



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

October 28, 2018

Available online at StJohn316.com/OEW

Directions for Neighbourhood Advocacy

The Revd Dr. Preston DS Parsons

In August, the wardens invited me to work on a response to the many used needles that were being found in the Memorial Garden. Working closely with Deb Sheach, we are preparing some recommendations regarding how to make our grounds safer.

In conversation with our neighbours, and as we investigated this issue more fully, it has become clear that things are not as simple as we thought. Because very strong synthetic opioids like Fentanyl and Carfentanyl are being mixed into street drugs, drug use has become even more deadly than before. Overdose deaths are becoming increasingly common.

This has led us to investigate what a broader, and more comprehensive response to addiction and unsafe drug use in downtown Kitchener might be, including the possibility of supporting a supervised injection site. Bishop Linda has put this very well, writing:

We would, of course, prefer to end the prevalence of drug addictions in our communities. However, for those who are addicted the process leading to recovery is long, slow and difficult. Along the way the need for support, including harm reduction through safe injection sites is a proven factor in assisting such healing.

As a result, the following statement has been prepared and vetted by parish leaders:

We, the wardens, clergy, Memorial Garden trustees, Parish Nurse, and Parish Council of the church of St. John the Evangelist, Kitchener, support a supervised injection site in downtown Kitchener for the following reasons:

1. We support a supervised injection site for the sake of safety. St. John's is already an unsafe and unsupervised injection site, making it unsafe both for those injecting and using, and for those of us who use the memorial garden and green space of the church. As part of a comprehensive response to addiction (that includes other forms of treatment, including counselling and rehabilitation) we support the site because it will mean that overdose deaths and other complications will be lessened. Further, research tells us that when there is a supervised injection site nearby, the number of dirty needles found in public spaces is lessened considerably, which would contribute to the safety of our green spaces, and make our green spaces safer for all those who visit and use them.
2. We support a supervised injection site for the sake of human dignity. We love our neighbours; even, and perhaps especially, those among us who are users and suffering from addiction. A supervised injection site is far better than leaving people to inject in alleyways and in public parks, which only contributes to social marginalisation. To offer addicts and users a safe space, free from judgment, and where other social services could be accessed, including additional treatment options, would offer some dignity to our neighbours who inject. This support is one way for us to express our unreserved love for them.

This statement will be the basis of our advocacy efforts going forward.

Please feel free to get in touch if you have any questions or concerns.

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

51 Years Making Every Voice Count

Aleksandra Petrovic, Executive Director, Social Development Centre Waterloo Region

The Social Development Centre Waterloo Region (formerly Social Planning Council of Kitchener-Waterloo\Community Information Centre of Waterloo Region) was incorporated in 1967 with a mission to cultivate community knowledge to advance social justice. The Centre builds engagement in the social and public life where every voice counts in decisions that affect their lives and shape our community.



With core values grounded in fairness, equity and participatory democracy, we do research on social issues, foster community dialogue and support groups with lived experience of poverty and living with disabilities. Even though over decades, the context in our community changed significantly, many issues identified in the 1960's are still current in 2010's, e.g. social inclusion of marginalized populations, affordable housing, income security, integration of newcomers and building capacity for community organizations. Some of our initiatives that grew into community pillars are OneROOF, WR Community Legal Services, KW AccessAbility, Meals on Wheel and more. Some of our project are the Blue Book, Festival of Neighbourhoods, Connect KW, Visitable Housing, Meet the Candidates Forums and Traynor-Vanier Tenant Engagement.



Being hosted at St John the Evangelist Church, in a supportive environment, makes it possible to carry on this important work and legacy of our past Executive Director Trudy Baulne, a creative visionary for inclusive and resilient community. We continue to provide direct support to organizing of persons living in poverty and with disabilities. The groups currently sustained by the good will of the workers and volunteers of the Centre are Disabilities and Human Rights, Awareness of Low-Income Voices and Renters Networking and Educating Together. Their voices lead the way in development of:

- Civic Hub, a collaboration space for small groups networking towards greater social inclusion
- Holistic Lifelong Engagement Model for peer self-help and advocacy
- Neighbourhood Connection improving living conditions in partnership with residents
- Community HelpLine to provide information and chart maps through complex service systems for individuals and groups

Every Voice Counts Campaign

We are fortunate to live in a prosperous region but the benefits of living here are not shared equitably. At this year's provincial and municipal Meet the Candidates Forums we organized, the residents confirmed that affordable housing, free transit, opioid crisis, gentrification and environmental justice would be the pressing issues in the coming years. This testifies that some of us are missed, forgotten or left behind. We believe that every person is valuable and that is why we must continue building dialogue to improve the lives of all our brothers and sisters in Waterloo Region. You can learn more about our work and contribute to our core funding goal as we bring people together in solving today's challenges. Every voice counts. Your voice and your donation too.

The poster features a central graphic of many colorful hands (red, orange, yellow, blue, and brown) raised in a crowd. Above the hands, the text reads "SOCIAL DEVELOPMENT CENTRE WATERLOO REGION" in blue, followed by "50 years of creating equitable access to the social and public life in Waterloo Region: Blue Book, Meet the Candidates, Connect KW, Poverty Free KW, Visible Housing" in red. The main title "EVERY VOICE COUNTS CAMPAIGN" is in large yellow letters. Below the hands, it says "GIVE FOR A BETTER COMMON FUTURE" and "YOUR VOICE AND YOUR DONATION COUNT!". At the bottom, it displays "\$20,000" in large red letters, with "help us reach our goal" in yellow below it. To the right of the dollar amount, it lists three donation methods: "*cash", "*cheque", and "*online" in red.

SOCIAL DEVELOPMENT CENTRE WATERLOO REGION

50 years of creating equitable access to the social and public life in Waterloo Region:
Blue Book, Meet the Candidates, Connect KW, Poverty Free KW, Visible Housing

EVERY VOICE COUNTS CAMPAIGN

GIVE FOR A BETTER COMMON FUTURE

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Dislocation and Growing Injection Drug Use in Waterloo Region

Joe Mancini

The estimate of nearly 4000 injection drug users in Waterloo Region indicates the scope of the drug addiction in our communities. This number comes from the recorded unique individuals who visit needle syringe programs though Waterloo Region. This number has grown from an estimate of 1,470 injection drug users in 2008.

There are four major conclusions that flow from this obviously growing concern.

First Conclusion: Injection drug use is growing

The first conclusion is the stark recognition that over the past ten year, injection drug use is rapidly growing. At St. John's Kitchen, in the late 1990's and in the years up to 2008, we noticed a small but new sub-group of drug users. In our first years, most people's additions were limited to alcohol. The alcoholics were a group that stuck together and looked out for one another. In the late 1990's, drug usage grew around the availability of crack cocaine. Crack use is marked by high energy and anxiety. There is nothing relaxed about crack; it is a drug that keeps its users searching for more. By 2008, Ontario communities were flooded with crack, perfectly designed to exploit population that were marginalized.

Presently, crystal meth is the dominant drug used by the street population. It is a synthetic product created in underground chemical labs using common, highly toxic, industrial ingredients. Pseudoephedrine, found in cold medicines, is the main active ingredient. Most crystal meth is produced in the United States and Mexico by cartels that then supply markets throughout North America. Gangs use decentralized local dealers for distribution. Meth is sold as a powder that is snorted or in a crystal ice form that is smoke-able. Both forms can be injected by dissolving the drug in water. Either way, the crystal meth high lasts for up to 12 hours, longer than opioids or cocaine. Since 2014, meth use has soared and according to Waterloo regional Police, replacing crack cocaine on the back streets of southern Ontario.

Opioids are different yet. Most opioid additions in the general public start after the drug has been prescribed for chronic pain or after major surgery. On the street, the drugs are used for the purposes of getting high. Recent estimates indicate that 13% of Canadian adults used opioids in 2015. As the availability of opioids increased, so has their use as an injectable drug, which increase the speed and intensity of the high.

Fentanyl is a new addition to the opioid market. It is a synthetic opioid that is cheap to produce, requires less volume, and is therefore easier to export, smuggle and distribute. It is a boon to the dealer network. Meanwhile, overdoses soar. In British Columbia, people are testing positive for fentanyl without knowledge of its use, with means that fentanyl is being integrated into the three different drug streams described above – cocaine, crystal meth and opioids. There are no easy solutions. Carfentanil, which is even more powerful, is making its way into the supply.

Second Conclusion: Drug use follows the logic of market society. Growing inequality makes the problem worse.

The second conclusion starts by the simply observation that the recent history of growing injectable drug use in Waterloo Region mirrors growing injectable drug use in most municipalities and counties throughout North America. This summer, we had a visit from a small town in Grey Bruce looking for ideas to combat a growing drug problem. The development of sophisticated production and distribution of cocaine, crystal meth and opioids has taken place at the same time as the North America labour market has been radically altered, resulting in substantial decreases in the availability of full-time work.

There is a co-relation between the pervasive drug availability and the decline of the industrial economy's full-time labour market. Drug distribution has followed the logic of market society where everything has a price, everything has a market and everything is for sale. In all cases, cartels have used market logic to increase their scale of operation and profits. They have found ways to import and secure common industrially procures ingredients that are manufactured using sophisticated lab production methods. The resulting drug creates opportunities for mass distribution. Using the technique of network marketing, these cartels move the product into big cities and then use decentralized markets to spread the product. Every step has a price and every action generates a profit. In this case, the product itself is consumable, often by the agents distributing it, which is a form of indebtedness that binds dealers to the organization. The logic of the market spreads the illegal drugs.

While drug production and distribution has grown into major industries, the former industrial and agricultural base of North America has been hollowed out. In fact, it is well documented how the growth of illegal drug manufacturing and distribution has grown in the wake of the consolidation of agriculture.

It is a complicated story Mary Berry, speaking at our Summer Institute, reflected on her father's work trying to protect rural economies and culture. The process of destabilization has been unrelenting as small farms are forced into bankruptcy, while larger farms consolidate all under the power of a small number of multinationals who has managed to own most of the food producing industries from seeds, fertilizers, pesticides, feed, milling, storage, all forms of meat packing and food processing, transportation to grocery store chains. The big corporations have the power to change the rules and government becomes ineffective. In ***The Unsettling of America***, Wendell Berry showed how the imposition of Big Agriculture dislocates people from the land, smothering their creativity and dreams.

The same process of hollowing out full time work in urban areas can be seen in downtown Kitchener. Previously, thousands of jobs were provided at Schneider's, Uniroyal, Goodrich, Kaufman Rubber, Hoffman's Meats, Domtar, Budd, Lear, and Peristop. Each shutdown was an industry consolidation, leaving workers without work. The result is a precarious labour force where people are shuffled in and out of work. This leaves a growing sector of workers without access to jobs that link them meaningfully into a culture of work. A growing drug culture is fed by the continuing loss of stable full-time jobs. It is a process that mirrors farmers who have no land. Into the void, cartels sell their insidious drugs that offer a way to hide one's fears. Centralized pharmaceutical corporations are only too happy to sell the base materials that become addictive, escape oriented drugs. The distant but symbiotic relationship between the pharmaceutical industry and the cartels is immensely profitable. Governments are seemingly powerless to intervene in this cycle of profit, growth, adaptation and more growth.

Third Conclusion: Drugs fill the void of dislocation

Dislocation is the root cause of addiction. To understand dislocation, we must first consider the role of the individual in society. Our society expects individuals to rise above the other, to gain some greater advantage. We live in a society that promotes a mentality of us against them, winners and losers. Well, how does one cope with such pressures that inevitably pull relationship apart? In fact, our society hardly deals at all with these pressures people face. We live in a world of cultural and social fragmentation. We celebrate the power of wealth. We celebrate the idea that individuals are not connected to each other, we celebrate competition over cooperation. It gets very tiring for the individual. Where does one learn another way? Schools are places that teach competition for better marks. The labour market is reduced to a competition for greater wages rather than a place for discovering meaningful work. Dislocation then, is what happens psychologically to people when they realize that they no longer feel they belong?

In a hyper competitive society, what happens to those who fail to compete or who compete at a level where they need drugs to balance their hyper-activity? All research into addictions suggest that the addiction itself is often used to mask trauma, abuse, shame, failure, and stress. While it is part of the human condition to overcome the fear of rejection and inadequacy, in a competitive, fragmented world, where do we help people process deep human emotions? When family relationships are scattered and emotions remain unacknowledged, there are few outlets for building greater emotional understanding. In our society, people are mostly left to their own devices. For some, the easy availability of highly addictive drugs is a path that few would choose, yet many are unwittingly dragged along with little power to resist unless significant support is provided.

The description above is the underlying argument that demonstrates that our society promotes dislocation as a cultural value. It is in contrast to former societies that had higher levels of psycho-social integration, meaning that people pulled together to look after each other, in a common project of serving the common good. If one thinks that this is utopian, then they have not learned about or experienced a society where there was a high common purpose for the benefit of serving all.

What is lost when individuals are isolated and left to compete against the other? Bruce Alexander calls this modernity and "beneath the steamroller of modernity, extended families and communities are scattered, nuclear families become dysfunctional: local cultures are pulverized; legitimate authority is toppled, religious certainties disappear...People and social groups that do not contribute to the advance of modernity are marginalized or exterminated."

Dislocation then, is the result of social fragmentation. One does not have to journey far to understand that the flood of modern

(Continued on page 7)

Nurses Notes

Elsie Millerd, Parish Nurse

Jumpstart Mindful Walking: How to Take a Mindful Devotional Walk

Taken from *The Church Health Reader, Summer 2018, Mindfulness and Meditation Issue*. Retrieved from <http://chreader.org/jumpstart-mindful-walking/>

Mindfulness means being more fully aware of our experiences in the present moment. Often when we walk, whether to get from one place to another or for the purpose of exercise, we separate movement from our thoughts. Our bodies do one thing while our minds race in another direction altogether. When that happens, walking takes us away from the present moment.

Mindful walking is an opportunity to be fully present in what our body is doing. We can be mindful of our breath, of how our bodies feel, of how our bodies respond to the environment, of how our thoughts take form and to bring them back to the bodily experience rather than watching them race off.

We can mindfully choose how to bring our thoughts toward supporting health in body and spirit as we walk with a meditative focus. A brief devotional time before a walk can provide the focus to center our minds as we walk and open up space where God's healing presence may become clear.

Use these tips for mindful devotional walking.

Church Health offers three [Walking With](#) devotionals, but most devotionals can be easily adapted for mindful walking, so choose the one you feel comfortable with.

1. Begin with a brief devotional time using your chosen devotional or text. As you read the day's reflection, settle on a word or phrase from the Scripture verse or the reflectional passage. Make this your focal point as you walk.
2. Pray and invite God's presence into your mindful walk, asking God to clear your mind and spirit and open up space for divine communion. You might want to jot down your day's focal point to carry with you as you walk.
3. While you walk, practice mindfulness. Allow your senses to help you be fully present in the moment and not carried off by the cares of the day. Feel and notice the small experiences around you so that they might be gateways to a larger awareness of God's healing presence.
4. If you find your mind wandering to your to-do list or your worry list, bring your mind back to the focal point you chose from the daily devotional time. If you wrote it down, this is a good time to look at it again and remember why you chose it.
5. At the end of your walk, reflect on what you noticed as you walked that calmed you, brought you joy, connected you to God, or provided a positive perspective on circumstances that might have been weighing you down. Consider keeping a journal where you write down one sentence each day of your awareness of God from your walk.
6. Give thanks to God for the healing moments of your mindful devotional walk in a brief prayer or song before moving on to the responsibilities that await you.

Note from Elsie: May you discover the benefits of a mindful devotional walk to body mind and spirit. I look forward to hearing about your experiences.

Jean's shortbreads

Jean's shortbreads on sale after the 8 and 10 services on November 25th. and December 2nd. one to three size packages also some gift items.

All proceeds going to the A.C.W. choice of charities. Thank you for your support. Last year over \$500 worth were bought.

Coming Events

The Opioid Crisis: What's Happening and Why

November 21, 2018, at 7 p.m.

Parish Hall of Our Lady of Lourdes Church

173 Lourdes Street, Waterloo.

Presenters: Dr. Michael Beasley and the Rev. Dr. Brice Balmer

To reserve your place (free) go to <https://www.eventastic.com/events/25142> (cut-off date Monday, November 19 at 9:00 p.m.).

You will receive your tickets by email

Aging as a Natural Monastery: Spirituality in Later Life

Thursday November 15, 2018 4pm.

Steinman Mennonite Church

1316 Snyder's Road W., Baden

Presenter: Bill Randall, MDiv, EdD, Prof of Gerontology

Considers aging as an inherently spiritual process, a time of growing in insight, understanding and compassion.

4 pm presentation 5pm Light Supper Pay \$20 cash at door.

Contact office@smchurch.ca or 519-634-8311 by Friday, November 9 to reserve your spot.

Spirituality, Aging and Narrative: The Sacred Art of Story Listening

Friday, November 16, 8:30 am to 3:30 pm

Great Hall, Conrad Grebel University College

140 Westmount Road, Waterloo

Presenter: Bill Randall, MDiv, EdD, Prof of Gerontology

Registration Fee: \$60 (\$30 for students and those 65+)

Provide your own bag lunch or eat in a local restaurant

Register online at grebel.ca or contact Sarah at 519-885-0220 x24264 by Friday, November 9th.

(Continued from page 5)

addictions, addictions that start to degrade an individual's ability to function, additions like drugs, alcohols, prescription drugs, shopping, gaming, sex, internet, are acts of withdrawal from society. "They are what people do when they cannot make a difference in the world confronting them... humans under stress take advantage of whatever tools their environment affords for reducing stress."

In all cases, humans then hide from the emotional losses of broken meaningful relationship. Dislocation theory demonstrates the need to recognize that this process is personalized by the loss of meaningful family relationships and is generalized by the loss of community relationships.

Fourth Conclusion: How to support those who experience the fallout of devastating drug addiction

Over the last several years, it has become impossible to ignore the growing number of injectable drug users in Waterloo Region. The effects can be seen in a homelessness where people's drug habit degrade their ability to live in regular housing provided by landlord. People are choosing camping and moving from place to place. Throughout the Region's downtowns, all public spaces are trying to cope with the spread of injectable drug use in public washrooms. The problem has been growing and no it is impossible to hide.

Gabor Maté asks why we try to ignore people who are suffering through the intensity of addictions. To addicts he asks, why the pain often, underneath all addictions, especially this round of injectable drug addictions, is some kind of major trauma, a severe hurt such as sexual abuse, or some kind of perceived failing from which an individual retreats from society into drugs. While the drugs are addictive, the underlying trauma is the main problem. The widespread addictive behaviours in society, exacerbated by

Pudding Pickup Christmas Bazaar

Sarah Guthrie

Join us on Saturday,
November 10th 9am—
3pm as we celebrate the
70th year of our
Christmas Pudding
Factory with a Christmas Bazaar!

We hope to raise additional funds to support the church and our outreach projects.

Pick up your pudding and visit our vendors! Knitting and crochet, one-of-a-kind jewellery and painted tins, unique gifts, gift baskets, shortbread, preserves, painting and more!

If you are able to donate items (baked or crafted) or would like to have a table of your own, please contact Sarah Guthrie (519-885-8272 or sarah.guthrie@gmail.com).



(Continued on page 11)

St. John's 70th Annual Pudding Factory Begins

November 2nd 2018

Help us celebrate 70 years making Christmas Puddings!

The ACW asks all members of our church community to mark your calendars for the Annual St. John's Pudding Factory which begins on Friday November 2nd. While the ACW provides the leadership, we need the support of all in the Parish to make it a success. It is always a great time for fellowship and getting to know other members of our Parish.

The proceeds support the parish operating budget as well as outreach.



PUDDING ORDERS TAKEN DURING THE MONTH OF OCTOBER

Our goal this year is to produce and sell 2,000 pounds of puddings. Our traditional puddings are made with all natural ingredients from a cherished secret recipe. We need your help by asking friends, family, neighbours and co-workers to place orders. Order forms are available on the narthex table at St. John's during October. If you do not have an order form, you can place an order before November 4th by contacting:

Wilma 519-578-0175 OR Email acw@stjohn316.com

VOLUNTEER TIMES:

We hope that you will sign up to volunteer to help make the puddings. Please bring a friend or other family member. Carol Thurnell is our volunteer co-ordinator and she will have lists for you to sign up at the coffee hours and in the Narthex during October. It is important that even the regular volunteers sign on for the times they will be here so that Carol can tell when more volunteers will be needed.

A list of tasks with descriptions and volunteer needs is available with the signup sheet. Shifts are available throughout each day.

Friday	Nov. 2 nd starting at 9 a.m. to clean fruit
Saturday	Nov. 3 rd starting at 9 a.m. to move and setup the equipment
Monday	Nov. 5 th starting at 9:30 a.m. and running all day and evening
Tuesday	Nov. 6 th starting at 8:30 a.m. and running all day and evening
Wednesday	Nov. 7 th starting at 8:30 a.m. and running all day and evening
Thursday	Nov. 8 th starting at 9 a.m. to 6 p.m.

REFRESHMENTS are available each day. Please bring your own lunch if you can stay.

PARKING passes are available for those who stay for several hours. We encourage sharing the drive, taking public transit, or parking at the City Hall.

For further information contact Carol Thurnell cathurnell@hotmail.com or telephone (evenings) 519-725-9022.

PUDDING PICKUP:

The puddings will be packed on Friday ready for pickup starting on Saturday morning. For the 2018 Pudding Factory, orders can be picked up on:

Saturday November 10 th	9 a.m. to 3 p.m. with a Christmas Bazaar
Sunday November 11 th	8:30 a.m. to Noon
Saturday November 17 th	9 a.m. to 3 p.m.
Sunday November 18 th	8:30 a.m. to Noon



An Unexpected Summons

Elaine Duncanson.

We were to go out for dinner on our last night at the resort in Collingwood but I needed a shower first. The hot water was working its magic on places that ached as it rinsed off the gel and then the shampoo. I was about to reach for the conditioner when there was a sharp ringing. The phone? Bob could get it. It kept ringing.

It seemed rather insistent, not intermittent as the phone would be. Surely not a fire alarm? Well, I was busy and not able to run outside. Still it rang. So I rinsed off the conditioner as quickly as I could and considered what to do next. The bath towels were decently large so I wrapped one around me and slipped my feet into sandals, then found my cranberry robe that zips from ankles to chin and grabbed a tote bag to stuff in most of the clothes I planned to wear.

Bob was at the outer door waiting patiently. I saw my tablet and threw that in with my purse. We joined the group on the stairs and headed for the lobby. The crew in thick jackets were shooing us out into the cold, windy, damp parking lot. I put on my yellow rain jacket for added protection and noticed that Bob had not brought his jacket. But he had his car keys and the car was a few feet away.

We studied the others. One man had been eating his dinner in shorts and a T-shirt. A young woman was wearing a fashionable top with cut-outs on the shoulders. A few senior couples had found coats and totes before making an exit. Some people took photos and selfies with the fire truck and flashing lights. At last word was given that we could go back in. Life could resume.

We had another chance to think about what we valued and what we were willing and able to leave behind. The staff did not know what caused the disruption but we could not get a dinner reservation until eight o'clock. Probably some dinners had to be reheated and other reservations had to be delayed.

The next morning I went to All Saints church and since I was very early I had a chat with the sidesman. I was concerned about sitting in someone's pew. He laughed and told me of a Baptist preacher who said a pew was only a coffin with a couple of sides knocked out. The service opened with the hymn that Bob told me early on that he wants sung at his funeral. Have we got a theme going here?

For the children's focus, Rev. Sharon asked people if they had a bucket list. How long was it? Had anything been crossed off? She also asked who was the most important person in the world. Then, who was the most powerful? The Pope got a vote and Donald Trump but also a negative reaction. The richest person in the world? The Royal Family made the list along with Bill Gates.

In the sermon, our thoughts were turned from the important, the powerful, and the rich to those who serve. People who take on the lowly tasks, the unpleasant ones, those who make life better for others. I thought of what I call the Harry Potter hymn – the poem by George Herbert "Teach me, my God and King, in all things thee to see and what I do in anything to do it as for thee." The fourth verse starts "This is the famous stone that turneth all to gold;" I thought of my mother who never travelled much, never held high positions, but contributed so much by all the things she did for others.

She had an unexpected summons on her way home from a church meeting. She was on the bus when the headache started. By the time she reached the apartment, she felt sick and went straight to bed. My father went on eating his supper and then watched TV. It would have upset him if she had called a doctor or dialed 911 so she remained silent as always. When he called her doctor the next morning, after his breakfast and his bath, it was too late. She died in the hospital the next day.

Life is full of surprises and unexpected events. Some of these give us an opportunity to look closely at what we are doing and make some changes, just in case this is the last call.

Refugee Committee Update – Fall 2018

Ann Coughlin

We began almost 4 years ago, and now, 5 families later with lots of wonderful moments, hard work and blessings from all the people of the 13 churches in the Deanery and we are ready to do it again!! We have fully * sponsored 3 families (6 adults, 8 children, with 2 more born here) and assisted 2 government sponsored families (4 adults, 3 children.) All are doing well!

We began with over 50 volunteers and we are now down to a hardy group of about 30- 35. We have completed our initial plan of supporting 5 families, and we have recently decided to move forward with one more family for 2019. To do this we are looking for a commitment of approximately \$650.00 from each parish to support a family of 4 for one year. (Obviously, some smaller congregations will be able to contribute less, while larger ones will hopefully commit to a larger amount.) We will have the government contribution of 50% of the monthly expenses, and hopefully what we receive from the churches will support the other 50%. \$650. X 13 parishes = \$8450. We have about \$7000.00 left from our original funds collected. This will give us the \$15,000.00 we will need to cover our part of the expenses with a buffer for the unexpected.

Our last family will be on their own by the middle of December. We can't believe it has already been one year. Incredible. Jamal and Zubeida are in school learning English, Maymuna is attending school JK fulltime and she loves it, can hardly wait to get there in the morning. Milkasa, the 3 year old, just got enrolled in day care at the English school his mother is attending. Recent reports indicate he is not particularly happy about this change in events but we are sure he will adapt as most little 3 year olds do. The family is travelling about KW are on public transit. Zubeida is quite independent and is able to meet friends and go shopping on her own by using GRT. This family is truly on their way to independence.

Several of the committee members have developed strong relationships with all the families, and these relationships have continued on after the 1 year support. It's a great ministry and I am really happy members have agreed to stay on and continue this much needed work.

Volunteers worked on many different things: some handled paperwork; some found and moved furniture, found accommodations, or cleaned before the family arrived; some taught them how to shop, how to use our currency, how to budget; some read to the children, visited the women if they were shut in, took them to dental and doctor appointments, enrolled children in school, taught them how to dress for our weather, how to drive in our weather, how to use a sewing machine; some mediated issues between tenants and family; some signed them up for summer programs, day camps and researched free entertainment they could access during the summer holidays. We helped with employment, and some even arranged for tours of the Toyota plant so they could see what manufacturing looks like in Canada. There is no shortage of things to do. The more people we have the more we can do to assist in the families' integration into the community. Few of us knew how to do any of this when we started, and we struggled through it, but now we have a very strong base of knowledge so anyone coming on will have the support of other members.

If you'd like to be part of our mighty group please let Ann Coughlin or David Whitfield know, and we will get you connected to someone in the committee who can answer your questions.

Contact Info:

Ann Coughlin
519 897 4479
anncoughlin50@gmail.com
Thank you.

David Whitfield
519 579 5543
davidswit@gmail.com

* (blended sponsorship: govt 50%, deanery 50% of monthly costs.)

(Continued from page 7)

online culture that promotes “likes” while inadvertently discouraging friendships. The fallout for those dealing with the worst traumas is that they cannot find their way out. It is up to society to help build those bridges.

The Working Centre has been working to create places of welcome that work to counteract dislocation. Our shared community spaces are places of creative problem solving while our community tool project s build on gift and engagement. This latest issue of drug use has drawn us to explore a new space in the house we have purchased on Water St. In April, at this year’s Mayors’ Dinner, we described the kind of service we were working towards.

We need places of rest where self-awareness can build, places where one can process the meaning of family breakdown or episodes of trauma. Places where people have the space to think about their defeats and also their successes. Rest, reflection, relationship building cannot be accomplished with pressure but with time, discussion and openness. This kind of support and listening helps people construct an imagination for a future that is hopeful.

The goal of this house is to build on communal supports, help people to feel part of a community, to find ways of inclusion over separation and in a phrase, to work to develop psycho-social integration. This house will not solve the wider issues of the globalization of addictions, but it will provide our community with a place to support those most affected by the injectable drug crisis.

Reding, Nick, **Methland: The Death and Life of an American Small Town**, New York, 2010.

Bruce K. Alexander, **Treatment for Addiction. Why Aren’t We Doing Better?** March 2018, Speech to NHS Foundation Trust, retrieved from <http://www.brucekalexander.com/articles-speeches/297-treatment-for-addiction-2>.

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Monica Place

Nancy Chittick

As part of our St. John's ACW outreach, we will be donating items for the young mothers and their babies at Monica Place in Waterloo. As well as the commonly requested infant and toddler items, there is a special request this year for much needed non-slip, solid bottom slippers. Here is a list of requested items (see page 12). You will see two lists this year...one is the list for babies and moms and the second list is a "Transition to Independence" list. Also, gift cards are encouraged for stores such as Walmart, Shoppers Drug, Zehrs. Please label all gift cards with the amount. Of course gift cards can be purchased through our Fundschrift sales.



Donated items may be placed in the labelled box in the Narthex or in the church office.

**Gift cards should be left in the church office or given directly to Nancy Chittick or Sandra Roy.

Donations will be collected until Nov. 4. Thank you in advance for your support.

(Continued on page 12)

Ideas for Donation Items

If possible, gift cards are encouraged.
\$10 & \$20 amounts for stores including:
Walmart, Shoppers Drug Mart, Tim Hortons,
Zehrs, Food Basics, Sobeys, Michaels, Curry's
Kitchener / Waterloo / Cambridge Mall
(please label all gift cards with the amount)

Infant
Teething Toys / Soothers
Wipes / Teething Necklace
Crib sheets
Clothing (Newborn - 12M)
Thermometer
Bottles / Bottle Warmer

Kitchen
Food Storage Containers
Tin Foil / Plastic Wrap
Toaster / Frying Pan
3-Quart Saucepan
3-Piece Metal Bowl Set
Salt & Pepper with Shakers
Spices
(cinnamon, garlic salt, paprika,
chilli powder, oregano leaves)
Wooden Spoons
Measuring Spoons & Cups
Silverware Set / Glasses
12 Piece Dinnerware Set
Cake Pan / Muffin Tin
Cookie Sheet
Colander / Cutting Board
Scissors / Paring Knife
Tongs / Spatula / Flipper
Potato Peeler / Can Opener
Dish Scrub Brush
Hand Towel / Dish Cloth
Oven Mitts

Toddler (ages 1-3)
Educational Toys
(Books, Balls, Playdough, Cars, Dolls)
Diapers (size 4 - 6)
Bubbles / Craft Supplies
Sippy Cups / Bowls / Cutlery
Clothing (12M - 3T) / Footwear

Just for Mom
Slippers - Non-Slip Solid Bottom
Footwear / Socks
Pajamas / Leggings / Sweatshirt
Clothing (XS-XL)
Reusable Water Bottles
Hair Products / Styling Tools
Toiletries / Lip & Skin Care
Cosmetics / Razors
Feminine Products

Creative
Birthday Cards
Blank Note Cards
Cardstock
Origami Paper
Watercolour Paper
Artist Tiles
Sharpie Markers
(various sizes & colours)
Glitter & Felt Tip Pens
Sketch Books / Journals
Painting Canvas / Brushes

Household
Toilet Brush / Plunger
Shower Curtain with Hooks
Non-Slip Bath Mat
Laundry Basket / Hamper
Towels / Bedding / Pillows
Small Table Lamp
Tool Kit / First Aid Kit
Paper Towels / Kleenex
Mop & Bucket
Broom & Dust Pan

We Thank You for Your Kindness
Monica Place
231 Herbert St. Waterloo, ON N2J 1V1
Tel: (519) 743-0291
www.monicalplace.ca

50 Years
for pregnant and parenting youth




Transition to Independence Kit:

Wooden spoons
Measuring spoons
Measuring cups
Potato peeler
Can opener
Scissors
Paring knife
Tongs
Spatula
Flipper
Silverware
Glasses
12-piece dinnerware set
Dish scrub brush
3-piece metal bowl set
3-quart saucepan
Frying pan
Colander
Cutting board

Muffin tin
Cookie sheet
Cake pan
Rubbermaid food storage
to go containers x 2
Tin foil
Plastic wrap
Salt & pepper with shakers
Spices (cinnamon, garlic salt chilli powder, paprika, oregano
leaves)
Toaster
Oven mitts
Dishcloths
Kitchen towel
Dust pan
Broom
Toilet brush with holder
Mop & bucket
Laundry basket

OMAS SISKONA KW: Grandmothers 2 Grandmothers: Stephen Lewis Foundation

Ann Coughlin

It is time for our annual Scrabble and More event in support of African grandmothers who are not only raising the orphaned children in their care, but who are also leading in the efforts to change a culture in which AIDS continues to be a threat to vulnerable children and women.

Come to play Scrabble or another game of your choice, shop at our extensive marketplace which includes home baking and preserves, craft items, used books and puzzles, gift baskets, and enjoy a cup of tea or coffee with a delicious treat in our tea room.

- Sunday, November 11
- Parkminster United Church 275 Erb St. E. (just before the ramp to the Expressway.)
- Doors open at 1 pm, play begins around 2 pm, and event finishes by 4:30 pm.

For further information, to play or to donate in support, speak to Ann Coughlin. (519 897 4479)

What do we do the rest of the year?

As members of Omas Siskona, we learn more about the African grandmothers living in the communities hardest hit by the AIDS pandemic. These indomitable women not only care for their grandchildren orphaned by AIDS, but lead the way in innovative grassroots responses to the pandemic - responses that are transforming their communities and helping to turn the tide of HIV and AIDS. After 30 years of dealing with the pandemic, they are the experts.

The Stephen Lewis Foundation works with community-based organizations that support African grandmothers with many projects including

- Psychosocial support for grandmothers and the children orphaned by AIDS in their care;
- Community gardens, seed sharing, poultry, pig, and goat rearing;
- Vocational training for teens and young adults;
- Home building for grandmothers caring for vulnerable children;
- Home-based care, training on how to care for HIV positive family members, and HIV/AIDS education programs;
- Income generation projects;
- Legal and human rights training around violence against women and property rights.

As we learn more about their lives, we dedicate ourselves to walking in solidarity with them. We have speakers who will come to other groups who are interested in learning more about the current situation in Sub-Saharan Africa. In the spring, we will be having our 2nd Off the Wall art sale at Highland Baptist Church. Now is the time to donate framed or unframed art that you no longer have room for, or frasmes that you do not need. (Great for those of us trying to down-size!) Three times in the winter/spring, the Boston Pizza in Waterloo gives a percentage of their Monday evening food sales to SLF – a good time to eat out with family or friends and also support SLF. (I'll put those dates in the bulletin when I have them.)

Our group is a lively and committed group of women – grandMothers and grand-Others (!!!) These women are fantastic – friendly, committed, encouraging, and fun to work with. Please join us at one of our monthly meetings, held on the 3rd Wednesday of the month, from 10 am to noon, at Christ Church Lutheran, corner of Lexington and Anndale in Waterloo. If you would like to come, please speak to me and I shall make sure to welcome you.