



ON EAGLE'S WINGS

CHURCH OF ST. JOHN THE EVANGELIST EPIPHANY January 2010

SMALL GROUPS AT ST. JOHN'S

Living the Questions

This study group is led by Paul Kett, and is a continuation of the series that was started this past fall. At the beginning of March, this group will resume their consideration of some of the most recent developments in Christian thought with respect to contemporary issues. There will be seven sessions this spring with a two week interruption for Holy Week and Easter. During the fall session, the group was well attended, and all participants expressed their satisfaction and gratitude to Paul for his leadership.

Intro to Christian Meditation

Sharon Woodley leads this group, which has been meeting since the second week in January. Sharon writes, "In Christian Meditation we are learning a way of silence and stillness, a discipline which allows us to be swept out of ourselves into the love of God. We do this by saying over and over a Mantra "Maranatha" the Aramaic for "Come Lord Jesus".

All are welcome Wednesdays 6:45 p.m. in the Fireside Room.

Return of the Prodigal Son

Beginning on February 9, and continuing for the next four Tuesdays, Reverend Grace Schaefer will lead a group in a study of Henri Nouwen's book of this title which is a classic reflection on Rembrandt's famous painting. Grace writes that the group will meet from 7 to 8:30pm and that anyone who would like to join should sign up on the sign-up sheet in the Nartex, or speak to her directly.

WARDEN'S CORNER

Your Wardens have been very busy over the past few weeks working on preparations for the Vestry Meeting which will be held after our 10AM service on Sunday, January 31. We all owe a great debt of gratitude to our Treasurer, Allan McKay, who has guided us through the process of developing this year's budget, and has produced what we believe to be the best possible plan for our fiscal resources for the coming year.

This year's Vestry Meeting will be asked to approve two motions of special interest to us all. The first points out that our projected expense will result in another considerable deficit unless there is a general increase in givings of about 10%. The Wardens and, in fact, the entire Parish Council have already undertaken to increase their own givings by this amount and we do hope that we can count on everyone's support in this matter. The second motion calls for a variety of studies, some done by our own committee which is chaired by Frank Millerd and some by professionals. These studies will provide us with information about the future of our Parish Hall. As you will have noticed, our hall needs extensive repairs that require a significant expenditure of capital. We have reached the point where we must do something. The status quo is no longer sustainable. Shall we fix it up or tear it down? To decide this and the many related questions, we all need a great deal of information, and therefore we have requested a process and the resources for doing this in a motion for Vestry to consider.

NURSES NOTES

Elsie Millerd, Parish Nurse

Walking in the Footsteps of St. Paul, Part 2:

Whatever were Paul and his cohorts doing as they walked 25,480 kilometres on their third missionary journey? These are the adventures on which we can meditate as we carry out our annual virtual parish walk. Not only is this walk a motivation to exercise in community with others, it also provides some time for reflection on biblical characters who were willing to step out faithfully to share their blessings with their neighbours. This year we are inviting our neighbours, St. Andrews Presbyterian Church and St. Peters Lutheran Church, to join us in our journey which runs from **Sunday, January 17th to Sunday, March 28th** (Palm Sunday). During the ten weeks there will be a gathering on **Wednesdays at 2 pm** in the Fireside Room for **Companions on the Journey** who, led by Rene Alexander, will share some of their discoveries about Paul and his companions. Booklets about their story are available from Rene Alexander for \$5 (cost of printing). Be sure to register for the walk and enter your weekly totals of accumulated kilometers each Sunday with the "tour guides," members of the Health Council. As an added feature, Tom Wilson, the author of the booklet, will speak with us about Paul at the coffee hour on Sunday, February 14th.

Green means "Walk"

The organization "Greening Sacred Spaces Waterloo Region" has noticed our virtual walking program and envisions it as a way to get people out of their cars to help keep our planet green. To this end our health council has been invited to present information about our "walks" at a workshop on Tuesday, Feb. 23rd from 7:00 to 9:00 pm at 99 Regina Street S. in Waterloo. Everyone is invited to support this initiative and learn about other ways we can encourage being "green" in our parish.

Anxiety and Depression Presentation:

This presentation by Laura McShane of the Canadian Mental Health Association has been rebooked for on Sunday, February 7th from 12:00 noon to 1:00 pm. A sandwich lunch will be provided for participants. Plan to attend and bring your questions and concerns.

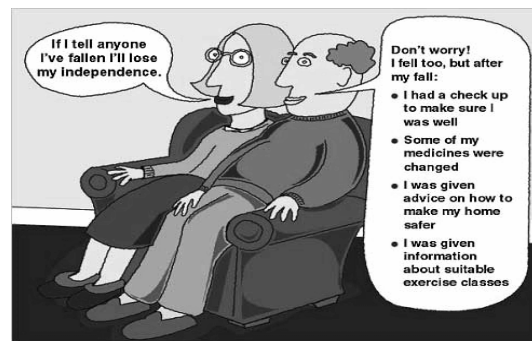
Spiritual Support for People Living with HIV/AIDS:

How can our parish address the spiritual and support needs of people living with HIV/AIDS? If God is calling you to explore this question, there is a workshop in which to do so on Wednesday, February 24th, 8:45am to noon at Room 211, 99 Regina Street S., Waterloo sponsored by the HIV/AIDS Interfaith Committee for Education & Support of Waterloo Region. The cost of \$10 includes refreshments and educational resources. Registration deadline: February 9th. Contact Dianne Roedding at rdianne@region.waterloo.on.ca or 519-883-2006 x5267.

Falls Prevention:

"Walk like a penguin to prevent falls." That is what I heard on CBC radio today. Penguins have to walk on ice and so they are naturals for fall prevention. Their stance is broad, they use their upper appendages for balance, and they apparently tighten their abdominal or core muscles for extra stability. These are principles which we might be

wise to follow as we try to prevent falling. Flat, skid proof footwear will give us a stable base.



Keeping our hands out of our pockets and available to hold banisters and railings helps with balance. Regular exercise of core muscles groups will improve balance and can be learned through community exercise programs.

As we age, falls become a major health hazard. One in three people over the age of 65 falls at least once a year. You don't think that it will happen to you but remember "pride goeth before a fall." Let us discuss other ways we can prevent falls in our home, church and community.

Visit to the Holy Land

Are you interested in the setting of the well-known biblical stories, ancient history and religions, the appeal of Mid-eastern food and culture, and first-hand knowledge of some of the most challenging issues of our time? Then there is no better experience than to walk the streets of Jerusalem and Bethlehem, and the byways of the

Jordan Valley and Galilee with others who know the way! Elsie Millerd has done just that, and says of her personal experience doing so last spring, "It is amazing to walk in the places where the stories of our Bible were lived out and to gain insight into their context. These stories now have new life for me."

From May 3-19, 2010, there will be another opportunity to join a wonderful group of interchurch Canadians preparing for two weeks of travel throughout Israel and Palestine, led by Glenn Edward Witmer from Kitchener, a ten-year church worker and resident of Jerusalem and a highly experienced tour leader and story-teller. Glenn has invited members of St. John Evangelist to join him for this life-changing opportunity.

More information, including a day-by-day itinerary and listing of the sites you will visit is on www.mennojerusalem.org. Glenn and Elsie are open to meeting with interested persons to discuss the activities, and/or to see his PowerPoint presentation on *The Fifth Gospel* about the tour program and content. For information, contact: Glenn at 519-696-2884, office@mennojerusalem.org.

Good Stewardship, Clean Energy and Dirty Wind – They're all part of Green Passion at St. John's *By Pauline Finch*

Did you know that St. John's has a problem with "dirty wind?" It's not what you might think; we don't produce it and it isn't an environmental danger.

A well-attended presentation by the Green Passion working group on Jan. 17 explored a wide variety of alternative energy sources that could help move us toward producing heat and power of our own to supplement the use of non-renewable resources.

One of the questions fielded by co-presenter Al Coughlin was about the possibility of mounting wind turbines to generate clean electricity.

Group member Alfred Durichen explained that the efficiency of wind turbines in densely built-up urban areas is severely compromised by something called "dirty wind" – a new term to most of us. When normal winds blow into the narrow spaces between multi-storey buildings, they get all mixed up into irregular currents and eddies, instead of flowing in a steady stream. That's why you'll see

a growing number of turbines in rural locations, not in cities.

But other ways of making clean energy could transform the environmental and financial footprint of St. John's. Two of the most feasible are solar diode panels to produce electricity, and a ground-source water system to tap into the earth's natural heat. A solar panel-building pilot project organized by Alfred Durichen is now nearing completion; assembling the components ourselves reduces the cost the cost of each panel by more than two-thirds of the retail cost. For larger projects, the group is recommending a professional engineering study focused on viable retrofitting and alternate energy.

Al's paperless PowerPoint presentation illustrated some of the many ways in which we are now improving our ability to use, re-use, and conserve resources, as well as many affordable and locally-sourced options to help care for our church space and grounds for generations to come. The future is not only exciting, he noted, but also fun!

Some upcoming Green Passion projects and events include:

- * a confirmed speaker for Earth Sunday (April 18 or 25); environmental chemistry professor Dr. Hind Al-Abadleh of Wilfrid Laurier University
- * a trip to the Toronto Green Show in April (details to be announced)
- * a series of award-winning documentary showings and discussions (t.b.a.)
- * the adoption of a draft Green Ministry and Purpose statement at Vestry
- * ongoing inter-generational green-awareness displays
- * working for Gold certification from EnviroAction, Huron Diocese

Stay tuned for more opportunities to be part of the "greening of St. John's."

A.C.W. CORNER

Why not join the ACW Winter Read Club. There are no meetings you just read one or all of the following books, at home on your own time.

THE BOOKS ARE

FICTION:

The Shack by William Paul Young
My Sister's Keeper by Jodi Picoult
A Day with a Perfect Stranger by David Gregory

NON-FICTION:

May I have this Dance by Joyce Rupp
Reading the Bible Again for the First Time by
Marcus Borg.

Would anyone like to write a book review on one of
the above?

BALES

The A.C.W. are in the process of packing
this year's Bale for Keewatin. So far we have
packed 14 boxes. If you have any items of new or
gently-used clothing or household linens that you
would like to donate, we would appreciate them.
They can be left in the basket in the Narthex or in
the office, clearly marked "Bale". We try to send
between 25 and 30 boxes and we hope to have
them on the road in early February. Thank you for
your help.

Enid and Bernice, Outreach.

NEWS

In December, John Reynolds' 260th article
entitled, "Spiritual and Scientific Healing" was
published in the Records of Medwayosh Council
A.M.D. No. 46, pages 1-17. This article was
inspired as a result of his Rosicrucian and Masonic
readings and studies. John is particularly grateful
to his Masonic Brother, the Rev. Paul Kett, for
reviewing the manuscript, his valuable comments
and suggestions prior to publication.
Dr. John W. Reynolds

OMAS SISKONA NEWS:

Our first meeting of this new year, on **January 20
at Christ Church Lutheran, 244 Lexington Ave
in Waterloo**, will be an educational meeting about
advocacy. Advocacy on behalf of the African
grandmothers and the children in their care is part
of our mission. We will learn more about the work
of over 240 grandmother groups and how best to
write letters and meet with MPs in order to get
government to put policies in place and to fulfill
promises made. At this time, our efforts have been
to enable access to much needed generic HIV/AIDS
drugs. Our work regarding the government bill to

allow such availability has already helped: it passed
second reading. We will continue to lobby till it
passes.

Our *Good Words for Africa Scrabble Event*
was a huge success again this past year, with the
final total being \$22,288.25! All of this was sent
directly to the Stephen Lewis Foundation to help
support the many African projects involving the
grandmothers and orphans in their care. We want
to thank all those who helped accomplish this. Yes,
we will think about doing it again next November.

Another event that will benefit not only the
African women in Kenya who make each piece, but
also the Stephen Lewis Foundation projects in
Africa, is a Kazuri Jewelry party in mid May. This
will be organized by Thea Parker and Ann Kelland
and sponsored by our ACW.

We continue to invite grandmothers and
"want-to-be's " to join us as members, or as
associate members who will be informed of our
plans and events.

Waterloo Deanery Refugee Project

The Niang family – Lun (Mother) and her three
daughters, MaMan (16), Siang (13) and SenNu
(10) arrived in Canada in between snowstorms on
December 9. The first thing they did on the morning
after arriving was to thank God, first praying for all
of us, their sponsors, that God would bless us richly
for what we have done for After spending a few
them, and then going to St George's where they
offered praise to God for his deliverance of them.
days with some friends they had known in India,
they moved into their own apartment on Lancaster
Street, an area where many other Chin families
live. All four are now in school and doing very well.
They are happy and friendly people and show great
determination to learn to live successfully in
Kitchener Waterloo.

Our church family provided the needs for one of the
bedrooms – bedding and towels – and also opened
up the clothes closet from which they selected
many clothing and household needs. As well, we
got new warm winter coats and boots for those who
still needed them, and after Christmas, a
microwave was provided. Loonie and toonie
Sunday resulted in over \$250 from St. John's,
which was added to that collected in the other
participating churches. Some of that money was
used for a Christmas "hamper"; some is helping
with the purchase of a laptop (for the girls'
schooling needs), and some will be used for other
extra expenses as they arise. As well, we helped

with teaching the family how to shop in KW – for groceries and basic needs – and very quickly they learned where to go, how to use Canadian money, how to find items and how to compare prices. Just after Christmas, they said they could now do this themselves, and were so thankful for our help.

The inter-church committee continues to meet monthly and various individuals continue to help as they learn to manage on the budget set up, to deal with any medical issues that might arise, and to generally settle in. The local Chin community has been actively involved and provided a sense of not being alone in a brand new country.

This continues to be a very rewarding way in which we are reaching out and sharing God's love. Our individual and church prayers are ways in which we can continue to support them.

BOOK REVIEWS

I want to share two wonderful reads I had over the Christmas holiday. They are both relatively short and easy-reads.

The first is **Mitch Albom's** latest: **Have a Little Faith**. For those who have read Tuesday's with Morrie, the style and tempo will be familiar. The beginning itself is compelling: two very different men ask two very different questions: "Will you do my eulogy?" and "Will you save me, Jesus?" The first is Albert Lewis, Albom's childhood rabbi, whom he has not seen for years; the second is Henry Covington, gang member, who becomes the pastor of I am my Brother's Keeper ministry to the homeless in downtown Detroit. In Albom's words, "This is a story about believing in something and the two very different men who taught me how." Over the next 8 years Albom comes to know both these men in a deeply personal way, and it changes him. The book resonates with anyone who has experienced disenchantment with the world and the church's role in it. Again to quote Albom, "As is often the case with faith, I thought I was being asked a favor, when in fact I was given one."

The second, **Fearfully and Wonderfully Made**, is co-authored by Dr. Paul Brand and Philip Yancey. Dr Brand was a world famous orthopedic (hand) surgeon who focused his efforts on those suffering from leprosy in both India and latterly in Louisiana. He has been quoted and referred to by Yancey in several other books, notably Soul Survivor (I'll write about that another time!) and Where is God when it Hurts? In this book, Brand writes about the marvels of the human body. In his words, "I have come to realize that every patient of

mine, every newborn baby, in every cell of its body, has a basic knowledge of how to survive and how to heal, that exceeds anything that I shall ever know. That knowledge is the gift of God, who has made our bodies more perfectly than we could have ever devised." Brand then discovered a bonus: he found that the more he learned about how the human body works, the more fully he appreciated the analogy Paul made in the his letters between the human body and the body of Christ. Yancey has pulled it all together (Brand had much earlier written a series of talks delivered to the Christian Medical College in Vellore, India), including some short stories from Brand's life to further reveal the links. Yancey has this to say about the effect Brand has had on him. "As much as anyone, he has helped set my course in outlook, spirit and ideals. I look at the natural world, and environmental issues, largely through his eyes. From him, I have also gained assurance that the Christian life I had heard in theory can actually work out in practice. It is indeed possible to live in modern society, achieve success without forfeiting humility, serve others sacrificially, and yet emerge with joy and contentment. To this day, whenever I doubt that, I look back on my time with Paul Brand....a shining example of what God had in mind with the human experiment." I found this to be both challenging and heartening.

Both books were ones I could not put down and, at the same time, ones I wanted to put down in order to have time to more fully reflect on what I had read. They are both still spinning in my head!
Anne Kelland

MEMORIALS

David Thomas Mills, November 29, 2009

Nancy Fortier Reeve, December 23, 2009

Sandra J. Lehnen, December 29, 2009.