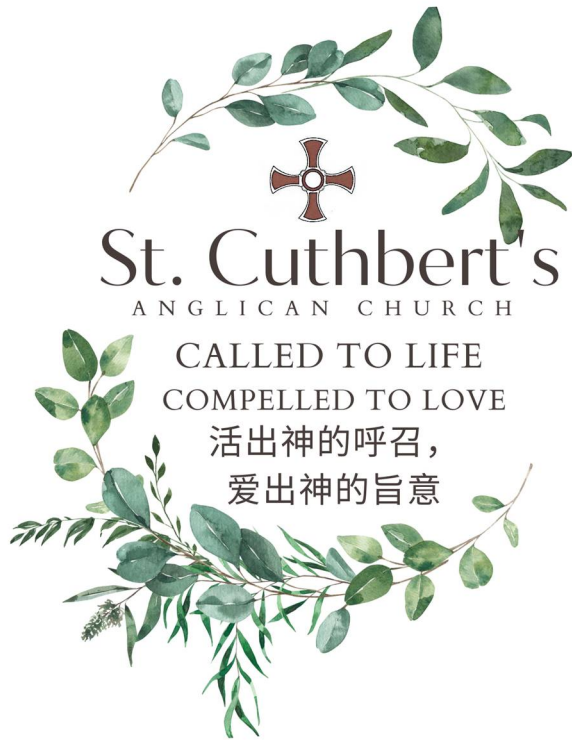




St Cuthbert's Anglican Church

Venerable Jeff Ward: rector.stcuthbert@gmail.com
905-617-9717

e-Messenger August 2024



Sunday Services

8.00 a.m. Traditional Anglican Service (BCP)
10.00 a.m. Contemporary Eucharist with Choir
11.30 a.m. Bilingual Service (Mandarin/English)
in the Sanctuary

Friday Service

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

**Come you who have much faith
and you who have little.**

It has been my pleasure to be with you for the month of July. I remember, when back in 2002 I became assistant curate at St Cuthberts, standing in the pulpit and preaching about how God loves all God has created.

I still preach the same sermon at least 3 times a year. Because I believe all of society needs to understand this. It does not matter who you are, or whether you are rich or poor it only matters that you feel there is more to life than society offers. I love the prayer that starts;

"This is God's table, ready for those who love God and those who want to love God more. So come you who have much faith and you who have little. You who have been here often and you who have never been before. You who tried to follow Jesus and you who have failed..."

because it is Christ who invites you.

I truly believe we are in the succession of the 12 who walked with Jesus back in the 1st century. The 12 were sent out to tell of the good news. To tell the people. Blessed are the poor for they will inherit the kingdom of God.



Rev. Grahame Stap

I often wonder what the world will be like in 50 years. Ina and I have a wonderful great grand daughter. She is now 2 and growing like a weed. I hope the Globe and Mail was wrong when it had a column back in 2001 that said, by the year 2040 there will be one Anglican left in Canada.

We have heard the good news.

We know death is not an end, it is a beginning.

We know God loves all God has created so as the Christmas Carol says, "Go tell it to the mountains over the hills and everywhere".

God lives and Jesus will lead us home.

I wish you all God's blessings and leave knowing St Cuthbert is alive and well. I hope. God willing and health permitting I will be able to be with you again soon.

Your friend Grahame +

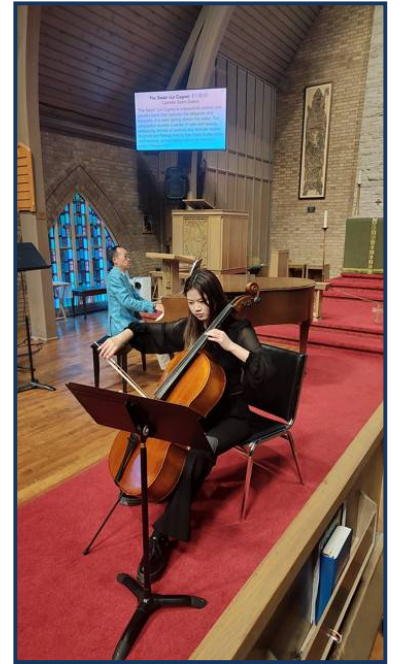
Welcome back Fr. Jeff .

Rising Stars Summer Tunes Concert



Ella Feng played flute

Ever since Vincent Cheng stepped into our church and took over the conducting baton of Music Director, a process of metamorphosis has been noticed in our music, and the same can be said of our youth music group Rising Stars, formerly YMEP, which debuted on the July 5th concert Summer Tunes. In the two months they've been working with Vincent, who turned every Friday afternoon's session into a master class, our youth learned a precious lesson of how to perform, and they eventually brought out a fabulous concert for our parish. In the concert they performed some classic pieces like Hungarian Dance No. 5, The Swan, Tico-Tico and Csardas, they played very popular anime themes like Merry Go Round of Life, and they even sang to their hearts' content some romantic popular songs "Talented", "A very diversified enjoyment". Our parishioners are full of praise for these passionate youth. So according to Vincent, our next concert is set for Christmas, and the recruitment for group members has begun. So if you know any youth interested in learning how to perform, please don't hesitate to recommend our Rising Stars.



Emily Wang played cello

Florence Xie



David Zhang played violin

If you would like to join Rising Stars scan the QR code on the poster or use the one below :





Vincent Cheng,
our Music Director:

- ✓ Internationally award winning conductor
- ✓ Organist in many churches
- ✓ Performing throughout the world
- ✓ Registered psychotherapist

SKILLS YOU WILL GAIN:

- Musical Leadership
- Performance Pedagogy
- Communication Skills

SEE YOU THERE!



Send your inquiry to
youth.stcuthbert@gmail.com

More information about Vincent
<https://vincentcheng.ca/home/>



**St. Cuthbert's
Youth Music Group
Rising Stars**

**WE ARE
RECRUITING!**

*Love music
and want to make
friends?*

Scan here to join us!



GENERAL REQUIREMENTS:

- Instrument or voice ●
- Pure love for music ●
- Discipline and commitment ●
- Willing to perform in concerts ●

WE MEET :

EVERY FRIDAY IN CHURCH
4:00PM-6:00PM
1541 OAKHILL DR.,
OAKVILLE, ON L6J 1Y6

St Cuthbert's Community Garden

GoServe Volunteers



They helped us harvest and sort our garlic.

They were also introduced to purslane which was growing wild amongst our garlic. Although it's known as a weed in many cultures, purslane is a highly nutritious, leafy green vegetable. It's chock full of antioxidants, minerals, omega-3 fatty acids, and beneficial plant compounds.

They harvested two boxes of purslane and Ali explained how God's free bounty can make a nutritious soup or can be added to salad. They didn't look convinced !



On July 19 we were visited by a group of teenage volunteers who were at a GoServe camp hosted by Clearview Church.

GoServe is a Michigan based Christian organization and part of its mission statement reads :

" Churches and Christian organizations are uniquely positioned to know their community's most significant needs.

GoServe works to empower the local church to reach their communities by being the hands and feet of Jesus".

The volunteers came from different Ontario churches in Newcastle, Bowmanville, Curtis and Oakville. The one week camp is based at Clearview Church which provides food and accommodation for the students.



They helped sort the garlic - see photo left. The following day they took some of the garlic to Kerr Street Mission and Fare Share foodbanks.

At St Cuthbert's they harvested about 2000 garlic, while at Clearview Church they harvested 5000.

We will select the best garlic for next years seed, improving the "Maple Grove" variety year by year. The rest will be donated to the food banks.

The St Cuthbert's Community Peace Garden is fast taking shape.

David Aylward



Peace Garden with Cedar Mulch



Peace Garden and Little Free Library



Dawn, Rick, Nancy, Ali, Jean and Yukun planting Meadowsweet and Sweetgrass on the edge of the swale

The team of Nancy Blackie, Jean Podolsky, Dawn Seto and yours truly this past week oversaw the removal of the tired and weedy turf, replenishment of the soil with a load of triple mix and ground cover of cedar mulch.

To be fair the heavy lifting was done by the very capable team of Kyle and Alex from CWC Property Maintenance.

This complements the very active and popular little free library. It also goes well with the permeable black path that was put in as part of the earlier de-paving phase.

The team has also marked out the designated garden beds that will be home to an array of locally indigenous plants which the team is currently researching.

To refresh everyone's memory, the community peace garden is a part of our Mission in Action Plan (MAP) and will be a space to which we'll welcome the entire community. A soft opening is planned for later in the year.

But there is still much to do, such as plant selection, a seed program and furniture selection. In addition, there will be an art component in future years.

So, we invite anyone who has an interest to join us in this exciting and rewarding endeavour.

Contact any member of the team, (David, Nancy, Dawn, Jean), or the church office.



Kyle, Nancy and Alex

SUGGESTED SUMMER READING

by Booksy

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

BIOGRAPHY

Five years in Heaven

by John Schlimm.

Author John Schlimm has been interviewed on television and radio many times over for his heart-warming memoir *Five Years in Heaven*. At the age of 31 and having lived what many would consider a full and exciting career, something seemed to be missing from his life. He returned to his hometown where he met an 87-year-old nun quietly carrying on her solitary work in the local convent's ceramic studio and shop. What started as a Christmas shopping outing turned into weekly visits where Sister Augustine's grace, wisdom and humour helped the author on his road to self-discovery. This is an inspiring and uplifting story about friendship, new beginnings and second chances.

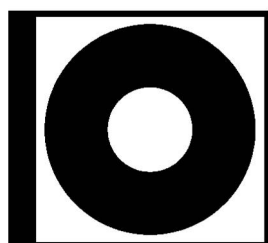
Exactly As You Are: the life and faith of Mister Rogers

by Shea Tuttle.

Fred Rogers created and hosted the long-running (33 years) children's educational series 'Mister Rogers' Neighborhood' after viewing programs that were demeaning to children for the sake of humour. Ordained a Presbyterian minister, Rogers lived by the Christian tenet that God loves children and everyone else, exactly as they are.

In 2019, Tom Hanks portrayed Rogers in the film "A Beautiful Day in the Neighborhood", and while filming, discovered that he and Rogers were sixth cousins!

DVDs



Come into the library and browse our DVD collection. You will find many interesting films, documentaries and music suitable for all tastes. They are free to borrow.



INSPIRATIONAL

Tuesdays with Morrie

by Mitch Albom.

Best selling author Mitch Albom started as a journalist and sportswriter, but is better known for his reflective, philosophical stories on life lessons. *Tuesdays with Morrie* tackles questions of what is really important during the days we have on earth.

Have a Little Faith: a true story is

another look at life's purpose; about losing belief and finding it again; about the divine spark inside us all.

Don't Sing Songs to a Heavy Heart: how to relate to those who are suffering

by Kenneth Haugk.

Proverbs 25:20 reminds us, "Like one who takes away a garment on a cold day, or like vinegar poured on soda, is one who sings songs to a heavy heart." Based on that proverb, Kenneth Haugk has written *Don't sing songs to a heavy heart: how to relate to those who are suffering*. More often than not, it is very difficult to know the right things to say or do when trying to console a vulnerable person who has suffered a loss, whether it's a loved one, a job, good health, a dream, etc. Trying to be cheerful often adds to that person's burden leaving them to feel misunderstood and alone, an experience the author himself endured when his beloved wife died. He set forth researching and collating his results to supply practical suggestions of what to say or do, but just as importantly, of what not to say or do.

New Fitness Program

by St Cuthbert partner - Kinpowerfitness



Intrepid parishioners at the running track undaunted by a very wet day, fast walking 1 mile.



Is this Peter Pan or Ali flying with two friends ! Peter Pan and his pals could only fly if they maintained a cheerful disposition. Keep smiling Ali !



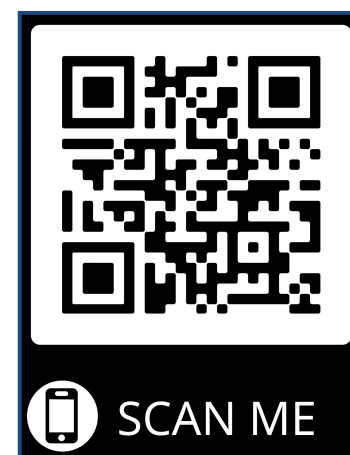
All age group exercise

This is a fun all age program with the aim of looking after our bodies. Over 20 parishioners of all ages have signed up and all enjoy exercising together as church family.

The exercises, given by qualified trainers, Ali, Samira, Ghazal and Yasaman, improve core muscle strength, flexibility and joint mobility, posture, balance, coordination and bone density. There is some evidence that coordination exercises may maintain or even improve brain function. Individual training is given appropriate for the age and capability of the participant. It is great fun for everyone and people have commented how much fun it is doing it as a group.



Jessica and Wolfgang training together.



Scan the above QR code to go to Ali's website.

Free trial fitness training sessions will end this weekend! Starting August 5th, personal training sessions will have a fee, with a discount available for Church members. Group Cardio sessions will remain free for those who purchase a personal training package. We will discuss the details in person on Sunday after the service.

Ali writes:

We are happy to announce that we just launched our family-run fitness centre based in Oakville, called Kinpowerfitness. We are a family of 4, passionate about empowering our community through personalised training services.

Our mission is to make exercise more affordable for everyone. We offer personal training services and group fitness training.

For more information visit our website at: Kinpowerfitness.ca or scan the QR code right. You can also visit the Instagram page. (you don't have to have an Instagram account to view the videos).

<https://www.instagram.com/kinpowerfitness/>

Upcoming Events and Information

St Cuthbert's Wellness
Hub
Saturdays 2 p.m.



Bible Study



Tuesday 7:30 p.m. on
Zoom
NEW TIME 7:30 p.m.

Friday Morning Prayer

Come to Friday Morning Prayer 9:00 a.m. every Friday and join with the St Cuthbert's Community in worship and virtual coffee. See weekly email for zoom link invitation.

St Cuthbert's
Anglican Church

Family Fun Fair

Bouncers ★ Popcorn ★ Prizes
Face painting ★ Carnival Games

14th September
10am - 2pm
1541 Oakhill Drive
Oakville, Ontario