



The Church of St. John the Evangelist, Kitchener

ON EAGLE'S WINGS

October 25, 2020

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Adapt and Overcome

Elaine Duncanson

That is an expression my daughter has used many times. It is a military attitude: a task must be completed but the situation is not what was expected. One must think of another way to work, another solution to the problem and successfully complete the task.

Moving is an experience that most of us have had at least once. There is no corner for the special chair in the new place. Where else could it go? The catchall cupboard does not exist here so how do we keep those things handy and tidy? Clothes that were needed before are not necessary now. I have given away my gardening clothes and my thick fleece pants are next because I wore them for snow shovelling.

Those are rather simple problems that can be settled in a few minutes or a couple of days. COVID has created a long list of challenges and has required us to think very differently about where we go and who we can associate with. A meeting of friends in a coffee shop is not possible. They are not members of our bubble – or whatever term applies these days. Family gatherings are not allowed for the same reason. Celebrations of milestone events occur on zoom, for those who have easy access.

The Royal Family maintain their connections through the internet. So who are we to complain? As long as a household has access to the internet and can afford enough gigabytes, they can work, attend class, chat with family and friends, and shop. What a fine solution!

It can also lead to boredom, depression, lack of exercise, weight gain, and a few other unpleasant things. For people who live alone isolation is intense. For those who live in small spaces, particularly with other people, frustration can lead to explosions of temper. It may feel good at the moment but it does not solve the problem.

In Europe, with many narrow streets and families in small quarters, troupes of entertainers would stroll along the streets singing and dancing to provide some entertainment. Families came out on the balcony to cheer, applaud, and even throw down some coins. That was a sanity boost to last for a couple of days. I have a friend in Fredericton who sends me two or three day-brighteners every morning. Some are hilarious, some philosophical, some nature studies, some have animals and children. All are a morale boost.

The Church has also looked for ways to remain active and engaged with our lives. There has been an incredible amount of innovation from a variety of people to make the service as much the same as possible. The singers meet with Marlin, usually on Saturday morning, to tape the music for Sunday. Lately, some of the music, the readings and the prayers have been taped during the Saturday service. For in person services, we have the same liturgy presented within the new rules. The work to adapt to the new reality has been done carefully and quietly so most of us are not fully conscious of the effort.

For many people there is a personal adaptation that must be made as the result of illness, an accident, or simply having a superfluous number of candles

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The next issue of On Eagle's Wings will be available on November 29th.

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on our birthday cake. Eyesight is not quite so sharp and the dreaded bifocals may appear. Hearing aids promise a new, active life but they are not pure joy for everyone. Arthritis is also not on the joy list. Just try opening a jar with pain shooting around your hand or putting on your socks when you can not bend down that far. Then the list of degenerative ailments that nibble away at one's ability to get through daily life.

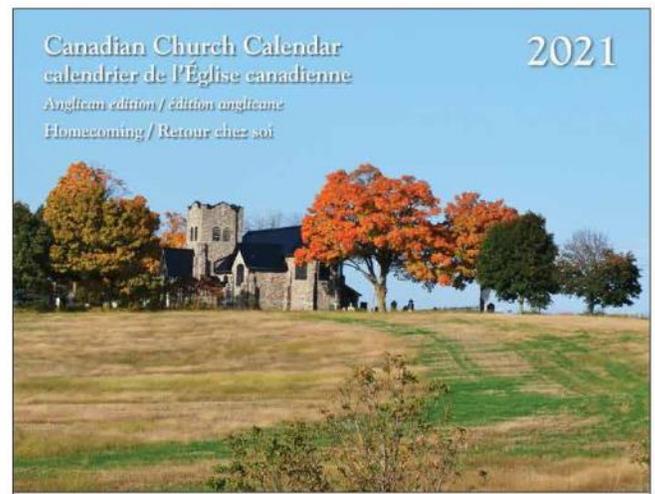
Thankfully there are assistive devices that ease the frustration. A long-handled shoehorn is one and the gizmo that picks up paper or clothes or whatever has fallen to the floor is another. It also has a magnet that retrieves the tiny nails for hanging pictures that spilled when the container fell. A shopping cart stands in for a walker on trips for groceries. Of course, there are the animals like Champ who are trained for specific duties and provide companionship as well.

Both my parents worked for the CNIB so I was accustomed from early childhood to having blind people around. When I was three, my mother taught me how to guide Gwen to the table. She was one of my favourite people and she was coming for dinner that night. I loved her watch which had the little dots for numbers. I often asked her to bring her little metal thing to write more Braille for me. One man who came, an old soldier, played and sang some wartime ditties with gusto on our piano until my father reminded him that young ears were present.

Loss often brings with it sadness. If it is sudden, the shock is great and mingles with the sadness. If it is gradual, we mourn in increments. It matters less what the loss is. Each one reduces our ability to live the way we are accustomed to living. Some people give up and quit where they are while others will struggle on at least for a while before giving up. Others rest for a bit then begin to look for ways to overcome the challenges. These people find ways to adapt and move forward. They deserve our respect and encouragement.

Canadian Church Calendar

The ACW has received several requests for the Anglican Church Calendar. An order will be submitted on November 2nd. If you would like one please contact Jennifer Uttley at 519-578-6052 or email acw@stjohn316.com by November 1st.



When Anxiety Makes Us Angry

Christine Purdon

The pandemic has been relentlessly stressful, and as we enter the seventh month and the second wave, we may be finding that tempers are short.

There is an important connection between stress and anger. Stress occurs when the demands of the environment start to exceed our capacity to cope. Our response is either to flee the demands (retreating, procrastinating, disengaging) or to fight them head on, trying to neutralize them. Flight can turn to fight on a dime.

For example, Sunita pulls into the parking lot where she works and receives a text from her spouse that their young child cannot go to school until he has had a negative COVID-19 test. Neither Sunita nor her spouse can afford to stay home. Sunita's anxiety level shoots up. Suddenly, her attention is caught by someone about to enter her building who is not wearing a mask. All she can think is that if only people respected social distancing rules she would not be in this predicament. She feels like a victim and her anxiety transforms to anger as her adrenalin courses. Unmasked people become the problem she wants to solve; *this threat must be neutralized*. She now has an overwhelming urge to punish this person. She wants to honk her horn and shout and have Security deny them entry.

But anxiety narrows our attention and focuses our mind on threat. Although that can help us escape or fight a real, concrete threat (e.g., an attacking dog), this attention to threat comes at the expense of other equally valid information. Sunita has not noticed the ten other people who have since entered the building wearing masks. She has not remembered that her aunt, with whom she bubbles, does not work today and that she would be able to mind her child. She has not remembered the times when she has forgotten a mask and has had to ask for one inside.

Anger is a very human, normal response to the prolonged, complicated demands of the pandemic, but what we do when we are angry is our choice. Here are three steps we can take to make choices that reduce, rather than escalate, our distress, and that of those around us:

1. Mindfully identify our feelings. "I am aware of feeling very angry right now" gives us the space to think that "I am so angry right now" does not.
2. Zoom out the lens of our mental camera. What other information is relevant here? Am I right that no one is wearing a mask? Am I right that the person not wearing a mask is bad and selfish? Might they be having a bad morning too? Even if they are bad and selfish, am I right that I can and should change their behaviour? Am I right that that the person without a mask is the most important aspect of this situation?
3. What actions can I take that addresses the problem at hand, and reflects who I want to be?

In these challenging times, stress, anxiety, and anger are normal, but we can make the world a better place for ourselves and each other when we strive to act, rather than react, in response to them.

DEANERY OF WATERLOO REFUGEE COMMITTEE Chronicle of 2015 – 2020

Part 3

August 2016

Fall was just around the corner so everyone was preparing for school enrolment as well as getting the families ready for the demands of cooler weather and winter in Canada. There were medical and dental appointments for everyone as well as accessing programs to ensure each child had backpacks and school supplies. Volunteers attended several meetings in the community to ensure families were clear in what arrangements were being made to move forward and to ensure they understood what was expected of them. Some families were getting prepped on how to take the transit system. Others were still at a stage where they needed to be driven from place to place. Children were finishing up with summer programs. Parents were getting used to the Canadian way of life. New friends were being made. Dinners and picnics were being shared. Families were inviting volunteers to share a meal in the hope of reciprocating in some way. Each family had their own special challenges and the volunteers were there to walk the journey with them. It always amazed me as to how the volunteers were able to work with whatever issue was presented. Volunteers worked tirelessly to provide and to ensure these families had the best possible support delivered in a loving and caring way. It was hard work at times but there was always a good news story to share that brought us joy and laughter to build up our spirits again.

As all of this was going on the group was also talking about sponsoring another family with settlement and financial support. Donations had reached \$76,142.89. What an incredible ministry. Parishioners were very generous with financial support as well as gifts in kind. We knew we were providing a valuable service and we wanted to continue. Committee volunteers agreed to continue with the work. A new application for family #5 was completed and forwarded for government consideration. Our 5th family would be from Africa.

September - October 2016

We were busy getting several children to school. It was a frightening but exciting time for each of them. There were tears shared by many, children, mothers and fathers as well as a few primary contacts. After a short period of adjustment, all was good. None of these children had ever experienced anything like our school system and to give them credit, they have managed well. The schools were taking in many newcomers, particularly Syrian children who for the most part had little or no English. It was a challenging time for everyone.

We were approached by Gavin Brockett, a professor from Wilfrid Laurier University. He asked if he could attend one of our meetings to introduce a program the University was running in support of Syrian refugees. He was currently teaching a course "Local Response to the Syrian Refugee Crisis". A piece of the course was for students to put on "Friendship Dinners" for refugee families to provide a social occasion and give the refugees an idea of university system. The students would be challenged to plan a Syrian menu, buy groceries and then prepare the meal with help from some of the refugees. It was a wonderful success and a number of our families and volunteers were able to take part. Just one of the several ways the community came together to assist in the successful integration of refugees to this region.

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Val and Rim



December 2016

It was time to recap where we were and what we had accomplished so far as a group. At our December committee meeting we enjoyed a potluck dinner in celebration of a successful year of support for our refugee families. Our chair, Brian Walters thanked everyone for working together to meet our commitments. Reverend Margaret Walker recalled how she, Fred Walther and Jane Townshend had met in the Fall of 2015 to consider sponsoring Syrian Refugees. They were very pleased to see the project take off as it had. Our efforts had been noted as a phenomenal success across the Diocese. Working together as we had from all churches reinforced how we all share a passion for helping someone else. Reverend Margaret said this this was “a true credit to Christ”.

Here is what we had been involved with for the past 12 months.

Family #1 – Arrived February 2016 – The group will assume full responsibility for settlement and shared financial support for 12 mths. Family consisted of Thaeer, Rim, Anwar and Monier. Support ends February 2017.

Primary contact for 1st family:
Roy and Kathi Thibodeau

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Family #2 – The group volunteered to assist Reception House in supporting this family socially from April 2016 for approx. 1 year. The family consisted of Father and Mother with 4 young children. Support ends April 2017

Primary Contact for 2nd family:

Wendy Sherlock and Wendy McIntyre

Family #3 – The group also volunteered to assist Reception House in supporting this family socially from April 2016 for approx. 1 year. The family consisted of Mother and adult son. Support ends April 2017

Primary Contact for 3rd family:

Susan Grenville

Family #4 – Arrived July 2016 – The group will assume full responsibility for settlement and shared financial support for 12 mths. Support ends July 2017.

The family consisted of Mohamed, Siham and Qusay, Oday, Omar and

Primary Contact: Mary Hunt, Val Haiser and Nancy Carlisle Weaver

January 2017 – May 2017

2017 would be a busy year. We were supporting 4 families and we needed to ensure they were safely ensconced in the community with the skills and knowledge required to continue on their own once our 12-month commitment was over. Even though our official support would end after one year we all knew we would remain connected on some level with the families because of the unique relationships developed over the time spent together.

During the year our relationships with community partners deepened. We became more aware of what services were provided, how to access them and who we could connect with for assistance. It was an important part of our development so we could pass this information on to the refugee families as our support came to an end. We continued to reach out to the congregations for specific needs like strollers, car seats, camp fees and school supplies. We were always so thankful for every bit of support that came to us from our church families. We had picnics, Canada Day celebrations, social gatherings and even a few presentations from the refugees themselves. Families were beginning to engage with the community outside of our circle which is necessary for successful settlement and true integration.

June - September 2017

We recognized that this year we would be completing support of all 4 families. We knew financially we were ready to do this again and we also knew we had the stamina and experience to continue. Jane Townshend would submit a new application for our 5th family however as the Syrian crisis was beginning to abate it was agreed to reach out to Ethiopian refugees. In October we heard we had been approved. A family of 4 would be arriving sometime in the next 4 months. The family was made up of mother and father and two young children aged 3 and 2. They were currently living in a camp in Kenya. They had been there for about 3 years. Technology is a wonderful thing. Our chair, Brian Walters was able to speak to the father, Jemal via phone and email. It was very exciting. Unfortunately, we couldn't advise them of when they would be coming but we were able to confirm to them that yes absolutely they would be coming to Canada. We had all the appropriate furnishings, etc. and were in the process of securing an apartment for them.

Look for Part 4 of the Chronicle in the next edition of OEW.

News from Omas Siskona KW

Ann Coughlin

OMASSISKONA of Kitchener-Waterloo

SCRABBLE & MARKET "COVIDLY"

2020 - VIRTUAL FUNDRAISER

Supporting the Stephen Lewis Foundation's
Grandmothers to Grandmothers Campaign

OCTOBER 5th - NOVEMBER 13th

MAKE A DONATION

Mon. Oct. 5th
to
Fri. Nov. 13th

Please consider making a donation
if you are able.





MARKETPLACE

Mon. Nov. 2nd
to
Fri. Nov. 13th

Xmas Decorations
Gift Baskets Pottery
Cards Bags Preserves
& More



To **DONATE** click: <https://slf.akaraisin.com/ui/GrandmothersPledges2020/team/306066>

To **MARKETPLACE** click: <https://www.omas-siskonakw.org/scrabble--market-covidly.html>

We have chosen to donate to



Together, our support will make a difference in the lives of grandmothers, children and youth, people living with HIV and AID \$, and LGBTQ communities across sub-Saharan Africa. Please feel free to share this poster!



From NOW to NOVEMBER 13, 2020

It's scrabble time again!! This year, we are of course not able to host our Scrabble and Marketplace fundraiser in person, but we are going ahead and doing it "Covidly"!!

As COVID-19 spreads across sub-Saharan Africa, the impact of the coronavirus pandemic for the grassroots projects

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we support through the Grandmothers to Grandmothers Campaign has been enormous. With lockdowns in place, access to food and medicine limited, people cut off from support groups, and under-resourced healthcare systems under strain, our community-based partners continue to provide a lifeline to people affected by HIV and AIDS. They're the critical support systems that vulnerable communities need, and they're well positioned to adapt to emerging challenges posed by COVID-19.

The SLF is steadfast in its commitment to support the work of community projects. Working together we can help to ensure that our grassroots partners have the resources they need to keep vulnerable communities healthy and safe during these challenging times.

Please consider making a donation to support Scrabble and Market "Covidly". You can do this on line at <https://sfl.akaraisin.com/GrandmothersPledges2020/anncoughlin> or by sending a cheque made out to Omas Siskona to Ann Coughlin, 66 Coach Hill Drive, Kitchener, N2E 1P4. All donations of \$20 or more will receive a tax receipt from The Stephen Lewis Foundation.

Visit 2020 VIRTUAL MARKET "COVIDLY"

Forget Amazon, this is on-line shopping at its best and most local. Just before Christmas too! Fabulous Gift Baskets, Quilting, Knitting, Crochet, Sewing, Cards, Bags of all kinds, Jams and Jellies, Baking on Request, and much more. Local KW artisans present their hand-crafted wares for purchase on line at the **2020 COVID Marketplace** at <https://www.omas-siskonakw.org/>.

Contact producers by phone or email directly for purchase, pick-up or delivery. Arrange payment in cash or by cheque.

All proceeds to the Grandmothers Campaign (<https://grandmotherscampaign.org/>) of the Stephen Lewis Foundation in support of the grandmothers of Sub-Saharan Africa raising their grandchildren orphaned by the AIDS pandemic.

Hosted by **OMAS SISKONA of KW** <https://www.omas-siskonakw.org/>