

# Cuthbert's Chronicles

ST. CUTHBERT'S ANGLICAN CHURCH | OAKVILLE



*Belonging • Becoming • Believing*

EDITION: MAY 2026

**MAY IS CHILDREN & YOUTH MINISTRY MONTH!**

CELEBRATING FAITH. INVESTING IN TOMORROW. BUILDING OUR COMMUNITY.

TOGETHER, WE SHAPE YOUNG HEARTS AND STRONG FAITH.

THANK YOU TO OUR LEADERS, VOLUNTEERS & FAMILIES FOR MAKING A DIFFERENCE EVERY DAY!

**St Cuthbert's Church**  
1541 Oakhill Drive, Oakville

**ALL CHILDREN & YOUTH WELCOME!**  
*Come as you are - you belong here!*

Our Children & Youth Ministry is more than a program—it's a place where young people discover belonging, grow in faith, and learn to make a difference. The future of our church is bright because of them. We invite you to read more about Anna Tavakoli and our Children & Youth ministry on page 2.

## Join Us!

### SUNDAY SERVICES

8:00 am - Quiet Service  
10:00 am - Choral Service  
Sunday School and Youth Group



### REFLECTIVE ANGLICAN SERVICE

6:30pm



### BIBLE STUDY

Tuesdays 7:15pm



### FRIDAY MORNING PRAYER (ZOOM)

9:00 am



### CHRISTIAN MEDITATION (ZOOM)

11:00am



### LOCATION:

St Cuthbert's Anglican Church  
1541 Oakhill Drive, Oakville  
L6J 1Y6

### CONTACT:

#### Office

Tel: 905 844 6200

Email:

stcuthbertoakville@gmail.com

### Venerable Jeff Ward

Cell: 905 617 9717

Email: rector.stcuthbert@gmail.com

# MAY IS CHILDREN & YOUTH - MINISTRY MONTH! -

*Together, We Can  
Nurture the Next Generation* 



Our Children & Youth Ministry is a place where young hearts and minds are nurtured in faith, friendship, and purpose. Through engaging programs, caring mentorship, and meaningful experiences, we create a welcoming environment where children and youth can grow in their relationship with God and one another.

**It's more than just activities—**  
it's about building a strong foundation for life, **rooted in love, hope, and community.**



## A Message from ANNA TAVAKOLI

Our Children, Youth & Young Adult Minister



“As the Children, Youth, and Young Adult Minister at St. Cuthbert's and someone who was once part of the youth community myself, I feel deeply called to this ministry because I know how meaningful it is to have a place where you belong.

In a world that often feels fast-paced and shaped by constant connection through social media, life can quickly become overwhelming. I'm passionate about creating a space where children and youth can slow down, build genuine community,

and explore the teachings of Jesus in a way that feels relevant to their lives. This ministry has also shaped me personally, strengthening my faith and reminding me of the importance of showing up for others with care, compassion, and authenticity.

”



## TOGETHER, WE CAN NURTURE THE NEXT GENERATION

Investing in children and youth is investing in the future of our church and community. Your support of the Children & Youth Ministry helps create a safe, welcoming space where young people can grow in faith, build meaningful friendships, and discover their God-given purpose. Through engaging programs, mentorship, and outreach, lives are being shaped in lasting ways.

**Every donation—big or small—makes a difference.**

*Join us in nurturing the next generation.*



GROWING  
IN FAITH



BUILDING  
FRIENDSHIPS



DISCOVERING  
PURPOSE



MAKING A  
DIFFERENCE

“ Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. — MARK 10:14



*Thank you for supporting  
our children and youth!*



A heartfelt thank-you to everyone who participated in our 5th Earth Day Clean-Up. The day was marked by a wonderful spirit of camaraderie and community.

This initiative remains an important part of our MAP climate justice work.

Special thanks to those who helped plan and organize the day: Dawn (for the hot chocolate!), Paul and Melissa for logistics, Anna for engaging our youth, Lori for the poster, and Jeff for his enthusiasm—and perhaps even the good weather.

We are especially grateful to David Aylward & Rick Little, for co-organizing the event. We even expanded our efforts by adding Kings Park Woods (1280 Avon Cres.) to the two parks we already serve.





# Easter

## SUNDAY

IN PICTURES

CELEBRATING THE HOPE.  
SHARING THE JOY.



✝  
HOPE

🌿  
FAITH

♥  
LOVE

# What 113% Tells Us About Growing Older

By Che Marville

Founder & Program Lead,  
The Elderhood Program at St. Cuthbert's



In 1994, the New England Journal of Medicine published a study that should have changed how we think about aging. Researchers worked with one hundred frail nursing-home residents average age eighty-seven, the oldest ninety-eight and put them through ten weeks of strength training. Real strength training. Weights, progressive resistance, the kind of exercise we usually associate with athletes.

Their muscle strength increased by an average of one hundred and thirteen percent. Four of them traded their walkers for canes.

*"We have known this for thirty years. We just have not built community programs around it."*

That study sat in a medical journal for three decades while our culture continued to treat aging as a slow sliding door. We talk about decline, prevention, and managing risk. We rarely talk about growth. And yet science has been telling us, quietly and consistently, that strength, connection, and well-being can improve in our seventies, eighties, and nineties when the right conditions are present.

This is the premise behind The St Cuthbert's Elderhood Program, a new initiative we are launching at St. Cuthbert's this spring. Two days a week, our parish hall becomes something we have not seen often enough in Southeast Oakville: a place designed not to manage decline, but to build capacity. A place where older adults come to grow.

The program is built on five evidence-based pillars informed by Dr. Nathan Stall, Geriatrics Site Lead at Toronto's Sinai Health: Activity, Blood pressure, Connection, Diet, and Sleep. Each one of those words sounds simple. Each one is backed by years of research that says ordinary practice, done consistently, in good company, changes outcomes.

To start twice a week we will share a nourishing lunch. We will move gently, strength and balance, seated options for those who need them. We will tell stories, listen to music, and learn together. We will measure what we move: sit-to-stand counts at intake and at twelve weeks, loneliness scores before and after, the small markers of a life that is widening rather than narrowing.

There is something quietly Anglican about this work. Our tradition has always believed that human dignity does not diminish with age, that the older parishioner sitting in the back pew is no less beloved, no less capable of growth, no less essential to the body of Christ than the young family in the front. The Elderhood Program is, in its own modest way, a practical expression of that conviction.

*"Aging is not the end of growth. It is the next part of it."*

If you are sixty-five or older and have been wondering what comes next. If you have a parent who has grown quieter than they used to be, bring them. If you live alone and have not had a real lunchtime conversation in too long there is a seat for you.



We are hosting an Open House on May 30th in the parish hall. Light lunch will be served. There will be a brief talk, a tour, and the chance to ask any question, no matter how small. No commitment. Just nourishing treats and a look at what we are building.

To learn more, please reach out: 416-427-4313 or speak to Che Marville after Sunday service. Thirty years ago, a research team proved that aging is more changeable than we thought. It is time we built a community that lives like it knows.



Che Marville is the founder of The Elderhood Program at St. Cuthbert's, an active member of the parish, and a wellness educator with two decades of experience in seniors' living. She is the host of Let's Talk with Che Marville and the founder of WISEMINDLY.

# THE INTERFAITH COUNCIL OF HALTON TURNS 25

The IFCH consists of representatives from eight major faith groups, which meet in the Halton Region.

- Baha'i
- Buddhism
- Christianity –Protestant and Catholic
- Hinduism
- Islam
- Judaism
- Sikhism
- Zoroastrianism

In 2001, the Interfaith Council of Halton was established to unite against injustice, racism, and prejudice. The group aims to learn from and respect each other, recognizing shared core values across different faiths. A key example is the Golden Rule of treating others as we wish to be treated, found in all religions.



Venerable Jeff is a member of the Interfaith Council of Halton



# COMMUNITY PARTNER CORNER



## Featuring C&C Youth Chinese Orchestra

Community Partner Corner is a recurring newsletter feature that will spotlight various community groups affiliated with St. Cuthbert's. Each edition will showcase a specific user group, detailing their services, community impact, and achievements, aimed at celebrating the partnerships that enrich the church's role as a center of connection and support.

**C&C Youth Chinese Folk Orchestra (CCYCFO)** is non-profit organization based in Toronto, Canada that rehearses every Saturday evening at St Cuthbert's. They are dedicated to preserving and promoting traditional Chinese music, nurturing young people learning Chinese folk instruments, and fostering cultural education and engagement between Chinese and Western communities.

In addition to yangqin and various percussion instruments, the orchestra teaches and rehearses with traditional Chinese instruments such as erhu, guzheng, dizi, and pipa. They actively participate in performances and competitions year-round at regional, provincial, and national levels.





# Peace & Suffering in Our Different Faith Traditions



Tuesday, May 19 | 6:30 - 8:00 PM

📍 **Shaarei-Beth El Congregation**  
186 Morrison Road, Oakville

- ◆ Discuss unique pathways to peace in each faith
- ◆ Finding common ground on shared peace principles
- ◆ All Are Welcome!

**REGISTER HERE**

## ONE DRAW. ONE WINNER. A WHOLE LOT OF WINE! ✨

### Enter the Wheel Barrow of Wine Draw

We are bringing back our Wheelbarrow of wine draw. We will start selling tickets in May. In the mean time, if you would like to donate bottles of wine for the draw, please leave your donation in the office. If you have any questions about the draw, please speak with Venerable Jeff or Lori

**Wheelbarrow of Wine Draw!**

*A fantastic selection of wines ready to celebrate!*

**PRIZE VALUE: \$500**

<b>DRAW DATE: JUNE 21</b>	<b>TICKETS: 1 for \$5 3 for \$10</b>	<b>PRIZE VALUE: \$500</b>	<b>19+ MUST BE 19 AND OLDER TO ENTER</b>
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**TICKETS AVAILABLE FROM THE CHURCH OFFICE**

*Good wine. Great company. Great cause.*

**ST CUTHBERT'S CHURCH AND COMMUNITY CENTRE**  
EST. 1960

📍 1541 Oakhill Drive, Oakville  
📞 905 844 6200

# GRANTS UPDATE

*A Community Shaped by Generosity*  
*Every grant we receive is more than funding—*  
*it is an invitation to deepen our impact, widen our welcome,*  
*and strengthen our shared life.*

This spring, we celebrate the many ways our community continues to grow through the support of generous grant funding. These resources are helping us expand programs, improve our spaces, and create meaningful opportunities for connection.

## WOW Grant – Listening, Learning, and Building

The WOW Grant continues to support new and emerging ministries shaped by careful listening and thoughtful planning. Out of this we have developed Two Priests on the Patio podcast. You can find out more about the podcast in this newsletter.

**TWO  
PRIESTS**  
*On the Patio*

- Received: \$6,500
- Spent to date: \$2,740

While not all funds have been spent, they have been intentionally allocated as we continue a longer listening and discernment process. Programs are still developing and will evolve as community needs become clearer.

👉 This is foundational work—ensuring what we build truly reflects the hopes and needs of those we serve.

## New Horizons Grant – Bringing Community to Life

\$25,000 Received

### Capital Improvements

- Folding chairs, dollies, and tables purchased: \$14,006.24

### Programs in Action

- Tai Chi Classes: \$1,950
- Art Classes: \$2,600
- Dance Classes: \$2,600
- Workshops (4): \$500
- Social Gatherings: \$400

### Supporting the Experience

- Food & hospitality: \$1,000
- Administration & outreach: \$1,829

🌟 These programs are more than activities—they are spaces of belonging, creativity, and well-being.





# TWO PRIESTS

## *on the Patio*

A MINISTRY OF CONVERSATION,  
CONNECTION, AND COMMUNITY

Two Priests on the Patio: Conversations of Faith, Life, and Community offers a refreshing and accessible space to explore faith in everyday life. Hosted by **Venerable Jeff** and **Rev. Canon Sue Ann Ward**, the podcast blends thoughtful dialogue, pastoral insight, and a touch of humour in a relaxed, conversational setting.



### REAL CONVERSATIONS

Recorded in an informal style, listeners are invited to pull up a chair and join in. Each episode reflects on scripture, church life, and the realities of living out faith today.



### AUTHENTIC & RELATABLE

Sue Ann and Jeff speak not only as clergy, but as people navigating real-life questions. Their reflections connect Sunday readings with daily experiences, helping listeners recognize where God is at work in ordinary moments.



### ROOTED IN COMMUNITY

This growing ministry has been supported through funding from the Diocese's WOW Grant and the guidance and mentorship of Che Marville and Jim of MusicBoxx who have played a key role in shaping the podcast's vision—ensuring it continues to grow as a meaningful and sustainable outreach.



“ Warm, thoughtful, and inviting, *Two Priests on the Patio* is more than a podcast—it is a space for connection, reflection, and community.



Whether you're seeking inspiration, encouragement, or simply a meaningful conversation to accompany your day, **tune in and join the dialogue.**

**YOU'RE INVITED**  
*to Listen*



APPLE  
PODCASTS

Search  
Two Priests  
on the Patio



SPOTIFY

Search  
Two Priests  
on the Patio



YOUTUBE

Search  
Two Priests  
on the Patio

♥ JOIN THE CONVERSATION. GROW IN FAITH. BUILD COMMUNITY.

# BIG NEWS!

EXCITING EVENTS  
HAPPENING AT  
ST. CUTHBERT'S!

FAITH. COMMUNITY. CONNECTION. YOU BELONG HERE!

## Reflective, Traditional ANGLICAN WORSHIP SERVICE



ST CUTHBERT'S CHURCH  
AND COMMUNITY CENTRE

EST. 1960

St Cuthbert's Anglican Church  
1541 Oakhill Drive

Tuesdays 6:30pm

## Please join us for a Community SAFETY & CONNECTION DAY

at St. Cuthbert's Anglican Church  
& Community Centre  
1541 Oakhill Drive, Oakville  
10am - 2pm

- Emergency vehicles
- Games
- Giveaways
- Community partners
- Learn how to live a more environmentally friendly lifestyle



This is a GREAT OPPORTUNITY  
to meet your Community Partners

St Cuthbert's Church & Community Centre

## Spring GARDEN CLEAN UP!

MAY 2 • 9 AM

Bring gardening gloves,  
hand trowels, rakes,  
and shovels, etc.

We will provide  
yard waste bags & snacks!



## UPCOMING EVENTS!

ST CUTHBERT'S CHURCH  
AND COMMUNITY CENTRE

EST. 1960

GET CONNECTED.  
GET INVOLVED.  
MAKE A DIFFERENCE.  
TOGETHER!

At St. Cuthbert's, we believe in building a stronger, safer, and more connected community. Join us at these fun and meaningful events designed for all ages!  
BRING YOUR FAMILY. BRING YOUR FRIENDS.  
LET'S BUILD SOMETHING AMAZING—TOGETHER!