



NEWSLETTER

Message from our Vicar The Rev. Dr. Sharon Smith

1) To the St Catherine's Community, this prayer has been in my heart and on my lips for the past three months and I thought I would share it with you, it was written by the Liturgical Committee of The Scottish Episcopal Church:

God of all mercy and compassion,
life and death are in your hands.

Hear our prayers in this time of illness and infection, of
isolation, fear, and uncertainty:

for the sick, and those weighed down by pain, distress,
loneliness, and anxiety;

for all who care for them, conscious of the risks they bear;

and for those who have responsibility for public health and
social order.

Hear the cry of the afflicted and let them be comforted, so
that all who suffer may come to know that they are joined to
the sufferings of Christ who gave his life for the salvation of
the world; and by your blessing on them and those who care
for them, may they be restored, according to your will, to
soundness of body and mind, and offer you joyful thanks in
your Church.

Through Jesus Christ, your Son, our Lord, who lives and
reigns with you in the unity of the Holy Spirit, God for ever
and ever.

Cont...

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Next Newsletter
Deadline - **August 23,**
2020

Please send items to
Heather Luccock at
hjluccock@shaw.ca

Vicar's Message Cont....

2) Many thanks to the Wardens, the Wellness and Connection Subcommittee and the Parish Council for their thoughtful contribution to our return to church plan. We will need Marshals for our in-person service events.

Please sign up with Natasha at the office: scadmin@shaw.ca.

(Step 1) LIVE ZOOM SERVICES: Participants (readers, intercessors, preacher, musician, singers) in the service are present in the chapel and church for the live services

(Starting June 28th, 2020 at 10 am until August 9th, 2020)

(Step 2) PARKING LOT SERVICES: A distanced outdoor prayer service

(Saturdays: July 4th, August 8th, 2020 at 4:30pm) - pre-registration required on the St Catherine's Website or phone Natasha 604 985 0666)

You are required to:

- Arrive between 4pm and 4:15pm
- Bring your own lawn/camping chair
- Register online or by phone (604) 985 0666 (Natasha)
- Register your car if you require a parking space
- You will be asked if you are experiencing any COVID symptoms, and if you are please stay home.

Message from the People's Warden - Gordon Lee

Fire Alarm System

By now you will have noticed the new fire alarm system that Parish Council and the St. Catherine's Childcare Society have had installed in the church buildings.

The Childcare Society, a parish ministry for over 25 years wishes to offer all day daycare as well as half-day preschool. In the recent past, demand, for preschool has declined, and more young families need all day daycare.

In February 2019 our Preschool applied for a daycare license so that it could offer daycare in one of its 3 classrooms. The District of North Vancouver required a building code inspection, and then informed the church and the Preschool that a fire alarm system would have to be installed before the daycare license could be approved.

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Fire Alarm System Cont...

The Parish and the Preschool agreed to share the cost of the fire alarm system, and the installation was completed between January and April of this year. We look forward to the District's final approval of this system very soon. Already, Vancouver Coastal Health which regulates early childhood education has signed off on the project.

With the fire alarm system in operation for September, the Preschool will continue as an important St. Catherine's ministry that serves the community. The Preschool's rent also makes a significant contribution to supporting the Parish's annual budget.

The fire alarm system will provide increased protection for the children, their teachers, St. Catherine's parishioners and staff, as well as all those who use our buildings.

Gordon Lee, People's Warden

Prayer Circle

The Prayer Circle was formed this past February just as we entered this pandemic time when prayers have been needed more than ever. It seems that God (through Sharon) gave us a nudge after a year or more of talking about setting this up but not getting it off the ground.

There are eight members of the congregation who pray for immediate and urgent requests for a period of one week unless there is a request to pray for a longer period of time. Requests for prayers can be emailed confidentially to Natasha in the office or Sharon who then passes them onto the Prayer Circle. If you do not wish to put the request into an email, you can request that someone from the Prayer Circle call you. Requests should be clear about whether this is an urgent one-week request for the Prayer Circle or is a name to be put on the list that goes out every Friday. Requests can be made more than once for the same person and be put in both places.

It is very helpful if when a prayer is requested that we know a first name (and if wanting even greater confidentiality then just initials) and something about why the person needs our prayers. For example for Jane who is seriously ill; is having surgery; has lost her job and is struggling with financial challenges; has just left a relationship; is grieving for the loss of a family member; or is depressed. We keep the names and issues completely confidential but it helps us focus our prayers if we know something about what the person needs. It also makes the person real to us and not just a name. It's hard to pray for just a name.

Being part of a Prayer Circle was new to many in the Circle. There is no set way to pray. We pray individually and not in a group. Some pray every night at 8pm, light a candle and say the daily prayer on the St Catherine's website. Others pray while taking their daily walk or first thing in the morning before they start their day. We hold the people for whom we've been asked to pray in our hearts, ask God to bless them and help them in their difficulties. Cont...

Prayer Circle Cont...

A parishioner said once that she had been part of a Prayer Circle long ago but she dropped out after a few weeks because all they were given was a list of names to pray for with no idea why. We want to feel a connection to the person for whom we are praying so any information you can comfortably give us, helps us to continue with this work. We would also like to follow up with the person who requested the prayer to find out how the person being prayed for is making out and if we should keep praying beyond the week.

The Prayer Circle has found this to be a very supportive ministry especially during this pandemic time. Praying and knowing we are not praying alone has created a community where we feel we are doing something positive to help others through their difficulties. It has also strengthened us. We have heard from those who have requested prayers for themselves or their families that just knowing that others are praying for them, makes them feel less alone and supported during a difficult time.

If you would like to join the Prayer Circle or know more about it, please let Sharon or Natasha know and someone from the Prayer Circle will call you.

In Loving Memory

Doreen Hodges passed away at age 92 years old, on April 1, 2020. She was born in Cape Town, South Africa. She was predeceased by her husband, Tom Hodges in 2019. Doreen and Tom joined St. Catherine's after St. Richard's sadly closed. They leave a loving family and friends and were faithful members of both congregations.

Rodger Burnes passed away on March 22nd after a valiant battle with cancer. He was predeceased by his wife Lynne.

Nigel Henderson, husband of Pat Henderson, passed away on May 20, 2020. He was a well-known North Shore doctor. He was also an accomplished artist. Many of his paintings are hung at Lions Gate Hospital. Pat resides in Evergreen House.

Robin Walters adored daughter of Michael and Barbara Ashby died suddenly at age 49 on May 29th. A celebration of her life will be held later.

Geri Clayton was an active member of St Catherine's for many years. After her husband Ross died she went to a seniors residence in Nanaimo. The Memorial Service will be held at St. Catherines



Distance Visiting at Amica

Taking some joy to our St. Catherine's residents at Amica during the Covid 19 lockdown. Rev. Sharon handing Tony Dodd (social distancing) the paper with the prayers with Heather Luccock looking on. Paul Clark (with his drum) and Melanie Hackett (with her violin) played a happy jig.



Photo by Paul Clark

The Long, Long Night of Hope 2020 - Update Brenda Stenson

In the last newsletter we reported the success of the 2020 Long, Long Night of Hope. This year's event involved two nights, two locations, 22 overnights and many, many generous friends. The result - education about homelessness in North Vancouver, education about the work of the Lookout Shelter and \$17,350 raised for that amazing organization. Unfortunately, due to COVID-19, we were unable to do a public presentation of the money, as we have done in past years. However, Donna Lawrence, the energy behind this initiative, presented the cheque personally at the shelter.



Thanks to our Vicar and All Those Who Brought Us Sunday Services by Zoom - The Editor

A huge thank you to Rev. Sharon and all the talented people in our congregation who have helped in bringing these services to us especially Susanna Valente and Mermi Vouse. Also thank you to all who participated in the services. It was rather fun learning how to participate in this new electronic world. Also thanks to Alison Watt for co-hosting the Zoom coffee hours. What a treat to see everyone on Sunday. Pictured Rev. Sharon behind the scenes.



Photo by John Luccock

Thank you also to Alice Korfman and Deborah Foster for the Spiritual Offerings of prayer for the day.

Congratulations!

Congratulations to Ethan Spence, Daela Dalzell and Liam Vicek who have graduated from High School this year, but because of the Corona virus are missing their traditional graduation ceremonies. No doubt they were able to create new traditions during this pandemic. As you have completed the first chapter of your lives we pray that you will go on to new adventures and successes.

Preschool News

Marion Porter, Developmental Resource Teacher

The preschool closed for Spring Break in March. No one knew at the time it would remain closed for the rest of the school year. Tina and I continued our work from home. We also came into the office to respond to e-mails, phone messages and to communicate with staff and families the latest updates by the BC Government and Health Department. We were in the midst of registration for September and looking forward to our Summer Program. In early June we met with Gillian and it was decided to inform the families that the school would be closed until September. Cheryl and I also decided that we could not run the Summer Program this July, so "Kings, Queens, Castles and Things" would have to wait. On June 10th we held a Good Bye Parade on Ridgewood Drive. About 30 families came by to wave to all the teachers. We had a final staff meeting and although we were unable to have our graduation and good bye parties we were able to say good bye to each other. We are looking forward to starting up again in September with the required safety guidelines in place. There are spaces available in our Discovery 2s and our 3/4 year old programs.

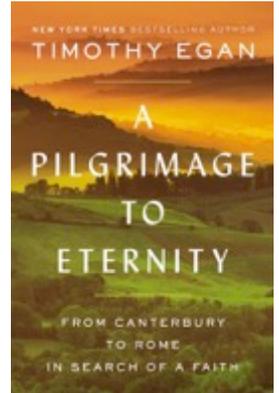


Photos by Gordon Lee



Book Review by Linda K. Robertson
A Pilgrimage to Eternity by Timothy Egan

Timothy Egan is a Pulitzer Award winning journalist for the NY Times as well as the author of numerous books. His most recent book, is a chronicle of his journey along the Via Francigena (pronounced frahn-chee-jeh-na - it means The Way Through France) the 1200 mile pilgrimage route from Canterbury to Rome. While this route is not as well-known as the more popular Camino in Spain and Portugal, it was the most traveled pilgrimage route in medieval times. Egan travels it by foot, train, car, bus as long as he is always touching the ground.



Egan chronicles the impact of Christianity on Europe over the centuries and Christianity's current dramatic decline in church attendance and belief. Interwoven is his own complicated relationship with Catholicism and his search for some spiritual meaning in life. The book is both a thoughtful examination of the state of Christianity in Europe today as well as a witty travelogue. He shocks the bookseller in Canterbury Cathedral when asking for a copy of Chaucer's Canterbury Tales and is told it is much too bawdy to be sold inside a church.

If you wish to buy a copy, consider ordering it from 32 Books in the Village and help keep independent book stores alive.

<https://www.nytimes.com/2019/10/25/books/review/a-pilgrimage-to-eternity-timothy-egan.html>

Moment for Reflection

**Are We There Yet? Excerpts from a Reflection by Sr. Wendy Grace Greyling,
Sisterhood of St. John the Divine**

Sarapion the Sindonite travelled once on a pilgrimage to Rome. Here he was told of a celebrated recluse, a woman who lived always in one small room, never going out. Skeptical about her way of life for he himself was a great wanderer" Sarapion called on her and asked, "Why are you sitting here?" To which she replied, "I am not sitting; I am on a journey." (Benedicta Ward, *The Desert of the Heart*)*

Are we there yet? Think back to journeys you have taken. Have you ever been on a journey you thought would never end? It can feel as if time is standing still and you with it. There is the sense that you are simply not getting anywhere, you are not making any progress

Lately I've been reading a book by Laura Swan, called *The Forgotten Desert Mothers*. The women who became known as desert mothers went to the desert for solitude but also for deeper reasons.

Cont....

Moment for Reflection Cont...

The desert was a place of physical, mental and spiritual stripping away of everything that could hinder their relationship with God. In reading about them I have tended to focus on their physical ascetic practices (like wearing hair shirts and bathing rarely) and yet their physical practices were not really the point. Their physical relinquishments seemed to be a preparation for the work to come. In reality the desert landscape which became most important was the inner landscape. Benedicta Ward calls this the desert of the heart.

Our current situation has also involved a stripping away, a loss of normality, of routine, of small pleasures and large chores. Not one of us chose to be in this situation but we can choose how to be in it. Can we see this season in our lives as a kind of desert experience? Living through a global health pandemic has stripped away the illusion of control. It has laid bare the reality of our lives. Even in so-called normal times we are not in control and when this pandemic ends we will still not be in control.

Sarapion was an Egyptian monk noted for the absolute and unflinching severity of his ascetic practices. He made a pilgrimage to Rome but returned to his hermitage. Serapion was part of the great birth of monasticism in the wilderness of Egypt.

I have obtained the books "The Forgotten Desert Mothers" by Laura Swan and "The Desert Mothers- Spiritual Practices from the Women of the Wilderness" by Mary C. Earle. We could possibly do a book study in the Fall if there is interest. Heather Luccock

Do "Black Lives Matter?" – Phil Sunderland

After three months sequestered against the Coronavirus, endless watching of news for entertainment and "hope", I felt I wanted to share some thoughts here. But which of many possible topics to choose?

Eventually, I've come to the remarkable US-based, but amazingly shared around the world support for "Black Lives Matter". What does this mean for a "mainstream progressive" church community like ours?

Does our faith have anything to say to us? Is the issue relevant in Canada? Starting with the second question: Yes if we think about our Native brothers and sisters, appropriately represented by Jim Charlie's inclusion in last Sunday's service. (But that is not to say that Canada does not have a white-black racism problem, it is just less obvious here than in Toronto and other locations in Canada).

And as to the first question, I certainly believe that our Triune God calls us to seek justice in all forms, especially when there is systemic injustice. And that is what I strongly believe has been worked against the first peoples of our country. Cont....

Do Black Lives Matter Cont.

Last Sunday, a number of us from St. St. Catherines joined friends from Gloria Dei Lutheran Church, to hear a presentation by Dr. Mary-ellen Kelm, a Professor of History at SFU. Dr. Kelm presented a very helpful overview of the Canadian Indian Act over its history since 1876, along with the terrible effect that it has had on our native neighbours.

Further, a number of years ago a member of our Wednesday morning worship and study group, Jessica Motherwell, hosted a very interesting and useful book study on the topic of racism, based on the book *Deep Diversity*, written by Shakil Choudhury, giving a very useful look at the factors that lead us into systemic racism.

And as I was writing this, I came across a very interesting article, as a reference on Richard Rohr's site concerning the views and experience of a well-educated African-American man:

"I've been aware of the precarious identity I hold as a black man in America since forever. A cop put his gun to my throat when I was in high school. In college, I stood trial on a charge of inciting a riot because a cop lied on me. In law school, I was beaten and thrown in jail by a gang of cops because I didn't get down on my knees fast enough. I share my social location at the time of these trying incidents because I was doing all of the things I was told I needed to do in order to avoid the police, yet they happened anyway.

Racism is a disease. It is a sickness. It is an affliction. It doesn't live solely in systems of oppression that stunt black life. It lives in all of our brains. Studies have shown that our empathetic neural responses decrease significantly when we view faces of other races. Those and other brain responses translate to a host of behaviours including avoiding people of colour, presuming anything black is inferior, devaluing the contributions black people have and continue to make to this world, diminishing our intellectual accomplishments and disbelieving our stories unless they can be verified through means you deem credible.

I am convinced that until white men are able to appreciate that racism has robbed their lives of a fullness and richness that no amount of material success, positional power or achievement can match or make up for, we are all trapped in the ebb and flow cycle of white violence and pain that has now marked my entire life; until you are able to extend empathy and compassion beyond your immediate circles and experience our pain and suffering as your own, we can not see the lasting change we all seek."

From: A Letter to my White Male Friend of a Certain Age by Dax Devlon-Ross (Third Settlements)

Newsletter Mailing

If you would rather receive this newsletter by email or wish to be taken off our mailing list, please let us know at hjlucck@shaw.ca. Office hours Phone: 604-985-0666 Parish Administrator Natasha Stegeman -- Address: 1058 Ridgewood Drive, North Vancouver Monday – Friday 9:00 a.m -1:00 p.m. web: saint-catherines.org.
