

St. Thomas The Apostle Anglican Church

110 Francis Street, Cambridge ON, N1S 2A1

“KEEPING IN TOUCH – July 2022”

Website: <https://www.stthomascambridge.ca/>

Facebook: <https://www.facebook.com/St.Thomas.the.Apostle.Cambridge>



Let's Celebrate Together! -> Joint Services for July & August

Let's give a big, warm welcome to the Rev. Marita Williams (*assistant priest at Trinity Anglican Church, Cambridge*) while she provides us with Sunday services and emergency pastoral care during the summer. Rev Marita is a wonderful minister and many of you will remember her filling in for us a few times in the past. **St. Tom's will be hosting all of the July services at our normal time of 9:00 am** and inviting our brothers and sisters in Christ at St. Luke's to join us. **In August, St. Luke's are inviting us to join with them on Sunday mornings at their 10:30 service.**

We realize that some people feel uncomfortable walking into a different church but are sure that when the St. Luke's congregants join us in July and enjoy our usual warm "St. Tom's welcome", they will feel right at home. By the same token, when it's our turn to join them in August, we encourage you to make a real effort to do so. Many of you already know a few St Luke's people from attending the annual MacPherson's joint campout service and this is an opportunity to get to know them better. Feel free to carpool with a friend if you'd prefer to walk in together. Also, Rick Furnival and Kathy Brown are happy to arrange rides for anyone needing one. Let's enjoy these joint celebrations!



Coffee Hour:

It has been SO nice to enjoy some refreshments and fellowship after the service again! Just as a reminder, in order to keep everyone safe:



- ♥ Please wear your mask to go to and from your table and only remove for eating/drinking
- ♥ Everyone must remain seated while eating or drinking
- ♥ One or two vaccinated volunteers will serve the drinks and goodies directly to you at the table
- ♥ Please do not congregate in the kitchen or around the kitchen window

We do need "hosts" to prepare and serve the drinks and snacks so please check the "sign up" sheet posted outside the kitchen and choose a date to help out. If you're not familiar with our kitchen or would just feel more comfortable doing it with a bit of help, just ask and we will team up with another parishioner who has done it before. 😊

ALTAR FLOWERS

Now that we are back “in person” at church, there is a sign-up sheet in the narthex for people to choose a date to place flowers on the altar. Flowers can be placed to the Glory of God “*in memory*” or “*in thanksgiving*” of loved ones or “*in celebration*” of a special anniversary. You are welcome to either buy your own flowers and bring them to the church, or if you give your donation to Sharon Furnival, she is very happy to buy suitable flowers for you and arrange them at the church on the Sunday you have chosen. Please call Sharon at (519) 620-1272 to arrange.





AN UPDATE ON OUR “GVI YARN DRIVE”

As of the end of June, the Anglican Churches in Cambridge have collected 1 large Tupperware container and 13 large bags full of beautiful yarn to donate to the ladies at Grand Valley Institution for Women. The women are learning how to knit & crochet and “pay it forward” by donating their knitted items to shelters, homeless communities, Children’s Aid, hospice and a Northern First Nations Community. If you have any leftover yarn you would like to donate, please bring it to church and put it in the bin at the front door. Thank you!

How to Get Off the Couch (a.k.a. *How to Heal*)

1. Ask new questions.
2. Reset your “inner clock”.
3. Give yourself permission to receive.
4. Get a daily dose of nature.
5. Detoxify the house (and yourself).
6. Let intuition tell your thinking mind where to look next.
7. Change your thoughts, change your genes.
8. Inhabit your body.
9. Heal the gut.
10. Break old habits that no longer serve you.
11. Practice pleasure. It’s serious work.
12. Investigate hidden root causes.
13. Survive love and loss.
14. Reclaim your purpose.
15. Find your story; the real one.

Canada Day Quiz

- 1) Indigenous people inspired which 2 sports?
 - a. Hockey & soccer
 - b. Basketball & lacrosse
 - c. Hockey & lacrosse
 - d. Basketball & baseball

- 2) Which of these weird traditions is observed in Canada?
 - a. We race bathtubs
 - b. We kiss dead fish and take a shot afterwards
 - c. We drink a cocktail with a human toe inside
 - d. All of the above!

- 3) Who was the first black recipient to win a Canadian Juno Award?
 - a. Liberty Silver
 - b. Portia White
 - c. Eleanor Collins
 - d. Deborah Cox

- 4) What are the 3 main responsibilities of being a Canadian citizen?
 - a. Serving on a jury, keeping your yard tidy, and helping others in the community
 - b. Obeying the law, voting in elections, and working for the government
 - c. Obeying the law, voting in elections, and taking responsibility for oneself and family
 - d. Voting in elections, taking responsibility for others, and protecting the environment

- 5) Who was Canada's first female prime minister?
 - a. Angela Merkel
 - b. Suzanne Rice
 - c. Joanna Cunningham
 - d. Kim Campbell

- 6) Which tree did Indigenous people use to cure scurvy?
 - a. White spruce
 - b. Fir
 - c. Pine
 - d. Birch

- 7) Canada was the ___th country to legalize same-sex marriage
 - a. 1st
 - b. 4th
 - c. 7th
 - d. 8th

- 8) Why is Viola Desmond on the \$10 bill?
 - a. Convicted for refusing to leave a whites-only area of a movie theatre in 1946
 - b. Arrested for refusing to leave the whites-only section of a public bus in 1955
 - c. Gave a stirring speech on racial equality in Parliament in 1932
 - d. Organized a protest against racial equality in 1961



- 9) What percentage of Canada's population identifies as "people of colour"?
- 15
 - 18
 - 20
 - 22
- 10) Under the Indian Act, prior to 1951, you could lose your Indian status if you:
- Wanted to go to university
 - Wanted to own land
 - Were deemed "civilized" enough by Indian Agent authorities
 - All of the above
- 11) Canada only has one official bilingual province. Which one is it?
- Quebec
 - Ontario
 - New Brunswick
 - P.E.I.
- 12) What flavour of potato chips can only be found in Canada?
- Maple bacon
 - Ketchup
 - Dill pickle
 - Barbeque
- 13) What is the most purchased grocery store item in Canada?
- McCain's French Fries
 - Kraft Dinner
 - Maple Syrup
 - Bagged Milk
- 14) When is Indigenous History Month in Canada?
- March
 - November
 - September
 - June
- 15) Aside from English and French, what is the most spoken language in Canada?
- Mandarin
 - Punjabi
 - Cantonese
 - Spanish
- 16) Which Canadian celebrity has the highest net worth?
- Justin Bieber
 - Drake
 - Jim Carrey
 - Céline Dion





SOMETHING TO THINK ABOUT

Friendship “multiplies joy” and “divides sorrow”.
Love one another!

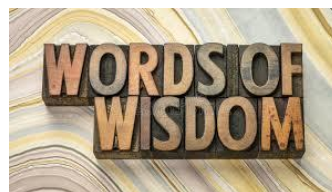
Answers to Canada Day Quiz

- | | | | | | | | | |
|-------|-------|-------|-------|-------|-------|-------|-------|------|
| 1 (c) | 2 (d) | 3 (a) | 4 (c) | 5 (d) | 6 (a) | 7 (b) | 8 (a) | 9(d) |
| 10(d) | 11(c) | 12(b) | 13(b) | 14(d) | 15(a) | 16(d) | | |

WORDS OF WISDOM

“What you get by achieving your goals is not as important as what you become by achieving your goals.”

Henry David Thoreau



MILESTONES & MEMORIES



We are very sad to have learned that one of our long-time parishioners, Fran Moran, passed away on June 20th. Prior to moving into Hilltop Manor a few years ago, Fran was an integral part of the St. Thomas ACW. Over many years, Fran served on the ACW executive as Treasurer and Reception Convener. We remember her smiling face as she greeted folk behind the bake table. Fran enjoyed fellowship at the Waterloo ACW Deanery meetings and quite often served as a driver to area churches. She celebrated her 100th birthday just a few months ago and was thrilled with all of the cards and well wishes which she received from our congregation.

A memorial service will be held at Corbett Funeral Home, 95 Dundas St., N. on Wednesday, July 6 at 2pm with visitation one hour prior to the service. May she rest in peace and rise in glory!

Instead of the usual “PASTOR’S PONDERINGS” → “Ponderings About our Pastor Steve”

By Kathy Brown (Rector’s Warden)

For those of you who were not able to join us on Pastor Steve’s last Sunday, this is the good-bye speech which was given when we presented him with the lovely St. Thomas the Apostle wooden plaque:

Steve,

Over the past 25 years that I’ve been here at St Tom’s, we’ve had a lot of wonderful priests looking after us, but I can honestly say that you are the first “true Pastor” that I can remember. Over the past 3 years you have gone over and above what would have been expected to shepherd our congregation, especially through these last 2 pandemic years. I’ve been especially blessed to serve as your “rector’s warden” for the past year and a half. I can’t count how many parishioners have commented to Rick or I on how happy they were that you have continued to contact each and every one of them regularly by telephone to listen to them and offer in person communion whenever asked.



Your endless energy has amazed and encouraged us to also get involved as you reached out to not only our people but also the people in our surrounding community and even the world at large, through your many thoughtful initiatives such as the “Canadian International Faith & Family Film Festival” (*there’s a mouthful!*), Baking for the Bridges, Cooking with the Greens, Bridgefort Bread Ministry, Gospel Café, Black History 365 and even holding monthly prayer sessions with our mayor.

Back during the initial lockdown period of Covid, your creative solo Facebook services filmed out in the community from places such as the Old Post Office Library, were so appreciated!

And your unbridled enthusiasm as our preacher every Sunday has been an absolute delight! No one sleeps through your sermons!

We’re all very sad to see you going so soon and will really miss you, but as Canon Karen so eloquently put it in her homily last week, we do realize that you have to listen to where God is directing you. If Bishop Todd has discerned in you a pastor who can lead the church in Lucan and help it to thrive, then so be God’s will. Holy Trinity, Lucan is blessed to have you and we will be praying for you and your family as you head off to pastor a new flock. We pray you have a smooth transition and that God will go ahead of you to prepare the way.

We hope that as you move on, you will remember us and we’d like to present you with this plaque in thanksgiving for your wonderful ministry to us. Hopefully your new congregation will appreciate your many God-given abilities as much as we have.

Take care, Pastor Steve!

