



St Cuthbert's Anglican Church

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e-Messenger August 2025



ST CUTHBERT'S CHURCH
AND COMMUNITY CENTRE

EST. 1960

Sunday Services

8.00 a.m. Traditional Anglican Service (BCP)

10.00 a.m. Contemporary Eucharist with Choir

Friday Service

9:00 a.m. Morning Prayer on Zoom
(followed by coffee)

Goodbye to Vincent our Choir Director

Sunday July 27th was Vincent's last Sunday with us. He is going to explore the next chapter of his life in which he hopes to explore Zen, finding inner peace through meditation and living in the present. He also hopes to write a second book. He lost no time, because the following day he was flying to Japan for a retreat in a Buddhist community. Rev. Joan presented him with this poem that she had written for him.



Malcolm and Karen presented Vincent with a framed copy of our unique St Cuthbert's hymn which was composed while he was Choir Director. It had the names of all the choir members around the edge.



For Vincent, at the Organ

With thanks, on your leaving

You didn't ask for praise-
You came, you played, you stayed unseen.
Yet every chord, each quiet phrase,
Helped shape the soul of what we mean.

You brought us in with steady hands,
You held us up when words ran dry.
Your music wrapped the things we felt-
The joy, the loss, the reasons why.

You guided brides, and carried grief,
You lifted hope, you gave relief.
You did not preach, but still you gave-
And helped the sacred moments stay.

So now, as you prepare to go,
We thank you more than you may know.
Not just for all the hymns you played-
But for the quiet grace you made.

With deep thanks to Vincent Cheng

by Rev. Joan

At coffee after the service Vincent was given a card signed by both the 8 a.m. and 10 a.m. congregations containing personal messages and wishing him well for the future.

St Cuthbert's Music Ministry - Going Forward

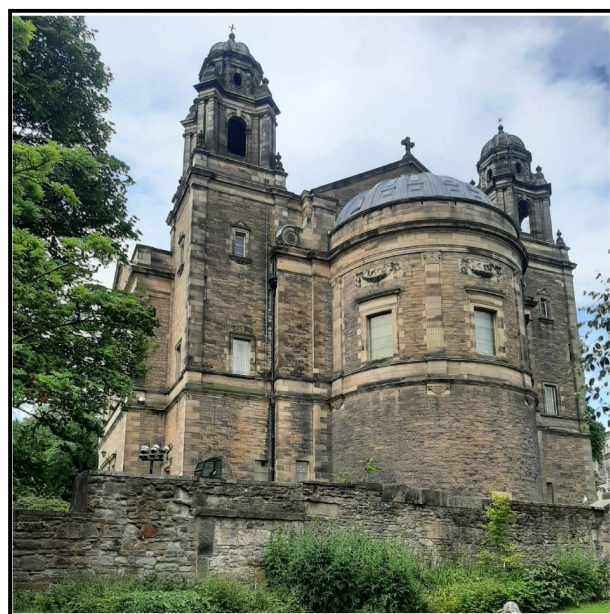
Starting from the month of August, we are pleased to announce that Michael Chen will be providing piano and guitar music for our services. Michael was one of St Cuthbert's "Rising Stars" in 2024 and became a youth chorister in 2025 singing baritone. He had previously sung with "Oakville Starz", and is an accomplished musician, playing piano, guitar and clarinet. The first service at which he played, 10 a.m. on August 3rd, was a great success with almost 50 people present in the congregation.

Michael is entering grade 12 in September at Oakville Trafalgar High School and is also a regular volunteer in our Community Garden.



Our Intrepid Traveller - Heather Di-Marco Discovers St Cuthbert's Church, Edinburgh.

Heather Di-Marco is known at St Cuthbert's for her delicious Christmas cakes, made from a recipe handed down from her Scottish mother. She is also known for previously singing alto in the St Cuthbert's Choir and also for her travel adventures. Some years ago she walked part of the Camino de Santiago de Compostele, a pilgrimage route from France to Spain. She has also walked the Bruce Trail, but in recent years she has combined her singing talent with travel. Singing with the choir of St Brides Church, in 2023 she sang in the Cathedral in Dublin. This summer they sang the offices in St Mary's Episcopal Cathedral, Edinburgh. While exploring Edinburgh she discovered another St Cuthbert's Church and sent back this news for us.



*St Cuthbert's Church, Edinburgh.
The church stands at the foot
of the "Castle Rock"*

By tradition St Cuthbert himself founded the church in the 7th century and Christian worship has taken place here continuously for 13 centuries. The present church building dates from 1789 and was later added to in 1894. It is a Parish Church of the Church of Scotland. For those interested in mathematics it is the burial place of the mathematician John Napier who invented the concept of logarithms.



*View of Edinburgh Castle and the
"Castle Rock" from
St Cuthbert's Church*

Also of note is that Agatha Christie married Max Mallowan here, somewhat secretly, in 1930. At the time they both lived in London. That event now called "The Mysterious Affair at St Cuthbert's - an Agatha Christie Mystery" !

Outdoor Service in the Peace Garden

Quoting David Aylward *"... the space [Peace Garden] is intended to be inviting to the wider community as a peaceful and safe place to enjoy & contemplate the wonders of life in this world."* And so it was on Sunday August 10th when the 10 a.m. service was held outside in the recently opened Peace Garden. It was a very hot day but under the shade of the tree canopy and with a cooling breeze coming off the lake it was very pleasant.

The service was adapted for outside worship and was a little less formal than usual, but contained all the traditional elements, with the addition of bird song - the birds seeming to particularly enjoy Fr. Jeff's homily !



The service was live streamed and was truly multi-generational. A good number of youth attended and took an active part in the service. Michael played keyboard and guitar for the hymns. Devon read the lesson and Christopher read the Psalm with choir accompaniment. The Doxology was played by Ann Grose on the keyboard and Michael on guitar.

There was a single Communion station and during the communion the choir sang a hymn requested by a member of the congregation "It Is Well With My Soul", which seemed to fit the occasion and the ambiance of the garden. Following the service Michael played a jazz improvisation for us on the keyboard.

Thank you to Sheila and Nancy for providing hospitality after the service with coffee, home made baking and fresh fruit, much enjoyed by all.



The Peace Garden was opened on June 22, 2025 by Councillor Janet Haslett-Theal and Elizabeth Chalmers, representing Hon. Anita Anand. In her speech, Elizabeth conveyed the heartfelt congratulations of MP Anita Anand, emphasizing the role St Cuthbert's Church has played in the community for more than 60 years.

Certificate Signed by Anita Anand M.P. on the Occasion of the Peace Garden Opening.

From a Messy Desk

Malcolm Little

Belonging to St Cuthbert's

A few weeks ago David Aylward gave me a magazine to read, published by The Society of Saint John the Evangelist, and an article in it started me thinking about what it means to "Belong to St Cuthbert's Church".

When guests come through the doors of St Cuthbert's, we greet them with hospitality. But it can be bewildering for them; things we do in the service will be seem strange to them, with so many things for them to learn.

I remember my first time at St Cuthbert's, now over 35 years ago, as a really good experience. Being welcomed at coffee with so many people wanting to come over to talk with me. In those days we did not have tables for people to sit around and so people mingled, just like a party. I had the advantage of being an Anglican from birth, so was familiar with the service, except for finding it rather odd that I was the only one who knelt for prayers! Coming from England I had never seen people stand to pray. People seemed genuinely sympathetic that I was in Canada alone, with my family following six months later (at the end of the school year). I was quickly invited for dinner with church members and just as quickly found new lifelong friends.

How much more difficult must it be for those from completely different cultures coming to Canada, not out of choice, but because they have been exiled from their country of birth. People may also come because they are rejected by society and even their own families. Everyone wants to belong and it must be terrible to feel otherwise.

In the magazine I read an article by Geoffrey Tristram of the Society of St John the Evangelist, where he talks about meeting with strangers.

He says *"They want to get to know me, so the first question is 'show me your family' 'Who do you belong to?'" Our fundamental identity has to do with belonging."*

When the Holy Spirit gets to work, there comes the happy moment when instead of saying "you" the stranger says "we", and as I have heard myself, they start to call St Cuthbert's "our Church".



In the same way, strangers in church want to know about the St Cuthbert's family, so it is incumbent on us all to reveal that family to them.

This was brought home to me last Sunday when I met a complete newcomer to the church and his first question was if the girl sitting next to me in the choir was my daughter. He was trying to establish relationships.

When we meet newcomers, the first thing we can do is to sit with them and explain what is going on. Take them up to the communion rail and show them what we do and why.

Explain to them that we follow traditions and rituals that have been developed over 2000 years and which are anchored in the Gospel of Jesus.

Explain to them that we belong, because we all take part in these age-old rituals every Sunday, and that is what makes us family.

Explain that in an uncertain and unstable world our Christian faith is the bedrock on which our lives are based and we do not exclude anyone from this family.

Invite them back for coffee and chat with them. Ask them about their families. Invite them for coffee or dinner during the week.

Terry Fox Book Reviews

by Booksy

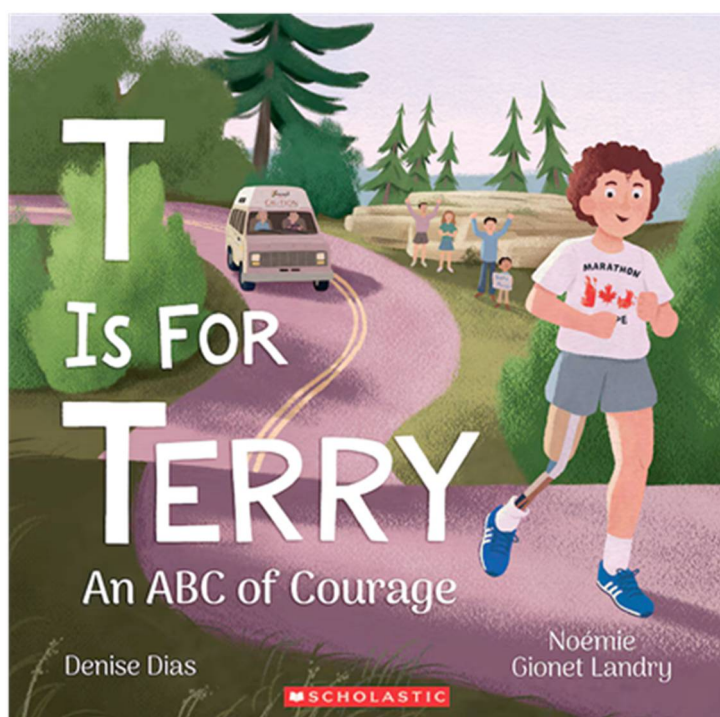
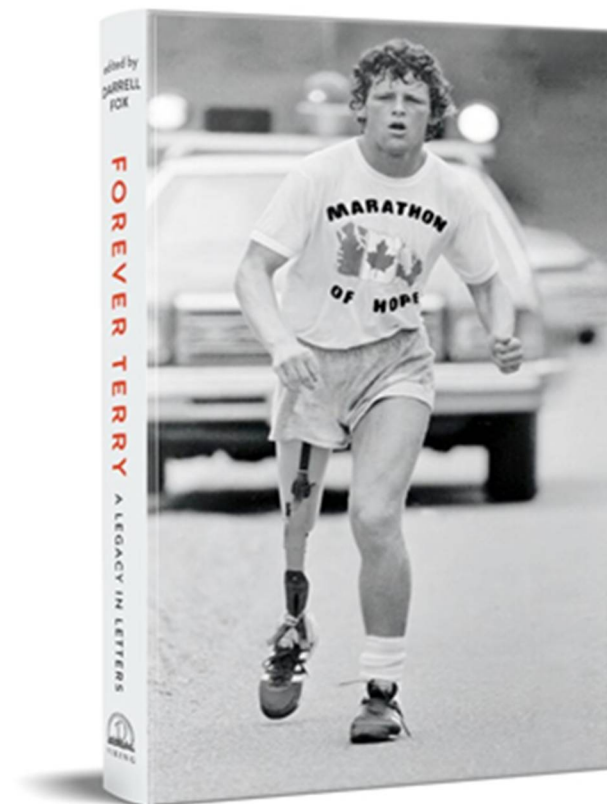
All books reviewed are in our Library and free to borrow.

With the completion of the Terry Fox National Ride of Hope in July, and the upcoming Terry Fox Run scheduled for September, our two book selections honour the legacy of a fiercely determined 18-year old who, in 1980, changed the lives of Canadians, and eventually the rest of the world. Following surgery and treatment for osteogenic sarcoma just above his knee, Terry witnessed the suffering in cancer wards and decided to create change by raising funds to find a cure. He dipped his artificial leg into the Atlantic Ocean on April 12th, 1980 to begin his Marathon of Hope to the Pacific Ocean, running the equivalent of a marathon a day. Sadly, on September 1st the cancer had metastasized to his lungs, and the run came to a halt in Thunder Bay. Before he died nine months later, he continued to promote cancer research, which set in motion the framework for a now worldwide (30 countries) event, the Terry Fox Run. To date, over 900 million has been raised for cancer research through this annual event - a far cry from his original goal of challenging every Canadian to donate \$1.00.



Forever Terry: a legacy in letters, *edited by Darrell Fox for the 40th anniversary of the Marathon of Hope.*

This is an insightful compilation of letters from 40 Canadians, some who knew or had met Terry, and some who weren't even born yet, but all of whom were influenced and inspired by his resilience, compassion and community spirit.



T is for Terry: an ABC of courage *by Denise Dias,* *illustrated by NoémieGionet Landry. (Ages 3-8)*

Just released on July 28th, Terry Fox's birth date, for the 45th anniversary, this picture book was written to teach a new generation about a true Canadian hero's story of courage, hope and determination, and to encourage them to learn that they too can make a difference in the world. (Proceeds from the sale of both books go towards the Terry Fox Foundation.)

Upcoming Kerr Street Mission Dinner - Wednesday September 17, 2025



*St Cuthbert's volunteers
doing salad preparation*

St Cuthbert's will once again be preparing 60 meals for the clients of Kerr Street Mission. Earlier in the year we prepared a Persian Menu which was very well received, and this time we are proposing to offer a Chinese menu, which will probably include Chinese dumplings.

Come and volunteer with us - it's fun !



*Two St Cuthbert's youth
choristers showing their
kitchen skills.*

Kerr Street Mission recently wrote to us:

As we reflect on this year, we want to extend our heartfelt thanks to you and your team for your incredible support throughout 2025. Your dedication to providing high-quality meals and fostering a warm, engaging atmosphere made a meaningful difference in the lives of our clients at Kerr Street Mission.

Your generosity and thoughtful presence helped turn each meal into more than just a dining experience, it became a time of community, dignity, and connection.

We usually have two teams, one for meal preparation and one for serving. If you would like to volunteer for either team please contact either Lori in the office or Malcolm Little (mlittle5@cogeco.ca). We start food preparation at about 3:30 p.m. Volunteers have to be over the age of 14 to work in the kitchen. The serving team normally arrives later, at 5 p.m. for which there is no age restriction.

**So put the date in your diary Wednesday September 17, 2025
If you cannot volunteer please consider making a donation to offset the cost of the meal.**

Community Garden News

Throughout the summer, volunteers have been working in the Community gardens at St Cuthbert's, Maple Grove United and Clearview Reform church. This is a great opportunity for youth to engage with the community and to learn about the natural world. Most of the produce has been donated to the Fare Share Food Bank, while some has been sold to raise funds for the garden as well as to finance the Kerr Street Mission dinner provided by volunteers from St. Cuthbert's.



Harvesting Garlic

The photo left shows the teenagers harvesting garlic. The size of the garlic harvested this year is smaller than normal, probably due to the dry hot conditions.

The zucchini have done well - see photo on right.

*Volunteers working in the
Clearview garden*



Events and Information

**Candlelight & Prayer
with Songs of Taizé**
Next Taizé Service Friday September 19, 2025



*In the stillness
of a candlelit hour,
come and pray with us,
singing the songs of Taizé.*

St. Aidan's Church
318 Queen Mary Drive
Oakville, ON L6K3L6
Phone: 905 845-6111



Big Yellow Bags can be recycled using the bins located at Maple Grove United Church. The church receives a donation for each bag recycled.

St Cuthbert's Announcements


HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses



HEAT STROKE SYMPTOMS


1. Throbbing headache
2. No sweating
3. Body temp above 103°
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

REBUILD RESTORE RENEW


April 30, 2025



Capital Campaign

Raised \$65,100 \$200,000

Target Amount




MORNING PRAYER

Every Friday at 9am via Zoom
Contact the church office
if you are interested in participating.

St Cuthbert's
Labyrinth Walk

Come and walk the labyrinth and learn more about this meaningful spiritual practice.

FIRST FRIDAY OF EACH MONTH at 7pm.





Next Labyrinth Walk October

St. Cuthbert's Church
1541 Oakhill Drive, Oakville
905 844 6200
stcuthbertoakville@gmail.com
www.stcuthbertoakville.ca

May you find joy, peace and healing on the path!

ZOOM BIBLE STUDY

LIFE IS BETTER IN THE WORD
LET'S DIG IN TOGETHER

  **TUESDAYS 7:30PM**