



St Cuthbert's Church

Venerable Jeff Ward : rector.stcuthbert@gmail.com

e-Messenger

July 2022



Sunday Services

- 8.0 a.m. Traditional Anglican Service (BCP)
- 10.0 a.m. Contemporary Eucharist with Choir
- 11:30 a.m. Bi-lingual Mandarin/English Service

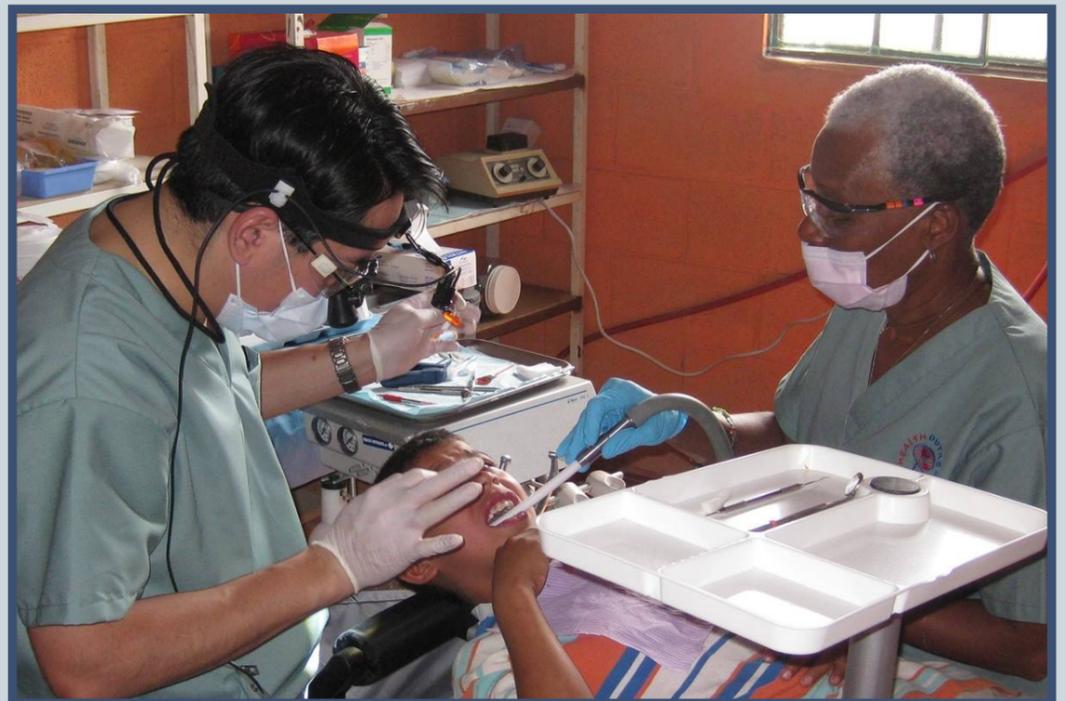
Friday Service

- 9:0 A.M. Morning Prayer on Zoom
(followed by coffee)

Masks are optional at services

Our Music Director - Dr Dan Lee - DENTIST without borders... Life- Changing Experiences over 10 Volunteer Missions

As Canadians, we can easily take many things for granted. Dental-care is a private service for many, and often provided by employer benefit packages. For those in need, with special attention to Seniors and Children, the government does provide general dental services. When we look outside of our country, the same cannot be said. Some countries have naturally-landscaped beauty, but are unfortunately poor, such as in Central America. Our music director, Dan Lee, decided to join a volunteer dental mission to one of those countries, Guatemala, which is situated just south of Mexico. He was finally convinced to join the trip, organized by Health Outreach, a Canadian charity, founded by Dan's good friend Dr Tim Lee.



After the first trip, Dr Dan did not need any more convincing and has gone on every annual trip. Unfortunately it was paused in 2021 and 2022 due to COVID-19.

The volunteers pay all their own expenses during the 10-day trip including their own airfare and meals. Dan writes about a typical mission experience:

We arrived in mid-afternoon to the brand new maroon colored clinic, reminiscent of the Spanish-colonial architecture of Central America. A rewarding challenge to layout a dental office in the new space. Two larger treatment rooms to accommodate 2 dental stations each, one smaller room that fits one dental chair with the assistant. The main large room had 3 treatment chairs lined up on one side, and the sterilization area and triage on the other side. For the first time, Health Outreach had 8 operatories drill/suction units set up, with all of our 9 dental chairs set up also.

Over our 6 days of clinic from Sunday to Friday, we treated 543 needy children and some adults, completing 1150 procedures, including 778 fillings, 18 root canals, and too many extractions :(The need is great in this province of Escuintla. Many presented with multiple infections in their mouths. Some needed multi-site extractions, others multi-site fillings. At the end of the appointment, the children would also pick a piece of clothing, donated by the family and friends of the volunteers.

Dr Dan Lee - DENTIST without borders

Some however presented with infections too large to treat immediately. In these cases, we would give antibiotics to settle the swollen areas, and then treat after 2 or 3 days.

Priority is given to anterior teeth for restorations. If the teeth are fixable, we try to preserve their smile. This in turn helps with their self-esteem, and hopefully with their own solutions to bring them out of poverty. The communities in and around San Gabriel mostly work at the garbage dump in the area. Most of these kids (and the adults) have never seen a dentist before. It is a new, but definitely scary event for them, as they do not know what to expect. Our team of translators and local volunteers are needed to allay any of their apprehension.

Once the freezing is administered, the children seemed to calm down a lot more. Perhaps because they have heard of some dentists in Guatemala, not using any method of anesthesia at all! Friday afternoon was our pack-up day and we packed all the necessary cargo for Team #2, going to Rio Dulce. Team San Gabriel had a smashingly successful week, bringing smiles to so many grateful people! All the volunteers kept their big smiles all week, and enjoyed their experiences helping brothers & sisters... we are all God's creations.

Much worthy gratitude to Eloisa Flores of Quesada Solidaria for hosting us, and keeping us safe during all the clinic hours and throughout our entire stay in such a beautiful country.

*Coming together is a beginning.
Keeping together is progress.
Working together is success. Henry Ford.*

Donations to Health Outreach can be easily made on their website: www.healthoutreach.ca
100% of donations goes straight to patient care, in this completely Volunteer-run Canadian Charity.



Dr Dan - "we try to preserve their smile"



Dr Dan Lee - St Cuthbert's Music Director

Baptism - of Shuning, Zhen and Shaoping



On May 29th we welcomed three new people into the Christian family. Their names are Shuning Mo, Zheng Kong and Shaoping Li.

Zheng Kong, called by her Christian name Jane, sings at the 11:30 service and with Nicola is working in the youth music ministry.

Shaoping Li was first moved by Christian music when she attended a music lecture given by our 11:30 Music Director Dan Ye at St Simons Church. It was in Christian music that she found Christ.

Shuning Mo became involved with the church when she attended the Chinese Zoom morning Bible Study with Fr. Garfield. We welcome them all into the Christian family at St Cuthbert's!



BBQ and Mission Action Plan (MAP) - Sunday June 26



Following the Service on Sunday June 26 the Mission Action Plan that was established through contributions from the Parish over the past 3 years, was shared with the Parish. The facilitator, helped by Florence and Dave Aylward (the MAP Team). As a group we voted for the activities we thought were most important for the Parish to pursue in the coming year.

Yes - the rain held off ! After the MAPS meeting we adjourned to the lawn and enjoyed a really good BBQ provided by M&M Foods and we were entertained with music and dancing. Lots of people had a go on the drums and percussion and the saxophone player really made the day. It was a fun family event and included people from the 8 am, 10 am and 11:30 am services.

It was so nice to see the mix of all generations from 3 years to over 80 year olds and the sound of laughter and enjoyment from everyone. It was good to see so many teenagers.



Thank you to Dan Ye and Pam for the music and all those who helped to organize the event and especially to Fr. Jeff and Fr. Garfield

What a fantastic day we enjoyed together !

Who's who - Meet Professor Alan Hayes our Honorary Assistant

Alan is our Honorary Assistant here at St Cuthbert's. He is married to Morar who was the Minister at Maple Grove United Church until recently. Alan studied Philosophy and Classics at Pomona College California and having graduated in those subjects he went on to a 2nd degree in Divinity at McGill University.

It was not until he was a student at McGill that he was confirmed in the Anglican Church. Alan and Morar met as students at McGill University. Alan went on to do his Doctorate in Church History (English Reformation) while Morar was doing her Masters degree. They were part of a student group that shared meals together and have never looked back and this year celebrated their 51st Wedding Anniversary. They have two daughters and 4 grandchildren.

Alan was born into a Christian family and attended church as a child. As a teenager he drifted away from the church but was always seeking Christ especially in sacred music and reading and at McGill it came together and he was confirmed.



After McGill Alan took up the position of Professor in Church History at Wycliffe College, University of Toronto, in 1975 and has been there for 47 years. He was ordained in 1989 in the Diocese of Toronto and moved to the Diocese of Niagara when Ralph Spence was Bishop. From 2007 to 2018 he was part time Director of the Toronto School of Theology.

He has been an Honorary Assistant at a church in the Diocese of Toronto and also at St Simons here in Niagara. Alan says that the Bible is at the centre of his spiritual life and so he loves the St Cuthbert's Bible Study evenings where lively discussions takes place, different opinions are expressed and argued but in a such a friendly atmosphere.

Alan has served in organizations not directly linked with the church, for example the board of a private Adoption Agency and Amnesty International.

He is looking forward to retirement when he can spend more time writing. He has written several books and is working on Indigenous Christianity in Canada. He has his own website :

<http://individual.utoronto.ca/hayes/>

Outreach News - Kerr Street Mission

Submitted by Eleanor Alcock



More than 250 people use the KSM food bank regularly. Let's help them and **FILL our Shopping Trolley!** (Located in the Narthex)

Items most needed are:

Flour	<u>Canned</u> Items
Sugar	Fruit
Cereal	Salmon
Rice	Chicken
Soup Broth	

Dinners have Re-started

Cooked meals have re-started at KSM and they would be very happy for us to help as we used to before the pandemic struck. We have been asked if we can provide meals on a Monday starting in October.

Our team is led by Samira Keshavarz who says she is excited to do it. We need a team of 8 people and so far have 4 volunteers so **we are looking for four more**. Contact Samira if you would like to take part - shirvan.samira@gmail.com



St Cuthbert's Youth News

Youth Movie Night

Anna Tavakoli - St Cuthbert's Youth Leader



On Saturday, June 4, 2022, we had our first in-person youth movie night post-pandemic. The event was very successful. Initially 20 youths had signed up for the event, however, we actually had about 35 youth in the room by the time the movie concluded!

The movie was wonderful, we watched *The Pursuit of Happyness* (that's right, 'happyness' is spelled with a 'y' :) starring Will Smith and Jaden Smith (his son). We had lots of pizza, popcorn, desserts, and pop drinks. The movie started around 7:45 and ended around 10 pm. Thank you to the youths for joining us and helping with the clean up afterwards. Special thanks to Nicola and Venerable Jeff Ward for helping with the event and advertising.

We are looking forward to having more youth events, stay tuned for our Youth Game night this summer!

Youth Music and Event Players

Nicola and Jane (Kong Zhen) have started a youth music group called Youth Music and Event Players. They meet Friday evenings between 7 and 9 p.m. at the Church. At their first meeting 22 youth between the ages of 13 and 17 showed up.

The group was created with two objectives in mind:

1. Use their talents to serve the community
2. Sharpen their music and performance skills.

The group is student centred and directed.

The kids who turned up had a variety of music skills, they played Piano, Violin, Clarinet, Flute and some were singers. The evening is split into two sessions. The first hour concentrates on singing, dancing and public speaking. Nicola says they are looking for teachers who can help improve their skills in these areas.

In the second hour the students choose the music they want to practice. There are basically three options, pop music, classical music and traditional Chinese music.

The pop music group is led by a young man called King who is the Pop Music Director (you may have seen him in church in our choir on Sunday). He has his own band. Jane leads the other two categories.

We will be seeing more of these young people at Church functions in the future.



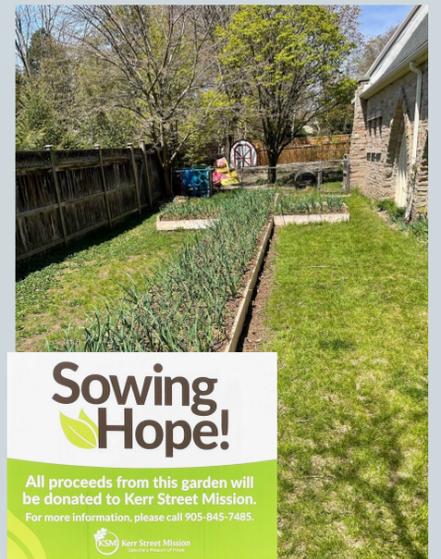
Nicola and King at the first Youth Music Evening



St Cuhbert's Garden

The first harvest of our garlic was on the weekend of the 4/5th of June. It was a great success and together with our partner churches, Maple Grove United and Clearview Reformed Church we raised \$1750 which will be donated to Kerr Street Mission, Fare Share Food Bank and some may be used to expand the garden.

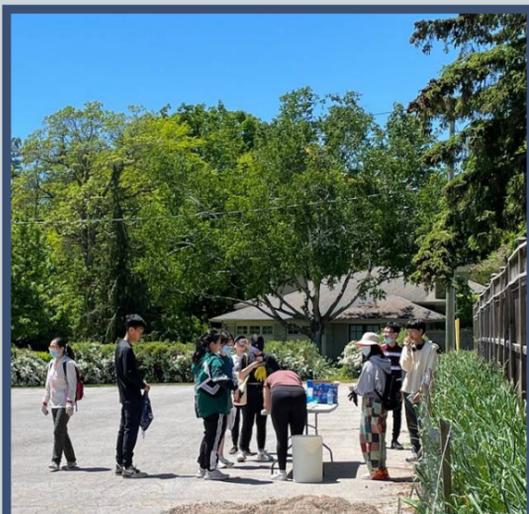
Members of our congregation cooked some appetizing dishes with the garlic. Here are some examples they sent in.



Braised Pork and Green Garlic
by Florence



Bacon Chicken and Green Garlic
in Cream Sauce sent by Dr. Dan
cooked by Parisa !



Youth volunteers with Anna

The scapes were ready for picking on the weekend of June 11/12.

During that week the tomatoes plants that Ali had grown from seed were planted in the bed along by the fence.



On Saturday June 11th the youth volunteers planted seed for okra, zucchini and cucumber. We also harvested Green Garlic which we donated to KSM and Fare Share Food Bank.

By the weekend of June 25, the seeds planted on the 11th had germinated and started to grow. The boys replanted in those spots where the seeds had not germinated.



Zucchini



Okra

The Pollinator Garden



Yes it is that time of year again and the pollinator garden is coming into bloom. The milk weed will soon be in flower and the garden will attract all types of bees and butterflies and other pollinators.

Why not come to the church and take a look - it is beautiful.

Fruit at St Cuthberts



The Saskatoon Berry Bush

The Saskatoon Berry bush has berries on it. They look like blue berries but are related to the apple family. They have a sweet nutty flavour. The mulberry tree also has fruit but not as much as last year.

Jam makers come and get some.