



# THE COMMUNICATOR

St. Cuthbert Anglican Church

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"To seek and encourage growth as a Christ-centered community, empowered by the Holy Spirit, to know God and to make God known in word and deed.

You're Invited!

# ANNUAL WELCOME BACK BBQ

September 10th, 2023  
After 10am Service  
St. Cuthbert Anglican  
Church



# Memorials and Funerals by Pastor Paul

Jesus said, “Do this in remembrance of me.” This is at the heart of our Eucharistic liturgy as we prepare to receive the Body and Blood of our Lord Jesus Christ.

As we remember, I believe we are re-membered, that is, put back together as a community of faith; in Christ, with Christ and through Christ.

The ministry expressed in a funeral or a memorial has this same element of remembering. I did one memorial in March for Jean Meyer, and since May I have been involved in seven other memorial services and one funeral, with another memorial service scheduled for September. We have memorialized Hazel Percy, Tammy Wilkenson, Peggy McMillan, Petar and Maria Kvenich, Gregg Burhoe (St. David’s), Helen Matson (St. David’s), Monique Mugisha and Priscilla Tate-Smith.

I took the two memorial services at St. David’s at the request of their Rector who was away on holiday. Another memorial was at Valley View Cemetery on the occasion of the 18-month anniversary of the person’s death (which was also their birthday).

This is a rich opportunity for me to draw near to individuals and to families, to be allowed in to a ‘family circle’ which is a privilege and a sacred trust. I hear many stories and am able to work with a liturgy and hymns and songs in order to fulfill stated wishes and help loved ones process their grief, celebrate a life lived and to remember. Sometimes I meet with family members at the bedside of their loved one to pray, to anoint the dying person, and if possible, share Holy Communion. There is usually a meeting with the family to talk, share stories and to plan. There is a second meeting to share a draft of the service and to determine who might be reading, contributing to a eulogy or leading the prayers of the people. There may be another meeting at church to set up memory boards, have a run-through of the slide-show, or to arrange the flowers. I may or not be at this meeting since there are other members of the team who guide and assist.

I work with a team (including the family of the deceased). They are; Sharon Grove and the Altar Guild, Beth Fortin, who is a whiz putting a bulletin together and responding to people’s questions, and the Funeral Tea Team, headed by Leslie Ward. Our musicians, Laura Forst and Coleen Metcalfe lead both instrumental and sung worship. And on one occasion I was ably assisted by Dara Crandall, a student at VST who was doing her field placement with us. Together we exercise loving hospitality which is a powerful expression of the love of God.

## Wisdom for Life

Ecclesiastes chapter 7: verses 1-4

*1 A good reputation is more valuable than costly perfume. And the day you die is better than the day you are born. 2 Better to spend your time at funerals than at parties. After all, everyone dies—so the living should take this to heart. 3 Sorrow is better than laughter, for sadness has a refining influence on us. 4 A wise person thinks a lot about death, while a fool thinks only about having a good time.*

If you would like to discuss your funeral (with body present which will either be followed by burial or cremation) or memorial (with cremated remains present or not) and committal (burial in a plot, placement in a niche, committal to the deep, or scattered in St. Cuthbert’s Memorial Garden) - please speak with me. I would be happy to meet with you. It is never too early to plan this important transition. We could also discuss how you might remember St. Cuthbert in your estate planning.

Yours along the Way, Pastor Paul

Remember St. Cuthbert in your estate planning.

# **Why host a summer day camp for children? Pastor Paul responds, “To train young leaders.” Huh?**

I encountered Crosstalk Ministries Bible Day Camps when I arrived in the Diocese of Montreal in 1989. 1990 was my first experience and I thought it was excellent. After four years of hosting the week-long day camp we became a training parish, where ‘travelling team’ members would come and lead their first camp after a week of residential training, learning each aspect of the program. Following the ‘training week’ they would commit to going to four different parishes and volunteer with the parish team to deliver the Crosstalk Program, Monday-Friday, 10 a.m. – 3 p.m. with a closing service on Sunday.

Crosstalk Day Camps have been gathering children for 40 years. I have found that the week of Day Camp is an enriched environment for leadership training for youth as young as 12 years old. The program is geared toward campers 4-12 years old, but there are some 12-year-olds who thrive as helpers, paired with an older leader.

The format of the camp is also a winner in my mind. The team gathers at 9 a.m. and there is coffee, tea, juice and muffins as the team meeting begins with prayer and a devotional based on the Scripture for the day @ camp. Time is given to confirming assignments for the day and any preparations that need to be finalized for the afternoon special event.

Children arrive at 10, but there are always ‘early birds’ and we are ready for them with an adult team member with younger helpers engaging campers in a craft prior to the program start. Scramblers (4’s and 5’s) also eat their lunches and have an afternoon program that is slowed-down with a time for quiet rest or crafts, while the Climbers, Explorers and Pathfinders have an afternoon full of wide games and relays. There is a regathering of all ages at 2:45 and pick-up at 3 p.m. A team meeting follows. Wednesday is water day for all and the message is ‘dress-to-get-wet’.

Some of the craft or Creative Connections are a week-long and are highlighted in the closing service. This is motivation for a child to attend the Sunday Service and to have their family come so that they can see what their child(ren) have been working on (and what they are so excited about). This past summer the Creative Connection choices were painting the chasuble and altar frontal, the Psalm tree, and the liturgical dance. I really like the continuity of these craft projects, overseen by adults and teen leaders.

A big part of becoming a Day Camp leader is realizing that you are no longer a camper. The day is long, and it is demanding being with children and responsible for them and for delivering the program. Some of our leaders shine, and some of our leaders and helpers struggle with this transition. But for all it is a time of growth.

One thing I have learned is that having a lunch crew who make lunch for the team (as well as snacks for the campers and team!) is an important part of Day Camp. This year it was headed-up by Jan and assisted by Dale, Izak, Jill, Leslie, Gaynor and Shama. Bravo. They not only fed us, but they provided, along with Kelly who supervised the children for 30 minutes, a break. It also communicated that they were leaders, and were being supported. The fact that we had 12 teen leaders and 13 adults on site most days is the kind of support that is needed for success and for responding to the situations that have not gone to plan.

I am proud of the 2023 “Something to Celebrate” Day Camp team and was happy to be a part of it. This is part of our outreach into the community but I view it as primarily a discipleship opportunity in building young leaders. I am glad to hear that there is enthusiasm from a number of quarters to partner with Crosstalk Ministries again next summer, God willing. One of my metrics for gauging success is: How many leaders and helpers hang-in all week? Another is: How many campers and their families come to the Closing Service? In that service, the Ministry of the Word is given over to the Day Camp program. Children are familiar with this and engage with the songs, the Psalm, and this year The Parable of The Lost Sheep, acting it out with stick puppets while one of the leaders tells the story.

The long days also provide time to develop relationships with the campers. This is important. I have been involved in VBS programs that are three hours long and it is just not the same.

Another way that we communicate ‘thank-you’ to the leaders and helpers is by hosting a pool party and BBQ at a parishioner’s home mid-week, following ‘water day’ at Day Camp. Once again, we had a blast together.

Thanks all who supported this years Day Camp. We continue to pray for good fruit to be borne from it.



## Luke Chapter 1:26-56 by Joanne Woehrle

A few weeks ago the “Pray As You Go” daily meditations online focused on Mary and Elizabeth’s story from the Gospel of Luke. I listened to the scripture and then reflected on a few new revelations I hadn’t thought about before. Having been in Nazareth and Ein Karem earlier this year I found it was easy to imagine the journey Mary took to see Elizabeth through the Judean hills. It would have been an arduous journey of 4-5 days. She must have been with Joseph or other family members as in those days a woman would never travel alone. The scripture said after hearing from the Angel Gabriel the incredible news about her own future she was given some extra reassurance in verse 36, that her own cousin Elizabeth was experiencing a miraculous pregnancy and was in her last trimester. After hearing this news the first thing Mary did was “hurry” to go see Elizabeth.



What an encouragement it must have been for both women to see each other, acknowledge the amazing work God was doing in their lives, recognizing God’s plan in each other. Then Mary stayed three months. The scripture doesn’t tell us but I’m assuming she stayed until the birth of John the Baptist. Who knows, maybe Mary had morning sickness during this time and she would have had the support and reassurance from Elizabeth that all would be well. What an amazing prenatal education to witness Elizabeth go through her labour and delivery. Elizabeth was elderly and this could have been a very dangerous time for her but by God’s grace all went well. When Mary eventually went through her own labour and delivery, in a stable in Bethlehem, she may have had some comfort and feelings of confidence after her

experiences accompanying her cousin through her birth experience.

Maybe these ideas were not new to you, but I had not reflected deeply on this part of our Saviour’s story before. It amazes me that after 40 years of reading the Bible I can experience new understandings from scripture I have read many times. The Word is Living, that’s for sure!



## **Pastor Paul's Slide Show and "My Revisit" to Palestine and the Holy Land by Lynne Allport**

Our church day began as it usually does with our worship service. Lori gave us a very interesting and informative talk about how she prepared for her pilgrimage journey to the Holy Land. Following that, as a parish we were invited to a slide show presentation of Pastor Paul and Joanne, Lori Riel, Judith Bertoia, and her grandson Braxton's trip to the Holy Land and some wonderfully prepared Palestinian food. Approximately 60 parishioners enjoyed the pictures and commentary of their visit. Those who had never been, were provided a glimpse of life today in Israel and Palestine, and for those of us who had visited the Holy Land a wonderful reintroduction to a place that changed most of our lives.

This past February Pastor Paul, Joanne and Lori spent a few days in Tel Aviv on arrival and then all five met up in Jerusalem for their course which began February 7th and ran until the 21st. Our "team" were housed at St. George's College in East Jerusalem, outside the Damascus gate for a portion of their visit. The purpose of their visit was research into Palestine in Jesus' time and compare it with the complexities of life there today. They attempted to move through Jesus' life as he lived it. We were introduced to pictures of The Church of the Visitation where Mary met Elizabeth prior to the births of John the Baptist and Jesus. There were photos of The Church of the Nativity in Manger Square in Bethlehem and we saw the 20 foot wall built around Bethlehem to keep the Palestinians inside.

There were pictures of the massive fortress, Herodium, built by Herod as a quick escape from Jerusalem and a place of entertainment. We were introduced to the places which the shepherds of those days and in many cases still today, shepherd their flocks in the vast desert and in the valleys of fertile ground.

We saw scenes of the Jordan River and the rich green valley which it provides and where Jesus was baptized by John the Baptist, the expanse of the Sea of Galilee and enjoy a boat trip across the Sea of Galilee to the town of Capernaum, where Peter's ill mother lived, and Jesus preached. The team was able to visit a refugee camp, Aida Refugee, run by a Women's Empowerment group which fundraised to help the children there by selling jewelry, handicrafts, clothing and providing lunches.

After the slide show we were provided a delicious Palestinian lunch made by the team introducing us to the wonderful food they had been provided during their stay. Prior to the slideshow we ate cake and afterwards yummy dips, babaganoush, humus, and olives to accompany flat bread, pita bread and dates.

For me personally, it was a return to one of the most fascinating and interesting countries I have ever visited. To walk the beach of the Sea of Galilee, where our Saviour walked, to cross the vast and rough Sea of Galilee, witness the small fishing boats with their lanterns, headed out in the evenings for a night of fishing, to stand where the Beatitudes had been read and the feeding of the 5,000 had occurred brings a whole new meaning to the life lead by those in Jesus' time, the bible, it's "story" and my whole faith in general.

Palm Sunday, Good Friday and Easter Sunday, and Pentecost are so different once you have "walked the walk" that Jesus did; along the Via del a Rosa in Honour, on Palm Sunday, Suffering, on Good Friday, in Glory after rising from the dead at the tomb and showing himself to the disciples in the upper room. Everyone enjoyed the slides, the commentary, questions and food, and hopefully it brought the bible to life to those who have never been there and re-enforced the wonderful experience of being there to those of us who have had the privilege of visiting ourselves.

If the opportunity arises, it is one of the most rewarding, interesting, informative and inspiring trips a Christian can ever take, making the bible, and the story of our Saviour more understandable and alive.



# Church Family News

Judy Toronchuk received an award from the group Christian Women in Science (CWIS) during the 2023 combined meeting of the American Scientific Affiliation (ASA) and the Canadian Scientific & Christian Affiliation (CSCA) in early August. The mission of CWIS is to encourage Christian women to pursue careers in science, technology, or engineering and to encourage them to grow in faith. Judy has been active since grad school in these professional, scholarly societies of Christians who are engaged at the interface of faith-science questions. She did research in neuroscience at UBC and the Max-Planck Institute of Psychiatry in Munich before teaching at Trinity Western University. Over the years she was on the executive of both ASA and CSCA, as well as being chair of the Vancouver chapter of CSCA. Learn more about these groups and find numerous faith-science resources at [CSCA.ca](https://www.cscacanada.ca) or [asa3.org](https://asa3.org). Congratulations Judy!

Congratulations to this year's three grade 12 grads. We are fortunate indeed to have such wonderful young people among us and pray God's blessings on all of them.

Mirembe graduated from Fleetwood Park Secondary and will be attending University of Toronto this fall for social sciences. She intends on double majoring in Sociology and Political Science. During her time in high school she was a highly respected member of her school's Theatre Company, and award winning jazz band which made an appearance on Global News. She was also the recipient of a District/Authority Scholarship for Leadership. Her passion for the arts and passion for social justice are something she plans to carry throughout her post-secondary life.

Kwame graduated from Holy Cross Regional Secondary School class of 2023. He will be heading to a basketball prep school for a year in Calgary. His goal is to play for a university in the coming year. We pray for God's guidance in this journey. We will miss you but are extremely happy that you can get the taste of some independence. We can't wait to hear all about it.

Sarah graduated with honours on the principal's list from Seaquam Secondary School. She was the recipient of a Rotary award for compassion and empathy and also received a District/Authority Scholarship as a senior drama student. Sarah played the lead female role of "Katherine" in her high school musical "Newsies" and received rave reviews for her performance. In September she'll be attending KPU, studying in the faculty of arts with history intended. This summer she had a once in a lifetime trip to Italy and Greece on a Mediterranean cruise gifted by a close family friend. She's very much looking forward to what the future brings.

St. Cuthbert's congregation was privileged once again to take part in a First Nations blanket ceremony. On June 18<sup>th</sup> Beth Fortin presented her son Mack with a new patch on the button blanket he received several years ago, this time in honour of his completion of his medical training in Hungary. He has now travelled to England to continue his studies, focusing on podiatry. Congratulations Mack.



# The Baseball Season Keeps Going....and Going....and Going...

## by Valerie Stringer

The North Delta Rays 13U AA 2023 spring and summer baseball season has been one for the books! What started off as a very cold spring with Paul and his teammates struggling both offensively and defensively during games while parents huddled and shivered on the bleachers in five degree weather, has turned into an incredible season with a silver medal in the BC Provincials, a 4-0 record for the qualifying tournament to the Western Canada Championships and even a shout-out on Facebook from Delta's Mayor George Harvie!



Paul's goal for this season was to hit three home runs, a big feat for one of the smallest kids on the team facing 55-65 MPH pitches. He surpassed that goal and has hit four home runs. He also pitched a complete game at one of the qualifying tournament games which was the most important game of the season, with a 10-1 win.

Although Paul's team has faced many teams this year that were bigger, stronger and faster, their excellent coaching staff taught them the importance of teamwork and picking each other up when the chips were down.

Thank you for the support and well wishes from the St. Cuthbert's family, and for those who have come and watched Paul play. Pastor Paul prayed for Paul before his final game at the qualifying tournament on August 4-6, asking for some good defensive plays and what do you know- the final out of the game was an incredible catch and a throw to the 1st baseman by Paul at shortstop!

Unfortunately, the opportunity to possibly win the Western Canada Championships was lost to the devastating wildfires in Kelowna August 18-20. Paul's team was up 3-2 playing a tough team from Saskatchewan at their first game on Friday but the smoke from the fires resulted in a game postponement. Soon after the team opted to drop from the championships and leave Kelowna. Two hours later tournament officials cancelled the Western Championships entirely. We are praying that all the teams that travelled from Alberta, Saskatchewan and Manitoba were able to make their way home safely.

Now that the North Delta 13U AA season has wrapped up, Paul is off to San Diego for the Labour Day weekend with the Bullpen Travel Team for a tournament facing teams from across Canada and the USA. When he returns from that tournament, he will be starting fall baseball season with the Blue Jays Bantam Fall Ball.

Fun Facts about Paul:

Favorite Baseball Player: Vladimir Guerrero Jr.

Favorite Team: Toronto Blue Jays

Favorite meal: A&W Teen Burger and root beer

Favorite Bible Verse: John 3:16





# The Greens of St. Cuthbert's: The Blasted Heath is Transformed

## by Cathy Sendeck

At the Spring Work Day in April, two raised beds were constructed in the south-east corner of the lawn, a dry and thinly grassed area. The 4 x 8 foot sides were made by George Goater and Tony Houghton, from lumber salvaged from the demolished blue sheds, and finished as the rain began in earnest. Some members of the Abhishek congregation suggested crops that would do well. Over the next few weeks, soil was barrowed from behind the sheds, and amended with “Sea Soil” and compost, and then the area was seeded and filled in with bedding plants. We chose mostly greens, which we were told generally do better in this area, and can be easily seen to monitor their health. Onions, arugula, kale, parsley, chives, lettuce, beets, spinach, Swiss chard and Brussels sprouts were planted, along with marigolds to repel insect pests, and nasturtiums. Before long, a healthy crop was growing. Some parishioners picked salad greens as they were ready, or accepted the occasional onion. Jan and the other ladies who prepare lunch for the Healthiest Babies program have been able to use some of the fresh produce including nasturtium flowers in salads. Lynne is pictured here as she chooses salad ingredients for one of those nutritious meals. A few bags of produce were sent to The Front Room. The beets grew well as greens and as a root vegetable.

This first year of vegetable gardening has been a learning experience. As the soil dries quickly, and the automatic sprinklers (when water restrictions allow their use) tend to miss parts of the garden, we have needed to use a hose and hand-held nozzle three times a week to maintain enough moisture. We added some lawn clippings as mulch, with good effect. As the summer progressed, the spinach, arugula and some kale quickly went to seed. The lettuce did not come up as expected. We won't know how well the Brussels sprouts will do, but they are off to a healthy start. A healthy “weed” outside the garden, “Lamb's Quarters” or *Chenopodium album*, has been producing spinach-like leaves for a longer period than the spinach we planted! Thanks to Nagasha, who watered this garden at times, and all who have come to weed or give advice. We will certainly be considering what plants did well, and what parishioners preferred when we plan for next year.

Susan, Matthew and Cathy





# Saying Goodbye by Lynne Allport

Saying goodbye to those that we love is such a difficult and heart wrenching time. I always said, and truly believed that when Mom's time came to leave us I would be "a basket case" that I would be completely broken, sad and unable to function.

However, as we sat holding Mom's hands in her final days and hours a peace and calm came over me. She had always had such a strong faith and love for our Lord, knowing and truly believing that one day she would be with him in his comforting arms. It was then that I was able to find true peace and comfort as I also knew her soul was with the Lord where she belonged, and I was able to give thanks for her time with us. The love, kindness, tolerance, caring and forgiveness she had always shown had affected so many throughout her life. She was a true example of the first two commandments.

It also brought to mind Wisdom 3: 1-3:

*The souls of the righteous are in the hand of God;  
no torment shall ever touch them.  
In the eyes of the unwise they seem to be dead,  
their departure taken for defeat,  
their going to be a disaster;  
but they are at peace. (BAS p 80.)*



I am also reminded of what we say every Good Friday reading the Stations of the Cross, in part:

*I beg you, Lord,  
help me accept the partings that must come-  
from friends who go away, my children leaving home,  
and most of all, my dear ones  
when you should call them to yourself.  
Then, give me grace to say:  
"As it has pleased you, Lord,  
to take them home,  
I bow to your most holy will.  
And if by just one word  
I might restore their lives against your will,  
I would not speak."  
Grant them eternal joy.*



Much as I have loved both Mom and Ryan, our beloved son, I know you love them more and have your reasons.

Jeremiah 29:11 *"For I know the plans I have for you, says the Lord. Plans for good and not for evil."*

Knowing and believing God's word, faith and trust in him and his love for us, gives us a promise for the future that we can count on and the knowledge that his loving arms await us.

All of these things have made Mom's leaving so different than I had imagined. I rejoice in her life with us, give thanks for her and the happiness she gave others, but I also can feel peace and happiness for her knowing her life was lived as our Lord commands us, "To love one another as I have loved you. And love thy neighbour as thyself."

We as Christians have been blessed with the promise of "Eternal Life" so we can look beyond this earthly life.

# North Delta Refugee Committee (NDRC) by Ken Hahn

In the fall of 2015, the NDRC was created as a partnership between St. Cuthbert and three other North Delta Churches - Trinity Lutheran, Northwest Community Church and Crossroads United - in response to support for refugees in coming to Canada. Our goal has been two-fold; to sponsor refugee families and, to support where needed, Government sponsored refugees who need help in resettlement.

We were quite active in the initial years of our existence bringing two families and one individual to Canada as well as providing support for ten Afghan families. Unfortunately, we had to curtail our activities during COVID but we recommenced our activities in late 2022 .

Since that time we have finalized steps by working with a funding sponsor to bring a young, single man to Canada from Lebanon. It is a slow process which can take up to two years. Additionally, we have continued to support a number of Afghan families by helping meet their physical and administrative needs.

In the latter case we asked our congregations for support in the form of items such as sewing machines, bunk beds, TVs and a computer system. Thanks to the churches, including St. Cuthbert, we were able to meet these needs. Our thanks go out to all for their support. In addition, in recognition of International Refugee Day we issued an appeal for funds and St. Cuthbert congregation generously contributed \$1,760.00 for which you have the sincere thanks of the Committee.

We are often asked what kind of help is required. We have learned through experience that two significant hurdles need to be overcome for success. One is financial as there must be enough funding to ensure they can live here while becoming established. The other significant need is providing relationship support as they deal with all the differences in the new to them culture (language, government agencies who can help, transportation etc.)

With regard to financial help, it now costs a sponsor about \$64,000.00 for a family of four and \$20,000.00 for sponsor support.

At the present time we are not accepting requests for sponsorship, and are focused on those recognized by the Canadian Government as being in dire need of resettlement, or those refugees who have funding sponsors already available but require local assistance.

As we are just becoming active again in this vital ministry, we feel it is of great importance that we keep our church people fully informed on what is happening. To this end we are looking for a volunteer to provide marketing and communication activities. If you would like to join the refugee committee in this capacity or learn more about it, please let me know.

Also, if you or your group would like to know more specifically what is happening in this feel free to contact me.



## Front Room Chicks by Bob Metcalfe

Easter usually sees a generous uptick in food donations in the narthex hamper. This year was the same, and then a splendid surprise a bit later. Magee Secondary School in Vancouver had launched a can drive. They had planned to pass the donations onto the Vancouver Food Bank, but the Food Bank had changed their policies and no longer accepted small quantities of items. We have a parishioner who works at the school, and he got permission to bring the donations to the church for the food bank we support in north Surrey. There may have only been small quantities of the various items, but the boxes filled a car!



The one we support actually does better with smaller numbers as it is a specialty food bank with fewer clients than ones such as the Vancouver or Surrey food banks. The staff were very pleased with the offering, and the donations disappeared quickly into hampers.



## Parish Picnic by the Social Committee

Another successful parish picnic took place at Crescent Park on Sunday, June 25th. The weather was perfect and about 60 parishioners, young and old, attended to enjoy the sunshine, food and fun. It was particularly heartening to see so many of our youth.

Our thanks to all the great cooks who brought generous amounts of delicious food to supplement the hot-dogs and gave us all a foodie trip around the world – including new foods like a wonderful Peruvian summer drink made from purple corn. We all left a few pounds heavier than we arrived. There were also some surprisingly competitive inter-generational bocce games with much laughter around the challenges of bumpy terrain and losing the white pin balls in fields of daisies and long grass.

The Social Committee wishes to express our appreciation to everyone who came to the picnic and participated in the fun and fellowship. See you there next year!



## St. Cuthbert Youth at ACW Place by Kelly Bowman

It was wonderful to have the help of our St. Cuthbert's Youth at ACW Place once again. I'm very happy to have had Nagasha organize the team of youth (aged 12-18) to help unpack. Our move from the warehouse in Burnaby to Surrey was quite the undertaking. There's so much to do before we can open in September and we're still in a messy state trying to organize. It was good to have the happy faces at work with us. It was a bit awkward figuring out what was best for them to do, but it worked out great. Even better was our lunch break. I really enjoy spending time with our youth and should do it more often. They are so bright and friendly. They asked questions and were interested in what the ACW is. I rarely ever talk to the youth on Sundays. This was my opportunity to share time with them and I loved it. The pleasure continued the following Sunday when a couple of them smiled and even waved hello to me. Time spent with youth is so rewarding. I'm looking forward to our next visit at the new ACW Place to put a bale together. Perhaps this will become a new thing for our Anglican Church Women and youth to spend time together. I see a bright future ahead at our new location in Surrey.



Kelly Bowman, President  
Anglican Church Women  
Diocese of New Westminster

*Prayer, work, and stewardship.*



ANGLICAN CHURCH WOMEN  
DIOCESE OF NEW WESTMINSTER

# GRAND OPENING OF ACW'S NEW WAREHOUSE

SATURDAY, SEPTEMBER 9, 2023  
11:00 AM - 2:00 PM

#3, 6678 - 152 STREET, SURREY

## Grand Opening

Come and join the Anglican Church Women of the Diocese of New Westminster as they open their new warehouse in Surrey, Saturday, September 9 from 11:00 am to 2:00 pm.

#3, 6678 - 152 Street, Surrey.  
Cake, goodies and food.





# Summer Youth Worker by Nagasha Nkojo

I had the distinct pleasure of serving as this year's Summer Youth Worker at St. Cuthbert. This journey, nestled in the heart of our church and the wider Delta community, was both humbling and immensely rewarding. Right from the outset, my primary objective was to enhance and uplift the youth community within our congregation.

A standout moment was the Canada Day Celebration at Chalmers Park. The event resonated deeply with me; from actively promoting our church to distributing flyers for our Day Camp and marveling at the fireworks. The evening was made all the more special by the St. Cuthbert members who joined in, and it's a memory I'll always cherish.

Another memorable event was the Youth Choir BBQ at Blackie Spit Park. Having been a part of St. Cuthbert's youth choir for several years, I was thrilled when Barb, our Choir Director, suggested a year-end event. Thanks to Barb's guidance, input from our youth, and our collective enthusiasm, the day was a resounding success. We shared laughter, enjoyed the water, and relished the food.



Perhaps my most memorable event this summer must be the "Something to Celebrate" day camp. Contrary to any skepticism, the camp was an unequivocal hit. I had the privilege of collaborating with Jegatha and, with Pastor Paul's invaluable assistance, I was able to mobilize twelve youth leaders to lead various activities. The camp was a whirlwind of joy, producing cherished memories for both the young attendees and us leaders.

Another endeavor I am particularly excited about, and by the time this newsletter reaches you, I anticipate will have taken place, is the Celebrating a Milestone luncheon. This event is dedicated to honoring and celebrating all our high school graduates spanning over the past four years, a period marked by unprecedented challenges due to the pandemic. Such milestones are not achieved alone, and thus, we have extended invitations to all our Sunday School teachers. Their guidance, teachings, and unwavering support have been instrumental in the journeys of our young adults. The luncheon will be a testament to the collective spirit and resilience of our community at St. Cuthbert.

As I reflect on my term as Youth Worker, I am overwhelmed with gratitude. I want to extend my heartfelt appreciation to my mentors, Rassamee Ling and Jegatha Rajkumar and the incredible ladies



I had the fortune of working alongside – Beth, Barb Buxton and Gaynor. I'm also deeply thankful to the Parish Council for placing their trust in me and giving me the opportunity to serve. And, to every wonderful young soul who made this journey unforgettable, I thank you!

This experience has deepened my connection to the St. Cuthbert community. I look forward to more opportunities to engage, serve, and promote St. Cuthbert as a safe space that children and youth and young adults can continue to grow.

# Something to Celebrate – Summer Day Camp

## By Jegatha Rajkumar

Our 2023 Cross Talk Summer Day Camp fell on the best time of the year. After the heat wave summer days in early July, it was a pleasant cool week with timely showers! What a perfect blessing to have the camp! Nagasha Nkojo, our summer youth worker, put together a team of 12 energetic teen leaders to run the camp.

I had tremendous support from several members from our church. To begin with, our Resource Team headed by Barb Steele, to gather the required supplies. The Kitchen Team was set up by Jan Wilmot and the menu drafted. Barb Buxton readily supported the Music Team. Lori Riel and Valerie Reimer joined the team with all their years of experience. We were very fortunate to have Lalitha as our nurse on site throughout the week. We had 30 campers and they were in four different groups according to their age, starting from the youngest in Scramblers, then Climbers, Explorers, and Pathfinders.



We had parables from the bible to share; the parables of the two houses, of one lost and found sheep, of two neighbours, of one lost son and of two found sons. The essence of each day's scripture message was communicated several times through the program. Camp was an opportunity not just for great fun but also a great understanding of God's promises.

Everyday started with our leaders preliminary meeting to go over the day's program. When kids arrived from 9:30 onwards, we had registration and a craft to begin. At 10 am we had the main presentation. This exciting session included games, quiz, singing, and story time with our special Lamb followed by small group discussion. Scramblers had their own afternoon program. Campers learnt to share ideas and accepted various viewpoints. Everyday craft and creative connections time was something campers looked forward to. All the age groups got very involved in the preparation for the liturgical dance choreographed by Mirembé Kataate. Pastor Paul made the Water Day very special with a soapy water slide where kids enjoyed showcasing their skill and learnt from each other.



Finally, the closing day was on Sunday, July 30<sup>th</sup> at the 10 am service when the campers gathered to share their camp experience with the church community. We had the campers with their parents and grandparents gathered for this special moment. The church itself had a different setup starting with the Psalm Tree at the entrance, Campers' Banner at the altar and Pastor Paul in his unique chasuble designed by campers. It was a beautiful presentation with the closing dance.

Our team leaders were Nagasha, Leanna, Aaron, Adam, Jonah, Shyla, Lauren, Mirembé, Nevena, Bethany, Precious, and Mercy. Their hard work has been noticed by our church community and I applaud them for their excellent teamwork.

I thank each one of the volunteers who helped us in kitchen, lunch supervision and registration. I thank the Kitchen Team for the sumptuous lunches served for the team during the week. I thank the Caterpillar Fun House for their understanding in sharing the venue. We are grateful for the hospitality of Sheila Lahmer who welcomed the team and the adults for a BBQ pool party at her house. I appreciate the church community for the resource support. Last but not the least I thank Pastor Paul for his tireless effort in encouraging the youth to be rooted in Christ. Amen.

In conclusion, on behalf of the summer camp participants, I sincerely appreciate the parish council for their support. I believe that our summer camp nourishes our teens and young ones to grow in faith and grooming future leaders.

In His service,  
Jegatha Rajkumar



# Church Recycling by Bob Metcalfe

Several years ago, recycling came to the church, a requirement of the municipal authorities.

We have in the narthex and the kitchen five separate bins, two for organics because of the quantities, and one each for plastic, paper and trash. In the church hall there are only three, only one organic and no trash bin there.

Although there are signs that indicate what sort of things are to go into each bin, our practices have been deteriorating. Every week things are in the wrong bin. I'm sure we all want a green and pleasant earth – it is, after all, a part of the regular Sunday prayers! - but we need to work more thoughtfully at it.

The three most common mistakes:

- the plastic lids for coffee cups left on when the cup is thrown into the paper or organics bin rather than the plastics bin;
- plastic cutlery thrown into the organics bin rather than the plastics bin;
- paper plates with food waste put into the paper bin rather than the organics bin.

Next time you attend an event at the church, please pause for a moment when you are putting away your waste to check it is going in the right place. Let us all do our part for the environment. And to keep the parish within the law!



**Fall for Jesus,  
He never leaves!**



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St. Cuthbert Anglican Church  
11601-82 Avenue, Delta, BC V4C 2C3  
604-594-8822  
[info@stcuthbert.ca](mailto:info@stcuthbert.ca)

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