

# St. Thomas The Apostle Anglican Church

110 Francis Street, Cambridge ON, N1S 2A1

## “KEEPING IN TOUCH – June 2023”

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

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

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### A FEW DATES TO MARK ON YOUR CALENDAR

**Thursdays (1:00 pm)** **Midweek Holy Communion Service:** Pastor Craig invites you to join him every Thursday afternoon for a smaller, quieter gathering for worship followed by a time of discussion and learning.

**Fri June 9 (6:30-8:30 pm)** **“Made in Canada” Legendary Tribute Show:** see ad on page 2.



**Sun June 11 (10:30am)** **Joint Service with St. Luke’s at MacPherson’s Campground:**  
Bring your lawn chair & sun hat and join us for one of our favourite services of the year! If you need a ride, please speak with Kathy Brown or Rick Furnival.



**5th Sunday of the month** **Morning Prayer from the Book of Common Prayer:** In response to requests from a few parishioners, together with Pastor Craig’s love of the old “BCP” language, we have decided to return to our practice of celebrating Morning Prayer whenever a 5<sup>th</sup> Sunday occurs in a month.

**Sun June 25 (10:00am)** **ACIC Joint Service & Potluck:** As usual, there will be lively worship, uplifting music and great food as we gather with our fellow Anglicans from all 5 Cambridge churches for our annual joint worship service. Please RSVP on the Sign Up sheet in the narthex. If you need a ride, speak with Rick Furnival or Kathy Brown.

**Thur June 29 (5:30pm)** **ACW Strawberry Social:** Mmmm.... come and join us after supper for a scrumptious dessert. NOTE: This date is tentative and may change, depending on the availability of the strawberries. Tickets are \$8.

### July Services



While Pastor Craig is on vacation for the month of July, St. Luke’s have graciously invited us to attend Morning Prayer with them each week. So, enjoy the extra “sleep in” time and join us at St. Luke’s at 10:30 am each Sunday in July. Rides are available for anyone who needs one. Please see the Sign Up sheet in the Narthex.



Celebrity Productions Presents...



# "Made in Canada" Legendary Tribute Show

Friday, June 9<sup>th</sup>



With Canada Day approaching, let's celebrate many of our most talented singers and songwriters from coast to coast!

Joni Mitchell  
Gordon Lightfoot  
Anne Murray  
Paul Anka  
Stompin' Tom  
Shania Twain  
Jan Arden  
Rita McNeil  
The Rankins

**Call Marion for tickets 519-653-2587 → only \$15!**  
Light refreshments included.

**Doors open at 6:30pm / Show starts at 7:30pm**

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## THE 2023 DEACONS' PROJECT



Thanks to the efforts of many parishioners across our Diocese of Huron, many very large bags of socks and underwear were collected at Synod this year. Deacons then sorted them into men's, women's and

children's socks and underwear and brought them home to their Deaneries for distribution. Lay delegate Rick Furnival took one huge bag sorted for men to the Bridges. Others went to Haven House, and St John's Preston to their food bank outlet.

A big shout out to our St Thomas family for contributing so generously to this project.  
Karen

**EXERCISE FOR PEOPLE OVER 60**

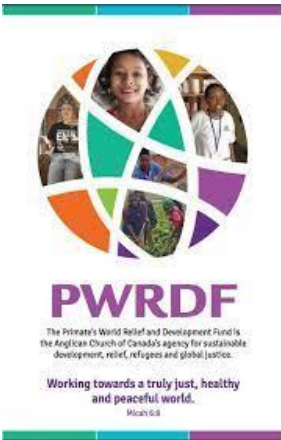
Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.



## How will the money be used from our *BUY A FARM* project?

PWRDF raises money to support vulnerable people around the world. Our goal for the project was to raise \$660 from parishioner donations. In fact, we raised **\$770**. (\$107 came from the empty-out-your-pockets change jar! We can see why every nickel, dime, and quarter adds up.)

Your donations will fund projects in several countries, as follows: **\$140** for a donkey: A donkey will be provided to a family in **Kenya** who need help carrying clean water home from the well. Strong and loyal, a donkey can also provide income by carrying water for other people, and reduce unpaid labour by children and women. Your gift of \$140 will bring the water home.



**\$120** for 3 goats: Community Health Workers are the backbone to healthy families in parts of rural **Malawi**. To supplement their small income, CHWs receive three goats to breed, milk or eventually sell. Your gift will provide three goats and appropriate training to a CHW working with Partners In Health Malawi.

**\$100** for a dairy shed: Dairy Cooperative farmers in **Kenya** are learning to use “smart” techniques to increase their cows’ milk production and family income. Your gift of \$100 will support the construction of climate smart dairy sheds and the appropriate training.

**\$80** for 2 pigs: Women recovering from sexual violence in the **Democratic Republic of the Congo** receive training to be self-reliant and financially independent when they return home. Pigs provides a good source of protein for the family as well as income through sale of manure and meat. Your gift of \$80 provides a pair of piglets to a women recovering from violence.



**\$70** for education in chicken farming: Farmers in **Zimbabwe** are taught to raise chickens and produce fertilizer. Chickens are protein power-houses, producing nutrient rich eggs and meat. Chicken manure is also a secret weapon when it comes to fertilizing gardens, orchards and crops. Your gift of \$70 provides poultry farming training sessions.

**\$50** for 10 rabbits: In **Cuba**, rural families struggle to get enough protein in their diets. Rabbits are easy to care for and provide a culturally appropriate source of protein. They also generate fertilizer that can be sold for profit. Your gift of \$50 provides 10 rabbits to a family working with the Episcopal Church in Cuba.

**\$50** for garden seeds: Participants in **Uganda** learn to sow crops and plant trees to improve their families’ food security and earn an income. Your gift of \$50 will support smallholder farmers become more food secure.

**\$50** for breadfruit trees: The second year of a breadfruit cultivation project in **Haiti** is underway. Women are harvesting breadfruit and milling it into flour to improve local food security and earn an income. Your gift of \$50 will support a woman in Haiti milling 10kg of breadfruit flour.



**\$110** that we raised over and above our goal for the Canadian Foodgrains Bank Equity: PWRDF’s membership in the Canadian Foodgrains Bank allows PWRDF to leverage your donations by working with other member agencies. Funds donated are eligible for *up to 4:1 match from the government of Canada*. Your gift will support relief and development worldwide.

## FATHER'S DAY "WORD BREAKDOWN"

How many words can you make out of the letters: F A T H E R S D A Y ???

Good old Mr. Google says there are 475!!! I find that hard to believe!?

How many can you make?

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### Mom's Crunchy Pineapple Applesauce Bran Muffins

- 1 cup buttermilk (or 1 tablespoon vinegar & fill with milk)
- 1 tsp baking soda
- ¼ tsp salt
- 1 cup bran
- ½ cup drained crushed pineapple
- 1 cup flour
- ¾ cup brown sugar
- 1 tbsp molasses
- ½ cup butter
- 1 egg
- ¼ cup applesauce
- handful of raisins & nuts

- combine milk & baking soda & set aside
- cream butter and brown sugar thoroughly, add egg and beat well
- add buttermilk & soda, then molasses and bran and blend
- stir in flour and salt mixture
- fold in fruit & nuts
- spoon into muffin pan, using paper muffin liners (parchment paper liners work best!)
- bake at 375°F for 20 minutes or until done



submitted by Kathy Brown

## OUR HEAVENLY FATHER HAS MUCH TO SAY ABOUT FATHERHOOD

*(An article on Father's Day from DaySpring)*

***As a father has compassion on his children, so the Lord has compassion on those who fear him. Psalm 103:13 NIV***

When our fathers show compassion, they give us a glimpse into the heart of God....strong yet tender, deeply understanding, fiercely loyal, and always ready to help us through the toughest of times.



***Fathers, do not exasperate your children; instead, bring them up in the instruction of the Lord. Ephesians 6:4 NIV***

Bringing up a child with healthy boundaries and godly discipline is no easy task. But even in the most frustrating moments, a loving father is called to be like Jesus – standing firm in the truth, yet grace-filled, never critical and demanding.

***The righteous lead blameless lives; blessed are their children after them. Proverbs 20:7 NIV***

The actions of a father speak volumes to his children. Even if they can't articulate it when they're young, they're watching and learning. And even if they won't admit it when they're older, there's a strong pull to follow in his footsteps. When a father chooses the right path, his family is blessed.

***He will turn the hearts of the parents to their children, and the hearts of the children to their parents... Malachi 4:6 NIV***

A father's deep affection offers a sense of security and assurance that nothing else can give. The heart of a child is beautifully designed to respond to that love; it's a connection strong enough to last a lifetime.

As you reflect on God's Word about fathers, what thoughts come to mind about your dad or father figure? Maybe he's been a great example of service to others. Maybe he spent time with you as a child, helping you learn to navigate life. Maybe he showed a spirit of grace in a moment when you just knew he'd had it with you.

If your father is still with you, this Father's Day, let him know something you appreciate about him, something specific you remember, some way he has helped to shape the person you've become. Share one of the Scriptures above and show him how his life has been a reflection of God's truth. And if your dad is no longer with you, there is surely another dad in your life – a husband, a relative, a friend, even a son - who'd be so blessed to receive a note of encouragement. We all know that no earthly father is perfect, but we can choose to focus on their life-giving ways and trust that God is always working to bring out the very best in them. (Philippians 1:6) The men in our lives need to be lifted up, to be reminded that we are strengthened by their presence, that we see the love of our Heavenly Father reflected in theirs, that we honour who they are and who - by His grace - they are becoming.



**SOME ANSWERS TO THE FATHER'S DAY WORD BREAKDOWN**

*...and this only includes a few of the 4 letter words and none of the many 3 letter words you can make!*

hydrates	threads	hearsay	hydrate	strayed	ashtray
defrays	daystar	shafted	daresay	trashed	hardest
fathers	deaths	defray	dearth	father	stared
safety	faster	fasted	drafts	drafty	rafted
hatred	frayed	earthy	hearts	hearty	thread
shared	stayed	steady	treads	afresh	trades
fares	hardy	hasty	trade	hated	trash
harts	rafts	hares	haste	trays	feats
feast	fears	yards	years	frays	tread
frets	fresh	shade	ready	reads	sheaf
shear	shard	shred	share	satyr	sated
shady	shaft	safer	tardy	heart	tears
hears	heard	heady	teary	hefty	herds
stare	rates	rated	yeast	stead	stray
heads	fates	darts	draft	areas	fades
earth	tares	dares	dates	aster	artsy
death	after	ahead	fares	east	tsar
ears	safe	days	date	data	rash

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**CHECK OUT OUR BEAUTIFUL GARDEN!**



**A BIG THANK YOU**

to our friends at The Meeting House who spent their last Bible study night weeding and beautifying our Memorial Garden. The transformation in an hour and a half was incredible!

