



The Church of St. John the Evangelist, Kitchener

ON EAGLE'S WINGS

November 25, 2018

Available online at StJohn316.com/OEW

Get to know our new Rector

The Rev. Dr. Preston Parsons

I was born in Grand Bank, Newfoundland, to Linda and Eric Parsons, though my family eventually settled in Winnipeg, Manitoba, with my younger sister Naila. Winnipeg was where I met and married Karen. It was also in Winnipeg, while working in various youth ministries, that I found a vocation to the priesthood. We went to Berkeley, California, for my training to the priesthood; while there, Karen finished a PhD in Music Theory and Composition, and I did a year of hospital chaplaincy.

Winnipeg, however, remained home-away-from-home for both me and Karen. I was ordained a deacon in 2004 at St. Margaret's, and then to the priesthood in 2005 at St. John's Cathedral, both in Winnipeg and part of the Diocese of Rupert's Land.

After ordination, I accepted a call to suburban multi-cultural parish ministry in Winnipeg. From there I went to England in 2012 to do a PhD at the University of Cambridge, where I wrote a thesis on Dietrich Bonhoeffer's theology of friendship under the supervision of Prof. David F. Ford, worked at St. John's College Chapel as Priest Vicar, was Director of Studies at Westminster College, and assisted in a local parish church. Karen, meanwhile, was teaching music composition and theory in southern Manitoba, but spending as much time as she could in England. After I returned to Winnipeg, Karen was offered a position teaching music at Conrad Grebel, which brought us to Kitchener-Waterloo in 2017.

I continue to enjoy writing and teaching, reading theology and Marvel comics, collecting vinyl records and regularly checking online ads for vintage hi-fi equipment to fix up or restore.

Most importantly, though, is my new position at St. John's. I am thrilled to begin a new stage of ministry here as your new rector, and look forward to getting to know St. John's, settling even more deeply into life in Kitchener and Waterloo, and seeing what God has in store for our new life together.



Rheo Thompson Mint Smoothies are back!

Leading up to Christmas the A.C.W. will be selling Rheo Thompson Mint Smoothies (a chocolate bar type treat with a smooth chocolate mint filling) for \$2 per bar. Please consider purchasing one or more to support our outreach projects.

The next issue of On Eagle's Wings will be available on

What is the Service of Nine Lessons and Carols anyways?

Rebecca McKay

When do you really feel like you're into the Christmas Spirit, November 12th, advent 1, December 24th? For church choirs around the world and for ours here at St. John's, it can begin to feel like Christmas as early as October as we work to prepare for the Lessons and Carols Service. At St. John's, we pride ourselves on our lush choral history and our devotion to those time honoured choral traditions. One of those traditions at St. John's and the wider Anglican Church, is the Lessons and Carols Service. I, like many, assumed this liturgy has a centuries-long liturgical position in the Anglican Church, but I was amazed to learn that is not quite the case.

The service finds its history beginning in 1880 at Truro Cathedral in England. The Bishop Edward White Benson, in his tiny wooden Cathedral compiled nine short lessons and nine short carols, to be shared at 10pm on Christmas Eve. The format quickly became popular and spread throughout England. However, the choir that really popularized it was the King's College Chapel Choir in Cambridge. Their first presentation of the service was in December of 1918, it was revised the next year with a specific order of readings. It was at that point that the tradition of the first hymn began. The Hymn, *Once in Royal David's City*, is always sung with the first verse by a solo soprano, to commence the service. Hymns were changed, and introduced, but the readings and prayers basically stayed the same.

And thus, the Service of Nine Lessons and Carols spread not just throughout England, but with the advent of broadcast technology, was heard all around the world. First radio, then television, CD recordings, and now live-streamed online, you can catch the King's College Lessons and Carols every December 24th at 3pm (10pm EST). The service has been taken by many churches and altered and changed, as far away as the West-Indies the services has been presented. Even here at our St. John's we have provided the 9 Lessons and Carols Service for decades.

The structure of the service is as follows, simply 9 scripture readings, followed by 9 carols (sung either by congregation or choir).

1. God announces in the Garden of Eden that the seed of the woman shall bruise the serpent's head. Genesis 3:8–15.
2. God promises to faithful Abraham that in his seed shall the nations of the earth be blessed. Genesis 22:15–18.
3. Christ's birth and kingdom are foretold by Isaiah. Isaiah 9:2,6–7.
4. The peace that Christ will bring is foreshown. Isaiah 11:1–9 OR The prophet Micah foretells the glory of little Bethlehem. Micah 5:2–4.
5. The angel Gabriel salutes the Virgin Mary. Luke 1:26–38.
6. Matthew tells of the birth of Jesus. Matthew 1:18–23.
7. The shepherds go to the manger. Luke 2:8–16.
8. The wise men are led by the star to Jesus. Matthew 2:1–11
9. John unfolds the great mystery of the incarnation. John 1:1–14

These readings follow the prophecies of the coming of Christ, of the great things he will do, Mary's journey, the birth of the Jesus, the wise man and finally of John's Gospel explaining the great mystery of the incarnation of Jesus. It tells the whole Christmas story in one tidy and beautiful service. There are also organ preludes and postludes, prayers, biddings and collects that are spoken, but the majority of the service is scripture and song.

The songs that encompass the services are ones that sit near and dear to the hearts of many in the Christmas season. Throughout the service, the choir and congregation trade of singing Carol-Hymns and the choir singing pieces composed for the Christmas seasons. These carols, or anthems, may be arrangements of favourites, or new arrangements of old texts, or completely new compositions.

Those of you who have attended the Lessons and Carols Service in the past may hear a few of the same pieces every year, with the same arrangements. But every year we will also pull out a new piece, new to us or new to the choral world that year. Many choirs use many of the same books which contain many wonderful carols and carol arrangements for the service, *Carols for Choirs* and the *Christmas at King's College*. The latter contains many of the famous carols sung by the choir at King's College Chapel. We will supplement using individual pieces and new commissions, but we always love to return to some of the fan favourites!

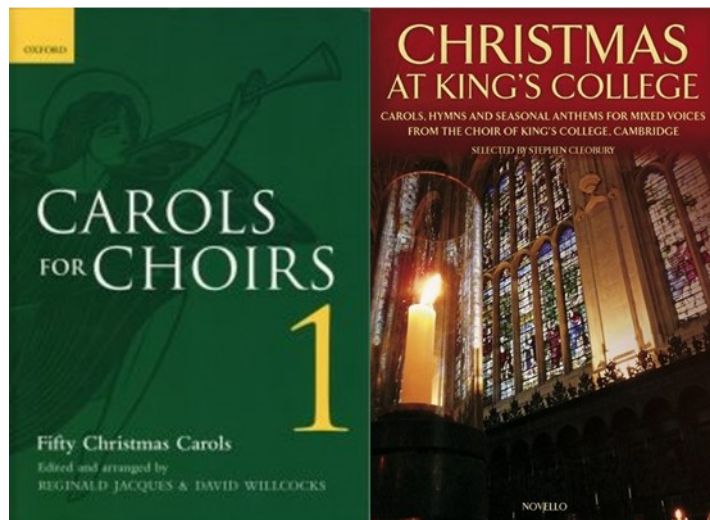
There is something special to me about the Lessons and Carols Service, it's a bit hard to describe. As a musician, I can find the Christmas season to be really stressful, even

overwhelming. There is always so much music to learn, many ensembles to sing and play in, and little time to prepare gifts for my loved ones, organizing family dinners between multiple families. I never really get to sink into the Christmas season, Christ can quickly come out of Christmas in favour of moderate panic. But every year at the Lessons and Carols, something special happens. The lights go off, and the candles light. I don my cheery red cassock and pure white surplice. I walk up the stairs to the balcony and wait for that D major chord, and I sing the first verse of *Once in Royal David's City*, completely alone.

*Once in royal David's city,
Stood a lowly cattle shed,
Where a mother laid her Baby,
In a manger for His bed:
Mary was that mother mild,
Jesus Christ, her little Child.*

I sing those lines, fly down the stairs to meet with the rest of the choir. From then on, I am immersed in the story of Christ's miraculous birth. I feel anticipation, joy, and an intense and fluttering energy that only comes with performance. It feels like Christmas! I am so privileged to be able to sing this service, year after year. I can only imagine how wonderful it must be to the congregation. I am always thrilled to hear the kind words of appreciation from the members of the parish. I like to think it is just as moving out in the pews as it is in the choir stalls. Within an about 60 minutes, hours and hours of preparation by Marlin, the choir, and others is done, wrapped up in a bow and waiting for next year.

If you have never attended the Lessons and Carols Service, you are in for a treat. Normally the service takes place in the evening of the last Sunday before Christmas. This year we are having the service in the morning, in place of our regular Eucharist Service at 10am, on December 23rd. I encourage all of you to come and experience the magic and joy and teachings of the Service of Nine Lessons and Carols, I hope it rushes you into the Joy of Christmas and the miracle of Christ's birth like it does



Did You Hear That?

Elaine Duncanson

One summer day Bob asked me if I would be interested in attending a class for people who are hard of hearing. Spaces were limited and would fill up quickly but participants were encouraged to bring a significant other. Why not? We learned a few useful things at the sign up interview.

In October we met the group and they all appeared quite ordinary. The tables were placed in a large oval so we faced each other and the screen where Joyce typed responses. After introductions, Joyce asked what was needed when communicating with a person having hearing loss. The usual pause in a new group, then Janet said “**patience!**” All heads nodded in agreement and there were a few chuckles.

The list grew: one person talking at a time, face the speaker, speak clearly, speak slowly not loudly, indicate a change in subject. We were also given a list of ways loss of hearing impacts general health.

Some personal stories emerged that morning. One person felt shut out of family gatherings when all conversation was directed to the more able members with no attempt at inclusion. Several referred to teen aged granddaughters who rattled on so swiftly that their voices were just a blur of sound. One person worked with a changing group of people who expected others to accommodate their needs but had no understanding their advisor’s needs. Another faced interviews and promotion prospects so needed to appear competent while asking for accommodation in communication.

After identifying various needs, we moved on to finding some solutions. We discussed the factors affecting understanding in a conversation: the speaker, the listener, the environment, the message.

The speaker needs to face the listener, speak slowly and clearly, be visible. The listener needs to pay attention, watch the face and gestures of the speaker. Background noise in the environment such as a radio, a TV, or many conversations in a crowded room will be an impediment. So will the distance from the speaker, the room acoustics and lighting conditions. Few of us will pay much attention to a message that does not interest us or is too technical or delivered with an accent unfamiliar to us. Each of these four elements play a role in how well we hear what is said to us.

A group of friends often met for dinner. As the evening wore on, one man would say “turn up the lights so I can hear you.” It is difficult to speech read in dim light or when the light is behind the speaker and the face is in shadows. The tone of voice, the facial expression, the gestures, indicate whether the speaker is being humorous, sarcastic, serious, or angry. Without this, the message can easily be misinterpreted as is the case with many emails or Twitter.

Joyce gave us a graph showing where in the mouth the consonants were produced and how a person with hearing loss could easily confuse two words with similar sounds. The group came up with many examples. Bob was delighted when he heard his doctor say he should eat more ‘peanuts’ but deflated when this was clarified to ‘spinach’.

I remember when my grandmother got her hearing aid. A packet the size of a deck of cards was clipped to her dress each morning with the fabric wound cord stretching up to the button thing in her ear. It was clearly visible and would occasionally make strange sounds. Now the ads tell you that the latest devices are completely invisible and no one will know you are wearing one.

Why doesn’t everyone who needs one wear one? Well, they are not perfect. More than once Bob has told me he can not tell the direction a sound is coming from. There are many stories about people getting accustomed to them.

Anna expected it would be just like getting new glasses. Everything would be clear and more precise. Instead, the hearing aid picks up all sound: furnace noise, traffic, someone crunching potato chips, heavy breathing, the cat or dog, the TV in another room, and the conversation directed at you. Hearing people can not understand why a person with a hearing aid still has difficulty catching the whole of what is said.

That is why we spent time on strategies to improve communication. How would you deal with a call to a furnace repair person? A good strategy would be to plan what questions would be asked and assemble all the information. Presenting the details of what, when, sounds, type of furnace, address and so on would reduce the questions that would be asked and the number of repeats needed.

We talked about the emotional effect of poor communication. In an exercise we looked at pictures to identify the situation, what the hard of hearing person was thinking or feeling, the difficulty presented in that environment, and the action that could be taken to solve the problem. They were all common situations and the solutions only took a bit of thought and planning.

When I was an undergrad, a group of women students held a party for children in a medical facility who were undergoing assessment and getting a treatment plan established. We decorated the room, planned games and welcomed the children. After a while, some gave up on Paul. He was bad, disobedient, uncooperative. He was an attractive child about four years old.

Near the end of the time I saw him standing alone as the others prepared for a game. So I asked him if he wanted to join them. No response. I got down beside him, turned him to face me, and repeated the question. His face brightened up and he willingly took my hand and joined the game. At the end I reported to the attendant that he had been cooperative with me although others had found him difficult. She replied that he was deaf. We had misjudged the child and not given him the experience that he deserved.

As we were leaving the class last week, I noticed an older man in the waiting room. He was dressed for cycling on a cold wet day, with no marks of affluence about him. Bob, following me out, stopped to greet the man. Outside, Bob said, "Poor Barney, he was always in trouble. He is as deaf as a post." Barney was one of Bob's many probationers and you can imagine police, corrections officers, and others getting annoyed and punishing him for not obeying instructions. They may have been given to his back or in some other manner to leave him unaware that something was expected of him. Hearing loss is truly the invisible disability.

Joyce has a presentation that she gives to church groups if that would be of interest in the future.

Christmas Puddings at St. John's

Louise Lazarowich

Seven weeks before Christmas there's never a doubt,
 Measuring spoons appear, steaming boilers come out.
 Hairnets are required, cooking gloves, too.
 All workers sign in, in their comfortable shoes.
 Ingredients are portioned - 1, 2, and then 3;
 Currants, raisins, and dates from the bush, vine, and tree.
 Mixers and pounders and weighers in line
 Keep the steamers all steaming in perfect, smooth time.
 The puddings are packaged, bags, boxes, some bows,
 Then lined up like soldiers in pretty bright rows
 The orders delivered, the counters count right.
 St. John's lights are turned out
 Puddings! Cheers!
 And good night!

Nurses Notes

Elsie Millerd, Parish Nurse

Christmas is Coming!

In the stores and on the streets we are being reminded that Christmas is just around the corner. What does this reminder do for you? It might be a time of excitement and joyful anticipation. On the other hand it may be a time of dread of to-do-lists and unmet expectations. For some it is a time of sadness and longing, maybe even grief, with the memories of a lost loved one or traditional Christmas experiences which are no more. Then there are those who anticipate loneliness, lack of resources for food and necessities of life, or even sleeping in a shelter or outside.

In the Christian church we prepare for Christmas with a season called Advent. One definition of this word is "a coming into view." What do we anticipate as coming into view this season? Is it decorations and lights, parties with friends, family gatherings and special gifts? Or is it loneliness, sadness, grief, despair?

In our services for the next four weeks we will hear Old Testament readings about the event that is anticipated as coming into view. It is the coming into the world of Christ, the Messiah and Saviour, bringing gifts of hope, peace, joy and love.

How might you incorporate this truth into your life and circumstances this year? Here are some suggestions to try:

- Sit quietly, take some deep breaths and be still. Ask God how to be hopeful, peaceful and joyful in a world gone crazy. As you slow yourself, you will be able to hear God's good plans for you.
- Simplify your Christmas plans in whatever ways you can.
- Make time for exercise which is a great way to reduce stress and improve mood.
- Avoid excess food and alcohol while staying hydrated with water and juices so that you feel better able to cope with stressful situations.
- Consider how you might remember departed loved ones or other losses in a comforting way. One example is to attend a Longest Night service such as that being held at Knox Waterloo Presbyterian Church, 50 Erb St. W, on December 21st at 7 pm. Another is to plan how you might include your departed loved one in your Christmas celebrations.
- Reach out to others who may need special support at this time.
- Reflect on the presence of Jesus in our midst. It is as we recognize this presence that we find our peace and joy.



This image was found on Facebook at:

<https://www.facebook.com/nonetooshabbywigan>

Thank you so much to everyone who came out to help with the Pudding Factory!

Pudding Factory Coordinators

We had so many wonderful helpers, starting with the "before the week" people.

Thank you to those who;

- arranged for advertising in the newspaper and on social media
- wrote bulletin announcements
- took pudding orders
- contacted corporate people
- coordinated volunteers
- contacted family and friends to purchase puddings
- went to the Kitchener market to take orders (and have returned to deliver those orders and sell some extra puddings)
- picked up ingredients from as far away as Milton
- entered all of the orders and made labels
- folded recipes
- helped to cut circles
- cut waxed paper to wrap puddings
- made sure we had stoves that worked
- weighed and bagged dates
- cleaned raisins and currants
- emptied out the Pudding Factory room and set up for us to begin production early Monday morning



Thank you to the kids who came from Ray of Hope to cart all of the ingredients upstairs and came back on Tuesday to wash dishes etc.

Thank you to those who supplied the goodies for us to enjoy at our break times and to those who came in early and stayed late to setup the tea, coffee, and snacks.

We are grateful to all of you who came out during the week to help;

- grease cans
- measure ingredients
- mix and mix and mix and mix some more!!
- fill the cans, weigh them (on scales that had been calibrated to make sure they were accurate), tap them down, put on their paper circle caps, and get them ready to be steamed for hours and hours by our wonderful steamers, then "knocked them out"
- handwash the cans before putting them through the dishwasher, dried, and stacked the cans so we could use them again next year

Thank you to those who came and helped with wrapping and bagging our 2,100 lbs. of puddings.

Thank you to the crew who came in on Friday to make sure everyone's order was bagged or boxed and to those who delivered the corporate orders locally and as far away as Toronto.

A big thank you to our Pudding Treasurer and helpers who spent two weekends in the cold gym for people to pick up their orders.

Thank you also to those who came out to help with and arranged the Christmas Pudding Pickup Bazaar that was open for the public to see what wonderful things some of our parishioners make. Thank you to other parishioners who made wonderful short bread cookies and hand made items to sell and contributed the profits to the Church.

You can see what a devoted and committed group of people we have who have made this a success for 70 years.

Thank you also to those of you who were unable to physically join us in the work and fellowship, but kept us in your prayers.

ACW Gift Baskets

This year the ACW made Christmas gift baskets for the Christmas Bazaar. We still have a few remaining that we would like to sell. Please consider purchasing one! All money raised goes to our outreach projects.



Suds and Snacks

- \$50
- Beer & Cider
- Beef Jerky & Peanuts
- Cook Book
- Napkins
- Snack Tray
- Chocolate



Kitchen Basket

- \$30
- Tea Towel
- 2 Disk Cloths
- Measuring Cups
- Measuring Spoons
- Brucetta
- Fridge Magnet
- Laura Secord chocolates
- Christmas Ornament
- *All in a plant holder



Baker's Delight

- \$40
- Baking Dish
- Scone Mixes
- Silicone Baking Sheet
- Spatulas
- Tea Towel
- Christmas Sign
- Chocolate



Winter Fun (Children's) x 2

- \$30
- Wooden Mask
- Paint Set & Brushes
- Socks and Ear Muffs
- Christmas Ornament Craft Kit
- Solar Toy
- M&Ms