



## ON EAGLES WINGS

### CHURCH OF ST. JOHN THE EVANGELIST

### EASTER SEASON 2010

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#### GREETINGS

From my vantage point, one of the most beautiful Easter stories comes from the Gospel of St. Luke. It is a story that comes at the end of a day which has been filled with wonder. As two disciples walk along a road, they journey in the presence of another person with whom they share the events of the day. They talk about Jesus. They speak about their experience of him. They share their reflections on his ministry, and, how some women, who had been a part of the group who had followed Jesus, had discovered early in the morning that his body was no longer in the tomb where it had been placed after his crucifixion.

As their journey continues, the disciples discover, from the conversation with their fellow traveller, new insights into the way in which the words of the Prophets and the Psalms pointed to Jesus as the full expression of God's Love for God's People. They come to a moment where they recognize Jesus as he breaks bread in their presence. They rush back to Jerusalem to tell their friends that they have seen the Risen Lord.

During the Easter Season at St. John's we will have the opportunity to celebrate our love for our Risen Lord and examine the call which is being given to us to care for each other, to care for the world in which we live and to care for the buildings where we worship. Our 2010 Parish Photo Directory project, our focus on matters of environmental concern during our worship and our Parish Town Hall Meeting on April 18th are all steps along the way in our own journey of faith.

The story of the Road to Emmaus contains the reflection that those who journeyed with Jesus felt their hearts were on fire during the experience. Their attitude underwent a transformation from wonderment to an excitement that had to be shared

with others. Their sense of joy changed their perspective on life.

It is my hope and prayer that as you read through this copy of On Eagle's Wings you will discover a wealth of information about how the Easter Season at St. John's will provide opportunities for you to fully share in the Mission and Ministry of our Parish Family. I pray that you too will experience the gift of Easter joy and wonder in your life.

Your Friend and Rector,  
The Reverend Canon Christopher B.J. Pratt

**A letter from  
+Fred J. Hiltz, Archbishop and Primate  
President, PWRDF Board**

St. John the Evangelist,  
23 Water St. N.  
Kitchener, On  
N2H 5A4

Dear friends in Christ;

As The Primate's World Relief and Development Fund (PWRDF) celebrates its 50<sup>th</sup> anniversary, it seems a particularly appropriate time for us to be in touch with individuals and parishes who have supported PWRDF over the years through volunteer contributions, advocacy, or financial support.

I am writing to express my personal gratitude on behalf of the board, staff, and partners both in Canada and around the world, for your longstanding support.

PWRDF continues to be one of the best good news stories of our beloved Church and its witness to the Gospel of Christ. Through its work lives are changed, communities are rebuilt and the world is re-shaped. Through PWRDF we have multiple opportunities for

living out our baptismal vows, “to respect the dignity of every human being” and “to strive for justice and peace among all people”.

Please accept my personal thanks to you for your commitment to be the heart and voice, the hands and feet of Christ at work in the world.

I am

Sincerely in Him

(signed by)

+Fred J. Hiltz

Archbishop and Primate

President, PWRDF Board

## **NURSES NOTES**

*Elsie Millerd, Parish Nurse*

## **Defensive Walking: Community Building**

Last month I had the opportunity to make a presentation about our virtual walk to the “Greening Sacred Spaces” network. In the discussion period I was challenged to think about how walkers must be defensive if they are to be safe. There are several things against which a walker must defend herself. In the winter ice is a hazard. Walking poles with ice picks are helpful for keeping one’s balance. YAKTRAX can be strapped to the bottom of ones boots as another way to gain balance on packed snow and ice but they cannot be used on pavement. Crossing intersections safely can also be a challenge. It is wise to make eye contact with drivers before crossing in front of them, especially important when the driver is making a turn. Sometimes one must be prepared to jump out of the way when surprised by an oncoming car. That is a better strategy than trying to fight it off as I once did!

Another presenter at the group told us that walkers in an area create a traffic calming effect. They provide interest. So, walking in groups is a defense strategy. It is also a community building strategy. Walkers tend to greet each other, especially when they meet daily. A cheery good morning from a fellow walker can be quite uplifting. In the car you do not get that opportunity.

Walking, a form of active transportation, is a greening strategy but it also has other spiritual advantages. I encourage you to try it, especially now that spring is approaching. Walk defensively and enjoy the community you create.

**Requiem Eucharist:** A special service will be held on Sunday, April 11<sup>th</sup> at 3 pm to remember loved ones who have died recently. If you would like someone especially remembered, please leave the name on the sheet for this purpose which is on the Narthex table. A time of refreshment and sharing will follow the service in the Fireside Room.

## **Honouring Elder Rights: Preventing Elder Abuse**

Community Workshop

April 22, 2010 8:30 am to 4:10 pm

Waterloo Regional Police Association

1128 Rife Road, Cambridge

Early Bird rate: April 9 - \$60

Contact: 519-772-8787

## **MUSIC AT ST. JOHN'S**

Maundy Thursday: Ps. 116; Beatitudes; Ps. 22

Good Friday: Ps. 22; Saunder's Reproaches

Easter Vigil: Ps. 16, 143, 98, 114; Song of Moses

Easter Sunday: Chilcott Jazz Mass; Ps. 118

## **CONCERTS**

Sunday, April 18, 4p.m.: Spiritus Ensemble; Bach Cantata No. 4

Sunday, April 25, 3p.m.: Faure Requiem and Widor Mass for two organs and choirs

(Choirs of St. John's and St.

Jame's Stratford)

Saturday, 1 May, 8p.m.: DaCapo Choir Concert

Saturday, 15 May, 8p.m.: Renaissance Singers Concert

## **NOON-HOUR ORGAN RECITALS**

(thursdays 12:15 - 12:45)

April 8: Douglas Haas

April 15: Jan Overduin

April 22: Martin Jongsma

April 29: Peter Nikiforuk

May 6: Marlin Nagtegaal

May 13: Barrie Cabena

May 20: Susan Nagtegaal2

## **SESQUICENTENNIAL BOOKS**

There are a limited number of the books depicting all our activities during our Sesquicentennial Year available.

They can be purchased any Sunday after the 10:00 am Service from one of the Committee Members for \$10.00.

## WARDENS CORNER

### THE NEW PARISH PHOTO DIRECTORY

From Tuesday, April 6 to Wednesday April 13, a team of photographers will be in the Fireside Room taking pictures of all members of St. Johns for our new parish directory. The directory committee, led by Matt Kieswetter, hopes that everyone who is able will come in and have their picture taken. You'll need to set up a time that is convenient to you and you can do this either by seeing Matt in person after Sunday service or by using our handy parish website.

There have been many changes at St. Johns over the past 5 years since our most recent parish photo directory was produced, and it's time to renew our photographs and information. Parish directories are essential for a variety of reasons: they help those of us who can't quite remember everyone's name to discreetly recall it; they help new members to feel more comfortable and included; they include information about what we're doing and provide a way of remembering some of our activities.

Matt and his committee hope that everyone signs up this week. They'll be telephoning those who haven't got around to it by Palm Sunday. The company who is helping us with the directory is called "Life Touch". They have promised to give everyone a free photograph. They'll also offer to sell you as many copies of these photos as you'd like, but they've also promised that they won't make anyone feel obliged to make a purchase.

### Report from the committee examining redevelopment options

The committee examining redevelopment options has been proceeding on the basis of motions passed at vestry. The vestry meeting of February 1, 2009 passed a motion endorsing the wardens or designates:

- to continue their conversations with Mr. Bernie Nimer regarding any potential development project which may have an impact on parish property within the context of the space needs for our parish and neighbourhood ministries
- continue to inform parish executive and parish council
- convene a special vestry meeting if the need arises

The most recent vestry meeting on January 31, 2010 approved a motion:

- authorizing the use of capital funds for any study or studies needed to assist the redevelopment team and parish council in making recommendations for redevelopment within the context of an assessment to clarify the space

The Church of St. John The Evangelist

Holy Week, 2010

*Palm Sunday, March 28*

8:00 a.m. Holy Communion

10:00 a.m. Holy Eucharist with Liturgy of the Palms

*Monday, March 29*

7:00 p.m. Holy Eucharist

*Tuesday, March 30*

7:00 p.m. Holy Eucharist

*Wednesday, March 31*

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

7:00 p.m. Holy Eucharist

*Maundy Thursday, April 1*

5:00 p.m. Pot Luck Seder Meal

7:00 p.m. Maundy Thursday Liturgy

*Good Friday, April 2*

10:00 a.m. Liturgy of the Passion

*Holy Saturday, April 3*

7:00 p.m. Great Easter Vigil

*Easter Sunday, April 4*

8:00 a.m. Holy Communion

10:00 a.m. Holy Eucharist

You are invited to attend

### THE PASSOVER SEDER

April 1, 2010

5:00 p.m.

Followed by Maundy Thursday Service

Bring your own wine or grape juice and an item for pot luck.

#### Suggested Menu Items

##### *Appetizers*

Soups - Chicken with matzah balls or small Kosher egg noodles

- Borscht (served hot or cold)

Salads - your choice

##### *Entrees*

Chicken, Brisket of Beef, Roast Lamb, Turkey

##### *Desserts*

Fresh Fruit, Stewed Dried Fruits (compote)

Absolutely no ham or pork should be served or used.

Sugar, milk and milk products should be avoided entirely.

Please sign up in on sheet in the Narthex during Coffee Hour.

needs for ministry and mission at St. John's and the surrounding neighbourhood

- that any funding required be subject to the approval of the parish council, wardens, and rector.
- that redevelopment recommendations be formulated by the redevelopment team and forwarded to the parish council, rector, and wardens in sufficient time to reach vestry within a year.

Mr. Bernie Nimer is a local developer who has been responsible for several projects in downtown Kitchener, including the mall at the corner of Duke and Victoria Streets, the Shoppers Drug Mart on King Street, and facilities for a pharmaceutical research company. Mr. Nimer owns the Shoppers Drug Mart parking lot next door to us; he has to provide parking there for another three years. Then he plans to develop the parking lot and the adjacent Lynn property, which he plans to acquire, for residential use and possibly some retail and commercial use. He is interested in including our parish hall property in the development for which we would be compensated, possibly by providing meeting, office, and other facilities for us. He plans to proceed with some form of development whether or not we participate. We have had several general discussions with Mr. Nimer and parish council has met with Mr. Nimer. No agreements or understandings have been undertaken.

From our side these discussions have been undertaken because of the current and impending costs of maintaining our parish hall property. The hall property is costly to heat and roof and heating system repairs and replacements will be needed in the future. The upper parish hall is not in good condition and has low hours of use per week. Including the activities of outside groups, the upper parish hall is not used more than an average of 12 hours a week, lower in the summer.

We have also been made aware of government funding available for the construction of assisted housing, particularly for low income seniors. To explore this potential government funding we were required to submit an expression of interest to the regional government in late September, which we have done. This is only a tentative proposal and does not commit us in any way. Assisted housing, using government funding, could be included in a redevelopment project.

The committee has outlined the pros and cons of a number of redevelopment options, including staying with the present building, demolition of the upper parish hall and area below and a joint development with Mr. Nimer, demolition of the rectory wing (offices and caretakers' apartment) and reconstruction of offices in the stage space, and

redevelopment of our upper parish hall property on our own by obtaining government funding for assisted housing. A more complete list was included in the last vestry report.

Subject to the approval of parish council, the committee examining redevelopment options will be engaging a professional engineer to review the condition and expected future repairs for our building and the feasibility and potential structural impacts of demolition of the upper parish hall and/or rectory wings.

The committee will continue to keep the parish informed. No agreement will be entered into or redevelopment undertaken without full parish consultation. Any redevelopment must have significant benefits for St. John's and improve our ability to carry out our ministries and fulfill our mission.

Comments and questions are welcome. Please contact a member of the committee with any comments or questions.

Committee examining redevelopment options: Ray Cloutier, Al Coughlin, Mark Ewald, Frank Millerd, Paul Millerd, Barry Paquette, Christopher Pratt, Jim Prytula, Don Ross, David Rumpel, Doug Woodley

## **A.C.W. CORNER**

### **ACW Spring Pot-luck Supper and Thankoffering Service Monday, April 19, 2010**

All are invited to join us for our spring gathering with pot-luck supper, starting at 6:15 p.m. and Thankoffering service at 8 p.m.. The pot-luck supper is always delicious and is a great time for fellowship. The Thankoffering service is our way to say "Thank You" for our many blessings.

Our speaker during the service is Dena Moitoso, the Bereavement Counsellor with People Needing People at the Erb & Good Family Funeral Home. Her professional knowledge and personal experience with loss are the elements which she brings to those who are facing the many challenges of grief and change after the death of their loved one. Dena will speak about her own grief journey and how it led her to help others.

Check your mailbox for your invitation and Thankoffering envelope. The Thankoffering will be presented at the ACW Annual Meeting in London on April 24<sup>th</sup> and will be combined with those from other ACWs' in the Diocese to provide outreach.

## **A.C.W. OUTREACH REPORT**

Thank you to all those who helped with the Bale for Keewatin, with donations, packing and transport to

Guelph.

With the help of All Saint's, Waterloo and Holy Trinity, Kitchener we were able to send 37 boxes up north in early February. We received the following e-mail from Renee Petersen who runs the project there:

"Hello Enid, Yes I did receive the bales. Thank you so much, Sorry I didn't email you to let you know, I was off for a few days. I hurt my back, The truck driver delivered the bales right to our door, so this was fantastic! I have opened the boxes and was amazed at what you have sent us. You are truly a wonderful group. Your generosity will help so many people! We have been blessed! Take care and once again many thanks to each and every one of you. God Bless, Renee"

Many thanks once more to MacKinnon Transport in Guelph.

We will not be sending another Bale until 2011, however, if you have any items you may need to get rid of and would like to give to the bale, please speak to either myself or Bernice as we have some storage space.

### **OTHER OUTREACH PROJECTS**

In February we were able to deliver 36 pairs of prescription glasses to the optician who will see that they are recycled for work in Third World countries.

A roll of Zehr's tapes was dropped off at Freeport Hospital and we will be dropping off a package of stamps to the Leprosy Mission before Easter.

**PLEASE NOTE:** We are still collecting Campbell's soup labels and we have put a new box for this purpose on the shelf in the cloakroom outside the Choir Room. This will free up the boxes in the Narthex which get a bit full. All our collection boxes are together now.

Thank you for your ongoing support with all these projects.

Bernice Payne and Enid Emery. A.C.W. Outreach Co-ordinators

### **WATERLOO DEANERY A.C.W.**

For several years Waterloo Deanery has been without an A.C.W. Diocesan Representative. As of last Fall, I took on this position. After a meeting with A.C.W. Deanery Presidents it was decided to have a joint meeting. This will be held in the morning on Saturday May 15th from 10.00a.m until 1.00pm. ending with lunch and will take place here at St. John's. Please mark this date in your calendar and plan to come out to meet some Anglican Church Women from other parishes. Thea Parker will be one of the speakers and she will be bringing some Kazuri jewelry from Kenya, which she will also be selling in support of Omas Siskoma. There will be more details to

follow.

I would also like to draw your attention to the A.C.W. Annual Meeting in London on April 24th. with registration and refreshments between 8:30 and 9:30 a.m. Lunch will be "Brown Bag." All ladies of the Parish are invited to attend, it is always a good day. This year the speaker is Laurel Pattendon who is the Spiritual Development Co-ordinator for the Diocesan Council. She has a rather different approach and will be well worth hearing. The theme for the Annual Meeting is: "Food for Thought." Please speak to me if you are thinking of going and need a ride or would be willing to drive.

I would also like to draw to your attention the Council's need for a Treasurer. The present treasurer has served her 5 year term and has agreed to stay on for another year to help any new person coming into the job. If you are familiar with book-keeping, perhaps you would like to consider putting your name forward. Please let me know if you are considering this position.

There is also a need for a Communications Representative; this person is responsible for getting information into Huron Church News. Again, please speak to me if you are interested in the position.

Enid Emery, A.C.W. Deanery Representative.

## **UPCOMING EVENTS INTERESTING INFORMATION**

### **Distinguished Teacher Award**

He'd never mention it himself, so we'll have to; our own Doug Kirton has been named as a winner of the University of Waterloo's Distinguished Teacher Award for 2010. Doug, who is a visual artist as well as a full professor, teaches in The Faculty of Fine Arts. Congratulations Doug.

### **STUDY SERIES**

Easter Study Series - Home Tonight - further reflections on the writings of Henri Nouwen's book "The Prodigal Son". Readers will be led to welcome their unique Beloved ness through practices of "spiritual listening", journaling, and communing with God, thus connecting personally the unique, unconditional love of the One who created them. The book will be the basis of our discussion over five sessions beginning Wednesday April 14th from 7 to 8:30pm. The fee for the book is \$12.00. Please contact Rev Grace Schaefer (theholyyoman1@hotmail.com) by Sunday April 4th so that books can be ordered.

## OMAS SISKONA NEWS

In 2009 with grandmothers groups across Canada, we urged our local MPs to vote for a government bill that would help to make generic HIV/AIDS drugs more accessible to the people of Sub-Saharan Africa. This effort has brought partial success, and we have continued to urge the MPs, in the final reading of this bill, to vote to reform the Canadian Access to Medicines Regimen.

Our advocacy is now focused upon **Education for All**. In 2000, Canada committed to help reach this target by 2015. As the G8 meeting in Toronto and the G20 meeting in Huntsville will take place this summer, the grandmother groups across Canada are joining in a National Solidarity Walk on June 12<sup>th</sup>. We will be publicizing our goals for education, especially for girls, for the 38 million illiterate children living in Sub-Saharan Africa. Also, on June 24<sup>th</sup> and 25<sup>th</sup>, there will be a **GranAfriCan Gathering** in Toronto for both Canadian and some visiting African grandmothers, when there will be a renewal of the pledge of solidarity. Some of the goals are to learn more about advocacy issues, to improve the understanding of the work of the Stephen Lewis Foundation, and to strengthen the ties in the Grandmothers to Grandmothers Campaign.

Our own education continues. The topic in the March meeting was how Music Therapy is used to help the young children in Africa who are orphans traumatized by the result of HIV/AIDS in their families. Through our special speaker, Jean Galbraith from the Music Therapy Community Clinic, we learned how Music Therapy is used here.

The good news for the Omas Siskona members is that one of our members, Hilary Bowes-Walsh, is one of the 40 grandmothers who were chosen from across Canada to go to Swaziland with the SLF (thanks to millions of Aeroplan miles). This will be the first gathering of the grandmothers from many different African countries, and they have invited some Canadian GGs to be with them. It will be also a time to visit some of the projects and centres that we help to support. This will take place in May and we will look forward to her return.

Lastly, the St. Johns ACW have offered to sponsor an event when Ann Kelland and I will have a sale of the Kazuri jewelry on May 15<sup>th</sup> from 2 – 4 p.m., and at coffee time on the 16<sup>th</sup>. These beautiful pieces come from Kenya and are made by African women who are now working in better conditions and receiving better pay, thanks to this business. The profits go back to the SLF and in turn become part another project. So, do save that date!

Thea Parker

## THE BAYEUX TAPESTRY

Recently, a member of our parish inquired about my Bayeux Tapestry, and suggested that I submit a little note regarding its fortunes since its display here at St. John's some years ago.

Interest in my tapestry has waxed and waned, and recently some unexpected developments have occurred. It has been on display now since January in the Mississippi Valley Textile Museum, (I'm sure everyone knows that there is a Mississippi River here in Ontario), in Almonte, Ontario, just west of Ottawa.

Somehow, a group of embroiderers involved in another reproduction of the famous hanging, this time in Denmark, heard about my work, and e-mailed me with some questions about it. This led to a rather extensive interchange of messages, and to my surprise and delight, two ladies from the group decided to come to Canada to see it. We entertained them here in our home last Saturday, and as a result of this, we have had a most generous invitation to visit them in Denmark. Sylvia and I have decided to go to Germany and Denmark next September (We'll be back in lots of time for the Pudding Factory!).

Then, just this week-end, I received an exciting note from a gentleman who had just been to Almonte to see the tapestry. He was most flattering in his praise of my work. While he now lives in Ottawa, he explained that his childhood home is not far from Battle and that his wife is from Hastings. He has a close friend at the University of Sussex who is somehow connected with the organization called "English Heritage", which is responsible for the site of the Battle of Hastings, including Battle Abbey. The gentleman in Ottawa has proposed that my tapestry be displayed in Battle Abbey! It is an exciting possibility. I await the next chapter in the Bayeux Adventure.  
Ray Dugan

## CHARITABLE DONATIONS

### Points to Remember

Charitable giving is important to Canadians and our governments. In recognizing this, and to assist and encourage Canadians to give to charity, the tax system provides a tax credit to donors. One family member should claim all donations to maximize the charitable tax credit.

**Donation Tax Credit Calculation;** The first \$200 you donate is eligible for a federal tax credit of 15% of the donation amount. After the first \$200, the federal tax credit increases to 29% of the amount over \$200. Generally, you can claim all or part of this amount up to a limit of 75% of your net income.

In Ontario, tax-filers can claim 6.05% of the first

\$200 of charitable donations and gifts and 11.16% of donations and gifts in excess of \$200. Donations may be carried forward up to five years.

**Donation of Publicly Traded Shares;** In a recent federal budget, the capital gains tax that would be payable on the sale of any publicly listed company shares will be eliminated if these shares are donated to a registered charity. This budget measure was meant to provide substantially more tax incentive for donations of shares. The measure is effective because it benefits donors as well as charities. Before the change, a donation with a taxable capital gain of \$1,000 was taxed at a rate of 45%, resulting in a tax payment of \$450. After the change, the taxable portion will be nil and the share's increase in value will not be taxed at all.

Parishioners may wish to donate such shares to the parish as part of their offertory giving or Church Restoration Fund donations. An income tax receipt for the full value of the shares at the time of donation will be issued. Parishioners wishing to donate in this manner should contact the parish office. The diocesan business administration office will arrange for the sale of the shares and remit the funds to the parish.

**PLANNED GIVING;** Planned giving is a program that involves arranging donations to serve the interests of a registered charity and that best suit the personal, financial and tax situation of an individual donor. Examples of planned giving include bequests, annuities, life insurance policies, and residual interests or charitable remainder trusts.

## **FAITH JOURNEYS JOAN THOMPSON**

It is always so interesting to meet and talk with the older members of our congregation. One discovers hidden talents and special accomplishments, which although they may not seem "church related" still show a caring and Christian understanding of ministry.

Joan was born in Toronto in 1922 where her parents attended St Thomas Church on Huron street, and her father was a friend of the rector and a boy chorister for many years. They later attended Christ Church Deer Park where Joan was christened, attended Sunday School sporadically, and then was confirmed when she was 13 years old. She attended Deer Park Public School and then St Clements Girls School spending four years at each school before moving on to Havergal School for girls.

Following graduation she did not go on to post secondary education but immediately started working at the National Trust in various capacities

such as a filer and then a teller. Here Joan met her first husband Sandy Buller, an estate officer who also lived in Toronto. They were married at St Thomas Church in 1944. When Joan was 25 she gave birth to Wendy and three years later to John. Of course by this time she was no longer working. She classified herself as "not religious" and her church attendance was rare as they had difficulty attending church with the children and having no easy transport. Joan shared that her mother was upset about this.

When her husband's work was moved to Hamilton she did not want to go, but eventually loved living there. Joan was hit by tragedy when sadly, at the age of 41, in 1954 her husband, Sandy Buller, died of a heart attack. Eventually a friend in Waterloo persuaded her to go on a blind date with her in Waterloo and she met Kemp Thompson. They hit it off and only seven or eight weeks later, although Kemp was not at that time an Anglican, they were married at Christ Church Cathedral in Hamilton where Joan's 12 year old daughter Wendy was the flower girl. How romantic is that? They built a house here in Waterloo where Wendy and John attended school. Wendy attended WCI and then went on to teacher's college on Hamilton.

When moving to Waterloo Joan and her family became members of Holy Saviour Church, where she was a member of the Altar Guild and Wendy and John were confirmed. Following her marriage Wendy had two children Graham and Megan, and then tragically, when Graham was 16 years old, and just three days before Christmas, he was involved in a very serious car accident in which the driver and passenger were killed. He was very seriously injured, suffering the loss of an eye and a head injury. You will probably meet him in church some Sundays. Wendy says he has made no further development although, thanks to his good insurance settlement, he is able to live quite comfortably on his own. Sadly this event was instrumental in the breakup of her marriage.

While still attending Holy Saviour, Joan found she was missing the lovely architecture of St Thomas Church in Toronto so after about 15 years she decided to become a member of St John's where she enjoys the beauty of our Church of St John the Evangelist. Christopher's first marriage ceremony held here at St John's was for Joan's granddaughter Megan Curry. Isn't it interesting that although Joan has referred to herself as "not very religious" her church has made such a lasting impression on her? She always felt she should go to church and at St John's enjoys the opportunity to socialize. She soon started baking for the church, and helped Dorcas Plant at the first Dicken's

Christmas Carol event. Of course she also became involved with the Pudding factory

Joan has always been a very active lady and in her youth enjoyed skiing and skating and joined a skating club where she went three times a week to dancing classes for fun. Even now she enjoys aquafit three times a week. After fighting and winning two battles with cancer she became a very involved volunteer in the community and in 1960 she joined the Hospital Auxiliary and has given many hours to that position. She is still a member, and she made me laugh when she said all she did now was package "turbans" for those who, like her, lost their hair to cancer. She subsequently became a member of the Terry Fox Team and as a cancer survivor she took part in the Relay for Life.

In 1964 she joined the K.W. Symphony's Women's Committee where she has worked on every one of their projects over the last 40 years, including the Viennese balls and "feeding the Orchestra". Yes, she took in food for the orchestra when they were rehearsing and became a much appreciated volunteer. Kemp was on her side as he had a great love of music. These two volunteer positions show that Joan has a deep feeling for others. Is this not part of our Christian calling? In 2006 Kemp died and once again her life changed. Joan used to attend the 8:00 o'clock service but due to some medical problems Joan recently had to give up driving and now attends the 10:00 o'clock service where she will enjoy meeting people in the coffee hour. Her life certainly has not been easy but she has given so much of herself to the community. As a result of her many volunteering activities, in 2003 her daughter nominated her and she was named Roger's Woman of the Year for Seniors'. She told me that in gratitude for her lunches all the orchestra members signed the form supporting her. Belated congratulations on a well deserved recognition Joan. We are blessed to have you as a member of our congregation.

*Jackie Marsh*

## **IS COMMON COURTESY DEAD?**

A few weeks ago I was traveling home from a lunch with some friends in Guelph. I had noticed when I was driving to Guelph that the price of gas at a station on Highway 7 was very reasonable. I determined to stop there on my way home for a fill-up.

Later that afternoon as I approached the station it was lined with cars coming from both directions. I waited in line until there was an opening for my car on my fillup side. A man was filling his car

facing me, who when he had completed his task, backed up in order to leave. By this time I had filled my tank, paid my bill, and was ready to leave. There were a number of cars behind me, I could not back up, but would be able to leave as soon as the car in front backed up. As I started up to leave, a woman in another car roared in so that I had to stop abruptly. There were no cars immediately behind her. I gestured to her to please back up so that I could leave. She shook her head and came a little closer. I again asked that she just let me leave, but she again shook her head and inched forward. I had also begun pull forward, so she was unable to fully access her hose. I contemplated just letting her sit there, because it meant that a long line behind me would all have to back up to let me leave. After a few seconds of nothing happening, she just sat there, I just sat there, the car behind me realized my predicament and the line of four cars all backed up to let me leave. I thanked the person behind me, but I was really annoyed, and thought to myself that I was on the verge of the "road rage" I had heard about. What had been a thoroughly pleasant day with my friends had been destroyed by an act that had me nearly grinding my teeth!

This episode made me realize that our actions when confronted with annoying situations can lead to a "tit for tat" response. Why was that young woman so set on keeping me captive? I will never know, but it has made me much more alert to try to keep courtesy in any form at the fore front of my every day living. Bette Moore

## **WILL YOU MAKE SQUARES?**

It's six o'clock, my home's a mess.  
And dinner's running late.  
The baby's lost her soother,  
My son just lost his date.  
The phone is ringing. I hear thunder  
Coming down the stairs.  
"It's for you Mom, it's Mrs. Jones,  
She says, "Will you bring squares?"

The Bishop came last Sunday,  
An Episcopal event.  
Finest linen, finest china,  
(And we didn't make a cent!}  
The Pastor put on his good suit,  
Patricia put on airs.  
Sue and I washed dishes,  
And, oh yes, we brought the squares.

I love our Spiritual Retreat.  
It fills me with such peace.

To be at one with God and world,  
At last I've found my place.  
I'd love to linger here a while,  
Perhaps to say some prayers.  
But I'm in charge of making tea,  
And setting out the squares.

My Kitchen's filled with luscious scents.  
Hubby watches as I bake.  
He sees me chop the fruit and nuts,  
He sees me ice the cake.  
"Now tell me dear" he coyly asks,  
"Who are these goodies for?"  
"For God and Canada", I say  
And whisk them out the door.

I admit I've been discouraged,  
And I've asked myself, "Who cares?"  
But I found out, I went JUST ONCE,  
Without my precious squares.

When I've organized my last bazaar,  
And raffled my last prize,  
I'll not be sad to see it end,  
I'll welcome my demise.  
For through it all I've loved a lot  
And laughed until it hurts,  
And in the end I'm very sure  
I'll get my just desserts.

But should my Master summon me,  
And catch me unawares,  
Consider this – Now, at my wake  
Who'll make the ruddy squares?

Author Unknown

### CHOCOLATE IS A VEGETABLE

- Chocolate is derived from cocoa beans. Bean is a vegetable, Sugar is derived from either sugar CANE or sugar BEETS. Both are plants, which places them in the vegetable category. Thus, chocolate is a vegetable. Togo one step further, chocolate candy bars also contain milk, which is dairy.
- So candy bars are a health food. Chocolate-covered raisins, cherries, orange slices and strawberries all count as fruit, so eat a many as you want.
- The problem: How to get 2 pounds of chocolate home from the store in a hot car? The solution: Eat it in the parking lot.
- Diet tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite, and you'll

eat less. If calories are an issue, store your chocolate on top of the fridge. Calories are afraid of heights, and they will jump out of the chocolate to protect themselves. (We're testing this with other snack foods as well.)

- If you eat equal amounts of dark chocolate and white chocolate, is that a balanced diet? Don't they actually counteract each other?
- Chocolate has many preservatives. Preservatives make you look younger, Therefore you need to eat more chocolate.
- Put eating chocolate at the top of your list of things to do today. That way, at least you'll get one thing done. A nice box of chocolates can provide your total daily intake of calories in one place.
- Always consult your physician before following any diet.

Anonymous (well not quite, I know who submitted it!)

**NEXT OEW DEADLINE, MAY 16, 2010**