



ON EAGLES WINGS

CHURCH OF ST. JOHN THE EVANGELIST

LENT, APRIL 2009

Greetings,

The Season of Lent 2009 has given us the opportunity to receive the ministry of a wide variety of gifted individuals. The Lenten Preaching Series has allowed us to focus on the experience of being in a Covenantal relationship with God with the guidance of members of our Parish Pastoral Team. I am very grateful for the way in which each person has shared their own perspective and added to our Lenten experience.

The Service of Evensong has been offered each Sunday afternoon during Lent by a variety of talented musicians. Our own parish choir, soloists and guest singers made each liturgy very special. The tradition of the church rests firmly on the foundation of a pattern of liturgy which some people say that they find missing in the parish calendar. Yet one of the realities of this special seasonal offering was that so few members of our Parish Family made attendance a Lenten devotional priority.

A moment of celebration of new ministry came with the Ordination of Grace Schaefer to the Transitional Diaconate. I was thrilled that a number of members of our congregation were able to represent our Parish Family at the Ordination Service. We are fortunate to have Grace offering a special ministry in our midst, until she is called to her own parish.

The ministry of our parish has extended all the way to Jamaica this Lent. The Reverend Marita Williams has been involved with several congregations near her family home. Members of St. John's have visited her and spent time in a setting where the connections which have been made have significant potential for future companionship in ministry.

As I write this message I am also preparing to attend a special gathering for diocesan clergy who will be given the Boken Report. This overview of the demographic reality of southwestern Ontario will be an focus for discussion and review as we explore the shape of ministry for the future. Our buildings and our offering of ministry need to respond to the needs

of the community we serve. I have the clear impression that the message of the report will challenge our present mindset and confront us with statistical data which will address the fact that the pattern of ministry which was offered during the last century is not necessarily something that is effective in our present situation.

All of this is a reflection on change, transition and the ever evolving world in which we live and move and have our being. Yet in the midst of all of this transformation is the constant message offered by people of faith on Easter morning. " Alleluia ! Christ Is Risen !" It is my hope and prayer that as we move through the experience of Holy Week we will arrive at Easter morning with a great desire to let the joy of Our Lord's victory over Death find expression in our worship and response, " He Is Risen Indeed. Alleluia ! "

I look forward to our shared worship in the days to come.

The Reverend Canon Christopher B.J. Pratt, Rector

YOUTH ACTIVITIES

Please support our youth group with their spring perennial plant project. Order your plants now for delivery for planting when your perennial beds are ready. You will find order forms on the Narthex table



WARDENS' CORNER

About our debt

During the last week of March this year our Parish Administrator, Susan Hammer, was informed by our bank that our line of credit had not only been fully accessed but also overdrawn. This stressful news was especially troubling because even though our offerings were within about 6% of our budgeted projections and we had been very careful with our expenses, we still needed to pay \$14,000.00 to the Diocese as a quarterly installment toward our apportionment.

We met with Susan on Wednesday afternoon, March 25, and decided that we would (a) make a point of informing everyone about the state of our bank account, (b) attempt to find enough money to carry us over until the end of the month (c) consider ways of dealing with this problem so that it could be avoided in the future.

The note in the bulletin, the Wardens' Easter letter, and this report for On Eagles Wings addresses our first concern. The second concern was one for which we needed advice, and so we telephoned a member of our investment advisors, David Whitfield. In the course of a telephone call to David, we learned that he was on the point of mailing to St. John's a cheque for \$12,500.00. This money was a bequest from the estate of Jim Hunter. We immediately arranged to pick up this cheque and the next morning we deposited it into our account. This satisfied our second need, but the third one still remains.

Ever since St. John's Kitchen moved over to the new location our church has not, of course, received from this agency a substantial payment for the use of our space. Over the past three years, especially in 2006 and 2007, we were obliged to use our line of credit to cover our own expenses to an amount almost exactly equal to the payment we had been receiving from the Working Centre. In spite of our best efforts we have so far been unable to reduce this debt. Our line of credit is limited to \$50,000.00 and we have accessed all of it.

This year at Vestry we approved a budget that counts on offerings of about \$81,000.00 per quarter. Our revenue for the first quarter of this year is about \$78,000.00. Our usual expenses are well within our budget, but some expenses, such as insurance and heating are always much higher at the beginning of the calendar year than during the other quarters. In other words, while our income is pretty steady, our expenses are not always so evenly spread over the course of the year.

As your Wardens, we feel that we need to pay off this line of credit as soon as possible. As things stand now, we have neither savings nor borrowing power to draw on if, for any emergency, this church suddenly needs funds. We are sharing this concern with you because we need your help,

your advice, and your prayers. We'll discuss this at our next Executive and Council meetings, but we will also continue to keep everyone informed and to listen carefully to all of our members.

Maureen Lichti (People's Warden)

Douglas Woodley (Rector's Warden)

The Fireside Room

As you enter the Fireside Room, you can see (if you look for it) a little plaque just beside the light switch to your left. This small brass plate reminds us that our beautiful and very comfortable room is a gift to all of us from one of our own families. The plaque, like many others around our building, reminds us of the generous love that has helped to make our church such a fine centre for our service as Christians. Everyone appreciates this lovely facility and it's good to see it used by all the various groups who share it. Please remember that meals are not to be served there, and to put any furniture that you've moved back where it belongs before you leave.

Redevelopment News

We continue to gather information about the best uses for our property. This past Thursday, our Rector attended a meeting in London in which Myrlene Boken presented her report based on a study of not only St. John's, but of the entire diocese. Also, this past month, a study of the needs of various groups in our own neighbourhood was completed by Ruth Mills, a student at the School of Social Work supervised by Professor Ginette Lafreniere. Mr. Bernie Nimer, the developer who is planning on building a multi-storey apartment on the parking lot adjacent to our gym, has also been in touch with us. He has asked that we consider potential uses that could be included in a new building he is designing. In the meantime our many rooms and facilities are continuing to attract and assist several groups from our vicinity; among them are a children's theatre group, many musical groups, groups from both the School of Social Work and the School of Pharmacy, and a group of First Nation people.

The arrangements for accommodating all these groups have so far been left up to either our Music Director, Marlin Nagtegaal, or our Parish Administrator, Susan Hammer, or Doug Woodley. All three of these persons have quite a few other responsibilities here at St. John's and they agree that it would be a welcome relief for them to have someone else to help with this interesting work. If you know of anyone who might like to help with this mission, or if you yourself would like more information about it, please contact Doug Woodley.

NURSES NOTES

Good Sleep for Good Health

Being a student this year has led me into the temptation of “burning the candle at both ends” and rediscovering the condition of “sleep deprivation.”

What happens when we don't get enough sleep? It causes daytime drowsiness and difficulties with concentration, memory, logical and critical thinking, and communication which affects our performance in work or when driving a vehicle. Mood changes can become noticeable, particularly depression, irritability, and loss of a sense of humour. We become more anxious and unable to cope with day to day stresses. Hormonal and metabolic changes as well as the eating of more high caloric foods lead to weight gain. Immunity is compromised leading to more colds and viruses as well as increased risk if health problems such as diabetes, stroke and heart disease.

How much sleep is enough? The amount of sleep varies from person to person. In general most adults require 7 or 8 hours of sleep per night and adolescents and children require 9 to 10 hours per night. The best way to measure the sleep you need is by how you feel when you wake up. Are you irritable and tired or energetic?

What can one do to improve sleep habits? Here are a few pointers:

- (1) Exercise regularly but avoid exercising near bedtime.
- (2) Keep a regular schedule for going to bed and getting up, even on weekends.
- (3) Avoid napping during the day as this disrupts your biological clock.
- (4) Avoid caffeine, smoking or alcohol.
- (5) Avoid eating a big meal within 4 or 5 hours of bedtime.
- (6) When having difficulty sleeping, get out of bed and go to another room relax. When sleepy, return to bed.
- (7) Keep your sleep environment dark, quiet and cool.
- (8) Find ways to relax before bedtime as stress is a major sleep disrupter.
- (9) Use a supportive mattress and sleep positions that do not strain your back.
- (10) Avoid over the counter sleep medication. Speak to your physician before taking medication.

If you have any questions or concerns about sleep, I'd be happy to discuss them with you.

WALKING IN THE FOOTSTEPS OF ST. PAUL

On Palm Sunday we complete another successful congregational “walk” of over 10,390 km. Congratulations to all participants. This year we considered how this distance, which is like walking to Vancouver and back, is the distance that St. Paul walked on his first two journeys to share the gospel

with the Gentile cities in the Middle East. Under the leadership of Rene Alexander some members of the congregation enjoyed spending extra time reflecting on St. Paul's journeys and what they can teach us about how to live our own faith journeys. The larger community was able to learn about our walk through an article in the Record on March 28th. However you participated in this parish activity, it is the hope of the Health Council that it was a blessing to you. We would love to hear your stories about it.

Elsie Millerd, Parish Nurse

A.C.W. CORNER

April 6th at 7:00 p.m. A.C.W. Holy Communion, please plan to attend.

SOBEY'S TAPES

Thanks to all those who brought their Sobey's tapes to be given to St. Monica's House for cash as Zehr's tapes have done for years. Sobey's no longer accept the tapes for charities, so please don't bring any more. They have been very useful. Dede Boulden

BALE

Thank you to everyone who brought in donations for the Bale. MacKinnon Transport delivered it to the Diocesan Office in Keewatin this past weekend. A big "Thank You" to the ladies in the Clothes Closet who helped us collect everything and also to those of you who helped load the vans and cars and took everything to Guelph. This was a joint effort of three parishes, All Saint's, Holy Trinity and ourselves. We were able to pack 52 boxes of new and used clothing, also some fabric and knitting wool.

Enid Emery and Bernice Payne

A.C.W. THANK OFFERING AND POTLUCK

Everyone is welcome to our Spring Thank Offering and Potluck on April 20th in the Lower Parish Hall. Bring your dishes and cutlery and your special pot luck casserole or dessert. The Reverend Grace Schaefer will be our guest speaker

A.C.W. ANNUAL MEETING, ST. PAUL'S CATHEDRAL, LONDON

The meeting is Saturday, April 25th, and if you are interested and would like to go please contact Jennifer Uttley.

CELEBRATE MOTHERS with HIGH TEA

On Sunday April 26th, 1:30 to 4:00 pm at the Kitchener City Hall Rotunda, 200 King St. W., Parking free in the City Hall Parking Garage. Tickets are \$35. per person, to order please call Judy Cutts at 519-884-7853
All proceeds to support St. Monica House.

ANNOUNCEMENTS

Welcome Grace, On Thursday, March 19, Grace Schaefer was ordained to The Transitional Deaconate at a service in Sarnia and will serve us here at St John's as an Assistant Deacon. Grace continues to work at The University of Waterloo, four and a half days a week, but will assist Canon Pratt in various ministries including Sunday worship services and visits to members of our parish. We welcome The Reverend Grace Schaefer and look forward to her continuing work with us until she is assigned as a priest to another parish.



UPCOMING EVENTS



Think about the following statements, especially the fact that they were once true!

Man will never fly.
Everest will never be conquered.
Women will never get the vote.
We'll never reach the moon.
And, now, think about this one.....
Multiple Sclerosis will never be cured.
I am hoping that you will help me change this last statement.

The annual **MS WALK**? The event takes place in Kitchener-Waterloo this year on Sunday, April 19, 2009. I'll be "scooting" the 5K route, no matter the weather, and have actually, and somewhat nervously, posted my goal at \$10,000.00 – I do hope last year wasn't a fluke!! Please, please help me prove that it wasn't, by pledging whatever you feel able to contribute.

As in the past, there are two ways to make your pledge:

1) If you pledge me on-line, you save the cost of a stamp! The MS Society also saves postage costs, since you receive your income tax receipt on-line. You are also given an option of printing off a pledge form to mail or fax to the MS Society if you would prefer to make your donation that way. Log on to www.mswalks.ca

Click on "register.login.pledge" to the left of "Special Events" "MS Walk

Click on "Sponsor a participant"

Enter "Linda Jarrett" in the Search box and click Search.

My name and walk location will appear.

Click on "Pledge me" and then do as instructed!

2) If you are not comfortable dealing with the on-line computer option, then, by all means, simply make out a cheque to "**MS Society of Canada**", dated April 18, 2009 (or before) and mail it to **me** early enough so that it arrives by Friday, April 17, 2009. (I hand in my pledges at the registration desk the day before the actual WALK.) Please be sure that a legible name and address accompanies or is on the cheque, so that **I** can fill in my pledge sheets, thus ensuring that **you** receive an income tax receipt (given for pledges of \$20.00 or more) later in the year! Mail your pledge to

Linda Jarrett

168 Claremont Avenue

Kitchener, Ontario N2M 2P8

There's nothing else to add, except, hopefully, a heart-felt "thank you so very much!"

ORGAN THURSDAYS AT ST. JOHN'S

Marlin Nagtegaal, our Director of Music, has again lined up a superb series of programs featuring Douglas Haas, April 16th, Peter Nikiforuk, April 23, Barrie Cabena, April 30, Marlin, May 7, Susan Nagtegaal, May 14, Gerald Manning, May 21 and Jan Overduin, May 28. The concerts will take place at St. John's at 12:15 – 12:45 and are FREE. See the Poster on the bulletin board in the Upper Parish Hall.

MORE MUSIC AT ST. JOHN'S

In addition to the free Eastertide noon-hour organ recitals which our music director, Marlin Nagtegaal has organized for our community, there are a number of other interesting concerts that will take place here at St. John's. The first two musical events are part of the "Open Ears" festival.

Saturday, April 25

Beginning at 6AM (Yes, that really is 6AM!) a group of pianists will perform Eric Satie's "Vexations"

in the Lower Parish Hall and adjoining hallway. This performance requires a team of pianists to play a short composition by Satie about 800 times over the course of one day. The musicians and their friends will meet in the Lower Parish Hall and listen and chat while one of them takes a turn playing Satie's short piece repeatedly on the piano which will be in the hallway. This will continue throughout the day, without a break, and conclude around 10PM. Admission is free, but be forewarned, if you drop in to see how things are proceeding you may be asked to take a turn at the keyboard.

From about 10PM to midnight that same day the "Flying Bulgar Klezmer Band" will perform in the Upper Parish Hall. This will be a cabaret style performance with tables and refreshments set up as well as some space for dancing. Tickets for this will be sold at the Duke Street entrance.

Saturday May 2

The Evergreen Ensemble, a renown group of mostly percussionists, will perform a concert of gamelan music in the Sanctuary beginning at 7:30PM. Tickets will be sold at the door for this.

Saturday, May 9

Da Capo, the choral group led by Leonard Enns, will perform a concert in the evening. Tickets will be on sale at the door, but it's best to purchase them ahead of time because this group usually attracts a large audience

FISH FRY

Keep Wednesday, September 23 marked on your calendar for the parish fish fry. Invite all your friends and neighbours. Help is also needed. Please contact Frank Millerd.

FAITH JOURNEYS CECILIA LINTON – Part I

How does one begin to describe the faith journey of an amazing lady of ninety four, who has made St John's her spiritual home for the last eight or nine years? I decided to use this charming, true story as a jumping off ground. As a tiny child Cecilia remembers sitting in a church pew, her baby feet just reaching to the edge of the seat, watching a black and white procession, and a beautiful gold cross held high, glowing as it caught the light. I believe this memory has stayed with her, and guided her throughout her life.

Cecilia was born in 1915, and attended the Anglican Church of St Phillips near the junction of Spadina and Dundas Streets. The priest was the Rev'd Snell, whose older brother was a bishop. Amazingly Rev'd Snell was Archdeacon Neil Carver's sponsor. Yes it is a very small world. At St Phillips, Cecilia was baptized and confirmed, but the

memories now elude her. What she does know is that God made her strong in body, mind and spirit, a gift which has carried her through the many difficulties of her life. Her Christian family taught her the importance of being "a giver", who should not expect to receive. She still continues to sponsor a child through World Vision, and to support the Canadian Bible Society and Christian Blind Mission.

In her teenage years Cecilia lived in Mississauga where she had a summer job at the Mississauga Golf and Country Club, and where she met her first husband. He was Roman Catholic, and with her Mother's support she took instruction and arranged to be married, while being assured that she would always be welcome at her home parish. Her husband was an intelligent and healthy man whom she perceived would make a good husband and father. Sadly he was not a Christian in his life style; his church meant nothing to him, and throughout their twenty years of married life he was harsh and dominating, and for many years they did not exchange a word.

By the time she married, Cecilia worked at the St Claire Paint and Wallpaper Company in the City. To reach her job she had to take the first bus of the morning which arrived too early for her to start work, so she visit Holy Trinity Church to pray, and on Thursday mornings attended Holy Communion. For many years she kept the pain of her marriage to herself, but eventually confided in her colleagues at work and her Jewish boss. Terrified but unable to stand it any longer, on a day when she knew her husband would be out of town, she plucked up the courage to "sneak away". Her wonderful boss arranged for her to rent an apartment from his family near Yorkdale. With his help and that of her colleagues she acquired furniture and settled in.

Eventually the new laws regarding divorce allowed her to gain her freedom. As time went on she became friendly with the lady who lived upstairs, and she introduced her to a gentleman who taught her to drive, and she soon bought a car. Cecilia told me that she does not plan, but "things just seemed to happen" to her, and she knows she is looked after by a "Holy Presence". By chance she started attending services on "Special Days" and Wednesdays at the nearby Unity Church of Practical Christianity in Mississauga. At the same time her relationship with her erstwhile driving instructor blossomed, and after each of them had explored many diverse paths, in 1970 she and Geoffrey married. It was a very happy marriage, to a man who had no organized religious beliefs but who believed in a "life of doing good to people". By now Cecilia regularly attended The Unity Church, affirming "I have always wanted to serve the Lord since I was nine years old". Except on special occasions Geoffrey rarely attended services, but he never stood in the way of her commitment. Sadly some years later Geoffrey became seriously ill and was hospitalized. Knowing he was dying, Cecilia visited him every day for seven months. She told me his very great love for her had

carried her this far, and added "I loved him so very much". She went to extraordinary lengths to make sure he was buried in a shared plot with a baby of his family of birth in St John's Norway cemetery.

*Cecilia's story will continue in the next On Eagles Wings
Jackie Marsh*

WEDDINGS

Colleen Nicole Lichti and Trevor James Leaman Cleveland will be married April 11 in Nassau, Bahamas.
Colleen is the daughter of Bob and Maureen Lichti

ANNIVERSARIES

Bette and Harry Moore celebrated their 60th Wedding Anniversary on April 1.

PASSINGS

Janice Elizabeth MacDonald, Feb. 15/09
Janice was the daughter of Gordon Roberts.

Lucille Evans, Feb 23/09

Beatrice Irene Hare, March 22/09

The Church of St. John The Evangelist Holy Week, 2009

Palm Sunday, April 5

8:00 a.m. Holy Communion
10:00 a.m. Holy Eucharist with
Liturgy of the Palms
4:00 p.m. Dramatic Reading of the
Gospel of St. Mark

Monday, April 6

7:00 p.m. Holy Eucharist

Tuesday, April 7

7:00 p.m. Holy Eucharist

Wednesday, April 8

7:30 a.m. Holy Eucharist followed by breakfast
7:00 p.m. Holy Eucharist

Maundy Thursday, April 9

5:00 p.m. Pot Luck Seder Meal
7:00 p.m. Maundy Thursday Liturgy

Good Friday, April 10

10:00 a.m. Liturgy of the Passion

Holy Saturday, April 11

7:30 p.m. Great Easter Vigil
at St. George's Forest Hill

Easter Sunday, April 12

8:00 a.m. Holy Communion
10:00 a.m. Holy Eucharist

