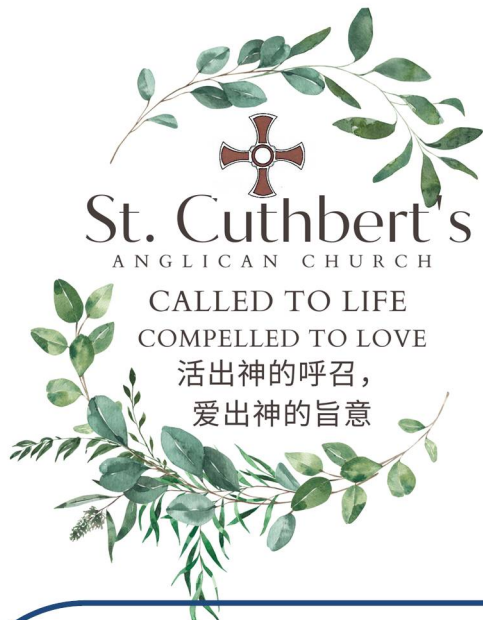




St Cuthbert's Anglican Church

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

e-Messenger February 2025



Sunday Services

8.00 a.m. Traditional Anglican Service (BCP)

10.00 a.m. Contemporary Eucharist with Choir

Friday Service

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

Flat Roof Update

Work on the flat roof has now been completed. The ceiling tiles have been replaced in the Community Hall, the Music Studio and the Sacristy. Thank you Ron and Kurt for putting up the new tiles and taking all the old ones to the dump.

The Community Hall now looks like new and the only job remaining is to wash the floor and seal it.

We have raised about half the money required for this job so please help by making a contribution.



Men's and Women's Lunch



Held on the last Friday of the month, the next Men's Lunch will be February 28th at 12 noon. Dick will be sending out invitations. If you have not joined us before, and would like to attend, please contact Dick Alcock - Tel: 905 337 0121.

This month a table will be reserved for any women who would like to attend. Please contact Dawn Seto for details Tel: 905 844 4092

Fitness



A group of St Cuthbert's senior parishioners has been taking part in regular fitness sessions for the last six months. The fee-based sessions are run three times weekly by Kinpower Fitness Inc. Proprietors (and parishioners) Ali and Samira are qualified fitness instructors who have developed exercises to improve balance, core strength and cardio. Results have been very positive with members.

The photo shows the group enjoying a refreshing (but healthful !) drink before the Christmas break. Classes for teenagers and youth are run separately. Why not join with a New Years resolution to keep fit !

Kitchen Ceilidh Party



Celtic Effect Band

The band Celtic Effect kept the crowd entertained with their energetic performance, getting everyone on their feet and dancing the night away.

A great time was had by all who attended St Cuthbert's first Celtic Kitchen Party Saturday, January 18. A special shout out to Tina Bodfield for organizing the event. The evening featured the band Celtic Effect who were entertaining and had people up and dancing..



At the Celtic Kitchen Party guests from St Cuthbert's and the community were treated to a night of toe-tapping tunes and lively jigs.



Tina at the bar

Looking Around Our Beautiful Church

Have you noticed the wood carving of an Eagle in our Church? Yes, it is on the lectern at the front. Take a look next time you come. But why an eagle you may ask.

The eagle is the symbol of John the Evangelist who proclaimed Christ as 'the Word of God' at the beginning of his Gospel. The eagle is also thought of as the bird, which flies nearest to heaven and has the strength to fly to the ends of the earth. The eagle is thus a suitable emblem from which God's word is read, reaching (we hope) the ends of the earth.

It was not until the Reformation that the eagle lectern carrying the open bible became prominent in ordinary Anglican parish churches.

The Greek letters under the eagle translate as:
"In the beginning was the Word."

You may also ask why an eagle represents the Apostle John. This may derive from the fact that eagles have very acute eyesight that enables them to see things on the ground, which would be hidden, from other birds or animals. St John is credited with the ability to perceive truths that were hidden from his contemporaries.



CLERGY RECOMMENDED SELECTIONS by Booksy



Rather than random selections from our library, this series will focus on books and films emphasized by clergy during their homilies.

The Rev. Craig Luccock

Homily June 30, 2024:

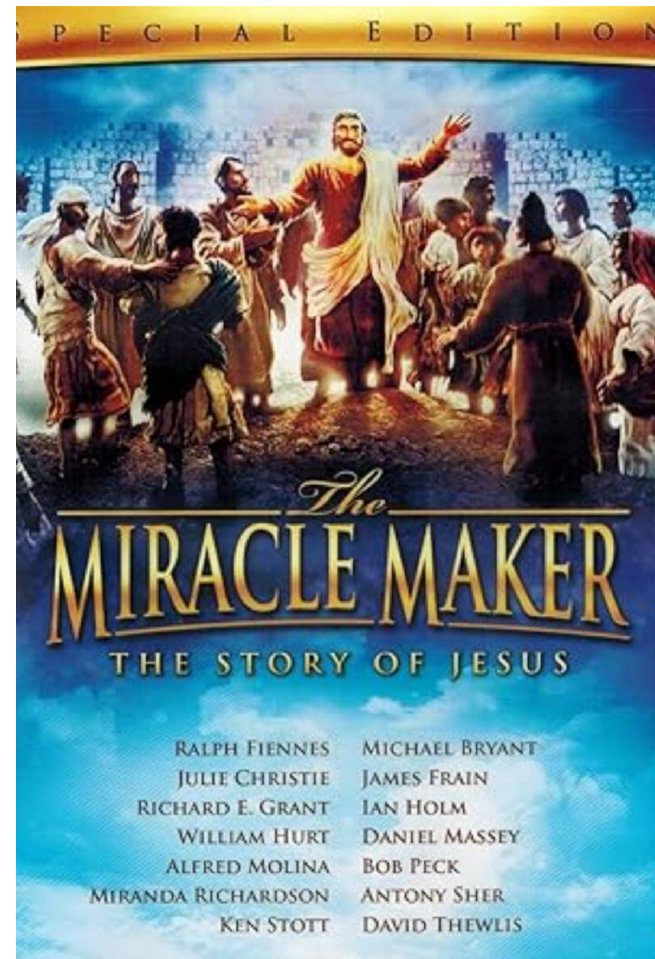
The Miracle Maker: the story of Jesus, DVD

This is a simple retelling through the use of sophisticated stop-action puppet (Claymation) techniques, with flashback scenes done in cell animation, of the adult life of Jesus based on the Gospels (in this homily, Mark 5:21-34).

Skipping over his birth, the story opens with Jesus as an adult. Much of it is seen through the eyes of the unnamed daughter of Jairus, the synagogue leader, whom Jesus raised from the dead. The young girl, here given the name Tamar, becomes aware of a carpenter named Jesus (voiced by Ralph Fiennes), whose ability to perform miracles and teachings about God draws a band of loyal followers around him.

After Jesus raises Tamar from the dead, she and her parents continue to cross paths with him as he walks the countryside sharing the wonders of God. Many of the most familiar events are included; among them the healing of the bleeding woman, the great catch of fish, the paralyzed man lowered through the roof and cured, and the raising of Lazarus.

Jesus is baptized by John, assembles the Twelve Apostles, shares the parable of the Good Samaritan, and condemns the moneychangers in the Temple.



He tells all who will listen about the Kingdom of Heaven and what is needed to enter it. As Jesus' popularity grows, he comes to challenge the authority of the established Judaic religious leaders who begin to plot his downfall.

This was a five-year co-production between Wales and Russia (for release on British TV in 2000) that is moving and quite powerful in places. It is recommended for children and adults alike.

St Cuthbert's Announcements



ST CUTHBERT'S CHURCH and Community Centre

ANNUAL VESTRY MEETING

Our Annual Vestry Meeting is scheduled for **Sunday, February 23 at 11:30am.**

Vestry is a time to look back on the things we did as a community of faith together in 2024 and celebrate what matters most. It's also a time to look to the year ahead and consider where God is calling our church to share the love of Jesus in our community and world.

Vestry Reports will be distributed in mid February so that everyone has a chance to review it prior to the meeting.

Everyone is welcome to join our Vestry meeting.

To be eligible to vote you must be:

- Baptised member
- 16 years or older
- Identifiably involved in congregation for at least 6 months

SHROVE TUESDAY

PANCAKE DINNER

TUESDAY **4** MARCH

6:30 - 7:30PM

VOLUNTEERS NEEDED!

If you are interested in helping with our Annual Pancake Dinner, please reach out to the church office.

ST CUTHBERT'S CHURCH & COMMUNITY CENTRE
1541 Oakhill Drive, Oakville
www.stcuthbertoakville.ca



Items for Sale



Barely Used Skis for Sale

Völkl skis for sale (5'6"). Bindings are in great shape. If interested please speak with Kurt Rudolph.

Proceeds will be donated to St Cuthbert's Church.



Friday Morning Prayer discussion with coffee - Trade Tariffs

After Friday Morning Prayer our discussions can roam from the serious to the hilarious. A topic that came up last Friday was the looming trade tariffs with the USA. People said they wanted to help Canada by buying Canadian goods, but how to know which are Canadian.

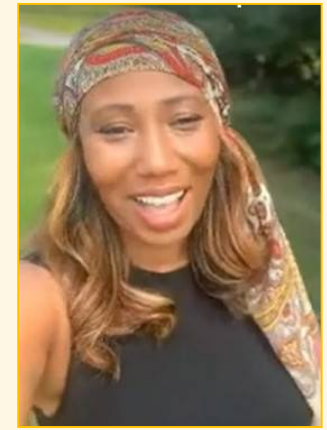
Another parishioner sent this web link : <https://madeincanadadirectory.ca/> which is a directory of Canadian products. There is also another one : <https://madeinca.ca/> which was featured on CBC News.

As the parishioner said "Let's stay strong ! We will get through this"

Laugh & Stretch with Coach Che

A New Way to Strengthen Your Body and Mind

Saturday @2:00 pm



Next session to be confirmed

Looking for a fun, uplifting way to improve your wellness? Join Coach Che Marville for Laugh & Stretch, a unique weekly class that combines the healing power of laughter with the benefits of stretching, core strengthening, and light aerobic activity. Designed for all fitness levels, this multidisciplinary class will have you breathing deeply, moving joyfully, and building core strength—all while sharing laughs and improving your mental well-being.

In each session, Coach Che will guide participants through stretches, gentle exercises, and breathing techniques to reduce stress, enhance flexibility, and support core stability. But the twist? Laughter is integrated into every element, proving that wellness is not just about working hard—it's about having fun, too.

If you're ready to experience the positive effects of movement and laughter on your body and mind, this class is for you. Laugh & Stretch is more than a workout—it's a weekly dose of joy, community, and vitality.

Classes are held every week. Please reserve your spot and discover how good it feels to move, breathe, and laugh your way to wellness with Coach Che!

St Cuthbert's
Labyrinth Walk

Come and walk the labyrinth and learn more about this meaningful spiritual practice.

Next Session
February 7th, 2025

7pm.

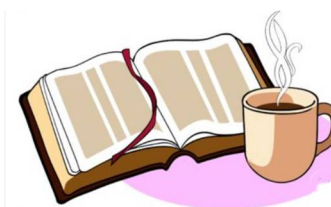
A labyrinth is not a maze, but a time for relaxation and reflection in a world that wants us to hurry. Our Labyrinth Walks are on the first Friday of each month.

People of all abilities are welcome!

St. Cuthbert's Church
1541 Oakhill Drive, Oakville
905 844 6200
stcuthbertoakville@gmail.com
www.stcuthbertoakville.ca

May you find joy, peace and healing on the path!

Bible Study



Bible Study cancelled until further notice.

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.

Local Events and Information



An imago Project

TRINITY BACH PROJECT
presents

Bach & Passages

MAR 23
3:00 PM

St. Jude's Church
160 William St, Oakville
Tickets \$30 / \$20 / \$10
at the door and online

Featuring cantatas BWV 196 and 106 and works by Monteverdi, MacMillan, and Harris

www.trinitybachproject.org



**VOICES OF TODAY
CHORAL WORKSHOP
WITH PROFESSOR
STEPHANIE MARTIN**

Presented by RCCO Hamilton Centre
and St. Jude's Anglican Church

Open to all singers, this full day choral workshop will focus on the best of contemporary music by female composers

March 1, 2025
9:30am - 5:00pm
St. Jude's Anglican Church
160 William St., Oakville

Registration
\$20/person
Lunch Included

ST. JUDE'S
ANGLICAN CHURCH
OAKVILLE, ONTARIO



Candlelight & Prayer with Songs of Taizé

Friday, February 21, 7:30 p.m.

*In the stillness
of a candlelit hour,
come and pray with us,
singing the songs of Taizé.*

St. Aidan's Church
318 Queen Mary Drive
Oakville, ON L6K3L6
Phone: 905 845-6111

CANDLELIT EVENSONG

SUNDAY, FEBRUARY 9 AT 4PM



Join us for an afternoon of songs and praise featuring the professional choir from St. John's Elora and our own Incarnation Choir. Conducted by Dr. Charlene Pauls.

Performances include a glorious piece called, "The Ground" by Norwegian-American composer Ola Gjeilo, and new choral settings of the Nunc Dimittis and Magnificat by Canadian-British composer Sarah MacDonald.

1240 Old Abbey Lane, at Dorval, in Oakville

Incarnation
inclusive progressive transformative

World
Day of
Prayer
2025

Cook
Islands

Prayer Service
March 7th - 5 p.m.

Hospitality following
in the Parish Hall



"I Made
You
Wonderful"

Psalm 139: 1-18

St Andrews Church
41 Reynolds Street
Oakville

Streamed from the Cook Islands this year

...a very special Art Show is happening this Valentine's Day...

Art & Souls

Church of the Epiphany
141 BRONTE RD
OAKVILLE

FRIDAY
FEBRUARY 14TH

from 1 to 3pm

BROUGHT TO YOU BY

KERRSTREET.COM

COAT DRIVE DONATION REQUEST

**Please drop off before
February 5th 2025**

We kindly request your support for our KSM Coat Drive we are hosting for our families in need this winter. Please support by collecting gently used coats and winter items and dropping them at Kerr Street Mission before February 5th.

Please email admin@kerrstreet.com with any questions.

Drop-off Location
485 Kerr Street, Oakville

Now accepting gently used:

- Coats (Adult)** ✓
- Coats (Kids)** ✓
- Snow Suits (Kids)** ✓
- Winter Accessories** ✓
- Sleeping Bags** ✓

Please ensure all items are as clean as possible before drop off. Thank You!

HELP KEEP OUR SHELVES FULL!

Our Market Currently Needs:

- Canned Fruit
- Canned Meat
- Dried Pasta
- Tomato Products
- Canned Vegetables

St. Cuthbert's Food Ministry

Dick and Eleanor Alcock run the St Cuthbert's Food Ministry. They are appealing for parishioners to donate food for the Kerr Street Mission Food Bank. Donations can be left in the trolley in church entrance which at the moment is empty !