



# The Church of St. John the Evangelist, Kitchener

# ON EAGLE'S WINGS

October 31, 2021

Available online at [StJohn316.com/OEW](http://StJohn316.com/OEW)

## Get involved with the Pudding Factory



If you're new to St. John's, you might not be familiar with one of our oldest traditions, the Pudding Factory. Since 1949, members of St. John's Anglican Church Women (ACW) have organized this one-week event, which produces hundreds of pounds of Christmas puddings.

Made from a cherished recipe, these traditional desserts are sold to raise money for church activities; in the past, the Pudding Factory has been St. John's primary fundraiser.

In early November, the upper parish hall transforms into a pudding-making assembly line. Dozens of volunteers from both the church and community measure ingredients, mix batter and steam puddings. Other volunteers package the finished puddings and manage pudding pick-up, which takes place this year on November 13-14.

The Pudding Factory is a wonderful opportunity to experience life at St. John's and to support the work of the church. There are many different ways to get involved and we would love to have you join us. Please contact Carol Thurnell at [cathurnell@hotmail.com](mailto:cathurnell@hotmail.com) to learn more.

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The next issue of On Eagle's  
Wings will be available on  
November 28, 2021.

# Stewardship

*Mohan Thomas—as presented during the 10am service on October 3rd 2021*

Before I was an active member at St. John's, I went for quite a while to the small Anglican chapel at the Waterloo campus. I joined St. John's because it felt like it was the right time to start exploring more ways to live more fully in my faith. A parish like St. John's offers far more opportunity to do this. This community has been a blessing in my life, and that's what I'd like to talk about.

I started to get more and more involved shortly before the pandemic. The church has provided a number of ways for me to be more deliberate about my faith - singing in the choir, joining bible studies, the youngish adults group, helping with the live streaming. I feel blessed with God's grace in this community. The people here care deeply, and I feel a community built on faith, and trust.

Recently, I have been thinking a bit about what discipleship is. Rowan Williams writes that it the willingness to be consistently in the company of Jesus Christ, which in a modern context may means seeking the company of other servants of Christ, the revelation of Christ in scripture, and the company of the Father, Son and Spirit in prayer. We must be attentive.

And in particular, in this time, we must be attentive. The number of times I've heard the phrase "what a time to be alive" in the last few months is notable. Pandemic and cultural zeitgeist notwithstanding, the Anglican church looks still very different than it used to in the past. I have the nostalgia, too. But we should not be sad for what we've lost. We must be open for what Christ is revealing to us, and we must be ready. We're in a time of transformation. It might not be easy. I pray our community will be ready for it. For me, this attentiveness is why I serve, and this attentiveness is why I try to be deliberate about my giving to the church.

We are stewards of a worshipping community tradition that generations before us have carried through challenges and changes. Continued sustainable operation is a simple, honest goal that I think we can all get behind, but then what else? What shall we leave for the generations who follow us?

Simply making this church feel like a welcoming space, a welcoming community - a holy community - for someone new entering our doors - a church for anyone seeking. We know this takes leadership. There are many ministries we support and would like to continue to support or grow in.

We don't typically discuss finances very directly in the Anglican church – maybe we feel it's a little bit too much of a 'Martha' conversation, and we prefer the 'Mary' conversations. When we read the Letters in particular, we see a remarkable document of church building. It's still happening today. It's good for us to be curious and direct about our financial position. Our church needs to be in a financial position to support it's work, and to glorify God and to model Christ's love in our community.

We need to be ready for our role in an evolving downtown core. Our role in truth and reconciliation. Things are changing. demographics, political polarization, economic realities. People are hurting. What will the Church of St. John the Evangelist do? We need to be prayerful, strong and consistent, and we need to be responsive, too. I believe as the current stewards of this community, we're called to be deliberate about our giving.

I've found the Electronic Fund Transfers the easiest way to give. It makes budgeting and planning easy, and there's no logistical fuss once it's been set up. But there are many options to how we can give.

I'm thankful for this opportunity to introspect about it together- I do think we should all take this quite seriously. There's a way to participate and to support for most anyone. I'm excited to go through in this process with all of you, and pray that we emerge stronger together!

# Omas Siskona of KW

*Ann Coughlin*

Once again, it is time for Omas Siskona’s main fundraiser to support the work of the Stephen Lewis Foundation in sub-Saharan Africa. Now the grandmothers there are working to turn the tide against AIDS and also to lead in the fight against COVID 19. Our support is even more essential!! Because of the uncertainty around reopening of churches for events like ours, we have chosen again this year to hold it virtually. So, not SCRABBLE, but SCRAMBLE!!

Please consider visiting our on-line market to order home baking, jams and jellies, all kinds of very special hand made items and gift baskets to take the stress out of choosing that perfect gift.

To make a donation to the fundraiser, please visit my fundraising page at [slf.akaraisin.com/grandmotherspledges2021/anncoughlin](https://slf.akaraisin.com/grandmotherspledges2021/anncoughlin) . All donations of \$20 or more will receive a tax receipt immediately from The Stephen Lewis Foundation.

Thank you all for your continued support!!

**SHOP ONLINE**

- GIFT BASKETS
- UNIQUE CRAFTS
- KNITWEAR & SEWING
- BAKING TO ORDER
- QUILTING
- JAMS, JELLIES & PRESERVES
- CHRISTMAS DECOR
- CARDS & BAGS
- BOOKS, PUZZLES and GAMES

Shop will be OPEN at 98 Colebrook Court near Ottawa and Westmount November 8 to 12 only 1:30 to 4:30 p.m. NOT available online

All proceeds support the work of the Stephen Lewis Foundation. Together we will make a difference in the lives of grandmothers, women and youth, those living with HIV and AIDS, and LGBTQ communities across sub-Saharan Africa. Please share this poster.

Proceeds donated to:

- Omas Siskona
- Stephen Lewis Foundation
- Grandmothers Campaign

## Climate Justice Act Now banner installed

Thanks to Al Coughlin and Simon Guthrie for installation of the Climate Act Now Banner.



## Remarks on Stewardship

*Simon Guthrie—as presented during the 10am service on October 17th 2021*

I live in a quiet neighbourhood on a crescent about 5km from here, or 3 miles (whatever a mile is). And while I am grateful for the peace out there, it would be easy to forget that this isn't the experience of everyone in our community.

Joining St John's about 13 years ago meant that I've got a foot in another part of Kitchener - the urban core of a rapidly-growing city. We used to grind our teeth when the Mudpuppy run closed Water St once a year, but now we've seen Duke closed to build the ION Light Rail system, and now Water is closed again to build in better cycling infrastructure. I remember Duke closed off when I needed to drag in my bike and bike trainer so that I could spin my wheels in the upper parish hall a few years ago.

With all this change and growth, I can't help but see the realities faced by many of our neighbours whether it be substance abuse challenges, mental health, or lack of suitable housing. It's never been possible to walk the 150m from the school of social work where I used to park to the church on a Sunday morning without seeing these lives - lives that are no less wonderful in God's eyes. They're not invisible to our community here and as I've lived the past decade at St John's, I've seen the community quietly but intentionally support our neighbours. A few years ago we hosted one of the community consultations that eventually led the City of Kitchener, the Region of Waterloo, and the Province of Ontario to establish the Consumption and Treatment Services facility across the street. It's been up and running since before the pandemic started, saving lives and revealing a path that might lead some of our neighbours out of their darkness.

We invested a bequest of the Rev Grace Shaeffer in the kitchen in the upper parish hall a few years ago, and during the pandemic it has been used to support our neighbours from across the region who don't enjoy the food security that many of us do. Food Not Bombs gathers on Friday nights to cook, and then feeds anyone that needs or wants it on Saturdays just outside our back door. The African Women's Alliance of Waterloo Region gathers on Saturday afternoons in fellowship to cook food for their communities, and they've shared some of it with us. They do this with the support of St John's and the United Way (Waterloo Region Communities).

The old Sunday School room downstairs is home base for these food security projects and others including A Better Tent City. St John's is building new relationships and developing old ones with others across the region. And this is all so that we can further grow to be a vibrant, active, and caring presence in the heart of the City of Kitchener and Waterloo Region, Ontario... to be a diverse people welcomed, and welcoming, into a loving community that worships God, is growing in faith, and that serves others. I'm grateful that there is a place for me at St John's that I can be a part of this community stewardship, in the spirit of the original Social Justice Warrior.

And none of this community engagement, development and stewardship is just for spectators. In fact, none of it can or will happen unless we do it together. There will always be a need for each of us to be an active part of this, and as the pandemic recedes I'm in the way of knowing that there will be more projects. Of course it also means the building will get much busier than it has been, and I look forward to that. I especially look forward to coffee hour - the in-person variety that was always worth the trip even when I didn't want to hear anything else that was said on a Sunday morning - the coffee hour when I can poke and prod each of you personally to rejoin the work that's going on around the building and around the community. Maybe this year.. Maybe next year... but it's inevitable, and that's all I have to say about that. Thanks for listening.



# Cultural Cooking Session

*Al Coughlin and Rihanat El-Alawa*

The Community Kitchen Co-operative Kitchener-Waterloo Inc. received a grant from the United Way with the charitable partner: St. John the Evangelist to deliver a program called Food and Belonging. We hosted our Kitchen Coordinator: Obi Nwanguma originally from Nigeria who now lives in Hamilton with her family. Obi led the cooking with Fadhilah Balogun from the African Women's Alliance.

The following is an excerpt from our Story teller, Rihanat El-Alawa, who interviewed our session volunteers and participated in the cooking sessions. The group produced 50 meals to distribute in the community for each session.

## Week 1

**Recipe:** Fried rice with vegetables, Oven Baked Chicken, Garden Salad

**Participants:** 7

**Theme:** Stories of coming to Canada

Participants arrived at around 10.30am. As everyone gathered, there was a brief introduction and everyone got to chat a little and have some breakfast. There was a food safety talk and teachable moments as participants got a tour around the kitchen. Everyone washed their hands, got the different utensils that was needed, washed, trimmed and cut the vegetables. Someone was appointed the team lead and was not necessarily a chef but someone who enjoyed cooking.

Rice is a staple in most parts of Africa and Asia. There are different ways of cooking it depending on the culture. A measured amount of rice was washed and soaked for some time. Vegetables that were used included: bell peppers (red, green, yellow); carrots, peas, onions. After about thirty minutes, the rice was cooked along with some spices, when it was almost done; the vegetables were sautéed and mixed with the rice. The rice was left to cook on low heat until it was evenly cooked.

The chicken legs were marinated with some blended onions, garlic, green peppers, and some spices and salt. After an hour, the chicken was baked in the oven for about 40-50 minutes until crispy yet juicy.

The vegetables for the salad included lettuce, field cucumbers, peppers and tomatoes. Participants cut them and mixed them up.

As participants prepped and cooked, there was a discussion about what brought them to Canada and their journey coming here. Everyone had a unique story to share. Some stories were emotional and some were fierce, some had easy entrance while some had issues during the process. The struggles a lot of immigrants go through cannot be underestimated. Speaking out made some women feel relieved that they made it and were looking forward to making the best use of their time in Canada.

The foods were packed and some volunteers dropped off the food to neighbours and different community members. As cultural people, it is believed and well known that food connects us, not that we are hungry but that we share together and feel we belong. The thought of just dropping food at the door of a neighbour makes both parties feel good, feel connected and feel belonged. The food and belonging project hopes to have an impact on the women who

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have volunteered to put their time in this project and to give back to the community while learning from others as they meet to cook.

## Week 2

**Recipe:** Spaghetti with roasted peppers and tomato sauce, Pan fried meat, Black bean salad with feta cheese

**Participants:** 8

**Theme:** Job readiness and highlighting one's skills; a meeting of intellectuals

Participants arrived and started to sort out the vegetables. The vegetables were washed, trimmed and cut up into small pieces. Some red peppers and tomatoes were then oven roasted till browned and blended with some onions, garlic and ginger. Some chopped onions and green peppers were sautéed in some oil and the resulting sauce was cooked slowly with some sole fillets.

Then some spaghetti pasta was cooked till al dente, drained and a few tablespoons of oil was added and seasoned. Spaghetti is very common in certain parts of Africa that had Italian presence, especially in Somalia. It is enjoyed with a rich blend of tomato sauce and meat. It is also an easy dish to make when all the ingredients are available.

About 10 cans of black beans were wiped and cut open, the contents of it i.e. black beans was drained and rinsed. Some cut up cucumbers, onions and green peppers were added to the beans. A pack of feta cheese was crumbled and added to the mixture. Fresh vinaigrette was prepared and poured into the mixture. The beans and vegetables and cheese was tossed and carefully mixed.

As the ladies cooked, there was a discussion about job search and it was amazing to know that all of the women were university graduates from their home countries. We had a doctor, a financial specialist, some scientists and IT experts. Some had actually completed their master's degree. It was a battle of the sciences and the arts. Everyone was glad to know that they were not alone and that it is only a matter of time and settling in, things would work out fine. The women also lamented on the lengthy process of immigration and how the nominations were actually based on the level of education of the adults in the family.

It should be noted that these families who have chosen to immigrate to Canada fund themselves 100%. They have to pay for their rent, utilities and other bills. Although they get some grants and subsidies like other Canadians, yet it is very difficult to keep up with the system after arrival. Most immigrants struggle to find a well-paying job that befit their educational backgrounds and work experiences. They have put in a lot of money to come to Canada and settle here. The Canadian economy sees more growth as Canada welcomes new immigrants every year.

The meeting soon ended after the food was packed, and the kitchen was cleaned. The gathering is always a joyful one as everyone heads out with a pack or two to share with their neighbours and community members.



*Additional excerpts will be shared in the next edition of OEW*

## “Building, Celebrating and Strengthening”

Andrew and Margaret Brockett—as presented during the 10am service on October 10th 2021

Andrew Brockett: Margaret and I started attending Sunday worship services at St. John’s not long before the pandemic shut them down. So, we are very grateful for all the hard work that has made it possible for us to continue joining in worship and prayer together each Sunday from our home and we are grateful for the way we have been warmly welcomed to the “virtual” Coffee Hour and the Tuesday morning “virtual” Bible Study.

We have lived in many different places and have been active in many different churches. We are increasingly conscious of how much our lives have been blessed by God. Margaret and I are immensely *privileged*.

But we live in a broken world. Through the media, we are subject to a seemingly endless stream of terrible news and suffering.

None of this is new to human history. And through all the plagues, wars, disasters and cruelties of past centuries there has been a steady stream of witnesses who, by their words and their lives, proclaimed that there is more. That *God is*. And in the Christian tradition we have been taught that God is life and love, healing and hope – God revealed to us in Jesus Christ.

Margaret will speak about *worship as action*. I want to speak about worship as what happens when we gather (virtually or in person) on Sundays and other special occasions.

We have found the Church of St. John the Evangelist to be a community which in its ordered, reverent worship, its liturgy, its lectionary, its preaching, and the beauty of its music, brings us back week by week to the foundation – which is God in Jesus Christ. The worship at St. John’s reorients us and puts this broken world in perspective.

We are grateful for those in past generations who gave their time, their particular gifts, their money, to build this community, to preserve its witness, and *to pass it on to us*.

It seems to us obvious that, in simple gratitude to God, we should play our part and *pay our fair share* of the costs required to continue that tradition of witness and proclamation.

Margaret Brockett: We were raised in faithful Christian families who enjoyed the privileges of colonial life in Africa. Like our parents, we recognized opportunity and so came to Canada with our children in 1975. Our wellbeing and financial security are the result. We are realizing just how much of that has been bought at the expense of others.

In addition to the worship, music and friendship, we are particularly thankful for the commitment to community *outreach* at St. John’s. We are challenged by James Brown’s reminder of the rebuke that Jesus had for those people of privilege, like us, who seemed unwilling to question the “status quo”. On June 6<sup>th</sup>, Preston called us *to recognize that as individuals and as a community there is a need to face the truth and repent of institutional ways that de-humanize others*. Justice Murray Sinclair challenges us *to listen and learn from those who have suffered*. Reconciliation calls us collectively to find new ways of giving hope and new ways of singing both sad and joyful songs in *harmony with all of God’s people and with creation*.

We are challenged by the need to *share OUR privilege at a cost to ourselves*. COVID has reminded us that the abundant food we eat and many of the resources we depend on are made available by those who have few choices in life. Many of them have come from experiences of abuse and oppression and face systemic challenges that *get in the*

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way of *their* wellbeing. As Andrew and I re-consider what portion of our giving will go to St. John's, we will be influenced not just by those aspects of parish life that serve *our* needs but by a collective commitment:

- To face and speak the truth, to one another and to the powers that be;
- To seek social justice; and,

To share our bounty with the courage and resilience that is borne of a deep faith given by God whose love knows no bounds.

## Monica Place

*Nancy Chittick*

For more than 50 years, Monica Place has been providing a residence, supportive housing, training and counselling to young mothers and their babies.

St. John's has been making a donation to Monica Place each year for many, many years. In the past, this donation has been articles of clothing, items of use to mother and baby or gift cards. Donations were collected at St. John's then delivered to Monica Place by a member of our ACW (Anglican Church Women). In this year of Covid restrictions, the opportunity to make in person contributions at the church is limited but if you would like to contribute to this very worthwhile community organization, there are a number of options available to do so.

- 1) If you would like to donate a gift card, please leave it in the church office. Place it in an envelope and drop it through the office door mail slot. Please clearly label that it is for Monica Place and write the dollar amount on the card.
- 2) If you are attending Sunday services, you could give it to the warden on duty to be placed in the office.
- 3) If you'd prefer to make a financial donation, make the cheque out to Monica Place. A tax receipt will be sent to you. Alternatively, you can donate through the Canada Helps website. Donating this way will give you a tax receipt at the time of donation.

\*\*\*Please note\*\*\*

- Gift cards from local grocery/ drugstores, Walmart are popular. Indicate dollar amount on the card.
- New hard soled slippers are needed. They could be left in the office if you can make arrangements to drop them off.
- Donations will be accepted until Nov. 28.

