



Sunday Services

8:00 a.m. Traditional Anglican Service (BCP)

10:00 a.m. Contemporary Eucharist with Choir

SERVICE CHANGE

From September 4th the 11:30 a.m. service will combine with the 10 a.m. service at 10 a.m.

Friday Service

9:00 A.M. Morning Prayer on Zoom
(followed by coffee)

Masks are optional at services

Who's Who - Karen and Jeff Bamford

Meet Jeffery and Karen Bamford, two faces that are well known to those who regularly attend services. Newcomers may not have seen Jeff as he is the technical wizard working behind the scenes up in the gallery producing the live stream and YouTube videos for us. Karen can be seen every Sunday at the front of the church in the choir.

Jeff and Karen both come from Fredericton, New Brunswick and were raised Anglicans in families that regularly attended church, although not the same church. They both attended the University of New Brunswick at the Fredericton campus. They came to know each other through mutual friends and were married in 1994 at the Cathedral in Fredericton and as they say the rest is history.

They have two children, Emily and Stephen, and share the house with two cats and two dogs. They moved to Oakville in 1998 and tried a couple of Anglican churches before finding St Cuthbert's in 2003 and they have been with us ever since. They liked St Cuthbert's because of the more traditional form of worship service and the Sunday School. Their son Stephen was baptized at St Cuthbert's.

Karen and Jeff have been actively involved in the church for many years. Karen manages to mix her job in the Biobank at Hamilton General Hospital with her volunteer work as Sunday School teacher (for 10 years), Church choir for the last 6 years, Snowy Owl in the Brownies for 15 years and Warden. Jeff has also managed to mix his work as an audio-visual consultant with volunteering at St Cuthbert's. He is one of the organizers of our very successful Christmas Tree fundraiser. He has been a Warden and Synod delegate. He says he really enjoys his current volunteer role as Technical Coordinator for the Sunday services, as it is hands on as opposed to his work as a consultant.

Karen and Jeff say that what they really like about St Cuthbert's is the spirit of community that exists in the church, the friendly and loving congregation and the fun that they have had performing their volunteer jobs at the church. Thank you, Jeff and Karen, for offering so much of your time and talent over the years and being such faithful members of the church.



Jeffery and Karen Bamford

"we like the spirit of community at St Cuthbert's "

Playground Rehabilitation - Paradise Garden

On Saturday August 20 the contractors came to remove the base of the old children's slide area, demolish the shed and de-pave the area. The asphalt was removed and put in two bins for recycling. The gravel was placed in the car park and what is not claimed by the community, will be re-used when the new garden is created. With their machines the contractors easily achieved in a matter of hours what our volunteers had tried to do manually but found impossible.

Removing the old slide base



Site cleared and ready for the new garden



Moving the debris to the bins

The cost of de-paving and clearing the site was paid for with a grant from TD Bank and in conjunction with the Halton Environmental Network (H.E.N). The next stage is to finalize the design of the garden with H.E.N. We have also kept the large tube from the playground and we intend to cut it into 3 sections and re-use these as planters in the garden. There is still much to be done to create the plan, with the input from everyone in the community, and to make that plan a reality with the help of many volunteers from the community as well!

Food Ministry



Eleanor Alcock
905-3370121

Kerr Street Mission (KSM) and Fare Share Food Bank are both very grateful for fresh vegetables as they endeavor to provide healthy food for their clients even as prices rise. Those in the congregation who grow vegetables in their gardens and find that they have an abundance that they cannot use themselves, can now bring it along to church on Sunday with the normal canned and dried food and it will be taken into KSM, Fare Share, or The Salvation Army on Monday. If you leave fresh produce in the Narthex please let Eleanor or Lori (in the office) know. The MacKay family found that they had grown more tomatoes than they could eat and so donated them on Sunday for the food bank. They look delicious!





Anglican Christianity: A Series

by
Professor Alan L. Hayes

Part II: Christianity in Roman Britain to 300 C.E.

About the time that Christianity was first spreading, most of what we now call England fell under the control of the Roman Empire. Before 300, we can be pretty sure that there were Christians in Roman Britain, because of some contemporary references in the documentary sources. But these references are rather allusive, and give little detail.

Otherwise, what we have, for the period before 300, is lots of legends that emerged at a much later date. Historians tend to be spoilsports, and have debunked all of them. Nevertheless, the legends have helped shape Anglican Christianity, and they're interesting, so they're worth mentioning.

There are legends that some New Testament figures visited Britain, including St. Paul and St. Simon the Zealot (mentioned at Acts 1:6). Another story says that the obscure Claudia and Linus, mentioned in I Tim. 4:21, were children of a British king, and that Linus became the second Pope.

Another New Testament figure who is supposed to have visited England is St. Joseph of Arimathea, who took responsibility for Jesus' body after the crucifixion. In one story, Joseph of Arimathea was sent by St. Philip, after the Resurrection, to lead a group of disciples to evangelize Britain. It's said that at Glastonbury he founded Britain's first church. He also brought with him the Holy Grail, which had been used to collect Christ's blood at his crucifixion. It had miraculous powers. It was carefully hidden, and, centuries later, says the legend, King Arthur and Queen Guinevere of Avalon (Glastonbury) sent the Knights of the Round Table on a quest to find it.

It's thought that these Glastonbury legends were developed by the medieval abbey at Glastonbury to promote pilgrimage tourism. Another colourful legend says that Joseph was Jesus' uncle, and, long before the Resurrection, when Jesus was a teenager, Joseph took him along on a business trip to Britain. The hymn "Jerusalem" by William Blake, which appears in our older Anglican hymn books, refers to this legend:

**"Was the holy Lamb of God
On England's pleasant pastures seen!"**

Some other legends involve a King Lucius of Britain, a second-century Christian said to have founded Westminster Abbey and a number of other churches. Those legends apparently started when a papal document, naming Lucius as the king of Britium, was thought to refer to Britain. Really Britium referred to a place in Syria.

A final legend I might mention is that the ten lost tribes of Israel migrated to Britain. For this story, you'll recall that, in the Bible, there were twelve tribes of Israel, descended from the sons or grandsons of Jacob. Ten of these tribes seceded into the "Northern Kingdom" in about the 930s BCE when they rejected Solomon's son as king. This schismatic kingdom was destroyed by the Assyrians around 720 BCE, and its ten tribes were lost to history. Where did they go? A small group called British Israelites, who became organized in the 1870s, declares that they went to Britain. The Celtic Britons in the period of early Christianity were (they say) the progeny of these non-Jewish Israelites.

Again, we can be sure that none of these legends was true. But they tell us that, through the centuries, many Anglicans have wanted to claim a special divine and Biblical status for Britain, independent of any other church tradition or authority. They have thought that, therefore, the Church of England has a special mission to form the national character in Christian ways and a weighty responsibility for global Christian leadership.



St Cuthbert's Mission Action Plan (MAP) September Update.

submitted by David Aylward



We're happy to provide a quick update on our Mission Action Plan ('MAP'). Your MAP Coordination Team - David Aylward, Florence Xie and Che Marville - is getting ready to host the second set of meetings to put your parish priorities into action. Recall at our June 2022 meeting we voted and identified which ideas we should prioritize to help answer God's call to our church at this time. The Team will now help provide the resources and remove any impediments to making these ideas a reality. This will be done at a meeting for each of the 3 MAP areas - 1. Adult Faith Formation; 2. Reshaping Parish Culture to Enable Ministry; and 3. Fullness of Life in the Neighbourhood. A 1-page summary can be found below. The key success factors will be to avoid biting off more than we can chew, and second to ensure that we stay on track and focused in order to be efficient. Oh, and let's not forget about meeting our friends and having fun.

Each area will be led by one of the coordinating team members. And we have all taken the Diocesan course "So You Want to Facilitate the Mission Action Plan Process", through the Missional School for Leadership. It was a wonderful course and we met others from around the diocese who are in the same boat, so we've got lots of ideas and lots of energy. The meetings will be scheduled throughout September, on Sundays after the services, so watch for notices. You are highly encouraged to attend the one that you indicated in June that most appealed to you. However, you're welcome to attend more if you like. They will be short and action oriented. We'll close here with a bit of homework on your parts. Consider the question: what is a good source for more volunteers to join us in putting these ideas into action? As always if you have any questions or thoughts, please contact any one of us directly or through Lori in the church office.

PARISH INITIATIVES		
Adult Faith Formation	Reshaping Parish Culture to Enable Ministry	Fullness of Life in the Neighbourhood
1 Faith Talking and Sharing Group, to tell our faith story, share our growth in faith, God's daily presence in our life, and invite new comers to join the discussion	1 Community Music Program (i.e. instrumental, vocal, drum circle gathering, for all ages)	1 Partner with local schools (i.e. connect with children and youth for community activities and events including Climate Action)
2 Daily Individual Practice: Bible Reading, Bible Journaling, Daily Office, Examen, etc	2 Seniors Programs - reduce isolation and facilitate socialization (i.e. prayer, singing, dance, taichi, yoga)	2 Host an annual e-waste recycling event
3 Taichi	3 Be a multi-cultural and multi-lingual Anglican Church (i.e. develop a welcoming process to engage newcomers)	3 Enhance partnerships with the Halton Environmental Network and other groups (i.e. depave project, rain barrels, community events)
4 Meditation	4 Youth and Young Adult activities (i.e. Bible Journaling, volunteering, event creating, social gatherings)	4 Participate in community clean up efforts

Men's Lunch



Dick Alcock

Make a note in your diaries, the Men's lunch will be Friday September 30. Dick will be sending an email with the venue and time as usual.



Our Music Director - Dr Dan Lee Mission to Guatemala - 2023

In the July edition of the Messenger Dr Dan told us about the volunteer work he does for Health Outreach and that the mission had been canceled for the last two years because of COVID. Today he writes :



In January 2023, I will be returning to Guatemala to perform dental services for the poor and indigenous population of this Central American nation. I will be traveling with a charitable organization called Health Outreach. Health Outreach is a non-profit charity dedicated to providing dental services to impoverished people in remote areas of developing countries. This coming mission, I will be going to a region that we worked in four years ago called Quesada, and its surrounding villages. This is in the interior region of Guatemala, and believe me when I say that I am still surprised after 10 years of these mission trips, at the dire nature of their mouths.

I know you are approached by many other very good charities but for Health Outreach, I can attest to this charity, which was started by my friend, Dr. Tim Lee. The charity is Toronto- based, from Tim's home and dental office, and is completely volunteer driven, so **ALL (100%) monies go directly to the dental care of the children**. All mission volunteers pay for their own airfare and accommodations in Guatemala. I encourage all of you to check out Health Outreach's website at: <https://healthoutreach.ca> The website is filled with details about the charity and pictures and testimonials from past missions.

I would like to ask you to consider sponsoring our January 2023 trip to Guatemala with a \$100-\$150 (or whatever your heart wishes) donation. All donations over \$50 will receive a CRA charitable tax receipt (registration #861752889RR0001). Again, all donations will be used in the direct provision of dental health care and not towards administrative costs. Donations are accepted via Credit Card or Paypal online at www.healthoutreach.ca - When submitting online please be sure to include my name in the FUND section * as "GUATEMALA- Dr. Daniel Lee". The team thanks you for helping the children in even the limited way that we can. You can also send your donationcheque to the following address:

Health Outreach, c/o Dr. Daniel Lee,
3335 Meadow Marsh Cresc.,
Oakville, ON, L6H 0T5.

Thank you in advance for your generosity.
Dr. Daniel Lee, BSc, DDS, FAGD

Also if you have unused toothbrushes, toothpaste or floss that your dentist gives you at every visit and you don't use !! please donate them to the children in Guatemala. They also give out clothes to those in need.



Outreach News - Kerr Street Mission Dinners

Leader: Samira Keshavarz email: shirvan.samira@gmail.com



**Dinners will Re-start
Monday, October 31, 2022**



Samira

We are preparing 70 meals at KSM on Monday, October 31. More volunteers have joined the team which now comprises - Rick Little, Wendy Cato, Malcolm, Dan, Parisa, Florence, David Aylward, Alan Hayes, Dawn (backup) and the Mackay family. If you would like to volunteer, please contact Samira (email above). We estimate the cost of the food will be around \$350 (\$5 per serving). **Anyone interested in being part of this outreach, but doesn't want to cook, can donate money to St Cuthbert's by cheque or E-Transfer marking it "KSM dinners".**

St Cuthbert's Youth News

WEEKLY YOUTH EVENTS AT THE CHURCH

- Sunday 10 a.m. Youth Bible Journaling with Anna
(in the meeting room)
- Sunday 10 a.m. Sunday School (younger kids)
(In the Parish Hall)
- Friday 7 - 9 p.m. Youth Music and Event
Players (teenagers group)
- Saturday 9 a.m Youth volunteer morning



Anna Tavakoli
Youth Leader

Contact Anna:
youth.stcuthbert@gmail.com

Let's Dance Youth Event

On Saturday, August 13, our youth volunteers joined us for a fun Dance and Karaoke night. We started with Karaoke and we sang hit songs such as Bohemian Rhapsody, YMCA, Riptide, Blank space, and many more. After dinner we continued with our second activity, playing Just Dance!

Just Dance is a dancing game where you follow the coaches' moves on the screen and receive points based on accuracy. Lastly, we ended the night by dancing to YMCA and doing a "raffle". Everyone won a prize! :)

Thank you to the youth for joining us and helping with the clean up afterwards. A special thanks to Nicola, Lori, Ann-Harvey Hope, and Venerable Jeff Ward for helping with the event. We are looking forward to having more youth events in the Fall.



Upcoming Events



Watch This Space

October/November

Halloween themed movie night for youth
Pumpkin carving

Possible Fall family photo shoot to raise money for children and youth activities.
Any youths out there interested in photography and have good editing skills! Please let Anna know.

We are looking for Adult and Youth volunteers to help at the Family Fun Fair (September 10) with:

- * Welcoming and Registration
- * BBQ hamburgers and hot dogs and Serving
- * Bouncy Castle supervision
- * Food and Prizes Acquisition
- * Games
- * Face Painting
- * Hospitality Table
- * First Aid
- * Set up and Take down

St Cuhbert's Garden



Ali

August has seen the plants in our garden grow rapidly and produce good crops. This year we planted a greater variety of vegetables, cucumber, okra, zucchini as well as tomatoes. The zucchini and tomatoes are producing pounds of produce which we have donated in almost equal amounts to Kerr Street Mission, Fare Share Food Bank and The Salvation Army Lighthouse Shelter. On August 22 we spotted our first cucumber (photo left). The photo below shows the beautiful flower of the okra plant.



St Cuthbert's first Cucumber!



Okra flower



Our okra



Ali picking tomatoes with the children

Okra is a plant that is normally grown in hot countries or the southern states of the USA. Our okra seem to be smaller than normal but can still be used in the kitchen.



Tomatoes picked by the children

At the beginning of August, after we had harvested all the garlic, we planted swiss chard in our raised beds. Due to the dry weather these germinated in patches but are beginning to grow. They will produce a crop right through until the fall. We had to remove one of the arms of the cross to allow the contractors access to the children's playground with their machine, but this will be put back. Ali has been busy



Raised bed growing swiss chard

weeding since this photograph was taken.