

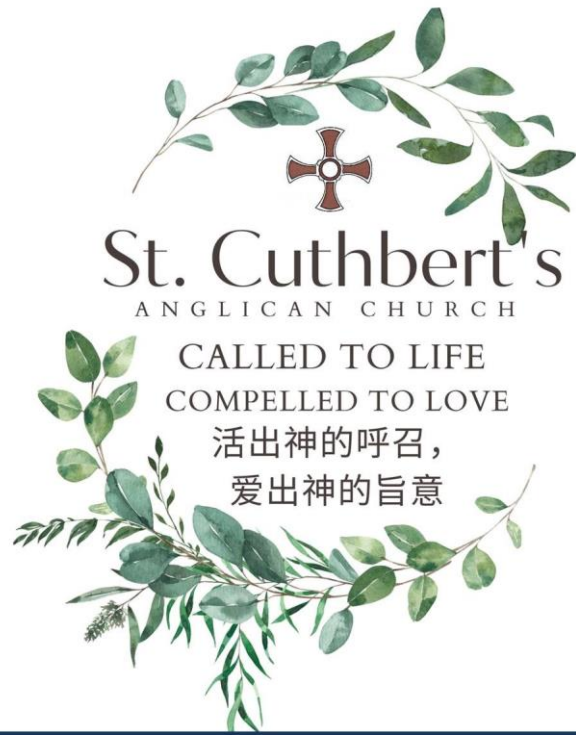


St Cuthbert's Anglican Church

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

e-Messenger

June 2023



### Sunday Services

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

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### Friday Service

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

Masks are optional (but recommended) at services

## YMEP Concert 'A Capriccio in May'

Congratulations for another great success by the Youth Music and Event Players (YMEP). The church was packed for the evening of music and dance. The event was held in support of the St Cuthbert's youth as part of the Mission Action Plan.



*Photo left: The full cast of the 'Capriccio in May' with the Clergy*

The concert was described in the program as a 'Rendition of Talent and Passion' and it certainly was. It ranged from dancing to 'K Pop' songs to a two piano version of the classic Camille Saint-Saens' Carnival of the Animals



*Reina Xui*

The group of students in the photo below are graduating this year. They were presented with St Cuthbert's coffee mugs to remember us when having coffee at university. One students told Fr. Jeff that St Cuthbert's will always be his "home".



*Dance Group "Ive"*

*Graduating students with Anna our Youth Leader*

Editors Note:  
For those of us of an older generation K-Pop stands for Korean Pop !

# St Cuthbert's Artists

## Susan Hutchison



### *Summer Berries*

*'Two lovely berries moulded on one stem; so with two seeming bodies, but one heart'*

*Midsummer Nights Dream*  
*William Shakespeare*

This painting by Susan Hutchison is a water colour on paper.

Susan says that she always enjoyed art, starting as a child with painting by numbers! She enjoys painting both still life and landscapes, but said, in her modest way, the enjoyment is more about complete relaxation than the end result.

Susan attended the St Cuthbert Art Group started by Jean Champion, who Susan says was always gracious with her critiques. She has also attended the Trafalgar Park Older Adult Centre to improve her technique, and has been going there off and on for the last seven years.

This painting is not framed but her family want to frame it and put it on the wall in the kitchen of their cottage.

Thank you Sue for sharing with us.

# SUGGESTED SUMMER READING

by Booksy

All of the books highlighted in **bold** are in the St Cuthbert's Library and free to borrow!



## Fiction

### ***The Eleventh Commandment***

by Jeffrey Archer.

Connor Fitzgerald has an impressive resume as a military hero, devoted family man - and an assassin. Just as he's about to put his twenty-eight year career at the CIA behind him, he comes up against the most dangerous enemy he's ever faced: his own boss, Helen Dexter. As Director of the CIA, her status is being threatened by a greater power, so her only hope for survival is to destroy Fitzgerald. Meanwhile, international tensions with a new Russian leader escalate and it's up to Fitzgerald to pull off his most daring mission yet: to save the world, even if that means risking his own life in the process. A thriller from an author with a storied background of his own!

### ***Lie Down with Lions***

by Ken Follett.

This thriller set in the period of the Afghan-Russian war tracks the relationship between a young woman and two espionage agents from either side of the Cold War - an American and a Frenchman. Together they form a triangle of passion and deception, racing from terrorist bombs in Paris to violence and intrigue in Afghanistan. Adapted as a TV mini-series.

### ***Still Alice***

by Lisa Genova.

Alice Howland, a celebrated Harvard professor at the height of her career starts to notice a forgetfulness creeping into her life. As confusion and loss of memory start to set in, she receives the devastating diagnosis of early onset Alzheimer's disease. Alice's courage is inspirational as she struggles to maintain her lifestyle and live in the moment, even as her sense of self is being stripped away. Adapted as a film.

## **Indigenous**

June 21 is National Indigenous Peoples Day

### ***Call Me Indian***

by Fred Sasakamoose.

When Sasakamoose became an NHL player in 1954, few knew he had been torn from his Cree home at the age of seven to live in a residential school for the next decade. More than the accomplishment of being the first Treaty Indigenous player, however, was his remarkable journey returning to his community to inspire future generations through organised sports programs.

### ***Five Little Indians***

by Michelle Good.

The debut novel of poet, lawyer and political activist Good, a member of Saskatchewan's Red Pheasant Cree Nation, follows the lives of five young adults as they grapple with life after 'Indian School' in the 1960s. From their prison-like residential school on Vancouver Island, they are turned out onto the streets of Vancouver with no support, money, family connections or life skills. This multiple award winner opens a window into the human cost of colonialism without imposing judgment.

### ***Birdie***

by Tracey Lindberg.

This darkly comic novel is about finding out who you are and where you're from. It follows a Cree woman known as Birdie on a modern-day quest from her home in northern Alberta to Gibsons, B.C., where she hopes to meet her teenage crush: Jesse from The Beachcombers. Birdie's troubled childhood has left her with inner demons, and her adventures take a turn, forcing her to find the strength to heal old wounds and build a new life.

# MORE SUMMER READING

by Booksy

## Biographies

### *My Jerusalem: secular adventures in the Holy City*

by Bronwyn Drainie.

Canadian journalist, Drainie and her family were posted to Jerusalem for two years. Living right on the Green Line between Arabs and Israelis, she had a unique perspective, and was able to make meaningful contact with people in both communities while maintaining the journalistic distance needed to trustworthy observation.

### *My Secret Sister*

by Helen Edwards & Jenny Lee Smith.

The story of two sisters growing up in northeast England with contrasting childhoods and opportunities -one with love, the other with trauma, unaware of each other's existence because of their mother's secrets and deceptions.

## Children/Teens

**Ages 9-12**

### *Hoot*

by Carl Hiaasen.

This humorous mystery/suspense novel takes place in Florida where a group of children tries to stop construction of a pancake house, which would destroy a colony of burrowing owls living on the site. A New York Times bestseller and a Newbery Medal winner. A film adaptation was released in 2006.

**Ages 12-18**

### *Hatchet*

by Gary Paulsen.

13-year-old Brian Robeson is on his way to northern Canada to visit his estranged father. When the single-engine bush plane crashes in a lake killing the pilot, Brian finds himself stranded in the remote Canadian wilderness with only his clothing and the hatchet his mother gave him as a present before his departure. A gripping story of survival and transformation. Recipient of the Newbery Honor Award.



## Sports

### *Wherever I Wind Up*

by R.A. Dickey.

The Blue Jays pitcher from 2013-2016 has written an insightful and personal look at his life and career as that now rare pitcher, a knuckleballer. Coming from a broken and dysfunctional home, he found strength and perseverance in a relationship with God to help him through these trials and challenges. Candidly honest about his self-destructive traits and behaviours, this is ultimately a story of redemption.

### *Shooting for Glory*

by Paul Henderson.

Who remembers what they were doing on September 28, 1972? Were you watching the Canada-Russia hockey game when that now famous goal was scored to win the series? Paul Henderson tells about that and much more in this inspiring book. With nowhere to go but down after such a euphoric period, Paul faced depression until he became a Christian with a mission.

## Inspirational/Self Help

### *Amish Grace:How Forgiveness Transcended Tragedy*

by Donald B. Kraybill, Steven M. Nolt, David L. Weaver-Zercher.

In October 2006, a horrible tragedy struck a small Amish community in Lancaster, Pennsylvania when a distraught man walked into a one-room schoolhouse, taking the lives of 5 young girls, along with his own. The outside world was shocked by the Amish response of forgiveness, pardon and reconciliation. The authors, all authorities on Amish culture, delve into the Amish heritage and deeply embedded faith that exemplifies Christ's love.



# Anglican Christianity: A Series by Professor Alan L. Hayes

## Part 11: Scotland, to the Reformation

So far in this series of articles we've surveyed Christianity in England up to Queen Elizabeth's death in 1603. Then we paused to consider the Christian histories of the other nations of the British isles - Wales, Scotland, and Ireland - up to 1603. The histories of these other nations are very interwoven with that of England.

This month we're looking at Scotland, north of a border with England that has changed several times.

### A theme of Scottish history: independence

The people in what's now called Scotland have always valued independence. They resisted colonization by the Roman Empire and then by medieval England. English armies ultimately proved no match for Scottish armies under William Wallace in the 1290s, and then in 1314 at the critical Battle of Bannockburn under Robert Bruce.

Scottish Christianity, too, kept its national character. The medieval English provinces of Canterbury and York tried to dominate Scotland, but the Pope officially protected the Scottish church as his "special daughter" in 1192.

Now, being the daughter of the Pope may not sound like an avenue to independence, but medieval Scottish church leaders became adept at advocating for their interests at Rome.

At the Reformation, Scottish Christians threw off Rome while also maintaining their independence from England.

Unsurprisingly, not many Scots today see much appeal in Anglicanism, given its English heritage. Today, the Anglican denomination called the Scottish Episcopal Church attracts only about 10,000 people a week to worship, not so very many more than the Anglican diocese of Niagara.

### Early Christianity in Scotland



Roman writers used various terms to identify the inhabitants of this northern area, such as Picts, Maeatae, and people of Caledonia. We know little about any of this population. One theory is that Romans mistakenly thought that the land was occupied by a single nation and began to call them "Picts," possibly from the Latin *picti* meaning "painted people."

The first we hear of Christianity in what's now Scotland is the mission among the southern Picts planted by an evangelist named St. Ninian. The mission house was apparently whitewashed, or perhaps made of bright stone, and the mission came to be called Whithorn, which means "white house." You can find Whithorn in Galloway, in southwestern Scotland, due east from Belfast across the Irish Sea. (See the map.)

A fourth-century date for Whithorn, although it can't be demonstrated by documentary or archeological evidence, is plausible because an artifact was discovered there which can be reliably dated to about 450. It's a memorial stone commissioned by someone named Latinus and his unnamed daughter. It bears an inscription of praise for the Lord, and features the Chi-Rho symbol that early Christians used.

*(continued on page 6)*

## Part 11: Scotland, to the Reformation (Cont.)

### The "scotti"

Latin writers called the Gaelic-speaking people of Ireland scotti. By the fifth century numbers of them had crossed the Irish Sea, settled on the west coast of what we now call Scotland, and had formed a kingdom called Dál Riada.

Some scotti may already have been Christian in Ireland, but many were converted under the ministry of a mission house on Iona, an island off the coast of Dál Riada. In an earlier article in this series we saw how Iona in the seventh century played a crucial role in the Christianization of the powerful Anglo-Saxon kingdom of Northumbria. But decades earlier the founder of the Iona mission, St. Columba, was leading an inspired and effective mission to Dál Riada and neighbouring areas.

Columba was a devout Irish Christian monk blessed with revelations from the Lord as well as gifts of prophecy, preaching, energy, leadership, and passion. Medieval writers gave him overwhelming credit for the evangelism of the scotti and some Picts, but many unknown Christian witnesses and many social factors were no doubt involved as well.

After he died, Columba's relics and his crozier were seen as holy and powerful. Robert Bruce's army, on its way to the Battle of Bannockburn, carried a reliquary containing some of his remains.

### The kingdom of the Scots

By 800 two other populations, besides the scotti and Picts, were influential in the land. Northumbria controlled what's now southern Scotland; it established an Anglo-Saxon bishopric at the holy site of Whithorn. And Viking raiders from Scandinavia began settling in the north, and gradually became Christian. Modern Scots are likely to find two, three, or even all four of these lineages in their DNA genomes.

The first Scottish king is usually identified as Kenneth MacAlpin, who unified Dál Riada and the Picts in 843. One theory is that his father was Gaelic and his mother was Pictish, which would have given him credibility in both nations. His kingdom was more a federation of peoples than an assimilated single nation.

The Vikings threatened and pillaged Iona, so Kenneth preserved Columba's relics by sending some to Kells in County Meath, Ireland, and others to a shrine at Dunkeld, north of Perth. (Dunkeld comes from the Gaelic "Fort of the Caledonians.") Dunkeld became an ecclesiastical centre under royal patronage and a pilgrimage site.

### St. Andrew



The story goes that in the fourth century a St. Rule (or in Latin St. Regulus) lived in the town in Greece where St. Andrew, the brother of St. Peter, had been buried. Hearing that the Roman emperor wanted to remove Andrew's remains to Constantinople, St. Rule worried they might get lost, so he and some followers took some of them (a tooth, a kneecap, three fingers, and part of an arm bone) to Britain, far outside the emperor's jurisdiction. An angel directed them to the Pictish settlement that is now St. Andrews, Scotland. Historians are a little skeptical of this story. But, in any event, St. Andrew became the patron saint of Scotland.

Another story goes that St. Andrew, facing crucifixion for his faith, thought himself unworthy to die on a cross shaped like the one on which Jesus had died. Instead, he died on what's now called the St. Andrew's cross, which is represented in the flag of Scotland.

### Two streams of Christianity

To speak inexactly but, I hope, usefully, there were thus two major streams of Christianity in early medieval Scotland. The Iona stream, among the scotti, was a Celtic one of Scriptural devotion, books, preaching, simplicity of life, connection to nature, and the arts of music and poetry. Its model saint was Columba, and its centre was Dunkeld. The Northumbrian stream which influenced the Picts was a Roman one of papal authority, institutional organization, law, tradition, theology, and the arts of architecture and artisanship. Its model saint was St. Andrew, and its centre was St. Andrews.

### St. Margaret

Margaret was an Anglo-Saxon princess whose family fled England at the Norman Conquest in 1066. Soon afterwards she married the king of Scotland, Malcolm III. She was very devout, practiced charity to the poor and orphaned, and followed a regimen of private devotion and attendance at mass. *(continued on page 7)*

## Part 11: Scotland, to the Reformation (Cont.)

As queen, she helped forge a national Scottish Kirk (Church) by supporting both the Celtic and Roman expressions of Christianity. For instance, she ensured that Iona would be rebuilt after its ravaging by the Vikings, and she led the Church in the direction of honouring papal authority and Roman liturgical, legal, and traditional practices. She also tried to elevate her husband's piety by reading Scripture to him. She's the only Scottish monarch who has been recognized as a saint by the Roman Catholic Church.

### Other medieval developments

In these centuries, as in England and elsewhere in Europe, parishes were formed, systems of tithing ("teinds" in Scotland) were established, monasteries were set up, cathedrals were built, and universities were founded (the first one at St. Andrews).

Scotland generally had warm connections with France, since both nations had a tense and sometimes hostile relationship with England. Many Scottish monasteries belonged to French monastic families, and many Scottish students attended the Universities of Paris, Orleans, or Louvain.

By the sixteenth century the church in Scotland, as elsewhere, faced problems. Parish revenues were being bled for other purposes, which negatively influenced clergy morale and the pastoral care of the laity. Many of the church's higher leaders were ambitious politicians, spiritually unqualified. Monastic life was in decline. The Kirk needed reform.

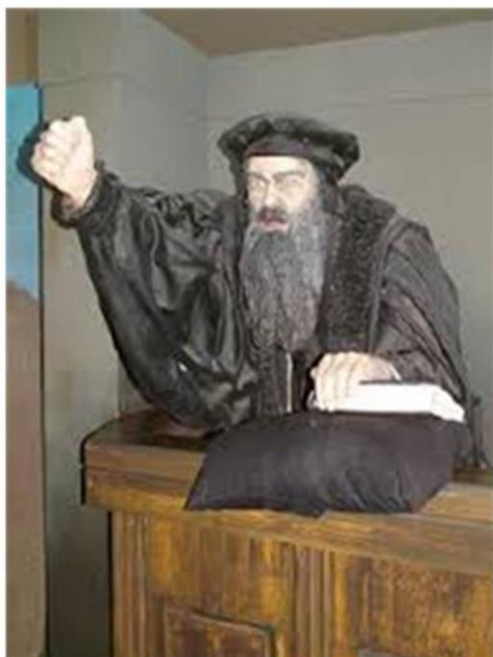
### The Scottish Reformation

As elsewhere, religious and political divisions were connected in the Scottish Reformation. Supporters of the Pope tended to be pro-French, and Protestants weren't.

At the centre of controversy were Mary Stuart, Queen of Scots, who inherited her throne in 1543 at the age of six months, and her French mother Mary of Guise. The daughter grew up in France while her mother (in 1554) made herself Regent. Their policy was pro-French and pro-Catholic.

Protestant Scots were persecuted. Most notably, George Wishart, a Protestant influenced by English and Swiss church leaders, was burned as a heretic in 1546 on the orders of the pro-French archbishop of St. Andrews (who himself was assassinated by Protestants three months later).

At age sixteen, Mary Stuart married the heir to the French throne, and became Queen consort of France the following year. It looked as if Scotland would become a French province. Queen Elizabeth of England was naturally alarmed, and quietly supported the Scottish Protestants,



The chief of the Scottish reformers was John Knox, a brilliant and gifted university graduate and priest, a follower of George Wishart, and one of the assassins of the archbishop of St. Andrews. In exile, Knox ministered first in the Church of England and then in Geneva, where he befriended the city's great Reformed theologian John Calvin.

In 1559 Knox returned to Scotland, where his fiery sermons raised Protestant feeling and triggered mob action. Mary of Guise conveniently died in 1560, and since her daughter was in France, the Scottish council and Parliament took charge. They reformed the Kirk by abolishing the papacy, adopting a new confession of faith, abolishing the mass, reorganizing worship, and authorizing a General Assembly to direct church affairs. The approach was much more Protestant than the Elizabethan Reformation.

For the next 130 years the Kirk alternated between an episcopal system of government and a presbyterian one (involving oversight by lay and ordained elders), and ended up presbyterian.

### James VI

Mary Queen of Scots returned to Scotland from France after her husband's early death in December 1560, but she was forced to abdicate in 1567. (She was imprisoned, escaped, raised an army, was defeated, and fled to England, where she was confined, indulged in conspiracies, and, finally, was convicted of treason and executed in 1587.)

On Mary's abdication her son, one year old, became king as James VI. In 1603, when Queen Elizabeth of England died childless, James VI, a direct descendant of King Henry VII, was invited to take the English throne as King James I. England and Scotland remained separate countries, but they now shared a king. James I was the first English monarch in the House of Stuart.

Next month we'll look at Ireland to 1603, and the following month to the Stuart age.

## St Cuthbert's Outreach

One of our outreach partners is 'Music4Life' which provides a music therapy program for all ages of clients. The program is run by Sandy Ludwig, BMT who is a trained music therapist and operates from our Music Studio (the old youth room). Sandy has kindly taken time to explain to us what music therapy is and how it changes the lives of her clients.

What is Music Therapy? An everyday definition of music therapy is when a trained Music Therapist uses music to support individuals or groups in one or more areas of human development. This includes cognitive, communicative, emotional, musical, physical, social, and spiritual domains.

Music therapy is used with individuals of various ages, abilities, and musical backgrounds in clinical, educational, community and private practice settings. At St. Cuthbert's, Music4Life specializes in providing music therapy services to persons with developmental disabilities.

The idea of music as a healing influence is well known throughout history. The 20th century profession of Music Therapy formally began after World War I and World War II when community musicians of all types, both amateur and professional, went to Veterans hospitals around the country to play for the thousands of veterans suffering both physical and emotional trauma from war. The patients' notable physical and emotional responses to music led the doctors and nurses to request the hiring of musicians by the hospitals.



**Sandy with Callum one of her clients  
(photo used by permission)**



Music Therapists work now with a wide variety of people of all ages with medical conditions, living conditions and goal areas. Some examples include Autism Spectrum Disorder, Emotional Trauma, Long/Term Palliative Care, Physical Disabilities, Pain Control, Mental Health, etc.

Music therapy is a process that is unique for everyone. In a treatment program, a person's responses and connections to music are used to encourage practicing skills that are going to make a difference in their life outside of the music therapy session. Many of the clients that come to St. Cuthbert's for Music Therapy are children who's goals include developing their attention span, improving their verbal or non-verbal communication, improving their social skills, or learning about how to manage and express their emotions.

Memorable moments include a child with a communication disorder speaking their first word ("eph-la-lent"), a palliative care client departing to the sound of their favourite hymn while surrounded by their loved ones, and a group of youth headlining the half time show at a professional hockey game.

For more information go to the Canadian Association of Music Therapists  
[www.musictherapy.ca](http://www.musictherapy.ca)

To speak to Sandy Ludwig, Music Therapist/Director Music4Life, 647-607-2511,  
[contact@music4lifeinfo.com](mailto:contact@music4lifeinfo.com)



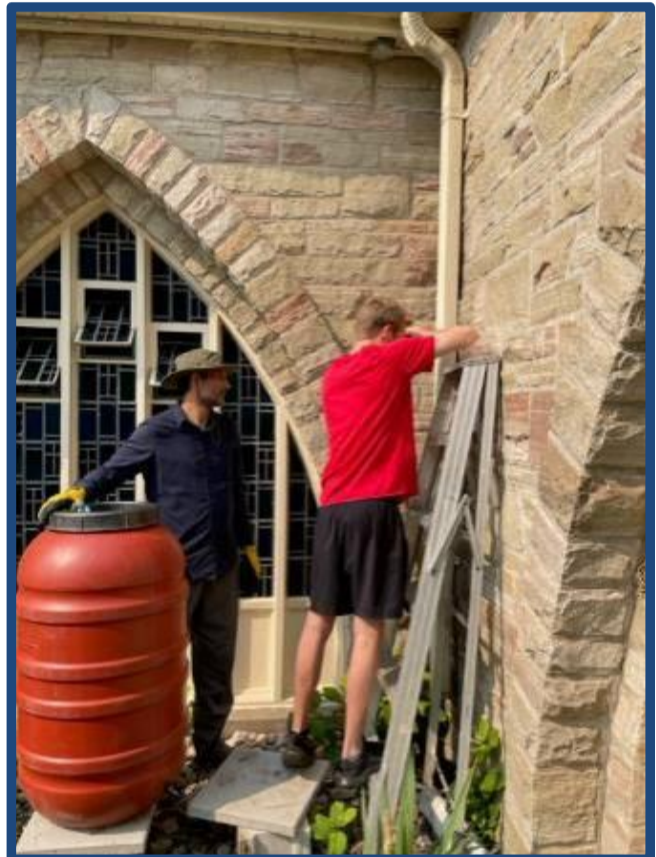
# St Cuthbert's Garden News



← Three youth volunteers Devon, Nick and Max helped Dave MacKay and Malcolm remove the raised garden so it could be rebuilt on the other side of the Church.



→ Youth volunteer Nick and Ali helped by Lyman rebuilt the new raised bed reusing the soil, wood and gravel from the old bed. A gravel walkway between the beds allows easy access and wheelchair access. The beds are ready for planting this years crop.



← Nick and Ali installed two new rain barrels.



→ St Cuthbert's has grown tomatoes from seed (saved by Ali from last year's crop) which will be used at St Cuthbert's, Maple Grove United and Clearview Reform Church.

## Celebration of the Coronation of King Charles III and Queen Camilla

A Service of Choral Evensong in celebration of the Coronation of King Charles III and Queen Camilla was held at the Cathedral on May 7th. Many people from St Cuthbert's attended and Ann Grose read the prayers. Refreshments were provided after the service.

## In Memoriam - Audrey Van Valkenburg

Long time choir member Audrey Van Valkenburg died in May this year and a Celebration of Her Life was held on May 24th. The service was conducted by Ven. Jeff Ward. Audrey was a member of St Cuthbert's Church for many years and had a beautiful alto voice and will be remembered for her solo performances. She had retained a lovely Scottish accent having lived in Edinburgh as a child. She is remembered as the choir mother because she always made sure the men were properly dressed in their cassocks before the service. Her daughter Heather Di Marco inherited her alto voice and also sang in the St Cuthbert's choir before she moved from Oakville. Present and former choir members are having a dinner at the Queens Head on 4th July as a 'Toast to Audrey'.

## June Food Drive

The youth of the church distributed food bags to the houses in the area around the church and then on a beautiful June day (10th) collected the bags. There were six teams with drivers, David Aylward, Rick Little, Dave MacKay, Jeff Ward and two members of the Chinese community. All the food collected was taken to Kerr Street Mission Food Bank where Eleanor and Dick Alcock helped with the unloading. We collected 360 lbs of food from the community. Thanks to Anna our Youth Leader for organising the Food Drive.



## Holiday Snaps

Anna has been on Youth Pilgrimage to the Holy Land and will be writing about it in the 'Niagara Anglican' and will also be sharing with us next month.

Ghazal has been on holiday to visit family in Iran and has sent some holiday snaps for us. Iran looks very beautiful.

