

The Communicator

“To seek and encourage growth as a Christ-Centred Community, empowered by the Holy Spirit, to know God and to make God known in word and deed.”

SUNDAY SCHOOL – WELCOME BACK!



I am so happy to announce that Sunday School is gearing up for a restart in September! The teachers are looking forward to seeing you all again as we learn and grow in our faith together.

Our opening day will be Sunday, September 12th, with early registration being offered on August 29th and September 5th. You can register in person or via email. There are Sunday School classes available for 3 to 18-year-olds.

We want to respect everyone's comfort level so there will be some minor changes. Larger classes will be held in the bigger areas to allow for ventilation and physical distancing. Snacks will be store-bought rather than homemade for now, and masks are advised. Hand sanitizer will be available. We are doing what we can to preserve the health and safety of our youth, children and teachers.

There are two special activities planned for our opening day, Sunday, September 12th. Pastor Paul is asking all children, youth and teachers to bring their backpacks or satchels, and during the service he will offer a “Back-To-School Blessing”. He will then give each participant a laminated tag containing a message of God's hope and love. Also, following the service and Sunday School, everyone is invited to stay and enjoy a barbeque lunch.

Come and join us Sunday, September 12th and bring your friends and neighbours!

Any questions, contact Valerie Reimer, Sunday School Coordinator

stcuthbertsundayschool@gmail.com



My Hospital Stay Due to Blood Clots

Dear St. Cuthbert Church Family,

My wife and I wish to thank you all for your efforts in making my 8-day hospital stay over the Easter period bearable.

Because the Covid restrictions prevented visitors, the Zoom Easter Service, your prayers, the delivery of Communion bread, flowers, cards and phone calls were a lifeline, when I was unsure of what was happening to me.

I am now back to normal, and eager to resume regular Church Service attendance and participate in the 'after Church socializing', after a year of Zoom services.

I look forward to seeing you all on Sundays, as we all slowly get back to normal,

Your Brother in Christ,
George Goater



Summer 2021

Thanking God for carrying us through the fears and struggles of a pandemic and guiding us all to practice grace and love with one another. Some of us are ready to breathe easier and some of us feel safer remaining cautious a spell longer. All is well, and keeping peace along the journey gives glory to God.

This summer a small group of our St Cuthbert college age young adults and high school youth reconnected to break the social isolation experienced through COVID. Appropriate precautions were employed to help participants feel safe. We first met outdoors enjoying the simple gift of food and fellowship, sharing our reflections from pandemic times as well as our dreams for the future. Our latest gathering was a Sunday afternoon bowling event at nearby Scottsdale Lanes. Plans are in the works to get together in an outdoor setting one more time (hopefully poolside) on Saturday, August 28th.

Please join me in prayer as members grow in their confidence and communication strategies to help these gatherings be inclusive and Christ centred. God has put a desire in my heart to use the Young Life ministry model (tiered discipleship) to help coach/mentor and walk alongside these budding next generation leaders. May the Lord bless them and inspire them in their journey. May we all take time to be still and listen for where God is calling us to join him in His Kingdom building work.

Peace and hope to you,

Rassamee Ling

Returning to Norlam?

“What?” you might be asking (and understandably)...

I hear more and more often about returning to normal as the vaccination rates climb and the variants get under control. But for the person of faith, is ‘getting back to normal’ the goal?

I have thought about Holy Scripture and if there was a story about ‘getting back to normal’. I think about Jesus calming the storm, and all was calm. But that’s about it. Most often the ‘returning’ that is spoken of is ‘returning to the Lord’. That is the ‘normal’ for the follower of Jesus – to follow. And when we grow complacent or lose our focus - the call is to stop, change our attitude/perspective, and refocus on the One we are following. It is an act of our will, it is an act of obedience.

What is it about ‘normal’ that appeals to us? I wonder if normal often means what is comfortable; what is predictable; what we know. Is that so bad? Well, no. But it could very well be limiting. What if “more” or extraordinary was around the corner and we settled for normal? Bruce Cockburn is a Canadian singer/songwriter that I like. The following is a verse from a song that sounds the warning of ‘normal’.

The Trouble with Normal is it Always Gets Worse

*Callous men in business costume speak computerese
Play pinball with the Third World trying to keep it on its knees
Their single crop starvation plans put sugar in your tea
And the local Third World's kept on reservations you don't see
"It'll all go back to normal if we put our nation first"
But the trouble with normal is it always gets worse
But the trouble with normal is it always gets worse*

“When you are in distress and all these things have happened to you, then in later days you will return to the Lord your God and obey him.” Deuteronomy 4:30

“Ever since the time of your ancestors you have turned away from my decrees and have not kept them. ‘Return to me, and I will return to you’, says the Lord Almighty. But you ask, ‘How are we to return?’ “Malachi 3:7

“This is what the Sovereign Lord, the Holy One of Israel, says: ‘In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.’” Isaiah 30:15

So let us all be attentive to the work of God the Holy Spirit as the church opens-up, we are able to meet in-person again and resume, in its fullness, the mission and ministry of Christ’s body, the Church.

May God knit us back together again, perhaps in a pattern that we have not seen before.

I am looking forward to some dates on the calendar:

Sunday September 12 – Sunday School resumes and we gather for a “Welcome Back” BBQ on the church lawn.

Saturday September 11 – Men’s Breakfast @ St. Cuthbert

Saturday, October 23 – Confirmation at Christ Church Cathedral, 10:30 a.m.

And I am looking forward to being together more and more...Glory to God from generation to generation; in the church and in Christ Jesus. Amen.

Yours in Christ, Pastor Paul

National Indigenous People's Day 2021 by Pastor Paul Woehrle

The photo records the image of the wall hanging in the style of a button blanket and its creator, Beth Fortin. It was dedicated on June 21, 2020 on the occasion of the 60th Anniversary of the founding of St. Cuthbert. The 21st is also National Indigenous Peoples Day in Canada, which honors and recognizes the contributions of the First Nations, Inuit and Métis communities. (June is also National Indigenous History Month in Canada). 2021 marks the 25th year of this celebration in Canada. If you would like to hear Beth talk about the process of creating the wall hanging, go to our website, www.stcuthbert.ca click on the "Zoom" link and then scroll down to June 21, 2020. There you will find a link to her talk.

In recognition of National Indigenous Peoples Day in 2021, the following was said by me, "We also recognize the National Indigenous Peoples Day in the Anglican Church of Canada and we name our "Goliaths", believing that in faith and overcoming the fear, we can move forward to reconciliation in this land between the settler people and First Nations, Inuit and Metis." It had just come to light that 215 unmarked graves had been discovered at the site of the former Kamloops Indian Residential School. The following is from the letter from Bishop John, "The discovery of the unmarked burial site at the Kamloops Indian Residential School, and the remains of 215 children found there has shocked us all." To read the letter follow the link <https://www.vancouver.anglican.ca/news/pastoral-letter-from-bishop-john-stephens>

Kelly Bowman was on Altar Guild for that Sunday and on Saturday she was at church to prepare while the news of this discovery was still burdening her. She had the idea of honouring these children whose remains had been found and wondered if a pair of baby's shoes attached to the hanging would be an appropriate way to remember them. We spoke and I asked her to ask Beth, and if Beth thought it was, then to do it. Beth thought it was a good idea. A photo was taken and a short caption forwarded to Randy Murray, Diocesan Communications Coordinator. He posted it on the Diocesan "Anglican Conversations" Facebook page and in the on-line news. People were touched by the photo and we received calls at the church asking about it and a request to use the photo for a church's remembrance.

So you see, when things are done 'in a good way' there is fruit borne from the act, large or small. Thanks Beth, for modelling this to us and for sharing your gifts and your story. Thanks Kelly, for being sensitive to the prompting of the Holy Spirit. It was a totally appropriate way to mark the special day and to grieve in light of the recent discovery.

May we continue to learn from each other on the journey toward reconciliation.



Residential School by Fay Pereira

Like so many, I have been heartsick over the recent discoveries of unmarked graves on the grounds of former residential schools. But even more, I have been sickened by the ongoing revelation of the cruelty and deprivation inflicted on these little ones and the Indigenous people of Canada, especially by those who should have been their advocates rather than their tormenters.

As a child, I knew about the First Nations reserves. I didn't know about the quality of life on many of them and I certainly was never taught about residential schools. Even if I had, I would have imagined they were like the convent schools that my mother attended all through her childhood. In terms of what I learned in school I am glad to say that those who taught me about the First Nations peoples in Social Studies were respectful to them and I learned about them and their customs with interest.

I didn't learn about the existence of the residential schools until I took a course about the history of education in Canada at university when I was 31. Up until then I believed that there were schools on the reserves as one of my friends taught at one in the Caribou region of BC. I learned more about residential schools from Indigenous teachers and support staff as I trained and worked as a teacher. From one of my colleagues, I learned that her father, by constantly moving, was able to keep his children out of residential school. I was horrified when she told me that the government officials would come and simply collect the children. Imagine. Your children go out to play in the morning, and never come home because they've been "scooped". Or they are wrenched from your arms. From her, and from others I worked with and got to know, I learned about life-long struggles endured by so many Indigenous people and the extraordinary courage that they showed to overcome these struggles and to help to support and encourage others.

In a recent sermon, when referring to our brokenness, Paul made the analogy to a diagnosis. In order for treatment and healing to begin, the diagnosis has to be received and accepted. As a nation it seems two things are necessary: that we receive the outpouring of grief and the recounting of experiences that the Indigenous people are finally able to express and that we educate ourselves about the history of their mistreatment in order to increase our knowledge and understanding. As followers of Christ, each of us needs to listen attentively and compassionately. Not only do we have to seek knowledge about what happened to the Indigenous people, but to contrast that with what the Scriptures say about sharing the Gospel and how we are to treat others. In the life of a Christian, truth is vital, so I think we are also called to correct misinformation and misconceptions as we encounter them, based on what we learn. As we determine what our own personal and parish-based action might be, we must look to the Indigenous people to hear and be guided by what they need from us.

63rd Wedding Anniversary by Pastor Paul

Joanne Woehrle's parents, Dr. Glen and Mrs. Jean Smith, celebrated their 63rd wedding anniversary with family from BC, and Ontario and a cake from Delish Cakes and Pastries.

They are in their ninetieth year and reside in South Delta.

Thanks, Shama and Sapna!



Pursuing Truth as Faith in Action by Rassamee Ling

This has been a tumultuous season laden with a growing burden to seek truth and deepen our understanding of diversity in society. The Black Lives Matter movement in 2020 and the recent broader revelations of the residential school history here in Canada are both a call to educate ourselves. I started my learning journey out of a desire to explore how to put my faith in to action.

That journey began when a staff person in the Young Life Canada organization shared her recommended reading list with me. The first books from that list taught me a whole new language about diversity and what it means to be a true ally. I learned that silence is not neutral, but rather it upholds and strengthens the existing status quo of any inequity. I learned about concepts such as ‘implicit bias’ and ‘white privilege’. It’s true, I have benefited from opportunities and resources that I took for granted or saw as a right and yet which are not equally available to all. In reading these books what I really wanted to learn was how I can stand up for and be a true ally for people whose voice has historically been silent or unheard and who seek healing through sharing their truth.

My more recent learnings have circled around a desire to support my Indigenous brothers and sisters as the raw wounds of grief over the buried past are re-opened. While watching a webinar hosted by an Ontario church and local Indigenous groups, I was made aware of the Truth and Reconciliation Commission of Canada action item list (2015). It was very informative. It includes a set of recommendations for churches in items #58-61. Many of the action items in the document centre around education and learning the truth. Deeper understanding drives us to more genuine compassionate listening so our hurting brothers and sisters can be ‘heard’ and begin their journey toward healing.

The next resource I want to dive into is a study guide based on the video, “Doctrine of Discovery: Stolen Lands, Strong Hearts”. It is a documentary compiled and written by the late Rev. Canon Ginny Doctor and produced by Anglican Video in collaboration with the Primate’s Commission on the Doctrine of Discovery, Reconciliation and Justice. I would love to work through this resource, and learn alongside a community of individuals willing to explore the historical truths together.

God has given us the gifts of compassion and curiosity, and the strength of his unconditional love. The verse from Micah 6:8 instructs us on how to responsibly use all God’s gifts. “He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly, love mercy and walk humbly with your God”. May we walk this journey of life being humble enough to listen and learn. May we lean on the Lord’s strength to pursue truth and be active allies building strong community connections everywhere the Lord directs us to live out our faith.

Respectfully yours, in this journey with Jesus and you. Rassamee Ling

Links:

1). Truth and Reconciliation Commission of Canada: Calls to Action (2015) https://ehprnh2mwo3.exactdn.com/wp-content/uploads/2021/01/Calls_to_Action_English2.pdf (go to #58-61 to read recommendations to churches)

2) Video, “Doctrine of Discovery: Stolen Lands, Strong Hearts”. <https://vimeo.com/321909285>
Accompanying study guide for small groups. https://www.anglican.ca/wp-content/uploads/doctrine-study-guide_ver3_complete.pdf

3) Article, “Ring the bells and the Four Directions Prayer” (including image of our parish banner created by Beth Fortin). Diocese of New Westminster, National Indigenous Day of Prayer, June 2021. <https://www.vancouver.anglican.ca/news/national-indigenous-day-of-prayer-in-the-diocese-of-new-westminster>

For anyone who would like further information, please check the following website for an upcoming event: <https://www.eventbrite.ca/e/canadian-indigenous-realities-and-the-canadian-church-with-ray-aldred-tickets-165148287975>

Anglican Church Women by Kelly Bowman

It has been a challenging time for everyone with this pandemic. I am happy to report that our Anglican Church Women's Group was very successful in staying connected. We enjoyed many meetings in person and on Zoom.

We were very excited to wrap up the season with our annual summer lunch gathering in St. Cuthbert's memorial garden. We felt it was a good opportunity to reach out to other women in our church community and invited many to join us. We were thrilled to have women from 20 to 93 years of age attend, as well as a guest from St. Helen's. In all we had 21 ladies enjoying pizza, dessert and fellowship together. We did our best to follow Covid-19 protocols. However, I must admit, that the gals were so happy to see each other and visit, that sometimes the six feet rule was a bit short. We raised \$70.58 in "Fellowship of the Least Coin" donations and enjoyed a lovely afternoon together. Having our ACW connections has made a huge difference in getting through the months of shutdowns and restrictions.

We will be starting up again for the fall season on Monday, September 13th at 7pm in the church narthex. Please join us, we'd love to share our good times with you. We meet every month. As the restrictions are lifted we hope to have guest speakers and are really looking forward to our annual Christmas potluck Dinner in December. We'd also like to extend our thanks and appreciation to all of you that have supported our various fundraising. We'll be starting that up again soon too. It will be so nice to enjoy our Christmas Services with the church decorated in poinsettias and greens. Hope to see you at church soon.

Yours in Christ, St. Cuthbert's ACW



A Bit of Exercise by Barb Steele

With the advent of Covid, exercise/get-fit/stay-fit classes came to an end. Anne, remembering that she'd read that Yolanda is a fitness instructor, asked a group of ladies if they would like to get together. Several said yes, so Anne approached Yolanda. With permission granted from Parish Council, a small group of us began, in June, meeting on Friday mornings in the 116th Street parking lot for an hour.

The group varies week by week. Initially it was only St. Cuthbert ladies but now a few friends have joined us too. One week we even had a man passing by on the sidewalk join in just from the far east side, and another week the children from daycare joined us!



Thanks Anne and Yolanda for a good idea and for getting us organized. In addition to exercise, we're having fun and meeting some different people. It's all good.

The Significance of Hair in Indigenous People's Culture by Beth Fortin

There are many teachings and practices in our culture that are significant to who we are as Indigenous people. One of many things important to our cultural identity is our hair. Our hair is considered sacred and significant to who we are as an individual, family, and community.

In many bands, it is believed that a person's long hair represents a strong cultural identity which promotes self-esteem, self-respect, a sense of belonging, and a healthy sense of pride. As part of practicing self-respect, we are taught to take good care of our hair through proper grooming.

In preparation for ceremonies, we take great care in the grooming, styling, and ornamentation of our hair. It is a form of creative self-expression that reinforces our connection to our family, band, and Creation. Some bands will use two braids, while others will use three. Women and men will adorn their hair with fur wraps, woolen wraps, feathers, fluffs, and bead work for war dancing and ceremonies.

How we relate to our hair is a constant reminder of our connection to our culture and a distinct worldview grounded in the sacredness of relationships. Braiding a child's hair is the beginning of establishing an intimate and nurturing relationship. It is a beautiful way to bond and a powerful way to reinforce the sacredness of relationships. There is a teaching about the symbolism of the braid itself that reaffirms this practice: it is said that single strands of hair are weak when tugged on; however, when you pull them all together in a braid the hair is strong.

When we cut our hair, it represents the end of something that once was and a new beginning. When we do have to cut our hair it is never to be thrown away, but rather burned with sage or sweet grass in a ceremonial way. When our hair is burned, all of our thoughts, prayers, dreams, aspirations, experiences, and history rise to the Creator to be properly taken care of. We are then guided in the direction for our prayers to be answered. Throwing our hair away is a form of personal disrespect.

Alex has grown his hair two times to donate in his 27 years. When Alex was nine he donated his 24" braid for Wigs for Kids. This spring, Alex again donated 24" for Wigs for Kids. When I asked Alex "Why give up your strength?" he answered, "So that children fighting cancer can use my strength to fight!"



If you wish to donate like many St. Cuthbert parishioners have in the past, you can get information on their website:
www.wigsforkidsbc.com

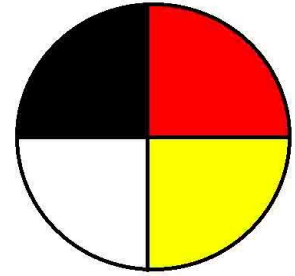
Wigs for Kids BC
c/o Eva & Co Wigs
3216 Oak Street
Vancouver, BC V6H 2L3



All My Relations - Four Directions Prayer

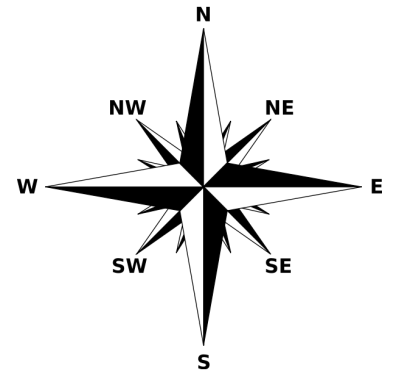
Written in June 2020 by the late Rev. Vivian Seegers

Jesus Christ is the light of the world
A light no darkness can extinguish.
We thank you Creator for the Medicine you send
from the Four sacred directions.
The medicine You send in Your Son Jesus Christ,
The Medicine You send in the Sacred Drum,
The Drum that brings us one heartbeat.
One heartbeat into unity with all of Creation.



We thank You for the reminder
that we are one with Mother Earth and with all of Creation.
We thank You for the Medicine You send
In the Four Sacred Directions of the Wind.
Wind that brings us changes of season, changes in our lives.
It allows us to mature, adapt,
Become more compassionate and loving to each other.

We thank You Creator for the Medicine that You send in the Water,
The Water in our bodies and the Water of our Mother Earth.
We thank You for the strengthening that You give us
From these Four Sacred Medicines.
We ask You to remind us always to be humble
To walk gently on the back of Mother Earth
To remember that we are pitiful
Like an infant without its mother
We are pitiful without You
And we need You
In every way,
In every day.



We pray today for the strengthening
the health and the wellbeing
of the two-leggeds, the four-leggeds
Those that creep, those that swim, those that fly.
The male and female of all creation
Water People, Rock People, Star People.
We ask especially for our awareness and actions.
For the cedar trees in our area
Here on the west coast
Remembering that they need a rainforest that is healthy.



What does All my relations mean? (Added by Beth Fortin)

We are all related or all are related. It means that all living things are connected, to each other and to the Creator, the Higher Power. Everything we do has an affect on others and on our world. Some wish to acknowledge that if an error was done, it was not done in any callous manner. We all wish to walk the good path. I also use this salutation in my work emails.

Parish Family News

Congratulations to Precious on her graduation from Sands Secondary. She received an academic achievement award and the top senior student foods award. In September she will be off to university where she will be studying psychology.

As far as we know, Precious is our only Grade 12 grad this year. If we've missed you, please let us know.

Coffee Time Returns

It was a happy day indeed when the congregation could once again gather for coffee, tea and a visit following the 10:00 am service on July 25th.

Anne and Joanne are enjoying their first cup together in long time.



MISSION IS POSSIBLE: EMPOWERED BY GOD

The Anglican Church Women of the Diocese of New Westminster

Invite you to attend their Fall Gathering/Conference

Saturday, October 16, 2021

9:30 AM – 2:00 PM

Hosted by

St. Michael's Multicultural, ACW

409 E. Broadway

Vancouver, B. C.

ALL WOMEN ARE WELCOME!

With Keynote Speakers:
2020 ACW Bursary Recipients

Rev. Lorie Martin

Rev. Amanda Ruston



Luncheon Cost: \$10.00

Register at acw@vancouver.anglican.ca by October 8, 2021

Birding and the Holy Spirit by Joanne Woehrle

Paul and I attended a lovely retreat at the Sorrento Centre in August that was called “Birding and the Holy Spirit.” We were attracted to the course as we were first introduced to birding over ten years ago at a course at the Sorrento Centre in June, the time of the spring migration of many bird species through the Shuswap area. We were looking forward to gathering with like minded folks and to learn some thing new.

This course helped me realize I am a Christian Bird Nerd!! I get so excited about birds, and it was a delight to discover that God uses birds throughout scripture to communicate his love and ways of being in the world. Here are a few examples. When God creates the world in Genesis, the text mentions the Spirit “brooded over” the waters to give birth to the land. The story of Noah and his courageous adventure in the Ark with all the animals came to a new chapter when a dove or pigeon was used to go out and seek information about whether there was new land. The bird brought important information about the land, and when it did not return the third time Noah assumed it was now safe to go ashore. The Psalms are full of imagery that helps us understand God’s care and power and protection over us using the imagery of eagles whose strong wings protect their little ones from danger. When Jesus’ parents presented him as a baby at the temple they gave the offering of two pigeons, the sacrifice for those who were poor, in order for mom and baby to be purified according to the law. As an adult Jesus was baptized by John and the Holy Spirit came down “like a dove” from above and the people heard God’s voice say, “This is my son, whom I love; with him I’m well pleased”.

We learned about an app called the Merlin bird ID. It has a fantastic sound recording component that helps you identify birds just by recording their song. We were camping at the Sorrento Centre and were surrounded by trees, The leaf canopy was pretty thick so it was hard to actually see and identify birds with our binoculars. We would record the song though and the app would immediately suggest which bird it was and as a result I realized I was surrounded by birds I have never seen up close, like the Pacific Slope Flycatcher, the Red Eyed Vireo, Common Yellow Throat and the Orange Crowned Warbler. I was able to finally find them in the trees with much persistence once the app had told me what to look for. How often is life like this? I believe I often just have my head down trying to go about my day, doing my work, getting my tasks done and I’m not aware of how God is right beside me, guiding me, protecting me, laying a path forward towards the direction I should go, putting up barriers when I should stop and take a second look, check in with God before proceeding or just take a breath and pause, and pray to reconnect with the Spirit. Prayer is our God app.

We also read some chapters from different authors like Jonathan Franzen (My Bird Problem) who are also avid birders. One writer, Gayle Boss, author of “All Creation Waits” reflected on the joy of the Chickadee at the winter back yard feeder consuming their sunflower seeds. Birds live in poverty. They have to rely on God daily to provide for them. They rely on us to not damage the little bit of

healthy ecosystem that is left for them to hunt for food and live out their lives. They exhibit great joy at our winter feeders, especially the Black Cap Chickadee who seems to absolutely love the sunflower seeds and is always waiting for me by the front door when the feeder is empty saying “hello there, are you going to fill the feeder?” Will there be enough of what they need to take them through the dark night, into tomorrow? Beyond reason, like many of the Saints, they act as if the question is truly an opening, a freedom, a joy. Can I trust God like the Chickadee?



The Family Bubble Double by Pastor Paul

Joanne and I have been rowing at Delta Deas Rowing Club for over ten years. For Joanne it was a return to rowing (from UBC Varsity Women's Crew days). I took a Learn-to-Row Course in 2010.

During the Pandemic, Rowing Canada developed protocols for safe rowing. The only people who could row a double (two people, four oars, or blades) had to be in a family bubble. Rowing regularly through the year (only ice on the water or lightening stops us) was a huge gift for us. Getting out in nature and elevating the heart rate while working on improving technique was a wonderful outlet and discipline during the lockdown. Joanne is in stroke seat, and I am in bow seat and use a small mirror attached to my cap or sunglasses to see behind me.

Check out Delta Deas Rowing Club (DDRC) <https://www.deltadeas.com/> The photo is on a day we raced (the only race this year) so we wore our club colours. Photo by Stuart McCall <https://www.stuartmccall.ca/>



When Stuart and his wife Jane row with us we are the family bubble double x 2 (a.k.a. a Quad)

Operation Christmas Child

It's that time of year where we once again look forward to cooler temperatures, fall foliage, pumpkin spice everything, and *Operation Christmas Child* shoeboxes.

Since 1993, more than 188 million children in more than 170 countries have received an Operation Christmas Child shoebox. The project delivers not only the joy of what, for many children, is their first gift ever, but also gives them a tangible expression of God's love.

While the empty shoeboxes will be available for parishioners to pick up October 10 (Thanksgiving) now is an excellent time to begin collecting those items that we need to fill the boxes.

Suggested items include:

- school supplies (readily available now)
- hygiene items - toothbrush, comb, hard soap, washcloth
- fun stuff - small stuffed toys, puzzles, hair ties, toy cars
- clothing - t-shirts, gloves, hats, socks

I'm sure you will find many more interesting items to pack in your box. Candy, liquids, gel or paste of any kind are prohibited, in part due to custom regulations in many of the countries the boxes are sent to.

St. Cuthbert's has been a part of this outreach since the very beginning and the generosity of our parishioners is very overwhelming. It is a great way to involve your children and grandchildren in meaningful evangelism. Kids of all ages, from 1-100, enjoy shopping for and packing a special box or two.



If you have packed shoeboxes in the past, thank you, your efforts are very much appreciated. If this is a new adventure for you, welcome, it is truly an act of love.

Sharon Grove

Parish Council Corner

Parish Council has continued to meet via Zoom but is looking forward to soon being able to meet in person. This is only one part of the parish's return to a new normal following Covid restrictions. We welcomed the resumption of in-person worship as of June 13th, and are encouraged that parish ministries are preparing to resume in September. The Wardens have contacted many of the heads of ministries to offer assistance.

Any ministry heads who wish assistance in gearing up for September, or any parishioners who have questions or comments about the parish's handling of the Covid restrictions, are invited to contact the Wardens.

The weekly offertory is lower than in 2020, but overall the parish is in a surplus due to reduced expenses and receiving Covid-related subsidies from the Diocese and Federal Government. Parish Council is grateful for parishioners' faithful support of our parish.

Here are some of the activities of Parish Council in recent months:

- Security cameras have been installed in the parking lots along with a smaller refuse bin, in order to address the problem of refuse being dumped on the property after hours.
- The Diocese has provided \$2,000 to cover some of our digital worship costs during Covid. A switching box has been purchased for the digital worship team to facilitate on-line worship broadcasts.
- The Diocesan Consolidated Investment Fund is being investigated as an option to invest some of the parish's funds and obtain a higher rate of interest.
- Approval has been granted for the parish halls to be used as polling stations in the next federal election. This will provide some additional income.
- Maintenance work has been done at the rectory by parish volunteers.
- The installation of the new office phones has been completed.
- The Exploration Committee has started meeting and 14 parishioners have volunteered to participate.
- The Diocesan lawyer has been engaged by Parish Council to investigate obtaining a release from the Hydro easement on 116th Street in order to expand our development options.
- The Faith in Action Committee has started meeting.
- New gowns have been purchased for the adult choir.
- Another parish work weekend at Camp Artaban is being planned for 2022.
- The Abhishek congregation has resumed worshipping in our Sanctuary on Sunday afternoons.
- The Social Committee is planning a Welcome Back BBQ for September.





Welcome Back BBQ!

The St. Cuthbert Social Committee invites you to a "Welcome Back BBQ", to welcome everyone back to church after our long months of isolation and to celebrate the start of our parish's new program year.

The BBQ will be on Sunday, September 12th immediately after the 10:00 a.m. service. Hot dogs, chips, ice cream and drinks will be served.

See you there!



**All services may
change due to
COVID protocols.
Please check your
email for the
latest news.**



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We are on the web
www.stcuthbert.ca

The Communicator is brought to you by:
Barb Steele & Beth Fortin.