



The Church of St. John the Evangelist, Kitchener^{Page 1}

ON EAGLE'S WINGS

April 28, 2019

Available online at StJohn316.com/OEW

A Ministry-Based Viewpoint

Dave Sapelak

When Vestry passed a budget for 2019 totalling \$329,942 in February, we committed to the ministries it supports. Behind the heat and electric bills are real, people-based activities. This summary reminds us what our offerings really do. (*Portions of administration, building expenses and Rector's salary are allocated to all ministries*)

Worship and Liturgy 39% (\$ 127,572)

Worship is not only the central action of the Christian church, but is at the core of who at St John's are, what we do, and why we exist. Worship is the focus for much of our time and attention. It takes 126 volunteers and 57.5 volunteer hours per week in addition to the paid staff.

Pastoral care 15% (\$ 47,900)

Pastoral care supports people in their pain, loss, and anxiety. The Pastoral care team consists of the Rector, part-time Parish Nurse and lay visitors. People are visited in hospitals, senior's residences, and homes, and by telephone. Funerals are times when support is vital. Trained volunteers meet people in the meditation space during worship to offer intercessory prayers. The Parish Nurse integrates the practice of faith with the practice of nursing, providing health counselling, education and advocacy.

Christian Education and Formation 9% (\$ 28,553)

Personal spiritual growth is imperative. We may begin to grow through worship, but it continues through the lifelong discipleship both privately and corporately. Bishop Linda has challenged us to read the bible in 2018. The Church School, adult book studies, prayer and meditation groups are important for spiritual growth. The Parish has committed to lay involvement in the Rector's counselling before baptisms and confirmations.

Parish Fellowship 6% (\$ 21,386)

Ministries supported by the Operating Budget:

On Eagle's Wings newsletter, stjohn316.com, St John's Facebook page, Leadership of Wardens, Parish Council, etc.

Parish Ministries directly supported by funds from within the Parish but outside the Operating Budget:

ACW, Sunday coffee hour, Wednesday morning breakfast, Shrove Tuesday Pancake Supper, Community dinners, The Memorial Garden

Outreach and Beyond the Parish 29% (\$ 97,031)

The church exists to serve. Jesus has no hands but our hands. Service is directed towards each other to build up the family of the church and directed outward to reflect the light and love of Christ to the local community, the

The next issue of On Eagle's Wings will be available on May 26th.

(Continued on page 2)

country, and the world. Both Synod and Deanery funds are included here.

We use our building in partnerships with community organizations:

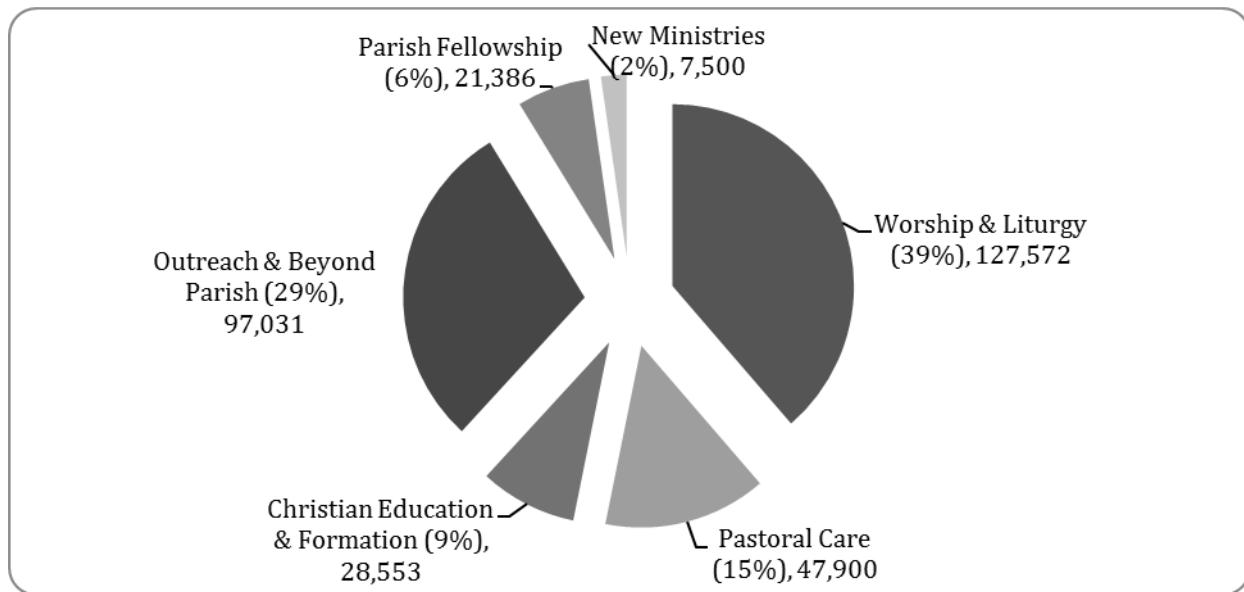
Social Development Council, Reception House for homework and recreation programs, Japanese School,
Community Kitchen Co-operative, musical group practices and concerts, Canadian Federation of Women's
Clothes Closet

Ministries beyond the Parish supported by directed offerings and the ACW:

PWRDF, Monica House, Renison Institute, The Refugee Settlement Project through the Deanery of Waterloo,
Clothing Bales for relief in northern communities

New Ministry Programs 2% (\$ 7,500)

This is an opportunity to add meaningful and effective ministry to our current ones. The Rector has invited you to offer suggestions and to follow your ministry passion. This could lead us through a new open door.



Off the Wall

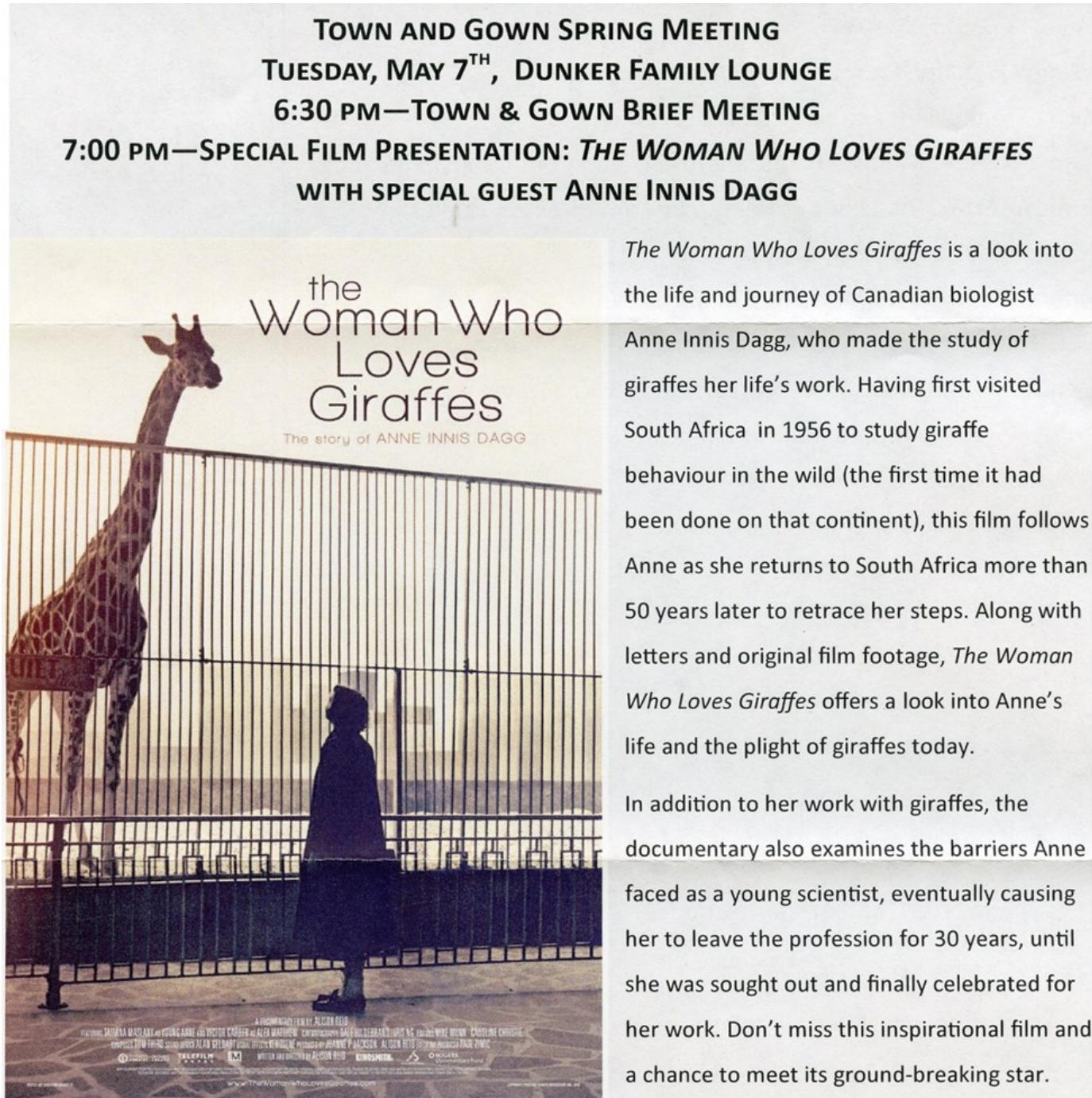
Ann Coughlin

Sale of new and recycled works of art - framed paintings and prints, as well as pre-owned frames. This is a chance to decorate those blank walls, or just change things up a bit, knowing that all the proceeds will go to support the work of the Stephen Lewis Foundation in sub-Saharan Africa. Our local Grandmothers to Grandmothers group, **Omas Siskona KW** is hosting this sale at **Highland Baptist Church** (135 Highland Rd. W) on **Saturday May 4**, from **9:30 am to 4 pm**. (Cash, cheque or credit accepted.)

Renison Town and Gown Spring Meeting

Jennifer Uttley

You are invited to a special film presentation: The Woman Who Loves Giraffes, with special guest Anne Innis Dagg. For details see the included image or the poster on the ACW bulletin board in the UPH. If you are interested in attending, please contact Jennifer Uttley (519-578-6052 or email acw@stjohn316.com).



Poster used with permission. Credit: Production Photography.

Guests are welcome. Please bring your friends, family, or anyone who is interested in attending!

Nurses Notes

Elsie Millerd, Parish Nurse

Social Isolation

A major health issue and leading cause of death in our Canadian society has become social isolation. Whereas 1.8 % of our population lived alone in 1951, that percentage has increased to 14 % in 2018. People who live alone are at risk of social isolation. Many of these people are seniors but young people also experience social isolation.

Social isolation involves limited contact with others and few social roles. It is an absence of mutually rewarding relationships. Social media does not give our body and mind a sense of social fulfillment. We require visual and /or verbal connection to gain such rewards.

Causes and risk factors associated with social isolation include lack of awareness of access to community programs, lack of accessible and affordable transportation options, loss of a sense of community, challenges related to technology, life transitions and generational migration. Mental illness can also contribute to social isolation.

Both physical and mental health are negatively affected by social isolation. Isolated people are more at risk of behaviours like excessive drinking of alcohol, smoking, being sedentary and eating poorly resulting in weight loss and weakness. Higher stress hormones, increased risk of heart disease, arthritis and diabetes, and decrease in sleep serve to shorten their lives. Psychological affects of isolation may be loneliness (rooted in the person's perception of the quality of contact), depression and suicide, social anxiety, and hastened dementia in older people. There can be an impact on self-esteem and confidence which leads to a decrease in connection with the community, inhibits accessing health care services, and perpetuates isolation.

How might we serve to counteract social isolation and its affects? Here are some suggestions:

- Recreate a sense of community to encourage interactions and connections among neighbours and the larger community. This is something we can practice right in our church community by getting to know the people around us.
- Create intergenerational programming as a way to help both generations break isolation together.
- Develop networks for communication, support and safety checks.
- Consider life transitions as triggers for social isolation and so be more proactive in prevention at these times.
- Individuals can look for places to gather such as libraries, art galleries, recreation centres or coffee shops. Joining a group, volunteering and setting aside time to see people are all helpful activities. Even banking or shopping in person rather than on line provides social interaction.
- Encourage participation of seniors in the labour force or fulfilling volunteer activities to ensure that they are engaged and productive.
- Support caregivers so that they can get out of the home to enjoy social interaction. These caregivers may be young mothers as well as those caring for the elderly and infirm.

What are some of the benefits we can expect as we address the challenge of social isolation? Social networks can positively influence good health behaviours such as successful smoking cessation, good eating habits or remaining active. Social interactions which draw in seniors create social cohesion and provide a wealth of experience that older people bring to families, neighbourhoods and communities.

And, in the words of Norman Doidge "The more socially and physically active we are and the more we participate in

(Continued on page 5)

mentally stimulating activities, the less likely we are to get Alzheimer's Disease or dementia." Age related memory loss, decline that typically occurs in our advancing years, "is almost certainly reversible with the right mental exercises." (*The Brain that Changes Itself*, 2007)

Addressing social isolation has become an important initiative in striving for healthy communities. In the UK they now have a Minister of Loneliness. Let us also develop ways to enrich the lives of those who are socially isolated in our parish community and beyond. Your health council are already considering some initiatives which they hope to unroll soon. Your enthusiasm and creative response to their suggestions will help transform lives.

Resources:

Global News. (January, 2018). *Loneliness and social isolation becoming an epidemic*.

<https://globalnews.ca/video/3974482/loneliness-and-social-isolation-becoming-an-epidemic>

Government of Canada. (2016). *Report on social isolation of seniors*. <https://www.canada.ca/en/national-seniors-council/programs/publications-reports/2014/social-isolation-seniors/page05.html>

Dodge, Norman. (2007). *The brain that changes itself*. Toronto, Canada: Penguin Group.

Coming Events

Meaningful Conversations

Learn strategies to increase your confidence in engaging those with dementia in meaningful conversation.

Presenter: Janice Canning, Public Education Coordinator, Alzheimer Society, Waterloo Wellington

May 1, 2019, 6:30 pm.

Mount Zion Lutheran Church Sanctuary
29 Westmount Road S., Waterloo

Walk for Alzheimer's: Walk and Make Memories Matter

Join this fund raiser walk at one of our four locations on Sunday, May 26, 2019 or sponsor a participant.

Registration opens at 12pm and walks take place from 1:00 pm – 2:30 pm.

Guelph - Guelph Lake Conservation Area (outdoors, dog-friendly)

Cambridge - Langs (indoors)

Kitchener-Waterloo - Waterloo Region Museum – Doon Heritage Village (outdoors)

Mount Forest - Mount Forest Sports Complex (indoor track)

For more information, call 519 742 8518 x 2019 or see

http://www.alzgiving.ca/site/PageServer;jsessionid=00000000.app213a?pagename=wfa15_prov_ontario&NONCE_TOKEN=86E11224CD0E0BAF44EB2F0DF4609E8C

Ride-a-Bus

A training session for older adults wishing to know how to use the Grand River Transit System

Saturday, May 25, 2019 9:30 am - 2:00 pm

Waterloo Memorial Recreation Complex

101 Father David Bauer Dr., Waterloo

This event includes:

- A training session with GRT travel training experts
- An escorted outing on a GRT bus to a local destination

A free lunch with your fellow trainers

Registration as City of Waterloo 519-888-6356 or

shelley.sprague@waterloo.ca

11th Annual Ecumenical Prayer Shawl Gathering

Tuesday, June 11, 2019

11:00 am – 3:00 pm

Hosted by St. James Anglican Church, Fergus, ON

Come and experience our beautiful church and Butterfly Garden along the banks of the historic Grand River.

The theme for this year's gathering is "Pilgrimage".

Reverend Pauline Head, retired Anglican priest, will be speaking about

her experiences walking the Camino de Santiago in Spain.

Donations of handcrafted hats, mitts, and scarves will be gladly accepted

and passed on to Missions to Seafarers

To register, contact the church at 519-843-2141