



The Church of St. John the Evangelist, Kitchener

ON EAGLE'S WINGS

February 25, 2018

Available online at StJohn316.com/OEW

Heard Any Fake News Lately?

Elaine Duncanson

This term has taken hold so quickly. We never thought of it before as we passed those tabloids at the checkout telling us that some famous person was getting a divorce, involved in a juicy scandal, had plastic surgery to change their appearance, or was dying of some dread disease.

Then there are all the diet ideas that are supposed to cure everything, help you lose a considerable amount of weight in a week or two with no exercise, prevent six of the worst diseases, grow hair where you want it but nowhere else. One fruit or vegetable or herb will do the trick. If you missed last week's choice, don't worry. There will be a new one next week.

Those are the easy things to spot. We usually walk past them with a slight smile and a shake of the head. More worrisome are the calls supposedly from a grandchild in trouble and needing money, calls telling you that someone has used your credit card to wire money to India, or you have won a large sum of money and just need to give your bank account number or pay a delivery charge to get it. That is personal and hits at your emotions. It is hard to hang up and walk away.

We can ask a friend or relative if we have doubts about some of these things. We can look it up in Wikipedia or any other source we know and trust. We can stop and think logically and put together the facts we know to be true to test out this new idea. If we have time. The scammers never give you time to check things and even require secrecy. Time is their enemy.

Josephine Tey wrote a wonderful novel about a detective confined to a hospital bed who passed the time doing historical research. The title is *The Daughter of Time*. With enough time we can question, think, research, learn, and hopefully discover the truth. The detective was so convincing in his method that many people agreed with his conclusion that King Richard III was not the evil hunchback that history has told us he was.

Modern research has verified the detective's findings. The King had scoliosis which is a different condition from hunchback. From the documents he left behind and the reports of people who knew him he was a just ruler, an excellent soldier, a good son, brother, husband and father. The Tudors were not popular so they needed to sully his reputation in order to make themselves safer on the throne. No one dared to contradict them.

For some vacation reading, Bob chose two small volumes by Herodotus which describe the Greco-Persian Wars. You know the ones about 490BC. He enjoyed the part about Pheidippides the professional long distance runner who ran for two days to beg the Athenians to join the battle.

Bob expected to meet him again with the glorious tale of taking the news of the victory from Marathon to Athens. But there was no mention of it. Herodotus wrote his history about thirty years after the event from eyewitness accounts. The story of the glorious final run was written by Lucian about 550 years later. He was a novelist who used facts as needed to make his story. In short, he was writing historical fiction.

He left a large body of work which had a wide-ranging impact on western literature. Sir Thomas More was inspired by him and in turn Shakespeare used More's notes about Richard III as the basis of his infamous play.

Bob was particularly upset to find that a 'fact' learned in high school for the exam and for all time, was actually a fiction. Others have used fiction without hesitation to tell the story they have in mind and it has been accepted and taught in schools. Research, reflection, logic and some common sense will unravel some of these imbedded fictions.

With so many news sources to choose from, we can be caught by a headline and pulled into someone's story. Critical thinking and seeing something similar in a trusted source will often be enough to sort out fact and fiction.

Effective immediately, please use the following email address for Jim Mighty:

treasurer@stjohn316.com

The next issue of *On Eagle's Wings* will be available on March 25th.

Nurses Notes

Elsie Millerd, Parish Nurse

Lenten Practices for Healthy Living

Lent is the season of the church year in which we are called to prepare for the celebration of Easter by self-examination, penitence, prayer, fasting and almsgiving (from the Book of Alternative Services, pg. 282).

How are you preparing for Easter this year? Traditionally, I have found this to be a time in which to re-evaluate my care of both my body and my soul. In the past several years our health council has developed programs to encourage our parish to combine physical and spiritual practices to help us become more aware of living a balanced, healthy life. This year we do not have the impetus of such a program but I do encourage you to consider how you might grow in both physical and spiritual practices to improve your health.

Physical exercise, especially walking, is a prescription for good health in so many domains. It is believed to prevent such diseases as cancer, heart disease and diabetes. It has been demonstrated that it helps improve mental health and memory. Linking exercise with a spiritual practice provides an opportunity to experience wholistic health.

There are resources available to help you reflect on God as you walk. *Walking to the Cross: A Lenten Devotional* is available in print or as a digital download at <https://store.churchhealth.org/collections/lenten-season/products/walking-to-the-cross-digital-download> The Church Health website has various devotionals that combine walking and spiritual reflection but other publishers probably have good resources as well. Taking a verse of the bible out with you as you walk will work, as will focusing on using your various senses to be aware of God and God's creation.

With spring just around the corner Lent is a great time to commit to an exercise routine. Both Kitchener and Waterloo are distributing their *Active* magazine (see Health Bulletin Board in the Upper Parish Hall) with registration for spring programs opening on February 27th and March 7th respectively. Community Support Connections provides free exercise programs throughout the Waterloo Region. See the schedule on the Health Bulletin Board or go to <https://communitysupportconnections.org/services/exercise-2/>

Here is another interesting option provided by one of our parishioners, Barbara Shaw. She writes:

"My name is Barbara Shaw and I would like to inform you about an exercise class which I facilitate each week. At present, there are 4 ladies as well as myself. We do several series of exercises using some props such as hats, wands and fans accompanied by suitable music. We do not lie on the floor but sit on a chair or stand. There is no high impact or resistance. We find as the weeks go on that we can breathe better, have more flexibility and better balance. There is no competition, you work at your own pace, and do what you are able.

We welcome all newcomers to our group - men can be included. We incorporate laughter during our session.

Classes are held at Redeemer Lutheran Church, 78 John Street, West Waterloo, each Thursday morning from 10 a.m. until 11:30 a.m. These are free to all. There is free parking available. The building is accessible.

If you would like further information or might have any questions, please call me at (519) 585-7748."

May we have a holy Lent. May it lead us a little closer to God and to the optimum health which God intends for us. If you would like to discuss your health goals and gain help in establishing a plan, please call me, your parish nurse, at 519-743-0228 ext. 30.

Thank you!

A big "thank you" to all those who contributed to the survey on eldercare recently. I have sent your comments to the committee of the Anglican Ecclesiastical Province of Ontario Synod that is taking on the project of developing a strategy of advocating for improved eldercare in Ontario. I asked that we be kept informed of plans and strategies as they evolve so that we can become part of this movement of the Anglican Church in Ontario and work towards one of our marks of mission: "To transform unjust structures of society".