



The Church of St. John the Evangelist, Kitchener ON EAGLE'S WINGS

April 29, 2018

Available online at StJohn316.com/OEW

Mending a Fractured Family

Elaine Duncanson

The call came Saturday afternoon of the Easter weekend. Bob answered but he passed it over to me after a sentence or two. My cousin told me that my brother had died. Kirk's niece had seen it on Facebook, called her parents, who called Kirk. Then he called my daughter in Alberta and she asked if anyone had called me.

We had a lengthy conversation with Kathy on another phone. They knew none of the details but would pass along any news that came their way. Kirk suggested that I call his brother and gave me the number. I had not spoken to Mark in decades and had never met his wife. Once again, we had a lengthy conversation and I learned a little about their life in a small community.

I rarely saw these brothers when we were young because Dad visited his brother on his own from time to time and saw no need for cousins to meet. Dad said several times during my youth that he had intended to marry an orphan so he would not be encumbered with assorted relations. My mother's two sisters maintained firm connections in spite of his grumbling.

While waiting for someone to call with details, I googled his name and found the obit. Cremation had taken place and there would be a four hour visitation in North Bay on Thursday, a week after he had died. I was going to be in Barrie that week so I would be part way there, sort of. But it was still going to be a long drive in unfamiliar territory.

Sunday morning I still could not make up my mind. I had met one of my nephews when he was a baby and never met the younger one. This would be an opportunity to meet them. Yet I am not accustomed to highway driving. The last hymn settled the matter. Marlin had picked one that had a special connection with my mother. It was as if she were sending me a message.

She had told me so much about those boys and how they liked the stories she read to them at the cottage. I knew she would want me to go and meet them so I packed some good clothes along with my work clothes. The drive took longer than expected, the GPS would not work, and I had to ask directions three times. When I walked in, there was no one to indicate where to go but a picture on the wall and an arrow directed me to what seemed like a huge empty room.

I recognized Tim from his LinkedIn photo and introduced myself. Conversation was a bit difficult at first. Later, Andrew and his wife appeared. Tina had been very distressed that my name had not been included and she had wondered how to trace me in New Brunswick. I assured her no offence was taken and I was not really surprised.

Gradually the story came out. My brother was given the diagnosis of a terminal illness the week before Christmas and fourteen weeks later he was dead. He insisted that no one be told, not even his younger son. The elder son lived a couple of hours away and had to travel to assist him, make arrangements, and do whatever was needed. For some years my brother had lived "off the grid", down a country road, well beyond the suburbs of the small city.

ACW Waterloo Deanery

Spring Gathering with speaker and lunch

Where: St. James, Hespeler

520 Ellis Rd., Cambridge

When: Saturday May 12

Time: 10:00 a.m.

Please join us for coffee and muffins at 10 am followed by the Eucharist with speaker Catherine Di Carlo who will speak about her work in Morocco. Lunch will be served following the morning program at a cost of \$5.

Please RSVP to Gail Graham at 519-658-4381 or email Jennifer Uttley: juttley@sympatico.ca

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He had not communicated with our cousins in years. Everyone remembered him as a person who launched into a monologue that might be funny but always lasted a very long time. His sons referred to long, very long telephone calls. The ultimate was reached one night when he talked for SIX hours. When he talked, no one got a word in edgewise. My response was, "like father, like son". He had learned from our father how to separate, divide, blame, and cut off anyone he chose. I was left wondering how two people brought up in the same household could look at the world so differently.

The hardest bit was learning that he had cut the younger son out of his will. Just as Dad cut me out of his. One son and heir is all that is needed. Any other child is excess baggage. It takes a long time for that wound to heal. I thought of my favourite quote from Harry Potter. In the second book, Dumbledore talks to Harry about why he was placed in Gryffindor instead of Slytherin: *It is our choices that show what we truly are, far more than our abilities.*

The younger son has thought about this and firmly chosen to be the best person he can be rather than turn the hurt into a weapon to hurt others. Father and son had chosen to create division and distress. Another generation is dealing with the results. Hopefully with time and other influences they will make better choices.

Mom tried to keep harmony in the home even though at times it was a struggle. She would do her best to prevent discord and hurt but, if it happened, she would be right there to comfort and encourage. At her funeral the minister told of various encounters with her and related each to a verse of Scripture. She showed her faith in small, simple ways in daily life. She was surprised and even embarrassed if anyone noticed or commented.

One part of my brother's legacy is that I have now connected with an interesting cousin and his wife, two nephews and plan to visit all of them this summer. They all sound like very interesting people.

Huron Church Camp Wish List

For the Health Centre:

- Sun screen
- Insect repellent
- Band-Aids
- Ice packs

New craft supplies from the Dollar Store:

- Crayola crayons (other brands do not have enough colour in them)
- Paint brushes (all kinds)
- Small bottles of acrylic paint in bright colours
- Oil pastels
- Scissors
- Small glue guns and glue sticks
- White glue
- Masking tape
- Scotch tape
- Duct tape (sometimes it comes in bright patterns and colours)
- Permanent markers
- Thread

- Sewing needles
- Safety pins
- Nail polish
- Clothes pins and bags for our clotheslines

Gently used and clean:

- Hot Wheels cars and track
- Old CDs and DVDs

Please do not send: yarn, string, fabric scraps, toilet tissue tubes, egg cartons, magazines, newspaper, old pens, artificial flowers, cards, wrapping paper, pop bottles, popsicle sticks, jigsaw puzzles, board games, or holiday decorations...many thanks.

A few years ago they asked for socks – they have lots now so please do not send anymore.

HCC also really appreciates Canadian Tire money – they can buy sports equipment, beach toys, camping gear and even some hardware items! They are also more than happy to accept cash or a cheque.

Turning Puddings into Fulfilled Promises

Carol Thurnell

Twice a year the ACW executive meets to decide what outreach projects to support with a donation. Much of the funds available are from the money made from the selling of Christmas puddings

One of the projects ACW decided to support last year was FINCA Canada. Their mission is to alleviate poverty through lasting solutions that help people, women in particular, build assets, create jobs, and raise their standard of living.. One way they do this is by providing low-income people around the world with small loans.

Here is one example of how FINCA helped.

Jane Nakintu's partnership with FINCA began with a promise... Her daughter and son-in-law had died, tragically within a few months of one another, and Jane had taken their four children, ages 5 to 15, into her home to raise as her own. She agonized how she could possibly take proper care of them until one late night, still overwhelmed with her own grief, Jane made a promise to the memory of her daughter; she would offer them the future that their mother always envisioned for them. But how?.

The tiny farm she owned already demanded all of her energy to produce just enough food to feed them. There was nothing left for everything that goes into raising four children. It was shortly after Jane made this promise she heard women at her local community center talking about FINCA. She joined her local Village Bank and used her first loan of about \$13 to buy seeds and fertilizer. This was her first step in expanding and diversifying the crops she grows at her farm which she sells at the local market to earn extra income. In fact, her local farm has done so well that she's been able to hire two works to help with the harvest!

It's been seven years since Jane lost her daughter, and there's not a day that goes by that she doesn't grieve for her, but she has found peace in the love she has for her grandchildren and in the knowledge that she's kept that promise she made seven years ago.

For more information on FINCA please visit www.FINCACanada.org.

8		7						
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	9			6		8		
		2		1			7	
4								1
	7			9		6		
		6		2			1	
	8	5	1			2		
						9		8

Sudoku puzzles are provided by www.sudokuoftheday.com Solution at:
<http://www.stjohn316.com/april-2018-sudoku-solution/>

Nurses Notes

Elsie Millerd, Parish Nurse

Shingles Immunization

Everyone who has had chicken pox is at risk of developing shingles, a painful rash that normally follows nerve pathways. In January, 2018 a new shingles vaccine became available in Canada. It is called SHINGRIX and is available through your doctor's office or pharmacy. It is given as two intramuscular injections 2 to 6 months apart. Healthy adults 50 years or older should receive SHINGRIX even if you have had shingles, received Zostavax (a shingles vaccine) or are not sure about having had chickenpox. It has been found to be 90% effective for at least four years in people 50 years or older.

"Shingles is caused by varicella zoster virus (VZV), the same virus that causes chickenpox. Shingles typically presents as a rash, with painful blisters across the chest, abdomen or face. The pain is often described as aching, burning, stabbing or shock-like. Following the rash, a person can also experience post-herpetic neuralgia (PHN), pain that can last for months or years. PHN is the most common complication of shingles, occurring in up to 30 percent of all shingles cases.

"Shingles affects an estimated 130,000 Canadians annually. Incidence rates are similar throughout North America, Europe and Asia-Pacific regions. Older adults and those with conditions that compromise the immune system have the greatest risk for developing shingles. Nearly all adult Canadians (≥90%) have had chickenpox and are therefore at risk for shingles. An estimated 30% will develop shingles in their lifetime and the risk increases to 50% for those who live to 85 years of age."

SHINGRIX does not provide protection against chicken pox. If you do not believe that you have had chicken pox, you should be tested and if there is no immunity, you should get the chicken pox vaccine.

One should not get SHINGRIX if one is allergic to any component of the vaccine, currently has shingles, has a moderate or severe acute illness or is pregnant or breast feeding.

Most side effects of the vaccine are mild to moderate and last no more than three days. They might include pain, redness and swelling at the injection site, headache, stomach and digestive complaints (including nausea, vomiting, diarrhea and/or stomach pain), muscle pain, tiredness, chills or fever. This result is much more tolerable than the results of experiencing shingles.

The cost of the two shots of SHINGRIX is about \$244, plus any pharmacy dispensing fees. This is worth it when one considers the cost to individuals and families if one develops shingles. Advocates for seniors (eg. CARP) are calling on provincial governments to cover the cost of the new vaccine.

Resources:

<https://www.newswire.ca/news-releases/shingrix-approved-in-canada-as-the-first-non-live-adjuvanted-vaccine-to-help-protect-against-shingles-650800873.html>
<https://www.cdc.gov/vaccines/vpd/shingles/public/shingrix/index.html>
<http://ca.gsk.com/media/1350785/patient-information-english.pdf>
<http://www.cbc.ca/news/health/shingles-vaccine-cost-1.4470406>

Coming Events

Aging Alternatives: Stay at Home, Retirement Home or Nursing Home?

Sunday, May 6th at 12 noon

Presenter: Elsie Millerd, Parish Nurse

Insights and understanding to help navigate the health care resources in our community for our aging population.

Walk for Alzheimer's

Sunday, May 27th, 2018

RIM Park (indoor and outdoor walk)

2001 University Avenue East, Waterloo

Registration: 12.00pm

Walk: 1.00pm to 2.30pm

To sign up or donate go to www.walkforalzheimers.ca