a pattern that is advised by medical professionals. The team will deliver them, with due caution, to your door step.

Please let us know if you would like one.

Email the Pastoral Care Team or call JoEllen Schoblom at 778-265-2675 with your requests and a contact phone number.

PastoralCare@stmikevictoria.ca



Children's Pages



Art by Lauren Tuckey

Why was the Easter bunny so grumpy?

It was a bad hare day!

What is the worst day for an egg?

Fry-day!

What do you call a bunny with fleas?

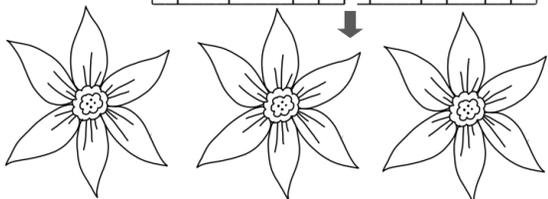
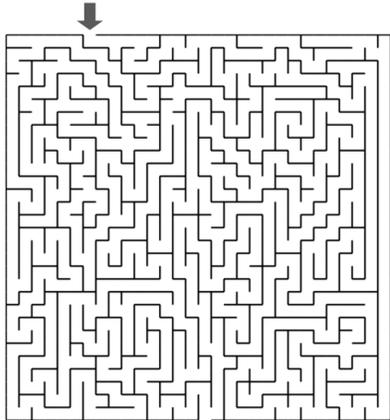
Bugs Bunny!

Why did the Easter egg hide?

He was a little chicken!

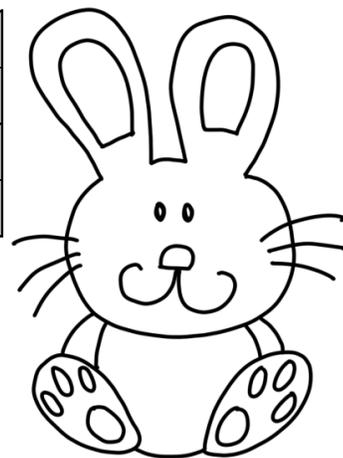


Art by Paige Knowles



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Art by Sam Tuckey

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Tim: My dog keeps chasing people on bike!

Tom: Why don't you put him on a leash?

Tim: No, I think I'll just take his bike away.

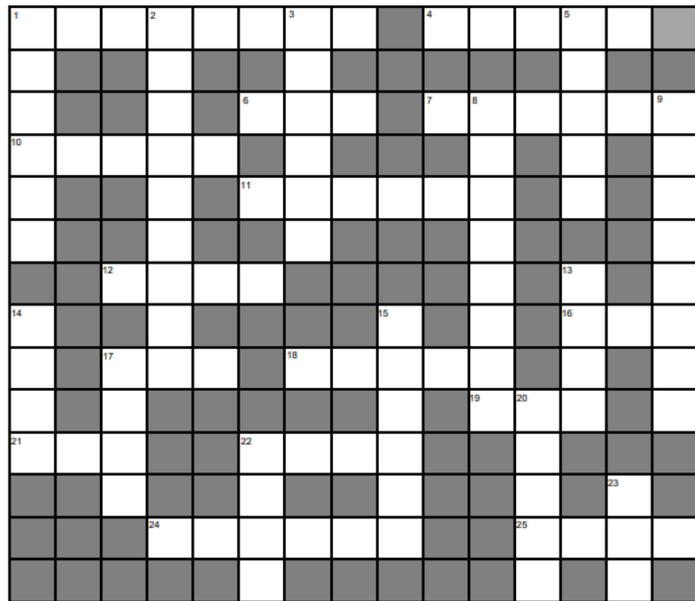


Art by Felix Knowles

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l	g	e	t	i	r	o	r	a	b	b	i	t	f	o
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a	e	n	s	p	r	i	n	g	h	b	b	u	s	m
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- | | |
|----------|-----------|
| Easter | Bunny |
| Eggs | Chick |
| Basket | Chocolate |
| Bonnet | Cross |
| Spring | Sunday |
| Hunt | Rabbit |
| Lamb | Holiday |
| Daffodil | |



Art by Saskia Knowles

Across

1. Animal with a shell
4. Lives in a stable
6. Lives in a sty
7. Type of lizard with spines running down its back
10. Fed to a dog if it has been good
11. Small rodent, anagram of BIGLER
12. Animal that quacks
16. Type of fish often found in outdoor ponds
17. Animal that "meows"
18. Male ones are called billy " _ _ _ _ _"
19. Female chicken
21. Lives in a kennel
22. A hermit is a type of one
24. Small weasel like animal
25. A dog has one of these for walks

Down

1. Animal with a shell that lives in water
2. Giant spider
3. Animal with eight legs
5. Long slithering cold blooded animal
8. Animal kept in a bunny
9. Fish live in one
13. Snakes sometimes shed this
14. All animals need this to live
15. Proper name for a bunny
17. Where you would keep a mouse
20. A golden bird of prey
22. Pets need a lot of love and _ _ _ _
23. Small rodent that followed the Pied Piper

An Easter Garden

For many, many years, at whatever church I attended, I introduced an Easter Garden. This is one of the traditions that one sees in many churches in England. Each one is very different from any other, and this also varies each year according to what plants are available. I am a member of the congregation of the Two Saints Ministry (St. Peter's Lakehill and St. David by-the-sea, Cordova Bay) and photos below are of gardens I have made at St. Peter's.



On Maundy Thursday I get out a tray that my husband made, which fits across a 2 ft x 4 ft table. I also have made a skirt to hang below the tray, covering the table, and allowing me to keep a watering can underneath.

I place a large river rock at one end and cover it with a black garbage bag, and spread soil thickly over the top to create a hill, and cover the rest of the tray with about 4-6 inches of soil. (I use a 85-L bag of potting soil). At the opposite end of the tray I build a tomb with rocks, and place two rolls of bandage inside the tomb, one larger than the other. In advance I get a lot of moss from friends' yards, which I distribute across the soil, covering the hill. I position a round river rock which covers the size of the tomb opening, and finish with the three crosses on top of the hill.

On Easter Saturday I take off the moss, put it aside, and plant a selection of small flowering annuals. Depending on the year, those can vary from small narcissi and primulas to marigolds, etc. I then roll the stone to one side of the tomb, and replace the moss around the plants.

There is, obviously, no chance or point in creating an Easter Garden in our church this year, but Dawna encouraged me to write out instructions to encourage parishioners and churches across our region to build their own gardens.

The essentials for an Easter Garden are a hill with three crosses and a tomb with cloths lying inside and a round stone to cover the entrance. This can be covered in moss to make "A Green Hill", or a desert-like hill covered in sand. In fact all that is needed by each church is someone with **imagination**. My husband and I will find an area of ground outside St. Peter's Lakehill, and another member, plus grandchildren, will do the same outside St. David's. At the Two Saints we also hold an annual Spring Break camp, and one of our crafts at the camp is a small Easter garden.

Submitted by Brenda Crockford (bcsaintstogether@gmail.com)

Directions

You will Need:

- * A cookie sheet/tray
- * soil
- * a tomb: using a polystyrene cup, small yogurt pot, or a small terracotta flowerpot (placed on its side)
- * a round stone from the beach/garden
- * small gravel/stones
- * three crosses made from popsicle sticks (or twigs)
- * cloths - using bandages, or white cotton
- * grass seeds to scatter on the soil
- * silk flowers, dollar store style - or if you have "hen & chicks" or really small plants you can transplant from your garden, that is even better!

1. Put soil into tray, making a hill at one side.
2. On the other end put the flowerpot, or cup, on its side, and put some gravel inside to hold it down.
3. Lay cloths in position so the small one is above the longer piece to represent the cloth around Jesus' head.
4. Put round stone in front of cup.
5. Let the children lay gravel to make a path from hill to tomb.
6. Place three crosses at top of hill.
7. Scatter grass seed over soil and dampen with spray bottle of water.
8. On Saturday or Sunday, plant small flowers into the dampened soil.



Choir Notes

On the afternoon of April 11th, but for fortune, we could all have been sitting in the pews of St. Mike's, with bright spring sunshine streaming through the stained glass windows, listening to the wonderful music of Handel's 'Messiah' as performed by our church choir and friends.

At our last rehearsal for 'Messiah', on March 15th, the choir was sounding so well prepared that I was afraid that they would 'peak' too early. I didn't realise quite how early! After all the preparation, the need to postpone the performance was a huge disappointment, BUT there may be some advantages to performing this work on another later date. We won't need to confine ourselves to Part 2 of the work which deals with the days leading up to the Crucifixion. We can, in a future production, incorporate a lot of the other marvellous music from parts 1 and 3. Also, our bass soloist, Paul Boughen was very sick with laryngitis in mid March and would probably have been unable to perform on April 11th.



Besides Paul, we had three other excellent basses and four phenomenal tenors signed up to join us for our performance. Amongst the tenors were John Doughty, who has often performed solos at our church, and Geoff Espin whose mother, Marion, was a longstanding member of St. Mike's choir. Besides our regular members, Bev, Janice and Christine had also signed up for this 'gig'.

I'm glad to report that both the 'irregular' singers and the eight instrumentalists that I had hired have confirmed that they are willing to perform 'Messiah' with us whenever that might be.

The choir had also started preparing anthems for Holy Week. Fortunately, our wonderful (in all senses of the word) sound-man Lanny has, over the years, made recordings of St. Mike's choir performances, some of which will be incorporated into our future video services.

We all hope and pray that this 'scourge' will be over soon, but meanwhile we have an excellent opportunity to do all those things we promised ourselves we would do, if we only had the time. By 'we', I am not referring to those unfortunate parents whose children are now at home ALL the time!

I have resumed reading, in Russian, Tolstoy's *Resurrection*. This is a bit of a chore not only because my Russian is not that great and I have to keep referring to the dictionary, but also because it's one of his most sanctimonious novels. Perhaps its only virtue lies in the fact that the proceeds from the sales of the novel were used to help the persecuted Russian religious sect, the Doukhobors, emigrate to Canada. When I first undertook the reading of *War and Peace* I assumed that it would likewise be a chore, but I was soon absorbed in this wonderful (and entirely un-sanctimonious) novel, I highly recommend it.

Perhaps I should stick to my own field of expertise, so here, at Helen's request, is a list of my favourite (more obscure) 'classical' pieces.

- * Mozart's 'Clarinet Quintet' (<https://www.youtube.com/watch?v=T8yygtXfOQg>)
- * Schubert's 'String Quintet' (https://www.youtube.com/watch?v=g3k81_bwrM)
- * Brahms's 'String Sextets' (<https://www.youtube.com/watch?v=y0ZboerS4zc>)
- * Brahms's 'Liebeslieder Waltzes' (<https://www.youtube.com/watch?v=yxuaHtVF-MU>)
- * Bruckner's 'Symphony 6 or 7' (<https://www.youtube.com/watch?v=CIU4m-PWd6U>)
- * Bruckner's 'Te Deum' (<https://www.youtube.com/watch?v=KeYuPPP1-Qw>)
- * R. Strauss's 'Don Juan' (<https://www.youtube.com/watch?v=XG4uBRBMdzY>)
- * R. Strauss's '4 Last Songs' (<https://www.youtube.com/watch?v=z5xFL-iFh0Q>)
- * Sibelius's 'Kullervo' symphony' (<https://www.youtube.com/watch?v=hDzor0VXy0M>)



I could go on (obviously).....

Submitted by Tony Booker

Living Garbage Free

Recently I hopped into a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car pulled right in front of us. My driver slammed on his brakes, skidded and missed the other car by inches. The driver of the other car whipped his head around and starting yelling at us. My taxi driver just smiled and waved at the guy, I mean he was very friendly. So I asked, "Why did you do that? That guy almost ruined your car and sent us to hospital". This is when my taxi driver taught me what I call, "The law of the garbage truck".



He explained that many people are like garbage trucks. They run around all day full of garbage, full of frustrations, full of anger and full of disappointment. As their garbage piles up they need some place to dump it, and sometimes they'll dump it on you. He said, "I don't take it personally". Just smile, wave, wish them well, and move on. Don't take their garbage and spread it on to other people, at work, at home, or on the streets. The bottom line is that stress-free people do not let Garbage Trucks take over their day.

Life is too short to wake up in the morning with regrets, so love the people who treat you right, and pray for the ones that don't.

Life is 10% of what you make of it, and 90% of how you take it.

Have a garbage-free day.

Submitted by Margaret Eagle

Easter Treasure in Eden

Our son was about three, and we were visiting his elderly Granny for Easter weekend. A Great Eggcitement planned by her country parish that Easter was a Treasure Hunt for the young children; the Vicar had hidden dozens of Cadbury's "creme eggs" (the sort that don't bother about chicks) among the shrubs and herbacious borders of the spacious Vicarage garden. He was known to be at it on Saturday afternoon, and was privately hoping the kids would beat the slugs to it. But even the most generous of good intentions can go awry . . . forces quite unrelated to slugs were at work too. It snowed that night, to a depth well over the tops of kiddies' wellington boots, so Alas! the Great Eggcitement had to be called off.



How would the Vicar cope with this eggstenuating circumstance? Would he pursue an egg recollection in solitary seclusion when the snow had melted, or leave them to become sticky chocolatey puddles when sunshine warmed their foil wrappings and melted the contents sunny side up? Even if he did gather them in before the next Sunday, he was landed with an embarrassment he had not eggspected. If he donated them to the Sunday School, the children would know eggsactly where they had been for several days, and would eggzamine the wrappings anxiously for evidence of slugs or earthworms (or worse). And if the weather warmed up sooner, as was likely, would children sneak into the garden and poach what they could find, arguing that they were intended for them anyway, or scramble to find the hidden treasure when he was out? He began to regret having chosen chocolate eggs rather than toffee apples. At least, if the project had gone pear-shaped then, maybe the Lord God might have come in person to deal with the matter.

Submitted by Elizabeth Griffin

Life with a Cat in the Age of Coronavirus

As most of you know, I have a cat. Her name is Isabelle and she is the smartest cat I have ever known. She is a young tortoiseshell. Tortoiseshells are known to be very affectionate and bond closely to their humans. They are also known for their 'tortitude'. They know what they want, and they want it NOW! Isabelle has tortitude in spades. When Helen asked me to write an article for the Messenger, Isabelle suggested I write about what our days are like during this stay at home time. Which she just loves by, the way.

When I read her the first draft she was very upset. She said I had portrayed her as a very lazy cat, spending her days napping, eating, playing and sleeping. Therefore she requested that I clarify some of these activities.

She also wanted you to know that we are both being very careful with hygiene, and carefully wash our hands and paws after being outside, and that she personally supervises my showering, dishwashing and kitchen cleanup and insists on having her box cleaned twice daily.

All Isabelle's comments and activities are in (). I want credit where credit is due, you know.

A day in the Life of Us.

- * Get up. Make coffee and eat breakfast.
- * Play (mostly we play together but I will sometimes play with my toys by myself if I'm being ignored, but I try to act like this is not really much fun.)
- * Read mail and emails. (Nap)
- * Do chores and work on various projects. (Nap and or supervise, depends on my mood).
- * Go for a walk. (I just don't like that harness and leash but what can I do?)
- * Work outside in the yard. (Try to catch lizards).
- * Phone calls. (Run around meowing to get Mom's attention)
- * Read and journal about this journey. (Nap)
- * Meditation, spiritual studies. Listen to Dawna's messages. (Nap, Dawna your very soothing, loving tone is like deep meditation to me, thank you!)
- * Exercises and yoga. (Stick my face in Mom's face because it worries me when it gets so red. Practise my balancing exercises on her back.)
- * Make dinner. (Beg for my dinner).
- * Read or Watch TV. (The news about this sun virus is so boring and repetitive so I usually nap. If the show is about animals, then we watch that together.)
- * (Bedtime snack), wash our faces and go to sleep. (Mom tries to sleep all night straight through to morning, but I prefer that we have some awake time off and on.)

Well, hope this helps you pass the time while you are indoors.

(I suggest everyone get a cat, but make sure they are as clever and fun as me or frankly don't bother, you might just as well have a dog.)



Isabelle's Notes:

NAPS: These take place in many places: on the bed on my special blanket, on the sofa on my special blanket, with or without Mom, and most of all on my window seat. Now the window seat also serves as an important guard post. From here I look out for birdies, deer, squirrels, mink, bear and cougar.

I alert Mom to any approaching humans. I don't bother alerting her when it's animals since they belong here. If the humans are known, I signal her by running from window to window as fast as I can, meowing frantically. Unfortunately there haven't been any for quite some time. However, I must personally inspect all visitors to make sure they are safe before they can come in. If a stranger approaches, I alert Mom by staying very still on my window seat and growling.

So you see, naps happen in many places and serve a much more important purpose than mere sleep.

Submitted by JoEllen Schoblom and Isabelle from the woods in the Highlands

Walking Group

Unfortunately, the parish walking group has suspended group walks while we are all practising physical distancing. However, several regulars of the walking group would like to share their favourite trails with you and encourage you to try them with your family.

Todd Inlet

I enjoy all our walks, but I think I can safely say that my favourite is Todd Inlet. In England we have a saying that a walk needs an objective to motivate you. This is code for the walk being to a pub! Todd Inlet is similar, but in this case the “reward” is the inlet itself.



From the trail head on Wallace Drive, the trail leads you gently down to the inlet. In the winter it is to the sound of the torrent of Todd Creek. In the summer, it is quiet, the creek dried to a trickle. Curious concrete structures and an incongruous fire hydrant poke out of the undergrowth, evidence of the inlet’s industrial past.

Gradually there are glimpses of water through the trees. Then, as you round the final bend the inlet reveals itself; and what a reveal – this sheltered bay, invariably quiet, a few boats bobbing, always gives the impression of a haven of calm. The trees that embrace it give it an almost secret air – the feeling that you are

the only person that knows of this magical place; and as you stand there marveling at the scenery and the serenity of it all, you can hardly believe that this site was once a hive of industry with its kilns and chimneys of the factory, and the houses and shacks for the workers.

As this spot is being actively returned to nature, I do hope that its industrial past isn’t totally eradicated. Not only is this a part of the historical record, it also is part of what makes Todd Inlet so interesting.

Submitted by Ricky Love

Charlie’s Trail

For a genuine sensory experience, a wander down Charlie’s Trail is truly delightful. Located in the grounds of Royal Roads University and named after donor, Charlie Johnson, this trail is sure to please you. The trail is approximately 4.2 K in length. Look for directional signs once inside the university grounds .

Enjoy the colours and diversity of the vegetation, the scent of the old growth cedars, the sight of herbs and mosses which are abundant along the way. The hush of the forest encourages a spiritual reverence and appreciation of the wonders of nature. Colwood creek runs alongside the trail, so the background sound of running water and sightings of the running stream and waterfall add a soothing dimension as you stroll through the canopy of trees. There are bridges and boardwalks in place to protect the root systems from human harm. Keep your eyes sharp for blue herons, other birds and plant varieties. This picturesque and educational walk provides an opportunity for both sensory pleasure and exercise. It is a hidden gem!

Practical tips: We advise that you do not go alone on this trail. Do have a companion with you. We entered the walk at the upper end and walked downward along the trail. Please note: it is a long way back up and it might be a good idea to park a car in the parking lot at the bottom of the trail(paid parking) to avoid the walk all the way back up. There is also paid parking at the top in the university grounds or free parking across the road from the main entrance at the corner of Sooke Rd and Aldeane Ave.

Submitted by Linda Dryden



Glendale Trail

It is a pleasure to share the trails I know and discover new ones with the Friday walking group. One of my favourites is the Glendale Trail behind the Camosun College Interurban Campus.

Glendale is close to home and I have enjoyed walking there for years. There is two hours of free parking in a large paved lot off Layritz Road. The trail is paved at the beginning around some baseball and soccer fields. I like to continue on towards Viaduct Flats on a gravel trail.

Anyone interested in bird watching will find the viewing platform has a telescope to see the many types of ducks and over-wintering trumpeter swans. There are some smaller loops through the woods where it is a delight to find trilliums, shooting stars and fawn lilies.



Submitted by Janice Dew



North Island View Beach

My favourite walk is, and always has been, Todd Inlet. The beauty of the bush, the cascading waters below, and then coming out to the fjord-like inlet. It is so peaceful and one is magically transported back to childhood books of adventure tales. The path is peopled with the voices of long-ago workers, who lived in the now ruined village and worked on the quarry works. However, since Ricky already wrote so poetically about Todd Inlet, I will tell you about Island View Beach, my second favourite walk.



The north end of Island View beach, also known as Cordova Spit (TIXEN), juts out into the Haro Strait. The walk follows the shoreline around the peninsula. Although harder going on the

sand and stones, it is always rewarding in bird life and beach treasures, as well as scenes of not-so-distant shores and often a vessel of some description.

Submitted by Elizabeth Prouse

I'm on a Committee

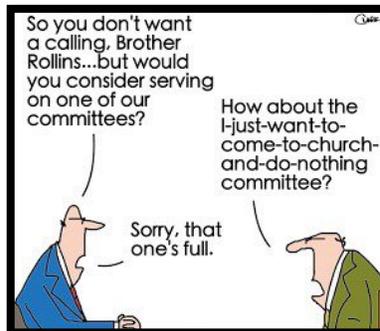
Oh, give me your pity! I'm on a committee,
Which means that from morning 'til night,
We attend and amend, and contend and defend,
Without a conclusion in sight.

We confer and concur, we defend and demur,
And reiterate all of our thoughts,
We revise an agenda, with frequent addenda,
And consider a load of reports.

We compose and propose, we suppose and oppose,
And the points of procedure are fun;
But though various notions are brought up as motions,
There's terribly little gets done.

We resolve and absolve. But we never dissolve
Since it's out of the question for us.
What a shattering pity to end our committee –
Where else could we make such a fuss?

Submitted by Elizabeth Griffin, Author A.N. O'Nymous



Art by Valda Kitching

I have found that the greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being. Cultivating a close, warm-hearted feeling for others automatically puts the mind at ease. It is the ultimate source of success in life.

His Holiness the Dalai Lama

From the Kitchen for the Season

Easter Chicken The Cordon Bleu Way

Ingredients:

- * 4 chicken breasts
- * 4 slices cooked ham
- * ¼ lb. Swiss cheese
- * 1 cup flour
- * Salt and pepper to taste
- * 2 eggs, lightly beaten
- * 1 cup fine dry bread crumbs
- * Oil for deep fat frying

This recipe came from Jean Hoare's *Best Little Cookbook in the West Recipes*, from the Famous Flying N Restaurant located in Claresholm, Alberta, in the 1970's.

Note: Chicken breasts should be boneless. Use one small boneless breast or half a large boneless breast per serving.

1. Using parchment paper, place chicken breast between paper and flatten the chicken with the side of a wooden cleaver or rolling pin. Remove the paper.

2. On the flattened chicken, place a slice of ham slightly smaller than the chicken.

Cut Swiss cheese in cubes about the size of an egg yolk and place in the middle of the ham slice. Roll the cheese up into the ham/chicken slice, folding in the sides to make a neat package.

3. Combine flour, salt and pepper in a small bowl and roll meat packages in it. Then dip them in the egg mixture and fine bread crumbs. If the rolls threaten to come apart, fasten them with a toothpick (but remember to remove after cooking, before serving).
4. Deep fat fry in oil at 325F (160C) for 5-7 minutes until golden brown. Put into a slow oven and continue cooking for 20 minutes.
5. When done, cut in half crosswise. These look like a large egg with a brown shell and melting inside yolk. Enjoy!

Submitted by Gerry Norie



WHAT'S COOKING?

Art by Valda Kitching

Easter Egg Rocky Road

Ingredients:

- * 500g milk chocolate, broken into pieces
- * 100g mini marshmallows
- * 100g shortbread cookies, roughly chopped
- * 4 Cadbury Crème eggs, roughly chopped
- * 50g mini Easter eggs, roughly chopped
- * 125g Cadbury mini eggs (the coloured candy-coated ones), roughly broken

Instructions:

1. Line a square baking dish with non-stick baking paper.
2. Melt the chocolate in a heatproof bowl over a pan of simmering water (do not let the bottom of the bowl touch the water).
3. Combine the marshmallows, shortbread, crème eggs and mini Easter eggs together in a medium bowl. When the chocolate is melted, pour into the bowl and mix. Scrape it into the pan immediately with a spatula and top with the broken Cadbury coloured mini eggs. Pop into the fridge for about an hour or until firmly set then use a sharp knife to cut into wedges.



Cold Pea Salad

This is a salad recipe that works well for special occasions. Looks very nice in a crystal bowl or stemmed container of some kind. I really like it because it tastes delicious and can be made ahead.

Ingredients:

- * 1 pkg of frozen peas
- * 1 cup chopped celery
- * 1/4 cup chopped green onion
- * 1cup of cashews
- * 1/4 cup bacon bits (optional)
- * 1cup sour cream
- * 1/2 tsp salt
- * 1/4 cup Italian dressing.

Mix and refrigerate. Can be done a day ahead.

Submitted by Linda Dryden

More Ideas from the Kitchen

Paska

Paska, from the ancient Greek word for Easter, is a traditional sweet egg bread, common in Poland, the East European countries of the Byzantine Empire, and Ukraine. My family brought their recipe to North America from Ukraine in the 1920s, and it lives on in successive generations. Made with milk, butter, flour, sugar, yeast, and many eggs, it can be served with sweet cream, cottage cheese, sour cream, or, in a contemporary Canadian context, topped with icing sugar and sprinkles.



For our first Easter at St. Michael's, after dropping off Dawna for the 8:30am service, Annalise, Sophia and I made a vast batch of Paska dough and left it in a covered mixing bowl to rise. When we returned after the 10:30am service, the dough had overflowed the mixing bowl, spilled across the counter, and poured onto the floor, reminding us of Jesus as the bread of life and the Easter greeting, Christ has risen! Applying the five second rule (from the time we saw the dough), we scooped it into bread pans, baked it, and with our own very hungry children ate it with icing and sprinkles. For the next year, we acquired a giant steel bowl which we will use this year. There are many recipe variations. Here's one we like from *Mennonite Girls Can Cook*: <http://www.mennonitegirlscancook.ca/2009/03/paska-lovellas-recipe.html>

Submitted by Ron Wall

Ingredients:

- * 2 tablespoons active dry yeast
- * 1 cup warm water
- * 1 teaspoon sugar
- * 1 medium lemon
- * 1 medium orange
- * 1 1/4 cup milk
- * 1/2 cup of real butter
- * 2 large eggs
- * 3/4 cup sugar
- * 1 teaspoon salt

1. In a large bowl, put your yeast, sugar and warm water. Let sit 10 minutes.
2. Peel the citrus thinly and place peel in a blender. Add the rest of the citrus having removed the white pith.
3. Heat the butter and milk until the butter melts and add to blender. Blend until puree.
4. Add the eggs, sugar, and salt to blender and blend until very smooth.
5. Add blender contents to the yeast in the large bowl.
6. Add approximately 7 cups of flour one cup at a time, mixing and kneading until you have a smooth, soft, slightly sticky dough
7. Cover with plastic wrap, a tea towel and allow to rise for about an hour until doubled. Punch the dough down and then let it rest for another hour.
8. Spray your pans and form your loaves into the pans. Leave to raise for about another hour until doubled again.
9. Preheat oven to 350 F and bake for approximately 20 - 30 minutes depending on the size of your pans.
10. Gently remove from pans and place on cooling racks. Once they are completely cool, put them in the freezer unless you are eating them the same day.

Paska Icing

- * 1 cup of soft butter
- * 4 egg whites
- * 2 teaspoons vanilla
- * Enough icing sugar to make a soft icing. It will harden again in the fridge.

Beat all together until light and smooth....and spread on each slice ... and sprinkle with colored sugar.

Did You Know?

The cake known as a "pound cake" doesn't actually weigh that amount. It gets its name from the one-pound quantities of the key ingredients—butter, sugar, eggs and flour—in the original recipe.

Did you know that? Easter Trivia

Since its 2nd century AD beginnings, Easter has become the most significant Christian festival of the year, celebrating Jesus Christ's resurrection three days after His crucifixion. Easter follows Lent, a 40-day preparation period of penance, prayer and fasting or giving up of vices.



- * Unlike most other holidays, Easter is a “moveable feast” as it is held on a different date every year between March 22 and April 25, following the Paschal full moon on or after March 21.
- * The exact origins of the Easter bunny are unknown, but some sources believe the egg-laying Easter bunny myth originated in Pennsylvania in the 1700s with German immigrants, who brought their tradition to America and spread throughout the nation.
- * The Easter tradition of exchanging eggs may go back to the ancient Greeks, Egyptians, Romans, Persians and Gauls, for whom the egg symbolized life.
- * The largest Easter egg in Canada, and until 2008 in the world, is a pysanka, a Ukranian-style Easter egg sculpture in Vegreville, Alberta, Canada. Created in 1975 to pay homage to the Ukranian immigrants in that region, it is 31 feet long and weighs 5512 pounds.
- * In Germany in the 1800s, courts of law recognized Easter eggs dyed and inscribed with an individual's birth date and name as a legal birth certificate
- * One theory of where the egg decorating tradition came from is that eggs were once forbidden during Lent, thus people would paint and decorate the eggs to represent the ending of Lent and the beginning of the Easter celebration. They would then eat them at Easter as a special treat.

Source: Comfortlive.ca

Craft Club



The craft club has suspended its gatherings as we are all confined to our homes to help “flatten the curve”. However, we would like to offer the following fun craft idea for those idle fingers.

Easter Egg Terrariums

Requires: clear plastic eggs, moss, fake flower/ decoration, soil, gold or silver spray

1. Spray one side of the egg, let dry.
2. Fill 1/3 of the egg with wet soil, add in the moss and insert the fake flower.



Egg-Splat-Art

Requires: empty eggshells (washed), paint, paper or canvas

1. Fill each eggshell with a different paint colour.
2. Throw eggs at canvas*.

* Recommended outside!



Bunny Brooch

Requires: small pieces of felt, embroidery thread, cotton wool, glue, ribbon, pink pen, safety pin or brooch pin

1. Cut 2 ovals for the head front and back and 2 ears in the felt.
2. Sew the ovals together, tucking the ears in as you go. Add a little cotton wool before you finish the circle.
3. Sew (or glue) eyes and nose to the front and the pin to the back.
4. Add a ribbon or other decoration. Use the pink pen to add some blush.
5. Be creative... try a chick



14 Days of Quarantine

- ◇ Day 1: Half of us are going to come out of this quarantine as amazing cooks. The other half will come out with a drinking problem.
- ◇ Day 2: I'm so excited --- it's time to take out the garbage. What should I wear?
- ◇ Day 3: I need to practise social-distancing from the refrigerator.
- ◇ Day 4: Homeschooling is going well. 2 students suspended for fighting and 1 teacher fired for drinking on the job.
- ◇ Day 5: Still haven't decided where to go for Easter - The Living Room or The Bedroom
- ◇ Day 6: Every few days try your jeans on just to make sure they fit. Pyjamas will have you believe all is well in the kingdom.
- ◇ Day 7: I don't think anyone expected that when we changed the clocks we'd go from Standard Time to the Twilight Zone
- ◇ Day 8: This morning I saw a neighbour talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog..... we laughed a lot.
- ◇ Day 9: Saw this virtual restaurant called THE KITCHEN. You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.
- ◇ Day 10: My body has absorbed so much soap and disinfectant lately that when I pee it cleans the toilet.
- ◇ Day 11: Homeschooling - One of these little monsters called in a bomb threat.
- ◇ Day 12: I hope the weather is good tomorrow for my trip to Puerto Backyarda. I'm getting tired of Los Livingroom.
- ◇ Day 13: Classified Ad: Single man with toilet paper seeks woman with hand sanitizer for good clean fun.
- ◇ Day 14: Homeschooling - My child just said "I hope I don't have the same teacher next year".... I'm offended.
- ◇ Today: Better 6 feet apart than 6 feet under



Submitted by Linda Dryden

A Note from your Editor

It's Thursday evening. As I put the finishing touches on this edition of our Messenger I felt a need to include in this little bit of white space a quick "note from the editor". This is my 10th edition of the Messenger since taking on this role in 2017 and I took a moment to look back to see if it has changed much. Many sections appear in all or most editions, but my favorites are always the beautifully written and thoughtful pieces from the readers that share our life experiences and bring a smile or tear. I love the breadth and depth of stories and bylines, the jokes and the "did you know?", and I love Valda's beautiful artwork and Angela's photographs. It's like a jigsaw puzzle and the picture formed is of our parish and our congregation.



Usually when I start working on a messenger I put a note in the bulletin a month in advance and make a point of chatting to my "regulars" in church to encourage ideas and content. To be honest, in the middle of March I was focused on transitioning my 15 team members to work from home and managing the seismic shift to the project I'm running. The prospect of producing a Messenger without being at church was daunting. A week ago I started to call around to see if anybody had time to help put together an Easter edition, expecting tentative responses. The outcome was wonderful! First, everyone was home and answered the phone! Second, everyone wanted to send me something, in many cases with suggestions of more people to call. I have thoroughly enjoyed the process of pulling this edition together, the long chats on the phone, the ideas and the beautifully written articles. I hope you enjoy reading it as much as I have enjoyed producing it.

A big thank you to all the help and contributions that make this newsletter possible.

Love Helen

Do not be content with showing friendship in words alone, let your heart burn with loving-kindness for all who may cross your path. Baha'i Faith: Paris Talks



Live every moment,
Laugh every day,
Love beyond words.

Editor: Helen Love

The Messenger is the newsletter of St. Michael and All Angels' Anglican Church. The Messenger is a communication means for members of the parish. It does not necessarily reflect the beliefs of the editor, or the church. While the newsletter exists for parishioners to contribute their news, opinions and views, the editor may edit articles in order to facilitate understanding and fit space.

Contributions should report on parish activities, advertise upcoming events or be original literary articles, which are church related, maximum 500 words.

Please send submissions to the church office, preferably by e-mail to smaaac@telus.net.

Amusing Medical Terms:

- * **Bacteria:** backdoor to cafeteria
- * **Hangnail:** what you hang your coat on
- * **Post Operative:** a letter carrier
- * **Recovery Room:** a place to do upholstery
- * **Tablet:** a small table to change babies on

English Ain't Easy:

- * The soldier decided to desert his dessert in the desert.
- * Since there is no time like the present, she thought it was time to present the present.
- * The wind was too strong to wind the sail

There is no egg in eggplant, nor ham in hamburger, neither apple nor pine in pineapple!

Questions and Answers

- Q: How did the leopard lose its spots?
 A: It took a bath and came out spotless
- Q: What was the elephant doing on the highway?
 A: I don't know—about 20 metres per hour.



Tribute:

Health workers are the people who get small rewards, if any,
 The chosen few who gladly do the labour for the many.
 Since everyone we depend upon our praise is sung about them,
 A willing lot, I wonder what we'd ever do without them.

Submitted by Valda Kitching

Even on a rainy day the Lord meets all our needs.
 Submitted by Valda Kitching



Art by Valda Kitching "DOES THIS MODEL COME IN PINK" ?

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