



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

October 20, 2019

Available online at StJohn316.com/OEW

What Does Climate Change Ask of You? The Role of Faith Communities in Response to Climate Change

Ann Coughlin

On Thursday, September 26, Sharon and Doug Woodley, and Al and Ann Coughlin took part in this workshop that was held at St Mary's Roman Catholic Church, our very close neighbor. It was wonderful to see people from a variety of faith traditions – Indigenous, Moslem, Sikh, Hindu, Christian – spending time together learning and thinking about ways we can respond to the crisis facing our planet, God's creation, gifted to us and entrusted to us.

The first part of the afternoon was spent gathered around tables with maps of the downtown part of Kitchener. A scenario was presented of an ice storm that knocked out power and limited transportation. The scenario was worsened by the news that the temperature would drop to -15 C overnight. Around our tables, we shared our local knowledge in identifying places of shelter, access to sanitation, food, heat, water, health care, etc. Not surprisingly, we discovered that churches, including our own St. John's, would be ideally placed to offer many of the needs of people affected by this emergency. Shortfalls in meeting all the possible needs were also identified, and even possible solutions.

We then heard about three communities that had developed some plans for such responses, and also from the region of Waterloo about their thinking so far.

Next we listened to a representative from Faith For the Common Good; he visits faith communities to do an "energy audit" to help with being responsible stewards of our buildings, not contributing more than necessary to the factors causing climate stress. He also suggested that visible symbols of caring for our planet are understandable and inviting to people who may not belong to a faith community. They would see our action in this regard as something of interest to them – a way in the door.

John Milloy spoke to us about faith and political action – our important role in bringing our concerns for creation to discussions and decisions of public policy.

After sharing a delicious plant based meal together, over which we had the opportunity to meet other participants and share ideas, we reconvened for a panel discussion.

Titled "A Deeply Spiritual Issue", it was moderated by Henriette Thompson. (Sessional Instructor, Peace and Conflict Studies Program at Conrad Grebel University College, Former Director, Public Witness for Social and Ecological Justice at The Anglican Church of Canada.) Participants were asked to reflect on their faith tradition's response to the challenge of climate change.

Myeenghun Henry (Indigenous), a strong defender of water, reminded us that we all come from one Creator, and that we all have the same basic needs. He called us to unity in defense of the

The next issue of On Eagle's Wings will be available on November 24th.

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Nurses Notes

Elsie Millerd, Parish Nurse

“Prevention is worth a pound of cure”

With the cooler temperatures and the changing leaves we are reminded that the flu season is just around the corner. The peak time for influenza is November through April each year. The flu shot is your best defence to protect yourself and your family against the flu.

The flu shot is recommended for everyone 6 months old and older. It is:

- **safe** (including for kids and if you are pregnant or breastfeeding)
- **free**
- **available** from your **doctor or nurse practitioner** (now), at **participating pharmacies** (at the end of October) and at the local public health unit (for families with children six months of age up to the sixth birthday, by appointment).
- proven to **reduce the number of doctor visits**, hospitalizations and deaths related to the flu
- **different each year** because the virus changes frequently – so you need to get it every fall

Be sure to get your flu shot as soon as possible because it takes **two weeks to take effect**. If you are 65 years and older, there are two different flu shots available – standard dose and high-dose. The higher dose shot is only available from your doctor or nurse practitioner.

The flu is spread from person to person through coughing or sneezing, or by touching surfaces that are contaminated with the virus.

To protect yourself from the flu you can:

- Wash your hands often even after getting the flu shot. Washing with soap and water for at least 15 seconds helps keep the virus from spreading. If soap and water are not available, use a hand sanitizer (gel or wipes) with at least 60% alcohol.
- Cover your mouth when coughing or sneezing. Use a tissue and throw it out rather than putting it in your pocket, on a desk or table. If you don't have a tissue, cough into your upper sleeve.
- Don't touch your face. The flu virus spreads when people with the flu cough, sneeze or talk and droplets enter your body through your eyes, nose or mouth. For this reason it is good to practice the three foot rule – stay at least three feet away when talking with other people.
- Clean (and disinfect) surfaces and shared items. Viruses can live for up to 48 hours on hard surfaces like countertops, door handles, computer keyboards and phones.

Choosing a healthy life style is the single best step you can take toward naturally keeping your immune system strong and healthy. Some healthy-living strategies are: don't smoke, eat a diet high in fruits and vegetables, exercise regularly, maintain a healthy weight, drink alcohol only in moderation, get adequate sleep, and try to minimize stress.

May we all have a healthy winter.

Resources: Government of Ontario: <https://www.ontario.ca/page/flu-facts#section-0>; Region of Waterloo: <https://www.regionofwaterloo.ca/en/health-and-wellness/flu.aspx>; Harvard Medical School: <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>

Leadership for Kids' Sake – Parenting Tips

As a continuation from the September edition of *On Eagles Wings*, I share some parenting tips from Barbara Coloroso, parent advocate and author of *Kids are Worth It: Giving your Child the Gift of Inner Discipline*. They provide an attitude and environment to help children develop a sense of self-discipline.

Three Alternatives to No!

1. Yes, later.
2. Give me a minute.
3. Convince me.

Save NO for those times when you need to use it because it is in the best interest of your child's well being. Remember, NO has the most impact when you intend to follow through with it.

Be consistent with discipline:

1. Show kids what they have done wrong.
2. Give your child ownership of the problems he/she created.
3. Give your child options for solving problems.
4. Leave your child's dignity intact.

Watch next month for more parenting tips from Barbara Coloroso.

Resource: Barbara Coloroso: www.kidsareworthit.com

Supervised Consumption and Treatment Services Site

Kitchener's interim consumption and treatment services (CTS) site opened on Tuesday, October 15 at 150 Duke Street. It is being run by Sanguen Health Centre with support from Region of Waterloo Public Health. We may want to consider how we can be supportive to this ministry which is our neighbour and to the people who can benefit from it. Information about the site can be found on the health bulletin board in the Upper Parish Hall. I would be happy to discuss the ministry with you.

Coming Soon**Requiem Eucharist:**

A special service will be held on **Sunday, November 3rd at 3 pm** to remember loved ones who have died recently. If you would like someone especially remembered, please leave the name on the sheet for this purpose which is on the Narthex table. A time of refreshment and sharing will follow the service in the Fireside Room.

Calling all crafters, bakers and vendors

Sarah Guthrie

As part of our pudding pickup, the ACW would again like to incorporate a craft/vendor sale on Saturday, November 9th— our second annual Christmas Bazaar! We hope to raise additional funds to support the church and our outreach projects.

You can help by:

- Attending and purchasing items
- Inviting your friends and family
- Donating baked or crafted items
- Volunteering on the day
- Having a table of your own to sell your own items



If you have suggestions, or would like to contribute, please contact Sarah Guthrie (sarah.guthrie@gmail.com).

Have You Ever Met La Sagouine?

Elaine Duncanson

If you have few contacts in New Brunswick or the Maritimes, you may not have had the pleasure of her wit and strange wisdom. She is the feisty charlady who lives in a village near Bouctouche, New Brunswick, on l'Île aux Puces, Flea Island. La Sagouine is the creation of Antonine Maillet who composed these monologues in the 1970s for radio and later published sixteen of them so we can read and reread them as often as we wish.

La Sagouine is Acadian, daughter of a cod fisherman and wife of another poor fisherman. She was born with the last century and poverty has been her way of life. She scrubs floors for the well to do, both English and French, accepts their cast off clothes for her wardrobe, and does what she can to keep the irrepressible Gapi from swearing in front of the priests or at others who annoy him.

La Sagouine gives us her views on Christmas, New Year's, the lottery, death, war, burial, springtime, and more. My favourite is her recounting the arrival of the census takers. The straightlaced, serious government employees do not have the right questions on their list or the good sense not to ask certain questions of certain people.

It was quite an affair! They had to count everyone including the chickens and the pigs. Then they measured the house and counted the contents, even the blankets on the shelf. But when they asked Gapi to show them his bank book, he said something that can not be repeated. He does not have grand manners, that one.

They asked la Cruche to explain what she did for a living. They also asked Boy to name his children. That was a bit touchy!

After that, they wanted to know your religion. It is not enough to say you were baptised as an infant and taken before the Archbishop himself to be confirmed in full confirmation rig. No. You had to name the patron saint of your parish. Was that the same parish where you received Easter communion, heard mass every Sunday and had your children baptised? She didn't want to be put down as a Communist so she said they were Christian.

The next question was worse. What is your citizenship and your nationality? Gapi had no idea what to say. She said they live in America but are not Americans. They visit in the summer wearing white shorts speaking English. Since they live in Canada she thought they should be Canadian. But the Dysarts, the Carolls, the Jones, are not of their race. If they are Canadian, then La Sagouine can not be since they are English.

She is French but not French from France. She feels less like them than like the Americans. She must be French Canadian. But that is the crowd in Quebec. They are les Canadiens. For the love of God, where do the rest of them live? In Acadia. So they must be Acadians. They didn't want to write that word down. They said Acadia is not a country so Acadian is not a nationality! It is not in the books of Jos Graphie. She told them to put her down for whatever nationality they wanted. They may have listed her with the savages.

It is difficult to make a life when you don't have a country and you can't name your nationality. You end up not knowing what you are in everything. You don't have your place in the country. In the Great Deportation her ancestors were chased out of the country, off their lands, sent to the four winds. Many came back trudging through the miles from Louisiana and other places. They came back to their land but the English had taken it. They still had their axes so they established themselves in new cabins and began their lives over again. In all of this they had lost their deeds and their nationality.

La Sagouine and Gapi both told the census takers that they were prepared for the next deportation because they didn't want to harm the country. They had no idea where they might go since they had no family in Montreal or the States. They have no other land, they are not sure of their religion, and they have no knowledge of their nationality. Perhaps they don't have one. They are lucky to still be alive. Maybe they are not seen by anyone, even the census takers.

There is truth and sadness in what she says, not only for her but for many others. Each of the monologues has an overlay of humour, a spoonful of sugar to make the medicine go down. Viola Leger has presented these monologues for decades and is closely identified with La Sagouine, the outspoken, opinionated charlady of Flea Island.

Omas Siskona KW: Scrabble and Market

Ann Coughlin

Sunday November 10, from 1 pm to 4:30 pm, at Parkminster United Church, Erb Street, Waterloo, just before the Expressway.



Once again we invite people to sign up to play Scrabble or another game (cards, cribbage, dominoes, even Rummoli have been played), collect donations for Stephen Lewis Foundation's Grandmother Campaign, shop at a fabulous marketplace, enjoy the tea room, and generally have fun. Each year we have raised around \$25,000 at this event, and hope to do so again. The money goes to Grandmother initiated and led projects in sub-Saharan Africa where a generation of children orphaned by AIDs are being raised by their grandmothers. Progress is seen in the move from providing basic needs (still necessary in many places), to community development that leads to cultural changes to prevent AIDS. Access to medicines, good nutrition, education, development of small business, these are all part of the projects. Speak to Ann Coughlin if you would like to participate as a player, come to the Market, and please donate to this effort.

Our Sixth Family Has Arrived

On Thursday, September 26th, the Bahavu family arrived at Pearson Airport, to be welcomed by members of the Diocesan Refugee Committee. James, Esperance, Cedric and Ariane were all wearing T-shirts designed and created by Esperance with a map of Africa appliqued on front. Here is what Susan, one of those who brought them to their new apartment) wrote after the first couple of days.

The Bahavu family came out the door, and Esperance immediately hugged John and me. (When I asked James if I could shake his hand, he said 'Yes', but that I could also hug him!) All four of them speak perfect English (and French and Swahili). As you can imagine, that has made the first few days EASY!! When we arrived in Cambridge, before we unloaded the luggage, I took them to see the apartment. It was still pristine from all the work that Lois, Bettina, Don, Rich, and "the shopping ladies" had done to decorate and stock it. James and Esperance were thrilled, and before we went any further, she asked if we would pray with her. I held hands with them and their children while Esperance prayed in French. (It gave me a chance to ask if they were Christian, since my New Jersey High School French allowed me to understand some of the words!) Yes; they are Christian.

I stayed with them for about an hour-and-a-half, to show them the main items in the apartment. I went back in the early evening, after they had enjoyed one of the "down-home" meals that our friend Zubeida (5th family) had prepared for them. The only real question they had then was how to get the shower to run!

On Friday, we met John Ryrie at the bank. Thank goodness John has so much experience getting banking settled. At one time, James and Esperance lived in Nairobi; leave it to say that they recognize cheques and ATMs, and should not have as much trouble learning banking as have our previous families. After the bank, we went to Tim Horton's for a late lunch...as much for food as for the free wifi. We sat a long time while the parents contacted their friends in Kenya, and downloaded information from their Kenyan phones to their Canadian phones. (I will take them to the library one day next week, so they can use free wifi while I read to the children.) We hit Canadian Tire for a soccer ball for Cedric before we went home.

This morning, Kathy Richmond-Cox picked them up for a day of shopping. They hit all the hot spots, including

Pudding Factory Volunteers Needed

Jennifer Uttley

Pudding week begins on Friday November 1st although a lot of prep work has been ongoing since September, including ordering supplies, advertising and pudding orders. However, we need your help during pudding week. Below is the schedule for the week:

Friday – Clean fruit

Saturday – Setup equipment

Monday – preparation of cans / make puddings / steam / wash cans

Tuesday – make puddings / steam / wrap / wash cans

Wednesday –steam / wrap / wash cans / cleanup

Thursday – wrapping, cleanup

Saturday – pickup, craft sale, tea room

Sunday – pickup



MANY HANDS MAKE LIGHT WORK

There are many jobs on each day and while some are more strenuous than others, there are a number of sit-down jobs.

- Cleaning fruit on Friday is a sit-down job.
- On Saturday we need as many as possible, especially fit people able to help move tables.
- On Monday and Tuesday, we need morning and afternoon shifts to make the puddings which includes measuring, mixing, filling, weighing, poking, tying and wrapping. Weighing, poking, tying and wrapping are all sit-down jobs.
- Volunteers are needed Tuesday and Wednesday evening for knocking out puddings from the cans and for washing the cans.
- Wrapping will finish up on Thursday morning and help is needed with cleanup of equipment and supplies.

Working on any of the tasks is a great time to get to know others in the parish. And of course, there are also refreshments. So please join us for the 71st annual fund raiser and community builder and don't forget to order your puddings.

Sign-up sheet, task list and pudding order forms are available on the table in the Narthex.

Remember that when you come to pick up your puddings on Saturday November 9th, you can shop the Christmas Market and enjoy the Tea Room.

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earth, saying that we need to leave this world to our children, not to fix, but to cherish.

Dr. Shirish Nathwani (Hindu) spoke of God as the infinite sources of all that exists, omnipresent in earth, water, air, fire and spirit. He called us to see the unity that is in diversity, and to see, recognize and reverence the Divine in everything: that which was, and is, and shall ever be.

Dr. Hind Al-Abadleh (Muslim) reminded us that justice is a pillar of Islam. God has entrusted Creation to us and requires us to care for it. She said it is not acceptable to pray to God to fix the problem unless we are repentant of the damage we have done and are committed to acting to repair the harm. Then, she said, God is infinitely merciful. We must act locally, think globally, in our families, communities, and countries.

Chattar Ahiya (Sikh) also spoke of God as One, everywhere. The Earth is God's home and we must keep it clean. He made the point that every individual action has impact: if every Canadian saved one bottle of water, that would be over 30,000,000 bottles of water saved.

Isaiah Ritzmann (Christian) spoke of Jesus as having come to serve, as a friend. However, he said, in our history, many Christians have come to be masters, of each other and of the earth. Given the current climate crisis, it is already true that we are seeing climate refugees. He challenged us to think of individual local action to welcome the strangers (as if they are Jesus), with radical hospitality. He spoke of a particular group, Open Homes, where individuals welcome a refugee claimant in to live while their case is being assessed.

The panel took questions from the audience, and even more ideas were shared.

The whole afternoon/evening was engaging, respectful, and challenging.

Community Kitchen Co-operative Kitchener-Waterloo

Save the dates!

Al Coughlin



Community Dinner

Our Kitchen Co-op is organizing a fund-raising community dinner on Saturday November 16th, 5:30 pm in St John's Upper Parish Hall.

Admission is a free will donation. All are welcome.

Free tickets available from Al Coughlin or register on EventBrite.

Christmas Cookie Baking Workshop

Our Kitchen Co-op is organizing a Christmas Cookie Baking workshop. December 14th, 12 to 4 pm in St John's Upper Parish Hall. Come join in the fun and learning!

Tickets available for \$20 from Al Coughlin or signup on Eventbrite.



Dollarama. They rested, I think, for the rest of the day. I am glad they now have Canadian phones, so they can call me if they run into trouble.

They will attend St. Tom's with my husband and me tomorrow. We are having a small potluck lunch for Back to Church Sunday, and I expect Don and I will have the most interesting friends to share. Zubeida was excited to invite the family to her house tomorrow afternoon, so the children can play together and the adults can chat about Kenya and life in Waterloo Region. (Zubeida has mentioned several times how glad she is to be able to give back, and her food and friendship are the perfect gift for this new family.)

On Monday, Bill and Heather will join me at the Bahava family's home, to talk about school for the children. Esperance attended a Catholic boarding school in the Congo, so may be happy to have the children attend St. Anne's, close to their apartment. Both parents are well educated. He is an electrician and she is a fashion designer!! With permission of the committee, I think Esperance would like to come and tell you about the U.N. projects in which she has been involved. (The U.N. asked her to participate!) In order for you get a quick glimpse, I am sending a video to you about "The Best Fashion Designer in the Kakuma Refugee Camp". James takes care of her social media (Facebook, Instagram, and Yahoo) and he and the children also serve as some of her models. The African BBC has done a story about her. I personally can't wait to read more about the Kakuma Camp.

The last exciting news for tonight: I had a call from a man named Ed, from Erie, Pennsylvania. He apparently met James and another young man when they were teenagers, looking for refuge in Kenya. (I am not sure if he was a missionary.) At any rate, he got them settled in a camp where he thought they would be safe from non-Congolese African refugees who might harm them. James is now 32 years old. Over the years, Ed travelled to Kenya many times, to check on the two young men. Eventually, the other fellow, Fidel, immigrated to Pennsylvania. James would have liked to join them in Pennsylvania, but as you know, immigration is not presently encouraged by the U.S. administration. So, they came to Canada. Ed will bring Fidel and his wife and three small children to Cambridge next Friday, so the 'brothers' can finally be reunited. (I must say, that story made me weep.) Fidel insists he and his family will sleep on the floor at James and Esperance's apartment, as he doesn't want to be far away in a hotel!! Ed has asked if they can all attend St. Tom's next Sunday, before they need to return to Erie.



If you Google "The Best Fashion Designer in Kakuma" you will see the BBC video of Esperance, hear her story and her dreams for her fashion business.