

*The*

# Contact

Saint Paul's

Nanaimo, B.C.

March 2019

*Keeping your home  
in contact with your parish*

**Rector: The Venerable Clara Plamondon**

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## Clara's+ Corner ...

On Wednesday March 6th we begin the season of Lent with our service of Imposition of Ashes and Eucharist. There will be two services – 11 am and 7 pm. At this service we mark our foreheads with ashes that come from the palm crosses that we waved valiantly at last year's Palm Sunday, much like those of long ago who greeted Jesus as he entered Jerusalem on the back of a colt. As we receive the ashes on our foreheads, we hear the words: *Remember you are dust, and to dust you shall return.* (BAS pg 285). These words serve to remind us of who we are. It reminds us that we are made in the image of God, created and given life by the One who brought all things into being and breathed God's Spirit into us. It also says something about our relationship to God, to the world around us and each other.

Lent begins in a similar way with Jesus. The First Sunday of Lent opens with the story of Jesus, who having just been baptized and filled with the Holy Spirit, is led out into the wilderness for 40 days and 40 nights. It is these 40 days that we also make our journey into the wilderness with Jesus.

Interestingly, it is only after Jesus is baptized and hears the voice from heaven declaring "this is my Beloved Son!" that he begins this arduous journey without food, water or companions. As he faced his own temptations and challenges, he was able to rise above them with the knowledge of who he was and his belovedness – a Son of the Most High.

As we make our own journey through Lent, may we enter into this season of prayer, fasting and almsgiving (charity and service) knowing and trusting that we too are beloved children of God. Know that this season of repentance and reflection is a time to strengthen our relationships – with God, with each other and with all of creation. There are various ways that you can do this. Consider spending some quiet time in the church during the week. Our front doors are open Monday to Friday 9 am until noon. You can come through the front door or be buzzed in at the parking lot door. We are hosting a Lenten book study on Tuesday evenings starting March 12th for six weeks on the book "Grounded" by Diana Butler Bass. Consider joining us for our weekly mid-week Communion service and then immediately following with our lunch-time Gospel Discipleship Study group. Consider giving some of your time to helping out with the Community Lunch on Friday, March 22nd in the parish hall. Regardless of what you may try – may it awaken within you a hunger and longing to know Christ more deeply.

As we begin this Lenten journey, know that "you are dust and to dust you shall return". You are wonderfully and fearfully made in the image of God (Psalm 139). Know that you are a beloved and blessed child of God. Know that God's Spirit is the One who leads us this wilderness time, guiding and directing every step of our way.

*Rev. Clara+*

## From the Deacon ...

Dementia is one of the most difficult illnesses we have today. It is incurable and yet it is very demanding. I work with Dementia people on a daily basis, and I know that for me it is difficult, so I understand when someone says “What do I do” or “How do we tell them about ...” whether a pet or a person they’ve known - someone of long ago. How do we tell them *or* do we tell them that someone or a pet has died? It is the very difficult part of this illness. So if it is a pet, talk about their faithful furry companion, and eventually move onto something else. Talk about the person they are asking about, it will cause the conversation to change.

I would like to say thank you for being willing to visit someone who has dementia as they are some of the loneliest people and family and friends find it difficult to visit with them. Always remember, you are still their friend, you are still their family member and yet struggle. Make sure you have someone else you can talk to about the visit you had with your friend or family member to be able to share the concerns that you have, or just to have a better understanding.

There is a lot of emotions around Dementia, depression, anger, grief, disappointment, and many others, we also see displayed, the not knowing what to do, where to go for help, and complete loss in so many ways. An Alzheimers contact number is 250-734-4170 or 1-800-462-2833. There is an office at 200-1585 Bowen Road, Nanaimo.

I ask for your continued prayers and encouragement to those who have Dementia or suffer from it and their families. Also prayer for yourselves and see if you are someone who is called to visit with someone who has Dementia.

*Reverend Lynn Cawthra,*  
Deacon

## NOTES FROM THE TREASURER



The last Financial Statement available is to the end of January 2019.

Total Income for 1 month	\$ 17,820.75
Total Outgo for 1 month	<u>23,724.97</u>
	\$ ( 5,904.22)
Balance fwd. Jan. 1/17	<u>( 36,103.61)</u>
<b>Balance (deficit)</b>	<b><u>\$ ( 42,007.83)</u></b>

As of this writing (the day after the AGM), we have passed the budget for 2019. Our Open and Envelope offerings for January were already almost \$3,000.00 under budget.

We ended the month with a deficit of \$5,904.22, before bringing forward the accumulated deficit of \$36, 103.61. However, it is early in the year, and some of our other Income sources (such as Festivals and Fund Raising) have yet to appear.

We must continue to be vigilant about our expenses and encourage everyone to keep their offerings up to date. As was pointed out at yesterday’s meeting, it would help such a great deal if we could get more people to sign up for Direct Deposit.

Full copies of the Financial Statements may be found on the bulletin boards in the Narthex and hall. If you have any questions, I will do my best to answer them. I can be reached by email at [sue\\_gue@telus.net](mailto:sue_gue@telus.net) or by phone at 250-758-6674.

*Sue Gueulette,*  
Treasurer

## **REPORT OF ST. PAUL'S ANNUAL VESTRY MEETING OF FEBRUARY 24, 2019**

The meeting was opened at 12:30 pm with the Rector, Archdeacon Clara Plamondon, in the chair. There were 59 voting members present. The meeting opened with the Prayer of Thanksgiving.

The Financial Statements for 2018 were reviewed and showed that the parish ended the year with a deficit of \$36,103.61.

The Proposed Operating Budget for 2019 of \$287,063.00 was accepted.

The Rector made the following appointments:

### **RECTOR'S APPOINTMENTS**

#### **Rector's Warden**

Don Gillett

#### **Honorary Assistants**

The Reverend Robert Calderwood  
The Reverend Dr. Catherine Dafoe Hall

#### **Liturgical Assistants**

Les Annesley, Don Gillett,  
Edward Gueulette,  
Mary Jane McLaughlin,  
Bill Poppy, Janice Valecourt,  
Alison Walsh

#### **Administrants**

Les Annesley, John Browne,  
Ron Downey, Syd Gallinger,  
Don Gillett, Sue Gueulette,  
Brian Heltman, Sandra Leigh,  
Heather Lester, Marilynne Mark,  
Mary Jane McLaughlin, Bill Poppy,  
Joyce Ramsey, Carol Shaw,  
Janice Valecourt, Alison Walsh,  
Bill Walsh

#### **Lay Eucharistic Ministers**

Marjorie Adams, Marilynne Mark,  
Jane Barnes, Bill Poppy,  
Alison & Bill Walsh

## **NOMINATING COMMITTEE REPORT**

The Report of the Nominating Committee was presented. The following people were elected:

#### **People's Warden**

Tony Browning

#### **Delegates to Synod**

Sandra Leigh,  
John Browne,  
Charles Harman

#### **Alternate Delegates**

Don Gillett,  
Sue Gueulette,  
Tony Browning

#### **Parish Council**

Jane Barnes,\*  
Charles Harman,  
Brian Heltman,\*  
Sue McDonald  
Bert Mountney,\*  
Don Paquette,\*  
Kevin Telfer\*

[\*indicates newly elected]

#### **Regional Conference Delegates**

Norma Humphreys,  
Joy Adams Bauer,  
Gerry Yeomans,  
Syd Langhelt

### **PARISH APPOINTMENTS**

#### **Envelope Secretary**

Allen Cunningham

#### **Investments Manager**

Manly Price

#### **Treasurer**

Sue Gueulette

#### **Trust Funds Trustee**

Sydney Gallinger

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## **OPERATING BUDGET**

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During the Annual Vestry Meeting there was some concern raised over the budgeted figures for the operating cost of the Centre for Ministry and Community Service.

We must remind ourselves the new Centre has four meeting rooms, a commercial grade kitchen, and a hall comparable in size to the old hall but with a lower ceiling.

We can all do our part in keeping the utility costs down by observing the following:

1. Each meeting room has its own temperature control:
  - Keep the door closed when you are using the room and close it when you leave.
  - Turn the temperature down to the minimum temperature when you are finished using the room.
2. The lighting in each of the four rooms will automatically come on when you enter.
  - When you are finished using the room turn the lights “off”.  
The lights do turn off automatically after 15 minutes, but if they are left on four times a day that is 1 hour of electrical consumption, multiply that by how ever many the number of days a year the rooms are used.
3. When using the Hall:  
After the function is over and the clean-up completed:
  - Turn the temperature down to the minimum temperature.
  - Turn all lights “off”
  - Check that the emergency exits are locked from the outside.
  - Remove all garbage & place it in the Blue Dumpster in the parking lot.

Respectfully submitted  
*Boyd Shaw*

Note: This article was first printed in April 2018

## **ANGLICAN CHURCH WOMEN**

It's been another active month for the ACW as per usual!

On Tuesday February 5th, Carol Shaw, Norma Humphreys and I attended the soup and bun meeting at St. John's Duncan to learn more about the Precious Jewels Ministry. Ms. Yoke Bergink explained that the ministry in Philippines continues and is self-sufficient and therefore, Precious Jewels has expanded into Uganda. She showed us a short video of the Uganda site so that we could get a sense of the positive impact there involving all generations. A free will offering was taken in order to continue this important work and \$300.00 was raised. The message was that we listen to our inner voice when God speaks and follow His lead. Remember to be the person who speaks to a stranger, comforts a friend, or phones an acquaintance to see how they are doing. Small acts make a big difference.

We welcomed new member Sandy Brown to our group in February and she brought us delicious Valentine treats as a surprise to accompany the tea and coffee. Thank you Sandy! We also welcomed back Flo Evans.

Our next gathering will be on Ash Wednesday, March 6th at 12:30. Please bring your own bag lunch. Tea and coffee will be provided. The actual business meeting will commence at 1pm. when we will continue our discussion about the ACW Tea and Fashion Show. How exciting!

On Saturday Feb. 16th we celebrated the 100th birthday of Lakeside Manor resident and long time ACW member, Barbara Bowles from 2-4pm. in the Main Hall of St. Paul's. Her son Bill, was thrilled with the ACW volunteers who provided the tea, coffee and punch, and helped set up, decorate and serve the guests.

I would like to give a special thanks to Sandra MacKinnon, Norma Humphreys, Flo Evans, Yvonne Oliver, Mary Jackson, Joyce Langhelt, Amy Fleming, and Betty Forsyth who came and worked in many capacities that day. A donation was given to the ACW as a thank you.

## MARK YOUR CALENDARS

1. World Day of Prayer  
Friday, March 1st starting at 2pm  
St. Andrew's Presbyterian Church,  
Departure Bay Road  
This year's theme is "Come, everything is ready!", prepared & written by the women of Slovenia. All are welcome to attend.
2. Annual Women's Gathering  
March 31st to April 2nd  
St. Mark's Anglican, Qualicum
3. Annual ACW Tea and Fashion Show  
(fashions provided by Damsels, Nanaimo)  
Saturday April 27th 2019 at 1pm  
Please note the correct date and time.

For any further information regarding the ACW please contact Marilyn Browning at: 250 585-6857 or tonymarilynbrowning@gmail.com

*Marilyn Browning,*  
ACW President

## FUN, FOOD & FELLOWSHIP

We are pleased to welcome returning parishioner Gerry Yeomans to this committee. We look forward to learning from her experiences in a different parish. We welcome other parishioners who would like to assist us in either 'helper' or 'committee member' roles as we foster friendship and faith within and around Nanaimo's St. Paul's church.

On Sunday January 27th we celebrated our Patronal Festival with tea, coffee and specially baked goodies after the morning services. Thrifty's downtown always steps up and does lovely cake decorating for us, as was underlined by the empty platters afterwards!

Our team's next supper event is the Maundy Thursday pot luck supper on Thursday April 18th, so feel free to put on your thinking caps for something simple and appetizing that you might be able to bring to share with others.

*Sue McDonald,*  
Chairperson

## Lent Book Study

Lent Book Study – *Grounded* by Diana Butler Bass

Join the Rev. Clara for a Lenten Book Study on Tuesday evenings at 7pm at the church. We will begin on March 12th for six weeks ending the Tuesday of Holy Week. Diana Butler Bass, leading commentator on religion, politics, and culture, follows up her acclaimed book *Christianity After Religion* by arguing that what appears to be a decline actually signals a major transformation in how people understand and experience God.

*Grounded* explores this cultural turn as Bass unpacks how people are finding new spiritual ground by discovering and embracing God everywhere in the world around us - in the soil, the water, the sky, in our homes and neighborhoods, and in the global commons. Faith is no longer a matter of mountaintop experience or institutional practice; instead, people are connecting with God through the environment in which we live.

To register and secure a copy of the book, please contact the parish office.

There are a limited number of books available for purchase priced at \$17.50 (Regular price \$21.00).

Everyone is invited to attend the Reaching Out committee's



**SHROVE TUESDAY  
PANCAKE SUPPER  
ST. PAUL'S ANGLICAN  
CHURCH HALL  
MARCH 5TH 5:30PM-6:30PM**

Tickets are \$10 each & children under 12 years of age are free.

Tickets are available at the church office or from committee members during coffee hour.

All proceeds go to support the Tumaini Children's Education Fund.

# CAPITAL CAMPAIGN

As reported at the annual meeting we continue to work to reduce our deficit with the Diocese. We have done well and the figures below show we continue to make progress. We are thankful for the support that members of the parish have given. We are now in the final year of the 3 year period that the annual meeting of 2017 directed our committee to undertake.

The original loan was for	\$900,000	
Less Paid to date	<u>\$466,500</u>	51.8%
Balance	<u>\$433,500</u>	48.2%
Cash in hand	\$ 47,795	5.3%
2019 pledges remaining	\$ 13,943	1.5%
<b>Amount to be raised</b>	<b><u>\$371,762</u></b>	41.3%

It's important to remember these figures do not reflect the interest that has been accumulating on the loan at a rate of 3%.

We invite all who receive the "Contact" to prayerfully consider making a donation to the campaign.

## Parish visits on the horizon

Have you joined our St. Paul's family in the past couple of years? We are so blessed to have so many new parishioners! As you know, we are very proud of our Centre for Ministry and Community Service. It is a beacon in down town Nanaimo. It was officially opened by Bishop Logan in September 2016. Our 2014 capital campaign raised almost \$3 million to help pay for our new building. The majority of parishioners received a visit from members of our capital campaign team and a chance to talk about our dream for a new building. It was a wonderful conversation between all the members of our St. Paul's family and look at what we created! Two years later, many people continue to pledge and donate funds.

New parishioners did not experience the incredible excitement and energy of our campaign and the

celebration when our Centre finally opened. We'd like to share some of that story with you! We'd like to talk about the relationships we are building with our community as we listen to where God is calling us. Our "campaign to retire the debt" team is planning visits to our newer parishioners in the next few months. We look forward to being welcomed into your homes as we continue the conversation and listen to the voice of the Holy Spirit as we demonstrate how at St. Paul's, strangers become friends!

*Joy Adams Bauer,*  
Capital Campaign Committee

Committee Members:

Les Annesley, (250-758-2080) Chair: Joy Adams Bauer, Lyle Hogaboam, Mary Jane McLaughlin, Boyd Shaw, Janice Valecourt, Sue Gueulette, (Parish Treasurer), Allen Cunningham (Envelope Secretary)



**NOTES OF  
THANKS**

*I would like to thank every member of St. Paul for the gift I received on Sunday at the Annual Vestry Meeting, it means a lot to me.*

*For those who don't know what it was or what it means, it is a mounted pane of glass with St. Paul's Church (the building) etched on it. The pane of glass is from the old hall, the hall where so many functions were held. The hall was demolished when the construction of our new facility was started.*

*To me it's a piece of the old and a sign of the future and I will cherish it. Thank you so very much.*

*Boyd Shaw*

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*Thank you very much for the beautiful bouquet of flowers that were presented at the Vestry meeting. It was completely unexpected and gratefully received*

*Blessings,  
Janice Valecourt*

## THANK YOU / WELCOME

On behalf of the parish we would like to propose a special vote of thanks to the outgoing Wardens: Boyd Shaw & Janice Valecourt, as well as retiring Parish Council members: Ted Barnett, Rod Brown, Bill Capier, Donna Lee Criss, Syd Langhelt, Micheal Jensen.

We would also like to propose a warm welcome to the incoming wardens: Don Gillett & Tony Browning as well as our new Parish Council members: Jane Barnes, John Browne, Brian Heltman, Bert Mountney, Don Paquette, Kevin Telfer.

## A NOTE ABOUT RECYCLING

“A reminder...St. Paul’s now has its own account at the two **Regional Recycling Centres** in Nanaimo.

If you would like to contribute the returns on your containers here is what you do...

When you are dropping off your empty “deposit paid” containers, let the Regional Recycling staff know **before** your transaction that you would like the proceeds to go to St. Paul’s Anglican Church’s account. The deposit on your containers will then be refunded directly to St. Paul’s.

And double thanks to you...(1) for recycling and (2) for thinking of St. Paul’s when you recycle!”

## ACW ANNUAL TEA &

## FASHION SHOW

Saturday, April 27th

1:00 P.M.

Fashions provided by *Damsels* of Nanaimo

## *Parish Happenings*

### **In Memoriam**

John Noble

### **Newcomers**

Janet Sexsmith

## **We’re Hiring!**

Job Opportunities in our Parish Office:

### **Parish Administrator (25 hrs per week)**

Primary duties include reception/administration, preparing worship leaflets, files management, newsletter, supporting the administrative work of the Rector and parish leadership team.

### **Facility Coordinator (12 hrs per week)**

Primary duties include liaising with both internal and external user groups, manage booking calendar, coordinate use of our facility ensuring our efforts align with our parish ministry plan.

Deadline for applications: March 18, 2019

Requests for information or job descriptions may be made to the Venerable Clara Plamondon, Rector, St. Paul’s at (250) 753-2523 or by email: [cplamondon@bc.anglican.ca](mailto:cplamondon@bc.anglican.ca).

## **Tony's footnotes ...**

The next issue of the Contact will be the Easter issue which will be available on Palm Sunday.

The deadline for the Easter Contact will be April 8<sup>th</sup> at 9:00 a.m.

Until next time ...

## LENT & HOLY WEEK AT ST. PAUL'S

<b>Wednesday, March 6</b>	<b>Ash Wednesday</b>	
	11:00 am	Holy Eucharist & Imposition of ashes
	7:00 pm	Holy Eucharist & Imposition of ashes
<b>Sunday, March 10</b>	<b>Lent I</b>	
	8:00 am, 10:30 am	Holy Communion
	7:30 pm	Evensong
<b>Wednesday, March 13</b>		11:00 am Holy Communion
<b>Sunday, March 17</b>	<b>Lent II</b>	
	8:00 am, 10:30 am	Holy Communion
<b>Wednesday, March 20</b>		11:00 am Holy Communion
<b>Sunday, March 24</b>	<b>Lent III</b>	
	8:00 am, 10:30 am	Holy Communion
	4:00 pm	Evening Prayer
<b>Wednesday, March 27</b>		11:00 am Holy Communion
<b>Sunday, March 31</b>	<b>Lent IV</b>	
	8:00 am, 10:30 am	Holy Communion
<b>Wednesday, April 3</b>		11:00 am Holy Communion
<b>Sunday, April 7</b>	<b>Lent V</b>	
	8:00 am, 10:30 am	Holy Communion
<b>Wednesday, April 10</b>		11:00 am Holy Communion
<b>Sunday, April 14</b>	<b>Palm Sunday</b>	
	8:00 am, 10:30 am	Holy Communion with the Liturgy of the Palms
	7:30 pm	Evensong
<b>Wednesday, April 17</b>		11:00 am Holy Communion
<b>Thursday, April 18</b>	<b>Maundy Thursday</b>	
	5:30 pm	Pot-luck Supper followed by
	7:00 pm	Holy Communion & The Stripping of the Altar
<b>Friday, April 19</b>	<b>Good Friday</b>	
	11:00 am	Good Friday Service
<b>Sunday, April 21</b>	<b>Easter Day</b>	
	8:00 am, 10:30 am	Holy Communion

Throughout Lent, there will be the usual Service of **Holy Communion** at 11:00 am on **Wednesdays** followed at 12:00 pm by the regular Bible Study. **Morning Prayer** is offered **Monday to Friday** at 8:30 am. **Sunday School and Nursery** are offered at all the 10:30 am Sunday services.