



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

October 30, 2022

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

## Get involved with the Pudding Factory

If you're new to St. John's, you might not be familiar with one of our oldest traditions, the Pudding Factory. Since 1949, members of St. John's Anglican Church Women (ACW) have organized this one-week event, which produces hundreds of pounds of Christmas puddings.

Made from a cherished recipe, these traditional desserts are sold to raise money for church activities; the Pudding Factory is one of St. John's primary fundraisers.

In early November, the upper parish hall transforms into a pudding-making assembly line. Dozens of volunteers from both the church and community measure ingredients, mix batter and steam puddings. Other volunteers package the finished puddings and manage pudding pick-up, which takes place this year on November 12-13.



The Pudding Factory is a wonderful opportunity to experience life at St. John's and to support the work of the church. There are many different ways to get involved and we would love to have you join us. Please contact Carol Thurnell at 519-725-9022 or [cathurnell@hotmail.com](mailto:cathurnell@hotmail.com) to learn more.

If you would like to show your support by purchasing puddings, you can order them at To order a pudding, visit <https://www.stjohn316.com/pudding-orders/>, email [acw@stjohn316.com](mailto:acw@stjohn316.com) or call Sharon Sapelak at 519-503-5241.

Puddings are available in one-pound (\$15) and two-pound (\$30) sizes. One pound of pudding serves 4-6 people. **Quantities are limited, so please place your order by Friday, November 4 to avoid disappointment.**

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The next issue of On Eagle's Wings will be available on November 27th, 2022.

# Community Kitchen Co-operative KW

*Ann Coughlin*

We have had a very busy few months since things have begun to open up!

- We are very thankful to Bishop Todd, the Diocese and to St. John's leadership for making food security efforts to continue throughout the pandemic!!
- A Better Tent City (on Ardelt) now has its commercial kitchen up and running. There is a kitchen co-ordinator/chef on site Monday to Friday. Anyone interested in volunteering as a cook – lunch and supper are prepared every day would be welcome. Speak with Al or Ann Coughlin ([anncoughlin50@gmail.com](mailto:anncoughlin50@gmail.com); 519-897-4479) if you want to learn more about this. Food is provided by The Food Bank, much of it stored here at St John's in the Co-op Storage room, and then used daily for preparation of those meals.
- Food Not Bombs (FNB) continues to prepare food every Friday evening which is then distributed to any who want it on Saturday afternoon. They would welcome new volunteers to take part. Generally, volunteers participate from 4 – 6 pm or from 6 – 8 pm on Fridays, although anyone who wished to spend the 4 hours would be welcome!! Speak to Simon Guthrie ([simon.guthrie@gmail.com](mailto:simon.guthrie@gmail.com); 519-498-6201) if this might be something of interest to you!! Thank you to everyone who continues to save large yogurt tubs for FNB – they continue to be used.
- OneROOF Youth Services delivers their Seeking Education and Employment program to students here at St Johns (up to 12 at a time for a period of 16 weeks) thanks to the grant from The United Way. Every Friday afternoon, from 12:30 - 3:30, we lead a cooking class for them, cooking together to produce healthy and economical meals (including dessert!) that they take home. This summer, we also made jam and canned fruit. This was so successful a class that the new cohort asked to do that too! They end up with a binder full of the recipes they have cooked, as well as with skills not just of actual cooking, but also of shopping, wisely on a budget, using fresh local ingredients, and learning safe food handling and preparation skills. The relationship between OneROOF and St Johns has expanded beyond the kitchen: students now clean up the garbage outside and put out the recycling, and they watered the gardens all summer. They will be helping with the Pudding Factory this year by setting up (the heavy work) and then taking part throughout the week.
- We are looking forward to being able to use some grant money that we have received but were unable to use because of not being allowed to host larger gatherings like cooking workshops and community dinners because of COVID concerns. Some of these grants are from The United Way, The Anglican Foundation, the City of Kitchener, and The Region of Waterloo. We are very grateful for this support from our community. There will be lots of opportunities to participate then. Simon is the President of the Co-op, so again is a good person to speak with about it. We have both a website and Facebook page:
  - [www.kitchencoopkw.org](http://www.kitchencoopkw.org)
  - [www.facebook.com/kitchencoopkw](https://www.facebook.com/kitchencoopkw)

## Fancy Shortbreads

*Jean Wright*

It's that time again! Jean's shortbreads will be on sale starting Nov 20th in the Parish Hall. Proceeds go to church programs. The same price for the last 5 years - \$5 a dozen. Ideal for a gift, Christmas or just eating them before you get home. Can we surpass last year's amount of \$540?

# How to Eat a Plum Pudding

*Charles Stuart*

How does one eat a plum pudding?

Simple.

Open pudding hole (aka mouth), insert morsel of pudding, masticate (optional), swallow. Voilà. Fait accompli!

In fact, the process is not quite that simple. After all, the pudding must first be made. Happily for the readers of this church newsletter, the venerable St. John's Pudding Factory will be hard at it turning out delicious, quality puddings during the second week of November. That is to say, you who are reading these words may well be weighing or mixing or knocking out or steaming or volunteering in some other fashion to ensure the puddings are made. The making of puddings is a labour-intensive activity, and the more volunteers we have, the lighter (and faster, and merrier) the work. If you have not yet volunteered for Pudding Factory 2022, please consider doing so. You can fill out the online volunteer form on the church website or the paper forms on the tables in the narthex or the clerestory.

So, now that the pudding has been made, time to chow down, yes?

Not so fast! The pudding next must be purchased. This is actually a fairly important point given that the sale of puddings is, well, *the* major fundraising activity at St. John's. So be sure to place an order. Or two. Or three or more if you're picking up for family and friends. And be quick about it: although this year's production volume is three times last year's, sales are already brisk. You don't want to risk a Christmas feast that is bereft of pudding, i.e., joy. You can order online or fill out one of the forms in the narthex.

Okay, the pudding has been made and purchased, so time to get down to business, right?

Patience, please. You will at this stage want to lovingly, um, disrobe the beautiful confection. And also glance at the instructions for steaming. A double boiler works well for this purpose, as does a ceramic bowl that can fit within a larger saucepan. The steaming is an essential stage in preparing the pudding for consumption. The pudding is a dense, hard lump before steaming; when properly steamed it's, well, still a pretty dense lump, but you are less likely to break a tooth or lose a denture in it. Following the steaming, you may wish to consider flaming the pudding. To set alight the food you are about to eat is a rare and atavistic pleasure (summertime excepted, when for me it happens pretty much whenever I use the barbecue). Please check fire codes and make sure that smoke detectors are operational. And should you decide to flame the pudding, remember: you didn't get the idea from me!

Can we please finally get to the pudding?!

Yes, it's time. Once the rum sauce is ready. Or the hard sauce. I'm a hard sauce kind of guy. To make hard sauce, blend icing sugar with softened butter and add your spirit of choice to taste (mine is brandy). I also squeeze some lemon juice and stir in a few gratings of nutmeg. If you have made this sauce beforehand, be sure to remove it from the fridge before serving; it is called hard sauce for a reason.

Now, pudding made and purchased, steamed (and maybe flamed), plated and sauced, and fork or spoon (or fingers) at the ready, dig in and enjoy!

## Puddings and Potables

The rich, fruity aroma of the pudding wafts through the kitchen, tantalizing the senses. At last, you can take the first bite. And with that first bite you experience a sensory overload of sugar and spice, of rich pudding and unctuous sauce.

All well and good. But let's say you want to cleanse your palate between forkfuls of pudding, or just wet your whistle in a celebratory fashion. What to drink? What beverage best accompanies a Christmas pudding? We have a few suggestions.

Coffee or tea. Coffee and tea are probably the favourite pudding bevies, whether full octane or decaffeinated. The robust flavour of a well-brewed cup of joe pairs nicely with the powerful flavours of a pudding. Black tea goes equally well, as long as it is sufficiently steeped and not too weak. Green and herbal teas like chamomile are probably not the ideal choice from the point of view of flavour, but they are always welcome for their calming effect and the benefits of hydration.

Sparkling wine. A glass of sparkling white wine makes for a truly celebratory pudding experience. The drier the better, to complement the sugar rush of pudding and sauce.

Still wine. Again, a dry white goes well with the pudding, the light body of the wine contrasting well with the heaviness of the dessert. A dry red? A light-bodied red would probably work better than a full-bodied vintage.

Fortified wine. Port and sherry are excellent pairings with pudding. The drier spectrum for these fortified wines is preferable. An indulgence of richness, perhaps, but Christmas dinner does come but once a year.

Spirits. There may be brandy or rum in the sauce; why not enjoy a snifter with the pudding?

Another approach is offered by Andrea Balfour and Nik Ward-Campbell. After steaming the pudding, let it cool, then wrap it in cheesecloth and place it in a reusable, resealable plastic storage bag. Liberally moisten the cheesecloth with your spirit of choice – whiskey, rum, Cognac, Southern Comfort, whatever you prefer – and seal the bag. Remoisten the cheesecloth as required. In a few days, or even hours, you will have a Christmas cake-like plum pudding with the spirit pairing already soaked in! Nik and Andrea top their pudding with caramel or butterscotch sauce and whipped cream for a maximal Christmas feast.

## **Deanery Refugee Committee Update**

*Ann Coughlin*

As many of you will know from church announcements and The Weekly Check-In, we are still waiting to move forward with welcoming another family who are currently approved and waiting in a refugee camp. Waiting because of the difficulty in securing housing. The amount of money that is allocated for the monthly support of the family has not changed since our last family came about 4 years ago! Housing has certainly gone up as have other costs of living like groceries. (The government pays 6 months of the support and we pay the other six months, so working as closely within that budget as possible is important. After the one year commitment for support is finished, many families are still not fully employed, needing more time to upgrade skills and improve English.)


Please keep praying that we will find an appropriate apartment or part of house for a family of 4. And, if you hear of a possible place, please contact David Whitfield or Ann Coughlin (519 897 4479) and we will relay the information.

We are glad that several parishioners have joined this effort – either now as we plan, or in the future when the family arrives. Kathleen Kett and Danny Chirilenco, both members of St John's, have offered to be the expert medical resource team!! There will be lots of opportunities to be involved, as drivers, education helpers, and friends. We will be sure to keep everyone informed as we move forward.

# Omas Siskona KW: The Stephen Lewis Foundation Grandmothers Campaign

Ann Coughlin

When the AIDS pandemic took the lives of over 35 million people across the African continent, grandmothers stepped in to raise a generation who had lost their parents to AIDS-related illnesses. For over 15 years, funds raised by the Grandmothers Campaign have directly supported the Stephen Lewis Foundation's community-based partner organizations. They are expertly providing grandmothers in sub-Saharan Africa with holistic care – including support groups, grief counselling, access to healthcare, income generating projects, counselling for the children in their care, help to send their grandchildren to school, and so much more. The COVID-19 pandemic continues to have economic, health, and psychosocial impacts on the communities where the Stephen Lewis Foundation's partner organizations are working. These organizations have adapted their programs to continue to safely provide essential services, and responded to additional needs that have emerged due to the COVID-19 pandemic.



*"A Few of our Favourite Things"*


## Omas Siskona Fall Fundraiser

Sunday November 13, 2022

1:30 – 4:30 p.m.

All proceeds support the work of the Stephen Lewis Foundation. Together we will make a difference in the lives of grandmothers, women and youth, those living with HIV and AIDS, and LGBTQ communities across sub-Saharan Africa. Please share this poster.

If you wish to donate, please go to Team OMAS SISKONA KW at [www.grandmotherscampaignpledges.ca](http://www.grandmotherscampaignpledges.ca)



GIFT BASKETS

—

BAKING AND PRESERVES

—

BOOKS and PUZZLES

—

HANDMADE CRAFTS

—

KIDS CRAFTS

—

and MUCH MORE

**Christ Lutheran Church**  
 445 Anndale Rd,  
 Waterloo  
 (near corner of Davenport and Lexington)

<https://www.omas-siskonakw.org/>

1:30 to 4:30 p.m.

**"Not Scrabble" fall fundraiser!!** This year, we are making a change in how we fundraise for SLF – Covid is still making it difficult for people to feel comfortable gathering for something like our annual Scrabble and games event and enjoying tea and goodies in the tearoom. So we have decided that we will only hold the in-person sale of baked goods and preserves, gift baskets, crafts, art, book, puzzles and more, so that time indoors together is more limited. BUT, we are still reaching out to everyone to make a donation to the SLF!! The easiest way is on-line: donations of \$20 or more receive a tax donation immediately. If you would prefer to donate by cheque or cash as many of you have done in the past., please speak to me, Ann Coughlin ([anncoughlin50@gmail.com](mailto:anncoughlin50@gmail.com) or 519-897-4479) and I will send it in and a receipt will be issued by SLF later. I have an on-line donation page as well:

<https://slf.akaraisin.com/grandmotherscampaign2022/anncoughlin>