

The

# Contact

Saint Paul's

Nanaimo, B.C.

*Keeping your home  
in contact with your parish*

**October 2018**

**Rector: The Venerable Clara Plamondon**

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## Clara's+ Corner ...

I love the Fall! Crisp morning air, warm, bright sunny afternoons; the beautiful coloured leaves and the hint of warm apples lying under the trees. Fall was always a busy time on the farm, and it was also a time to marvel at the harvest and the bounty of the gardens and fields. We would have spent most of the summer picking berries, canning and freezing vegetables for the winter. The Fall was spent harvesting the last of the root vegetables and of course the long days of getting the crops off the fields before freeze up! And then began the hard work of cutting everything back, cultivating, mulching and putting the gardens and fields to bed for the winter, so that the earth could replenish itself for another season.

When all is said and done, there is a wonderful feeling of accomplishment and a profound sense of gratitude for the bounty of the earth and for the efforts of all who helped to make it happen. It's no wonder there is often the desire to celebrate and enjoy a feast of all that was gathered throughout the summer growing season.

We will soon be preparing our own Thanksgiving meals with family and friends, and for our parish Thanksgiving Pot Luck lunch after the 10:30 service on Oct 7th. It's a time for us to gather around our tables to celebrate and to offer our own prayers of thanksgiving for God's faithfulness and generosity that we have experienced in this past year.

We might pause in this harvest season to reflect on the journey we have been on as a parish these past few years and consider what we are thankful for. So much has been accomplished by so many! Much like the threshing crews out in the fields – I imagine it was a lot like that as you worked to raise funds to move forward with your vision, as you dreamed the dream of one day having facilities that might be a tool for ministry, relationship building and a place of rest and renewal, and then the long stretch of being displaced, building and renovations. Look around folks! You have harvested an amazing bounty. You have worked together offering yourselves, your time, skills and financial support. There is much to celebrate and be thankful for.

As we enter a new season as a parish, we know that our work and ministry will continue to grow and evolve as we discern and discover opportunities for the future. Perhaps we might want to spend some of that time replenishing the soil of our souls – a time for spiritual formation, prayer, rest and renewal. A time to prepare ourselves for whatever God might have in store for us in the months to come. In other words, it is a time to strengthen our faith and our spiritual practices, to cultivate the ministries of our parish, to fortify and rejuvenate the seeds of possibilities while taking some much needed sabbath rest. Jesus said: *'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'*

Matthew 11:28-30, NRSV

Friends, let us enter this new season with open and willing hearts, knowing and trusting that God's hand is upon us, leading and directing our every step.

*Rev. Clara*

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**THE WARDEN'S CORNER**

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Autumn, known as Fall in North American English has arrived. Fall is one of the most colourful of the four seasons. The leaves are changing colours and starting to fall to the ground, and other plants are starting to display their fall colours and shedding their leaves as well. Isn't the English language interesting? The word "fall" is one of our 4 seasons but also means someone or something took a fall.

The planned installation of the security gate at the single emergency exit at the far end of the hall is in the process of being installed. The concrete steps have been poured, the gate has been manufactured and is yet to be placed. Once the gate is installed the emergency exit will be fully functional and there will be no possibility of anything on Chapel street blocking the use of the exit if it is required.

I would also like to ask that any of our church user groups using any meeting room or the hall to leave the room the way you found it when you are finished. If it is not done, it is left up to the Rector, Administrator or Verger to rearrange the rooms. Each of them have their own duties to carry out.

Synod 2018 is being held September 28-30 at the Songhees Wellness Centre in Esquimalt Victoria this year. We have 3 Synod delegates: Ted Barnett, Sandra Leigh and Carol Shaw. Rev. Clara will be attending as Rector of St. Paul's, Rev. Lynn as Deacon, and I will be attending as a lay member of Diocesan Council. Reverend Clara has promised that a report on Synod will be available in October.

Knowledge is of two kinds. We know the subject ourselves,  
or we know where we can find information upon it.  
Samuel Johnson (1709 - 1784)

*Boyd Shaw, Rector's Warden*

**NOTES FROM THE  
TREASURER**



The last Financial Statement available is to the end of August 2018.

|                           |                               |
|---------------------------|-------------------------------|
| Total Income for 8 months | \$ 162,151.12                 |
| Total Outgo for 8 months  | <u>190,971.26</u>             |
|                           | \$ ( 28,820.14)               |
| Balance fwd. Jan. 1/17    | <u>( 24,761.97)</u>           |
| <b>Balance (deficit)</b>  | <b><u>\$ ( 53,582.11)</u></b> |

At the end of August, we get to see the final results of our annual "summer slump" in offerings. We did not fare well this year. Our Open & Envelope offerings were under the budget we passed for 2018 by \$21,950.22. We are also under our August 2017 total offerings by about \$10,000.00. It is hard to put any kind of positive spin on these numbers. We have to be thankful that we have the Project Account to cover the growing deficit. However, as that account is shrinking, Parish Council has passed a motion that we not pay our Diocesan assessment or the \$1,000.00 per month we were applying to the building loan interest, until such time as our cash flow improves.

We must continue to be vigilant about our expenses and encourage everyone to keep their offerings up to date. It sure would help 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 telephone at 250-758-6674.

*Sue Gueulette, Treasurer*

# ANGLICAN CHURCH WOMEN

As we swing into Fall the ladies are still busy finishing up items for the Dorcas bundles for the Diocese of Caledonia. So many lovely items have been donated since the Shower and we thank you all for your generosity. We have several dates upcoming to note on your calendars. Please call Carol or Marilyn should you need a ride.

- October 3 ACW meeting - 12:30 Brown bag lunch: The Meeting will start at 1:00. Please come 15 minutes early to help stuff 50 Joy Bags prior to the meeting.
- October 4 Diocesan/Regional Day at St Peter's, Quamichan - 10:00 a.m. Eucharist at 11:15 a.m. We are excited to that Art Vickers will be the speaker. The theme is "Story Telling".
- October 7 Thanksgiving Pot Luck Lunch after the 10:30 service.
- October 13 Dr Bob Swain- All ACW members needed to help at 1:00 (prior to 1:00 for set up).
- October 20 Order of BC presentation at Christ Church Cathedral, a sign-up sheet is in the Narthex.
- October 30 PACKING OF DORCAS BUNDLES. St John's Church, Duncan 9:30 to 2:30.

At our November meeting nominations will be open to fill the positions of President, Vice President, Secretary and Treasurer for 2019. In the next month please think about filling one of these positions as new leadership is always refreshing and promotes strength.

*Carol Shaw, President*

## ALTAR FLOWERS

The main altar is available for flowers on:

- May 5th 2019
- June 16th 2019

Contact Colleen Johnston 250-753-2528

# FUN, FOOD & FELLOWSHIP

Harvest Pot Luck Lunch will be held on Sunday, October 7th after the 10:30 service. Sign-up sheets are in the Narthex for people to bring in pot luck items. We appreciate whatever you are able to bring and this will be an occasion to appreciate our blessings and friends through the church.

Upcoming activities include handing out goodie bags to little Trick-or-Treaters on October 27th as part of downtown activities. Appropriate donations are appreciated.

Remembrance Day – In conjunction with the Legion, our committee will be participating by serving hot dogs and beverages to the children participating in the parade and service of remembrance at the Cenotaph.

*Kathie Day & Sue McDonald, Co-Chairs*

## ANGLICANISM 101

Anglicanism 101: Back to the Basics – Thursday afternoons 4 pm until 5:30 pm at the Church beginning October 18th. If you are new to our Anglican way or have been an Anglican your whole life and have questions; if you are curious why we do the things we do, how we pray and worship and what that says about what we believe, or are interested in the history of the Anglican expression of Christianity – then this is the learning group for you. We will meet weekly until the end of November. Please register by signing up at the back table in the Narthex. If you have any questions, please speak to Reverend Clara.

## DUFFERIN LODGE

Dufferin Seniors lodge Anglican service the third Thursday of the month at 10:30 am.

We are looking for volunteers to help with the singing of hymns and assisting the residents. We have a small choir but there are no practices.

Contact Bonnie Culp for more information.

# PWRDF REPORT

## WORLD FOOD DAY October 16th

The Food and Agriculture Organization of the United Nations (FAO) created World Food Day to commemorate its founding in Quebec City, October 16, 1945. The goal of the FAO is to free humanity from hunger and malnutrition, and to effectively manage the global food system. World Food Day events are organized in over 150 countries across the world, making it one of the most celebrated days of the UN calendar. These events promote worldwide awareness and action for those who suffer from hunger and help strengthen the link between agriculture and food security.

PWRDF is the Canadian Anglican response for emergency relief, refugees, development and justice, and a proud member of Canadian Foodgrains Bank. Canadian Foodgrains Bank is a partnership of 15 Canadian churches and church agencies working together to end global hunger. Our vision is a world without hunger. We support programs that:

- Meet emergency food needs in times of crisis.
- Strengthen agriculture and livelihoods to improve access to food in the longer term.
- Improve nutrition, particularly for pregnant and breast-feeding women and young children.

We also advocate for change in public policies that improve access to food for families and communities, and deepen the engagement of Canadians in the work of ending global hunger.

*Janice Valecourt*

PWRDF Representative

## CHRISTMAS CARDS

This year, as PWRDF prepares to mark 60 years, we give you nine ways to celebrate the season with your loved ones. Help us be responsible stewards of the Earth and order from our inventory of best-loved Christmas cards – 9 different selections are offered.

Spread the word of the PWRDF's important work and support its programs at the same time. Packs of 12 cards and envelopes are yours with our blessings.

Cards may be ordered through your PWRDF parish representative, Janice Valecourt [email: [jvalecourt@hotmail.com](mailto:jvalecourt@hotmail.com)], or directly from PWRDF on their website under 'Seasonal Resources'. A donation of \$20 per pack to support our work is welcome. Donations of more than \$20 will qualify for a charitable tax receipt.

## *St. Paul's Christmas Marketplace*

**When? Saturday, November 24th  
10:30 am - 2:00 pm**

**Where? St. Paul's Centre for  
Ministry (ALL of it)**

**LUNCH**

**CRAFTS**

**ACCESSORIES**

**BAKING**

**DELI**

**SILENT AUCTION**

**ALL THINGS CHRISTMASY**

**MYSTERY GIFTS**

**JAMS & JELLIES**

**QUILTING**

For more information ...

Contact Patricia Sheen at 250-754-0121

## STEWARDSHIP

During the months of July and August, volunteers from the congregation staffed the 26 days we had the church open from Noon to 3:00pm. During this time we welcomed 76 visitors to our lovely church. Many thanks to all of them who gave of their TIME.

WELL DONE!

*Marjorie I. Adams*

Stewardship Committee

## NEW STALL FOR THE CHRISTMAS MARKETPLACE!!!

Our annual Christmas fundraiser is just two months away now. We are excited to offer a new stall this year. It is called simply "Accessories" and as the name suggests, will hopefully offer a range of items that we use to accessorize our outfits. We are seeking donations of new or gently used scarves (both for inner and outer wear); belts of all sorts and sizes; gloves; and purses. These will be displayed in the St. Mark Room.

All the old favourite stalls will be back - Baking, Crafts and Quilting, Jams & Jellies, All Things Christmasy, Mystery Gifts, the Silent Auction, and, of course, our delicious lunch served by our fabulous waiters. The date is **Saturday, November 24th**, starting at 10:30 a.m. Please think about what you may be able to donate, and mark it on your calendar as a date to bring your friends!



NOTES OF  
THANKS ...

Dear Friends,

*Thank you so much to my St. Paul's family and to the Prayer Shawl group for the beautiful shawl. I'm sure I will be using it frequently as I recover from my surgery. I'll cherish it and the love that went into making it.*

Sincerely,  
Jeanne Robertson

*I would like to thank my parish family for the great love you have shown me and for your beautiful words of encouragement. Bob would be very happy to see all the condolences that were sent to me & family.*

Jane Barnes

To my St. Paul's Family,

*Thank you so very much for all the cards, flowers, phone calls and hospital visits that I received during my recent illness. Above all, thank you for your prayers - they really have upheld me through a rather difficult time. I am not quite 100% yet, but am steadily improving, and hope to be in "fighting fettle" in a few more weeks. Love and blessings to you all.*

Sue Gueulette

Reverend Clara,

*Thank you for making sure the most important part of the day went through! We are so thankful for your hospitality and that of the St. Paul's community. This church will always hold a special place in our hearts. We ask that you continue to pray God's blessing over our marriage.*

In Christ,  
David & Elise

## THE LATEST NEWS FROM OUR EUROPEAN CORRESPONDENT

The following is an article submitted by Roseleagh Lalande. She and Claude are currently on vacation in Spain and have a very interesting story to tell.

Read on ...

Hi St. Paul's parishioners,

*Some of you may know that I have finally retired. Claude and I decided to take a European holiday and have some quality family time with our two sons here and their families. We headed off to Edinburgh and had a lovely time with our son Eric and family.*

*On September 1st, Claude and I started walking the Camino. There are lots of Caminos but we decided to do the one starting in St Jean Pieds du Port in France and trek the 800 kms to Santiago de Compostela known as "The way of St. James".*

*For those of you who are unaware a bit of history for you. There is no historical record that James preached in Galicia but there is testimony to that effect. It is said that after Christ was crucified James sailed to Galicia and started his ministry here. It seems he met with limited success and he returned to Jerusalem where he was beheaded by Herod. His disciples brought his body back to Finisterre for burial. Queen Luna vowed to destroy his body, so his disciples escaped over the river Tambre with the bridge collapsing as soon as they had crossed. They laid James body to rest in Libredon now Santiago.*

*The story starts again in 813 a.d. when a shepherd was drawn to a field by a bright star. The bishop of Iris Flavia confirmed the discovery of the grave of the apostle and the story of st. James was resurrected.*

*The Middle Ages saw lots of pilgrims traverse this route once the crusades collapsed and they lost accessibility to the holy land. The way is portrayed all along the route with a scallop shell. This is the map that Claude and I are following which can be challenging at the best of times. We have not got seriously lost yet and we have completed 500kms.*

*We started in St. Jean Pieds du Port with a two day strenuous hike up the Pyrenees. Needless to say it was an arduous climb. We stay in Albergues which are definitely out of our comfort zone. Some Albergues sleep a couple of hundred people in-bunk beds. Lots of night noises going on! We have shared bathrooms and a pilgrim meal together.*

*We have visited many churches from medieval times along the way and have received the "pilgrim" blessing. I can't begin to describe to you the attitude of the pilgrims. An Albergue posted a sign which stated "tourists demand. Pilgrims give thanks." We have had great conversations and laughter with people when we can't understand their language. Somehow we find a commonality. We walk about 25 kms per day. It has been unusually hot so we are up early and usually on the road in the dark by 6:30 and stop by 2:00 p.m. We have taken two days off, one in Pamplona and one in León. Great to explore these two fabulous cities and rest our feet.*

*If anyone is interested you can follow my blog at [Wordpress.com](http://Wordpress.com) and/or [roseleagh.com](http://roseleagh.com).*

*We have lots to share with you and will happily write something for the next Contact. We would appreciate your love and prayers.*

*Love to hear news from home so you can always email us at [roseleagh@gmail.com](mailto:roseleagh@gmail.com). Wifi is very sporadic but we manage to pick up every few days.*

*See you in January,  
Roseleagh & Claude.*

## *Parish Happenings*

### **Weddings**

Elise Anna Bigley

David Hendrik Bakker

September 23, 2018

### **Newcomers**

Joshua & Angelena Essery

Sydney Gallinger & Brian Heltman

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

Those of you that receive the Worship Schedule will have noticed that the latest schedule only covers the months of October & November.

We will be issuing another Worship Schedule for the months of December & January in due course.

The deadline for the November Contact will be October 29<sup>th</sup> at 9:00 a.m. Thank you.

**Happy Thanksgiving everyone!**

Until next time ..