



The Church of St. John the Evangelist, Kitchener

ON EAGLE'S WINGS

May 26, 2019

Available online at StJohn316.com/OEW

We Sang the Fredericton Hymn!

Elaine Duncanson

Last Sunday we sang "Jerusalem the golden" which was a treat for me. The words were composed by Bernard of Cluny who lived in the twelfth century and translated for us by John Mason Neale. It is the composer of the music who is of interest.

Alexander Ewing was a Scottish musician and translator as well as a composer. He was a British army officer who was stationed in Fredericton from July 1867 to September 1869, arriving a few days after Confederation with his bride, Juliana Horatia Gatty. Soon after arriving the Ewings became friends of Bishop Medley. Rex became the Cathedral organist, sang in the choir along with his wife, and composed some hymns for the choir.

In letters home, Juliana said that choir practice was sometimes quite long since they were required to practice until the bishop, their director, was satisfied that they sang the psalm and the anthem perfectly. Bishop Medley was also a composer and wrote a number of anthems for his choir. One recent director, Dr. Willis Noble, said that those anthems were a perfect fit for the acoustics of the cathedral.

Many stories of Bishop Medley are still told and retold in Fredericton today. His first wife died in England leaving him with five sons and two daughters. Queen Victoria chose him to be bishop of the new colony and he arrived in Fredericton in 1845 with plans for the new cathedral. It is a faithful copy of St. Mary's, Snettisham, Norfolk, England.

One item on my bucket list was crossed off in August 2012 when I was able to visit St. Mary's. A group from that parish had visited the Cathedral for the sesquicentennial anniversary and brought with them a beautiful white needlepoint cushion with "Fredericton" on one long side and "Snettisham" on the other. It is brought out only for weddings and ordinations and for our wedding, it was turned to the "Snettisham" side facing the congregation.

The people of St. Mary's have many visitors so they provide a kettle and a tea tray near one of the pillars to offer hospitality to any who wish sustenance during their visit. We spent quite a while there. I examined the details while Bob took numerous photos. Something did not seem right to me. The chancel was not as spacious as ours was. Then I found the answer. In 1915 the eastern wall was destroyed by a bomb. How fortunate we are in Canada not to have fine architecture destroyed by war.

St. Mary's was so familiar but also had a few differences. Clearly, the Sunday School met at the back of the church during the service. Out in the clergy vestry there were more memorial stones marking the resting place of former parishioners. Poor G.S. had his bones disturbed in order to put in modern plumbing. In this era it is not acceptable to use the bushes out the back.

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Coffee Hour Volunteers

Enid Emery

Maureen and I are looking for people to join our Coffee Hour team of volunteers. We like to have 12 or 14 teams, usually of two people : this means that you are only on duty once every 3 to 3 1/2 months.

Two new teams have already volunteered but ideally we would like 2 more teams. If you do not have a friend who would like to do it with you we will match you up with someone--- it's a nice way to meet other members of the parish who you may not already know.

Everything is provided for you and Maureen and I will have a training session with you to show you where everything is. If you are interested in helping with this important Ministry please speak to either Maureen Licht 519-886-7342 or Enid Emery 519-896-0637.

The next issue of On Eagle's
Wings will be available on
June 23rd.

Nurses Notes

Elsie Millerd, Parish Nurse

Sleep: A Basic Human Need

Sleep is a primary drive, right up there with hunger, thirst and sex. Sleep drives our human behaviours and affects all our systems. The quality of sleep directly affects our mental and physical health and the quality of our waking life, including our productivity, emotional balance, brain and heart health, immune system, creativity, vitality, and even our weight.

Sleep requirements vary with one's stage in life. New born babies need 14 -17 hours per day while toddlers need 11-14 hours, school age children need 9 -11 hours, teenagers need 8 – 10 hours, younger adults need 7 - 9 hours and older adults (65+) need 7 – 8 hours. (*Source: The National Sleep Foundation*). If you're getting enough sleep hours, you'll feel energetic and alert all day long, from the moment you wake up until your regular bedtime.

Sleep is based on two systems. The homeostatic system is controlled by the enzyme called adenosine which slows down the activity of neurons. It gradually builds up in our bodies when we are awake and makes us feel sleepy by the end of the day. The circadian rhythm is controlled by melatonin, exercise and light exposure. It regulates feelings of sleepiness and wakefulness over a 24-hour period

Sleep takes place in stages: light, deep and dream or REM sleep. Light sleep is like the hallway through which we pass between deep sleep and rapid eye movement (REM) sleep as we go through sleep cycles. At the beginning of a normal sleep experience we have longer periods of deep sleep and shorter periods of REM sleep. As the night progresses we have shorter periods of deep sleep and longer times of REM sleep. Both types of sleep are equally important for the revitalization of our body and interruptions in these phases can cause one distress. In deep sleep the heart beat, breathing and brain waves slow down while glucose metabolism in the brain increases, supporting short-term and long-term memory and overall learning. Most dreams occur during REM sleep when the brain becomes very active and heart rate, breathing and blood pressure increase. It is thought to play a role in learning, memory and mood. In most people, a state of temporary paralysis is experienced as the brain signals the spinal cord to cease movement of the arms and legs. This lack of muscle activity is known as atonia, and it may be a protective mechanism to prevent injury that might be caused by acting out our dreams.

The effects of sleep deprivation include:

- Fatigue, lethargy, and lack of motivation
- Moodiness and irritability; increased risk of depression
- Decreased sex drive; relationship problems
- Impaired brain activity; learning, concentration, and memory problems
- Reduced creativity and problem-solving skills; difficulty making decisions
- Inability to cope with stress, difficulty managing emotions
- Premature skin aging
- Weakened immune system; frequent colds and infections; weight gain
- Impaired motor skills and increased risk of accidents; hallucinations and delirium

Increased risk of serious health problems including stroke, diabetes, high blood pressure, heart disease, Alzheimer's disease, and certain cancers.

Here are some tips for getting the sleep you need:

- Rule out medical causes for your sleep problems.
- Stick to a regular sleep schedule.
- Have a sleep routine that includes regular meals during the day.
- Get regular exercise.

- Be smart about what you eat and drink. Caffeine, alcohol, sugary foods and heavy meals can disrupt sleep.
- Get help with stress management.
- Improve your sleep environment. Keep your bedroom dark, quiet, and cool, and reserve your bed for just sleeping and sex.
- Develop a relaxing bedtime routine. Avoid screens, work, and stressful conversations late at night.

Postpone worrying. If you wake during the night feeling anxious about something, make a brief note of it on paper to deal with the next day when it will be easier to resolve.

To learn more about sleep disturbances, check out W. Chris Winter's book, *The Sleep Solution, which is available in the Kitchener Public Library.*

Resources:

Winter, W. Chris. (2017). *The Sleep Solution: Why Sleep is Broken and How to Fix It*. New York: Penquin Random House.
<https://www.helpguide.org/articles/sleep/sleep-needs-get-the-sleep-you-need.htm/>
<https://www.sleep.org/articles/circadian-rhythm-body-clock/>
<https://www.healthline.com/health/deep-sleep>
<https://www.medicalnewstoday.com/articles/247927.php>

Evening Prayer

Evening prayer is a time to re-enter peacefulness after the day's activities. We look back over the day to see how we were in relationship with the Holy One. We entrust ourselves to the Holy One as we prepare to sleep.

Day Is Done

Day is done, night has come
 I enter into peacefulness
 Now to sleep, now to sleep,
 Wrapped within the arms of God.

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Coming Events

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 by June 3rd

Aging and Spirituality: Finding Courage and Resilience

A time of learning, reflection and self-care to discover wisdom, rest and strength for the journey.
 June 13 and 14, 2019, 10 AM–4:30PM
 Cost: \$155 for both days (includes lunches), overnight cost extra; or \$85 for just one day (includes lunch)
 Great Hall, Conrad Grebel University College
 140 Westmount Road North
 Waterloo, ON, Canada, N2L 3G6

Visit grebel.ca/spirituality for information and to register. or at the door (if not sold out).

The play invites us to learn about and lament the ongoing legacy of the Doctrine of Discovery and to connect with Indigenous-led healing and justice efforts. It is another step toward better understanding and relationships with our Indigenous neighbours.

Huron Church Camp Wish List

Nancy Chittick

Once again, St. John's ACW will be collecting first aid as well as arts/crafts supplies for Huron Church Camp (HCC). HCC runs from early July to the end of August on the shores of beautiful Lake Huron. Many children and youth from St. John's have attended HCC over the past 70 years. If you are interested in contributing supplies for the camp, their Wish List is provided here or can be obtained from the table in the Narthex or outside the Upper Parish Hall. Items may be placed in labelled boxes which are located under the table in the Narthex or in the church office. Collection of supplies will be ongoing throughout May and June. Thank you in advance for your support of our children and youth.

For the Health Centre:

- Sun screen*
 - Insect repellent *
 - Band-Aids
 - Ice packs
 - Toothbrushes and toothpaste
- *Please check expiries

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

Gently used and clean:

- Hot Wheels cars and track
- Old CDs and DVDs

New craft supplies from the Dollar Store:

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

Please do not send: yarn, string, fabric scraps, toilet tissue tubes, egg cartons, magazines, newspaper, old pens, artificial flowers, cards, wrapping paper, pop bottles, popsicle sticks, jigsaw puzzles, board games, or holiday decorations...many thanks. A few years ago they asked for socks – they have lots now so please do not send anymore.

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

Memorial Garden Tea

Sandra Roy

Don't miss the annual Memorial Garden Tea!

When - June 22, 2019, 2-4pm

Where - Home of Ann and Al Coughlin
66 Coach Hill Drive, Kitchener

A suggested annual donation of \$25, designated for the Memorial Garden, will help to cover the costs of the regular maintenance of the garden.

All are welcome to attend and to become a friend of the garden.

Questions - Contact Sandra Roy 519-579-1093 or Ann Coughlin 519-897-4479



Diocese of Huron – Our Camp Ministry

Huron Church Camp is a sacred and joy-filled place. We provide children and youth with a safe, nurturing and inclusive environment in which to encounter and celebrate the wonder and adventure of themselves and God’s creation.

The Diocese of Huron believes that the ministry of residential youth camping as offered at HCC as a significant impact in building up the body of Christ. The Diocese believes this ministry, occurring in the midst of God’s natural creation, is a commitment to the broader mission of the Diocese in preparing God’s people to live their personal mission.

The mission of Huron Church Camp is..

- To proclaim the Good News of the Kingdom. We extend the life and mission of the Christian church in an outdoor setting. We daily and actively relate the Christian life to the whole person—body, mind, emotions and spirit.
- To teach, baptise and nurture new believers. We help campers of all ages come to know God, themselves, and others in meaningful ways. We recognize, use and develop the gifts of believers by providing a safe and secure Christian learning environment in the midst of the beauty of nature. We provide opportunities for campers to make decisions and become disciples of Jesus.
- To respond to human need by loving service. We bring individuals together to be a part of an environment of love. We learn respect and love in authentic community.
- To seek to transform unjust structures of society. We celebrate the dignity of every human being. We challenge Christians to become involved in daily mission in their world.
- To strive to safeguard the integrity of creation and sustain and renew the life of the earth. We immerse campers in the wonder, beauty and mystery of God’s creation.



Huron Church Camp

For over 70 years campers have dipped their toes into the sparkling waters of Lake Huron, gathered to live and work and pray and play together. How exciting to imagine who we will meet at HCC this summer! What a wonder to remember those who have gone before us, walking together, companions in Jesus’ name.

Crickets chirp, birds tweet, bees buzz. Breezes blow, leaves rustle, waves crash! Screen doors slam, guitars strum, the campfire crackles. Campers run, splash, shout outloud and whisper softly. What wonderful sounds – music to God’s ears. Follow the joyful noise to HCC! With feet stomping, hands clapping, hearts beating and many voices raised, let’s join a chorus of friendship, welcome and belonging, Sung Together - all of us, all creatures, all creation.

One Week Camps

Grades 1-8, ages 6-14 \$510 + \$66.00 HST

July 7 - 13	Come All You People
July 14 - 20	Earth Below, Sky Above
July 21 - 27	Lost + Found
August 4 - 10	A Place in the Choir
August 11 - 17	Surprise!
August 18 - 24	Sing a New Song

Senior Camp

Graduating from grade 8 \$1200. + \$156.00 HST

- Session 1 July 7 - 20
- Session 2 August 4 - 17

Leader in Training

Ages 14-16, grades 9 & 10 \$1800 + \$234 HST

- July LIT1 July 7 - 27
- July LIT2 July 7 - 27
- August LIT1 August 4 - 24
- August LIT2 August 4 - 24

What a Champ!

Rebecca McKay

As you sit in the pew on Sunday you may notice a new addition in the choir stalls. No, not a new hot shot tenor, or another organist. This one is furry, barks, and saves lives.

St. John's, meet Champ! Champ hails to us all the way from Morristown, New Jersey from *The Seeing Eye*® organization. Champ's not just a fun loving, cuddly German Shepherd (although he does love snuggles). Champ is Marlin Nagtegaal's Guide Dog and he's got a lot of responsibility. Champ's job is to help Marlin move safely around his community, his work, and his home. He will safely guide Marlin across streets, paths and parking lots, moving him clear and free from dangerous obstacles that he cannot see.

Training for the Job

Champ has been through the gauntlet. He has gone through months and months of training to be able to do what he does. He began his life at *The Seeing Eye*® breeding facility in Chester, N.J. After a short seven weeks, he was sent to his Puppy Raiser home. He was exposed to as many sights and sounds as possible to socialize him to the surroundings he would eventually work in.

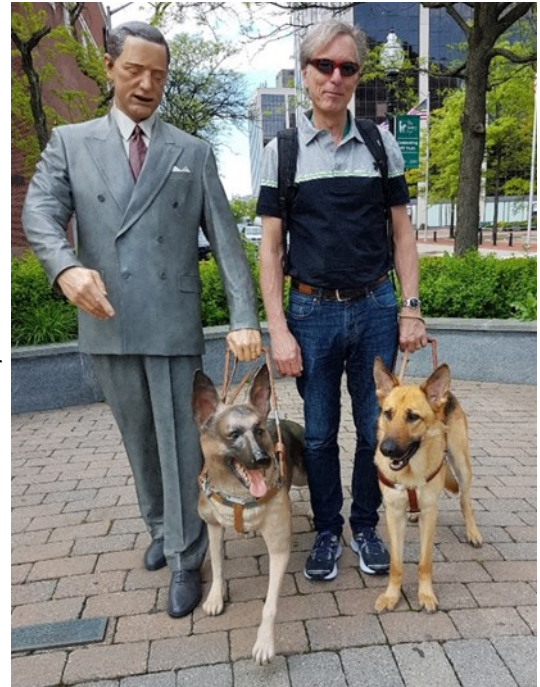
His Puppy raisers were foster families, from all walks of life, who nurtured and cared for him until he was about 13- to 16-months-old. They taught him basic manners and commands, and socialized him to a variety of social situations and experiences that range from shopping and car rides, to visiting airports and boarding airplanes.

When Champ was around 13-19 months, his puppy raisers returned him to *The Seeing Eye*®. He went through health checks to make sure he was fit for duty!



He was assigned to one specific trainer for four months, working on and off the campus in Morristown. They regularly trained in a variety of rural, suburban and urban environments, even testing the ultimate urban environment before completing his training: New York City. He was given little tests along the way, guiding his instructor blindfolded through increasingly complicated routes. They wanted to make sure he was ready for his new owner. When his four months was up, he got to enter a new class. With his original trainer and Marlin, they embarked in a 25 day intensive training journey. It was important for Champ and Marlin to form a strong bond in this time, and enjoy this to be an effective and safe Seeing Eye dog. They lived together in the dormitories on *The Seeing Eye*® campus in Morristown and trained from 5am-8pm every day! This intense training helped Champ learn Marlin, and Marlin learn Champ.

How Marlin and Champ got together "is described as part science, part art and part magic." When Champ was in his four month training, his instructor kept close tabs on his working styles. Back in Canada, Marlin went through training himself. Marlin's application process included a Juno walk where the instructor played the role of the Seeing Eye dog and guided Marlin with the harness. They learnt a lot about Marlin's walking style and habits (he still walks fast we've learned!). Personality is another important consideration. Just like people, dogs have different energy levels and personalities and it's important to make sure it's a match made in heaven.



What WE Need to Know

Service Dogs and Service Dogs in Training are not new to us. We've had them in this congregation before. However, it is always good to have a refresher. *The Seeing Eye*® has plenty of useful resources to help us get acclimated to Guide Dogs and how to interact with them.

While it may be tempting to go and pet Champ all the time (I know I will struggle), we've got to remember that Champ is on the job almost 24/7. When he's got that harness on, he's in work mode and needs to be keenly attentive to Marlin's actions, motions, and needs.

Tips: When You Meet a Seeing Eye® Dog

Always remember, distracting a Seeing Eye® dog can make its owner vulnerable to harm.

1. Please don't let your pet near a guide dog, even if your pet is leashed. Even allowing your pet to visit or "say hi", for just a moment can cause the guide dog to lose focus on the important job he has to do.
2. It's helpful to let a person who is blind know that you are nearby and tell them if you have a dog with you.
3. Do not call the dog's name, make eye contact, feed or talk to the dog. It's always best to treat the dog as if he is not there.
4. Do not pet a guide dog when he is wearing the harness. If the dog is resting without his harness, ask the owner before you pet the dog and respect the person's decision if they say no.
5. Do not shout directions, take the person by the arm or interrupt them when they are crossing the street. If you are concerned for their safety, ask them if they need help first.
6. When owner and dog arrive, greet them in a relaxed manner. Do not rush up to them.
7. Never follow the team when it is working. The dog will recognize you and look back at you rather than paying attention to its work. This is a serious distraction and will prevent the team from working safely and effectively.
8. The owner should insist upon good manners in the home - this means, for example, no tidbits at the table at mealtime, no barking at the doorbell, no lying on furniture.
9. The owner has been taught to correct the dog by using the leash. A leash correction does not hurt the dog; coupled with affection, it results in efficient guide work and good behavior.
10. The owner has learned how to groom and care for the dog completely. It is the owner's responsibility to feed, groom and take the dog out 3 or 4 times a day to meet its needs.
11. A Seeing Eye® dog is not a pet, but the family need not ignore it. The important thing to remember is that the greatest amount of affection and care must come from its owner.
12. Even though the owner has a wealth of experience gained from working and living with a previous dog, a new dog means a new relationship. The owner needs to help the dog adjust to new working conditions away from *The Seeing Eye*® and the instructor. Each dog has a unique personality and will be quite different from its owner's previous dog.

The organization also provides us helpful information on how to assist Marlin (and others with Guide Dogs) when you think they may need additional help.

"The greatest difficulty guide dog users encounter is public interference. For anyone to take hold of the blind person's arm or the dog's harness, or otherwise distract either the dog or its owner, is like grabbing the steering wheel of a car away from its driver. If you think a guide dog user needs assistance, calmly ask if he or she would like help. The person can then accept or decline your offer."

Champ is allowed to go with Marlin anywhere he goes. From work, to Starbucks, to church, Champ will be by Marlin's side. Not just because Marlin loves him, but because it's the law. All the provinces of Canada (and 50 states in the U.S.) guarantee access to public places accompanied by Service Dogs. The dogs are trained to behave properly on public transportation, in restaurants, stores and any other place their masters go. Marlin will carry a card with him to validate the authenticity of his Service Dog, sort of like walking around with your Doggy Driver's License.

The other thing we need to know is how this will improve Marlin's quality of life. Living with Low-Vision can be very difficult, but also very dangerous. Marlin is currently unable to see obstacles in his path, to judge distances accurately, and to see hazards in his blind spots. He also has difficulty seeing stairs and curbs. While walking with a White Cane can assist with these, they are difficult to use and can't see everything around him, only what he can probe for. The other assistance Champ provides is companionship and comfort. Dogs and pets are known to have positive effects on everyone, from lowered blood pressure, to decreased stress. This dog also gives Marlin the liberty to be able to walk and get exercise again. We all know Marlin's love for dogs, and this will be a wonderful additional to his daily life.



As a member of Marlin's community, I am extremely excited by this addition to Marlin's life. I think we can all say that Champ will be a beneficial companion for Marlin, allowing him to excel even as he works with his low-vision. I hope we, as a congregation, can give Champ a grand St. John's welcome! As well, show that we are grateful for this wonderful additional to our community.

Frequently Asked Questions

Why is Marlin going all the way to New Jersey to get training? Aren't there options close by?

There are lots of options closer to home (Lions Foundation, National Service Dogs). However, the waitlist for these services can be up to 3 years! Marlin looked at other options and from time of application to receiving Champ with *The Seeing Eye*® was under a year, so it was clearly the best option.

Why does Marlin need to be away for so long? Would he need to be away if he got a dog in Canada?

The process of bonding and training together is very important. The program is 25 days of intense training that needs to happen in order to keep Marlin and Champ safe. Every program requires a long-term residential training program most of the time.

How much does a Seeing Eye dog cost?

Each student is asked to pay \$150 for his or her first visit to *The Seeing Eye*® and \$50 for each subsequent visit. Those who served in the armed forces pay \$1. This fee, unchanged since 1934, includes the cost of the dog and its initial equipment; the student's instruction with the dog; room and board during the 18 to 25 days the student spends at the school; round-trip transportation from anywhere in the United States or Canada; and lifetime follow-up services. This payment, which may be made in installments, covers a fraction of the actual cost. To the student, however, it represents dignity and self-respect. No one has ever been denied a Seeing Eye dog for lack of funds.

Does the government provide funds for Seeing Eye dogs?

The Seeing Eye® receives no government funding. The school is supported by private donations, bequests, and gifts from foundations. The same goes for many other similar organizations in Canada. You can see below for more information and about donations.

How long will Champ be with Marlin for?

The average working life for a Seeing Eye dog is 7 - 8 years. Many Seeing Eye dogs have lived and worked to the ages of 10 or 11. Retired Seeing Eye dogs may be kept as pets, given to a friend or relative as a pet, or returned to The Seeing Eye and re-homed through their dog adoption program.

How does a dog know where to go and when to cross the street?

Dogs don't see colors the same way we do and can't read traffic lights. Marlin has learned to judge the movement of traffic by its sounds. At the appropriate time, he will command Champ, "forward." Marlin generally knows where to go and can direct Champ

wherever he wants him to go. The basic commands are "forward," "right," and "left." In a new location, Marlin will ask for directions and communicate them to Champ by using the proper commands. Champ will not carry out the command unless it is safe to do so. This is called "intelligent disobedience".

For more information about *The Seeing Eye*® you can visit <https://www.seeingeye.org/>

For information about organizations in Canada that you can volunteer or donate to there are a wide variety of Service Dog training Organizations.

Lions Foundation Dog Guides www.dogguides.com

National Services Dogs www.nsd.on.ca

Guide Dogs Canada www.guidedogs.ca



(Continued from page 1)

Returning to Fredericton and Bishop Medley, there is the story of his second wife. His good friend, Captain Owen who lived on Campobello Island, had a cousin, Margaret Hudson, who was a fine lady but not married. He invited her for an extended visit knowing that the bishop was due to visit soon. They met, came to an understanding, and were married in St. Anne's church, Campobello, in June 1863.

Several people claim to have seen Margaret's ghost walk from Bishopscote, cross the street, walk up the long tree lined drive, enter the cathedral, and stand for a while in front of the marble effigy of the bishop. Then she would cross the chancel and sit in the choir stalls. She usually appears wearing her nurse's uniform. Her presence is always quiet and reverent. Whenever we heard a strange sound such as one hears in old buildings, choir members would shrug and say, "it's just Mrs. Medley" and carry on.

Rex and Juliana made the best of their time in Fredericton but were happy to return to England and their extended family. Juliana wrote several books for children. One of them was about Brownies, those good fairies who were so helpful. This book was the inspiration for Lord Baden Powell when he wanted a name and some mythology for the younger girls who insisted on joining their sisters in Scouting.

One hymn can evoke so many memories and stories, each one linked to another. Hymns are chosen to reflect the readings or theme for the day. Sometimes the words themselves have the most meaning for us and sometimes it is the associations. In a week of considerable disruption and stress, Alexander Ewing's hymn brought warm and pleasant memories.

Habitat for Humanity

Jennifer Uttley

St. John's has supported Habitat for Humanity Waterloo Region (HFHWR) for many years. A number of years ago our parish supported the Deanery Build and since then we have maintained a connection by providing refreshments. On June 12th, we will once more provide snacks and a substantial lunch for volunteers at the Habitat build on Kehl St. during the Women's Build Week (June 10 – 14nd).

Your yearly support of this outreach event is greatly appreciated by the Habitat organization. We always receive compliments for the meals that we provide and there are always sufficient leftovers for those days when there are no donations.

In order to provide for this parish outreach ministry, we need your financial support. Envelopes are available on the table in the Narthex. Please make cheques payable to St. John's ACW. Many thanks for your continued support of this outreach. If you would like to help by preparing the refreshments or delivering the snack or lunch, please contact Jennifer Uttley at acw@stjohn316.com or 519-578-6052.

