



# The Church of St. John the Evangelist, Kitchener

# ON EAGLE'S WINGS

December 23, 2018

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

## The Creche

*Margaret Hendley*

As I left church this Sunday morning on the third week of Advent I noted the empty stable in the Narthex, awaiting the Altar Guild to fill it with the figures typically found inside that structure. It brought back so many memories I have of two beautiful creches I was taken to as a child.

I grew up in a small town in Connecticut. Periodically my mother would take my big sister and me to visit my Aunt Margaret who lived in New York City. One year we went in early December and while I thoroughly enjoyed viewing the windows of the ornately decorated Fifth Avenue stores as well as the Christmas movie at Radio City Music Hall, part of Rockefeller Centre, the most lasting memory of that trip was going to the Metropolitan Museum to see The Christmas Tree and Creche, (also known as The Angel Tree) .

Once in the museum we walked down what seemed to me like a very long corridor, and there it was, a huge tree that took my breath away. This exhibit continues to this day (and to quote from their online description: a “magnificently lit, twenty-foot blue spruce looms over a vivid eighteenth-century Neapolitan Nativity scene, enshrined in an abundant array of lifelike figures with silk-robed angels hovering above. The scene describes in detail the Mediterranean harbor town's multicultural society. “ These figures were donated by Loretta Hines Howard, who had a strong interest in and collected religious art she found on her many trips to Europe.

I didn't realize it at the time, but I had already been privileged to view a creche donated by Howard much closer to my home. In the late forties she had donated a smaller set of eighteenth century figures to the Benedictine monastery at Regina Laudis Abbey, located only about twenty miles from my home. To reach this creche there were no crowded city streets, but instead one had to drive out into the country, turn down a dirt road, park the car and walk down an (at the time) unmarked trail in the woods which led to a small barn. Once inside you had to find and turn on the lights to view the creche, which took up one side of the barn and was behind glass. This peaceful scene was undisturbed by other viewers any time we visited. Here I could press my nose against the glass and spend as much time as I wished, (or that my patient mother would allow), to admire all the figures, gazing at the peasants bringing their gifts of eggs and farm produce to the Christ Child. I tried to imagine what I might bring as a gift.

Today each December I set up my own Nativity on a high shelf in our living room. My Aunt, knowing how much I loved the creche scene, bought me shortly after I was married to Brian, a stable as well as the figures of Mary, Joseph, Baby Jesus, one shepherd and two lambs, which were not eighteenth century, but are beautiful hand carved and painted Italian pieces. I have added to this Nativity over the years on trips to Italy, including three peasant figures carrying gifts of firewood, a bee hive of honey, and a lamb purchased in Florence and finally the Three Kings bought in a small store near St. Peter's in Rome.

I would like to say that as I assemble my beloved creche each year that I contemplate again what gift I might bring to the Christ Child. More likely I am creating mental lists of last gifts to buy for my grandchildren and grocery lists of items to purchase for our annual Christmas feast. I do however, stop long enough at some point in this blessed season to give thanks for the gifts of hope and joy which were given to us all on that bleak winter's night when a baby boy was born in a humble stable.

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The next issue of On Eagle's  
Wings will be available on  
January 27th.

# PEACE **Pax** *Shalom*

*Elaine Duncanson*

With all the chaos and clutter of getting ready for Christmas, it is hard to stop for a moment to listen to the carols, talk to friends, or even think about what you are doing. There is so much cooking, cleaning, shopping, wrapping, and all those cards to mail. Then the decorations to put up, the tree to trim, the visiting, and the entertaining.

Those of us who make a habit of going to church each Sunday have at least an hour or two away from the phone, the TV, the list of things yet to be done. We have an opportunity to rest, listen, and think. If we really listen and think, we might be able to remove some things from the to do list.

Is your closet rather crowded? I realized that I have two coats hanging in mine so one of them is going in the bag for the Children's Wish collection. I can probably find more to put in the bag as I tidy each room. Is your pantry cupboard too full? I have a bag of goodies prepared for the Food Bank since we eat quite well enough. This summer I met a charming little girl that I am related to. As an only child she will have more than enough under the tree so I will get some chickens and some piglets from PWRDF for her and a goat for myself. That is easy shopping and wrapping.

Many cards have a wish for peace, peace on earth, or a similar sentiment. Do we pause to think what "peace" really means? No war, of course. No conflict with another group or neighbours. No nastiness between family members. And that is just the start of the meaning.

A period in ancient history is called Pax Romana which was a time of stability and order in the Roman Empire. People were able to plan, to carry on business, raise families, because the situation around them was predictable. With this kind of peace they were able to trust the government, their neighbours, and their friends. When chaos reigns, people are fearful and hesitate to put out ideas for the future.

People who do not have secure employment or some source of predictable income can not live in peace. There is too much uncertainty for them to relax and enjoy life. They must constantly be on the lookout for another job, a better job, possibly with some benefits. They need to save what they can in case they can not get any more. Good government can assist many of these people with programs to help them get established more securely.

Another word that is usually translated as 'peace' is shalom. It comes from the Hebrew word 'shaleim' which means completion. The Jewish understanding of shalom is complex. The word is used as a greeting, a name, and much more. It is more than "peace be with you". It is: may you be filled with a complete and perfect peace and be full of well-being.

When it is said as a question the person is asking "Is all well with you? Is there anything you lack? Is there something that is preventing you from having peace?" These are active questions. The response might require some support or assistance if it is truly meant. It creates a connection between two people.

Christianity has its roots in Judaism and this word is one that we can add to our understanding. Another explanation of the meaning of shalom is "true peace with authority which destroys chaos". Without peace there is no completion. Just think of the ripple effect of bringing this kind of peace to families, to neighbourhoods, to governments.

Since I have never studied Hebrew and my previous source of enlightenment is unavailable, I used the internet and learned much from chabad.org. A blessed Christmas to all. Shalom.

# Letter from Amazonia



In October of this year, a group of nine people from Huron, including both laity and clergy, went to visit our friends in our companion diocese of Amazonia. While we were there, we had the opportunity to be on retreat together with a group from Amazonia at the Mount Tabor Retreat Centre in Icoaraci. Fr. Marcelo Barros, a well-known theologian of the Theology of Liberation, led us through reflections on the Mission of the Church in the 21st century, guided by our study of the Letters containing Jesus's messages to the 7 Churches in the Book of Revelation. Together we created this covenant, written in both languages. Please accept this covenant, our offering to you, from our team of Huron travellers and our partners and friends in Amazonia.

God's peace be with you.

## **To the angels of the Amazon and Huron Churches, companions in mission,**

Thus says the liberator, who with loving tenderness looks at your weaknesses and limitations, but also sees your ability, the one who says that you must see and value what you have that is good, and encourages you to move forward and evangelize; I know your hospitality, your commitment to the native peoples, immigrants and refugees, your desire to safeguard my creation.

I know the places where you live, I know the wealth that you contain. You have more than 40% of the fresh water of the planet, you guard forests that are the lungs of the world. I exhort you to care for and watch over these natural riches, to care for and watch over human life in search of social justice.

I know the times you are living in, I know that new things are emerging in your lives, I know of the resurgence of the great danger in the Americas of old ways that humiliate and destroy humanity - such as human trafficking, violence and intolerance.

I recommend that you not be discouraged in the face of difficulties, that you trust in your calling to make disciples, to form leaders. Join hands and walk together in unity

Do not be afraid to be who you are, and invite others to be themselves. May you return to your first love, to the Kingdom of God. May you be a Church with doors open to all people. May you be animators of faith, healers of fear and relief for all affliction.

Therefore contemplate the face of the Most High in the treasures which I have set apart for you, especially my words so that you may be guarded with zeal by all your saints. And to those who achieve victory, I will fulfill my promises of love, hope, and mercy.

He who has ears to hear, hear what the Spirit says to the Churches.

## **Aos anjos das Igrejas da Amazônia e Huron, companheiras em missão.**

Estas coisas diz o libertador, aquele que com amorosa ternura olha para tuas fraquezas e limitações, mas também vê a tua capacidade, aquele que diz que deves ver e valorizar o que tens de bom, e te encoraja a seguir adiante e evangelizar; a semear

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## The Widow's Mite

*Brian Hendley*

Hosting our Church coffee hours is always a challenge, never more so than this past Remembrance Day. We were still operating from the Lower Parish Hall, plus our Sunday service included extra elements of remembering the fallen in both wars. Our coffee hour strategy has always been to set things up, turn on the large coffee urn, and check how things are going halfway through the service.

I had just caught the end of Marita's sermon when I slipped out and went downstairs to check on things. There in the still semi-darkened room I encountered a stranger quietly enjoying a coffee and two cookies at a nearby table. I must admit that my first reaction was to check the donation basket which I like to sweeten with two loonies before the usual crowd arrives. There I found my two loonies plus a quarter. I looked at the stranger and he smiled at me. We wished each other a good day and I returned to the service upstairs.

Then I recalled Marita's sermon on the widow's mite. Sometimes the Gospel speaks to us when we least expect it to. And that's something we should all remember.

## Another Story From Our Syrian Newcomers

*Ann Coughlin*

During the Christmas season, we hear again Jesus' birth story, and the flight Mary and Joseph with their new infant made to Egypt to escape the threat in Bethlehem. I wonder what their refugee experience was? I hope they were not just made safe, but were also welcomed.

During Pudding Factory week, I was in the downstairs kitchen at the same time that the newcomers' after school program was running. At one point, one of the teenage girls came in the kitchen to get a cup of water. She was visibly upset. I asked her what was wrong – and she told me that there were two nights she just couldn't get out of her head. She then told me how she and her family fled their home in the city because of the bombing, going to a village where they thought it would be safer – but it was not. One day as the bombs were hitting their village, passing right over her head, she said, they all rushed into the bathroom. She told me she prayed that if someone had to die, to let it be her, not her mother or young siblings.) When they emerged safely (all of them), she saw the house beside which had housed many families was gone, all dead. She saw that. They fled again into Lebanon. They were not really wanted there and knew no one. The first 2 nights were spent on the streets – it was so cold, she told me. Once in the refugee camp, while there was freedom from bombs, there was another enemy – hunger. After 2 weeks, the baker ran out of flour. They ate whatever they could find. Now they are in Canada, safe, but after a year here, she cannot forget those still there, nor can she forget the experience. I hugged her, listened, let her cry, and told her that Jesus said that those who mourned were blessed because they would be comforted. Her willingness to share her grief did allow me to offer some comfort. But it seemed so little I could offer.

As she left St John's, this young woman came to me again and said thank you, thank you to St John's for giving them a safe place, for making them welcome. That same thanks was passed on to me by two parents who were also there to pick up their kids. St John's is a safe place, a place where they can learn and grow, talk and play, perhaps even forget for a few hours the horrors each has experienced.

The thanks goes to everyone at St John's – for sharing our space, yes, but also for offering a welcome, a sense of belonging to a new home: Canada, Kitchener, St John's.

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consciente de que quem dará o crescimento sou Eu. Conheço a tua hospitalidade, teu compromisso com os povos nativos, imigrantes e refugiados, o teu desejo de salvaguardar a minha criação.

Eu conheço os lugares onde habitas, conheço a riqueza que tu guardas. Tu detens mais de 40% da água doce do planeta, tu guardas as florestas que são os pulmões do mundo. Exorto-te a cuidar e zelar por essas riquezas naturais, a cuidar e zelar da vida humana em busca de justiça social.

Eu conheço o tempo que estás vivendo, sei que novas coisas estão surgindo dentro de tua história, sei do ressurgimento do grande perigo nas Américas de coisas velhas que humilham e destroem a humanidade – tais como o tráfico de pessoas, violências e intolerâncias.

Recomendo que não desanimes diante das dificuldades, que confies em tua condição de fazer discípulos, de fazer lideranças. Deem-se as mãos e caminhem juntos em unidade

Não tenhas medo de ser quem você é, e convides as outras pessoas a serem elas mesmas.

Que volte ao primeiro amor, ao Reino de Deus. Que seja uma Igreja com portas abertas a todas as pessoas. Que seja ânimo para a fé, cura para todo o temor e alívio para toda a aflição.

Por isso contemples o rosto do Altíssimo nos tesouros que para ti separei, sobretudo as minhas palavras a fim de que sejam guardadas com zelo por todos os teus santos e santas. E aos que alcançarem a vitória, eu realizarei minhas promessas de amor, esperança e misericórdia.

Quem tem ouvidos para ouvir ouça o que o Espírito diz para as Igrejas.

## **Christmas Services**

### **December 23<sup>rd</sup>**

**10:00 am** Service of Nine Lessons and Carols

### **December 24<sup>th</sup>**

**4:00 pm** Family Service

**7:00 pm** Sung Eucharist

**10:00 pm** Choral Eucharist (Mass Setting, Darke in F)

### **December 25<sup>th</sup>**

**10:00 am** Eucharist

# Bales

Nancy Chittick

Each year we send our Bales to the *Twice is Nice* store in Kenora. Here is a copy of their annual report and some pictures of the store.

## TWICE IS NICE: NEW & GENTLY USED CLOTHING ANNUAL REPORT February 11, 2018

This past year, 2017 marked the beginning of our second year of operation at 224 Second Street (as of April 19, 2017) and our first full calendar year operating as a thrift store in Kenora. We continue to see new customers as well as a steady clientele of regulars. We have maintained consistent staffing of the store with one full-time position shared between two individuals, Renee Peterson, our manager, and Judy Moffat, supplemented by volunteers.

We continued our gift card program that was initiated toward the end of 2016. We are now partnering with a dozen local agencies that provide their most financially challenged clients with a Twice Is Nice gift card valued at \$25.00. In 2017, we provided over \$4000.00 in clothing to folks through the gift card program. In addition, we have provided donations of bulk clothing to Whitedog First Nation, Anamiewigummig Fellowship Centre, Jubilee Church, Lake of the Woods District Hospital and Morningstar Detox Centre.

Our Ministry at Twice Is Nice continues as God continues to act in this place. Many regular clients just drop by to visit with Renee to report on their progress, and receive further support and encouragement. Our Facebook page also receives many compliments for the work that happens here.

This year our sales amounted to approximately \$52,660 that was only slightly over our projection but when coupled to the archdeaconry grant to assist with salary costs, did allow us to not only break even, but also end up with \$12,746.70 in the black. This amount represents an unused amount from the Archdeaconry Grant that was to support the cost of salaries. In 2018 (and again in 2019) we will be experiencing significant increases in salary cost as we move to achieve a minimum wage of \$15/hour. We have a separate grant for 2018, but we need to find ways to increase our sales so that we can meet all our costs independently. We are hoping to partner with Ne-Chee Employment Office to provide an individual with no employment experience with the opportunity to receive training and experience to get into the job market.

Respectfully submitted,

Mary Bawden



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Committee Members:

Jo-Anne Haines, Gerry Gan, Ev Faulds, Norma Horrock, Virginia Wilton, Teresa Bongfeldt, Olean Jones & Brenda Jorgensen.



# Nurses Notes

Elsie Millerd, Parish Nurse

## Remember the Basics for Winter Well-Being

Winter weather can be both beautiful and challenging at the same time. Keeping your well-being top of mind during the colder months can keep you safe and make the season one of joy, rather than woe.

Consider the following tips to help protect yourself and others during the winter months:

- **Don't let the snow build up** – Shovelling more frequently (even after a light snowfall) can take the strain off your body and help avoid injury. It can also be a preventative measure as fluctuating temperatures can lead to a melt and freeze, turning a snowy driveway into a sheet of ice.
- **Be proactive** – Icy surfaces are a danger to everyone. Take preemptive action such as putting sand on any icy patches of your walkways.
- **Slow down** – When walking in winter, take your time, assume dark wet areas are icy and walk around them if possible.
- **Choose footwear wisely** – Proper winter footwear with good grip can aid in preventing slips, in addition to keeping your feet warm and dry.

Short winter days result in less natural vitamin D. It is commonly acknowledged that most Canadians are already deficient in vitamin D and that supplementation is needed. A safe dosage of vitamin D is between 1000IUs to 2000IUs per day, however many practitioners will advocate dosages as high as 5000IUs/day in the winter months.

Make your wellness a priority. Winter won't get you down if you're ready for it!

Learn more about preparing for winter:

["Be prepared for winter weather" from the Government of Canada](#)

Taken from Retired Teachers of Ontario *Liaison E-newsletter*, December, 2018

## The Immune System: Who Gets Sick

With the onset of winter the incidence of seasonal colds and influenza rises and our concern for protection from these should increase. What are some of the considerations which lead to staying well?

Realizing that infections are transmitted by direct or indirect contact, droplet or through the air, one can protect oneself by hand washing (the single most important infection prevention and control practice) and maintaining a distance of one metre when talking with infected people.

By now everyone should have received a seasonal 'flu shot. If not, be sure to make arrangements with your family doctor, pharmacist or the Public Health Department to do so.

As well as 'flu shots, there are other ways to boost our immune systems. In a seminar Dr. Nick R. S. Hall, a neurobiologist, outlined some of these areas:

- Eat anti-inflammatory nutrients found in fresh (raw or lightly steamed) fruits and vegetables, raw nuts and seeds (ground), and fish. Decrease or eliminate from your diet red meats, dairy products, refined sugar and caffeine.
- Have regular physical activities which enhance endurance, strength, and flexibility. This is acquired in 30 minutes of moderate intensity physical activity (brisk walking, cycling, swimming, calisthenics, aerobic and balance exercises) every day.
- Resist depression by seeing challenges as temporary, solvable and impersonal.
- Replace hostility and urgency with caring and mindfulness.
- Nurture close relationships with friends and family for their protective effect and overcome social rejection, loneliness and isolation.



Develop emotional resilience by adaptively responding to thoughts that could trigger stress and immune suppression. By becoming aware of emotions, responding to challenges with action rather than fear or self-pity, realizing one's control of one's life, developing an optimistic world view, rallying a supportive network of friends, maintaining your sense of humour, exercising, being in touch with your spiritual side through meditation, reflection and prayer, and persevering, one is able to "roll with the punches" of life and so be resilient.

Please let me know if there are any ways I can support you in your efforts to boost your immune system. It is my prayer that we all have a healthy winter.

## Be active this winter

Registration is now taking place for physical and leisure activities for the winter at our community centres. Program and activity guides can be found on the Health News bulletin board in the Upper Parish Hall or on-line at [https://issuu.com/cityofwaterloo/docs/waterloo\\_win2017\\_web\\_final](https://issuu.com/cityofwaterloo/docs/waterloo_win2017_web_final) (Waterloo) and <http://www.kitchener.ca/flashgallery/mags/leisure/2016winter/index.html> (Kitchener)

## Hearing Devices

Hearing devices that are available for use in the church during services are being repaired. They are all being used regularly and the health council is investigating the purchase of more as we have lost a couple. Please be sure to turn off the power and return the device to the box in the narthex after use each time so that it is available for the next service. Thank you for your assistance.

## CPR Course

One way to be prepared to care for our neighbours is through knowledge of how to perform cardio pulmonary resuscitation (CPR). If you would like to be part of a half day CPR course in the New Year, please leave your name on the sign up sheet in the narthex or give me a call. We need at least six people to make a class.

# Omas Siskona KW

*Ann Coughlin*

Thank you to all of you from St Johns who helped make our 11<sup>th</sup> Scrabble and More fundraiser another success. We raised over \$23,000 for the Stephen Lewis Foundation that day! So, whether you sponsored me (Ann Coughlin) or came to participate in either the game or the marketplace, thank you for your support.

Are you downsizing? or decorating a new space? On May 4<sup>th</sup> 2019, we will have our second "Off the Wall" art sale. If you are looking to make space on some walls, have tired of a painting or framed artwork, they can find a new home and new people to appreciate them! Art work, including empty frames, can be dropped off at the homes of Pat Ballantyne ([519-576-7011](tel:519-576-7011)) and Penny MacVicar (519 743 7043.) Please call ahead to arrange a suitable time. Or call Ann Coughlin (519 897 4479) and I will pick them up and deliver them.

Then plan on coming to Highland Baptist Church on Saturday May 4 to find new pieces to decorate your home. John Sewell has again agreed to evaluate what comes in – last year there were some unexpected finds!!

To date, Omas Siskona has been able to send over \$640,000 to the Stephen Lewis Foundation Grandmothers to Grandmothers campaign, helping sub-African grandmothers who are struggling to raise their grandchildren orphaned by AIDS. They are the leaders for change there, and we are honoured to stand in solidarity with them as they work to turn the tide of AIDS in Africa.

For more information about The Stephen Lewis Foundation, the Grandmothers campaign, or our local Omas Siskona KW, visit [www.omas-siskonakw.org](http://www.omas-siskonakw.org), [www.grandmotherscampaign.org](http://www.grandmotherscampaign.org), and [www.stephenlewisfoundation.org](http://www.stephenlewisfoundation.org).

Omas Siskona meets the third Wednesday of each month at Christ Church Lutheran at the corner of Lexington and Anndale in Waterloo, from 10 a.m. to noon. Grandmothers or Grand-Others are invited and welcome to attend.

# Things you'd need to have eagle's wings to see — ordinarily!

David Sapelak

The project manager from Pretium Anderson remarked that the roof and its flashing is some of the best workmanship he has seen. Those of us who have been privileged to be on the roof can agree that the artistry of the metal flashings is amazing. Best of all, between the insulation on the roof, and the new heating ventilation and air conditioning system, we should see noticeable savings.

1. The two 5-ton condensing units to give us summer cooling for the upper parish hall.



3. Some of the well-crafted flashings around the nave stained glass windows. Here the new waterproof membrane is below both the insulation and a concrete surface to protect it from falling ice and prevent the kind of build up that has necessitated shoveling this roof in the past.

2. The new modified bituminous roof is protected by concrete pavers to protect it from ice sliding off the pitched roof of the nave.

