

# St. Thomas The Apostle Anglican Church

110 Francis Street, Cambridge ON, N1S 2A1

## “KEEPING IN TOUCH – August 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

#### August Services



It was wonderful to see such a great turnout of St. Thomas parishioners worshipping with St. Luke’s during July. Their lay reader, Eileen, gave some amazingly insightful sermons to get you really thinking. If you missed any of them, they are all recorded on our St. Thomas Facebook account. The opportunity to sleep in a bit on Sunday was also a nice bonus, but we are all looking forward to getting back to our own church with Pastor Craig in August.

#### Thursday afternoons (starting again Aug 3)

**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.

#### Tuesdays 1pm (starting in September)

**Bible Study:** Pastor Craig is planning to start a joint “St. Luke’s / St. Thomas” bible study in the fall.



We will start at St. Luke’s in September, then switch to St. Thomas in October and continue to alternate monthly. Rides can be provided for those who need one. More info to follow.

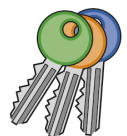


#### Thurs Aug 17 (2pm)

**Hamilton Theatre “Kinky Boots”:** The ACW have 2 extra tickets to see Kinky Boots. Please call Sarita at 519-623-3961 if you’re interested. They need to sell these final 2 tickets to get the reduced, group rate.

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**NOTE:** There have been a number of issues with the front door lock over the past 6 months so we are planning to replace the lock and issue new keys in August. Please let Kathy Brown know if you will require a key to the front door. Thanks



## PASTOR'S PONDERINGS

I know that some of you are like me, with a mind ever-filling up with one MORE thing that must be done right now, so having a month off, to use as I like, has proven deeply refreshing to me. It's been many years since I've been able to go away with my family, & so it was a delight to begin the month with a week at the cottage of St. Edmund's, Tobermory. In addition to celebrating Eucharist with this small but faithful congregation, we took part in a ceremony with two Saugeen elders, organized by the church. We were very glad to take part in the life of this congregation, & to see parts of the Bruce Peninsula for the first time. Within a few days of returning home, my sister & her family visited from California, which kept us busy catching up & enjoying meals together. The rest of the time we enjoyed a slower pace & made a few trips to swim at the Elora Quarry. The month has passed quickly, but I have missed seeing you all & look forward to picking up "fresh" when I return on August 1.



Craig+

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### St. Thomas the Apostle's 2<sup>nd</sup> Quarter Financial Check-up



Have your household bills gone up? So have our expenses at St. Thomas. Our heating bill has more than doubled from previous years and our church insurance for 2023, which we had to pay in the 1<sup>st</sup> quarter, was a whopping \$6,155.69! Here's what our income vs. expenses looks like at the end of Q2:

Income 2 <sup>nd</sup> quarter of 2023	(excluding PWRDF):	\$39,397
Expenses 2 <sup>nd</sup> quarter of 2023	( " " ):	<u>\$47,894</u>
Gain/shortfall to end of June 2023	(loss for this quarter):	(\$ 8,497)
<i>Per Budget: amount needed to operate to end of June:</i>		<i>\$36,600</i>

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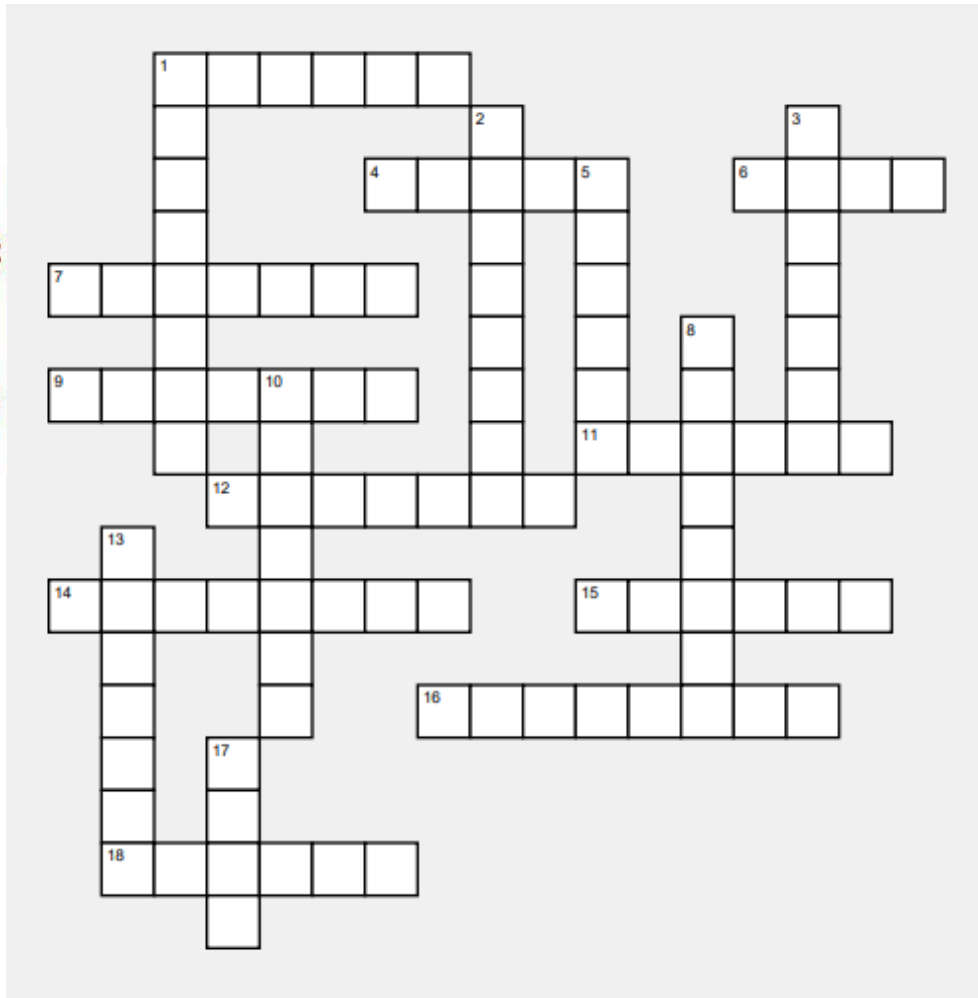
### Something to think about...

Read Genesis Chapter 13 *"When Lot chose the best land"*

When you are disappointed by someone or something, resist the urge to give in to feeling angry or bitter. Instead, 'look around from where you are' (v.14); fix your eyes on God and see things from his perspective, not the enemy's. Trust him to help you in these difficult situations, rather than trusting in yourself. His plan is to bless you.



# SUMMER CROSSWORD



## ACROSS

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlor treat

## DOWN

- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler



## Ramen Spicy Thai Peanut Recipe

The best vegan ramen soup with a spicy Thai peanut broth. Makes 6 servings.

From: [rabbitandwolves.com](http://rabbitandwolves.com)

### INGREDIENTS

2 Teaspoons olive oil  
3 Cloves Garlic, chopped  
1 Teaspoon Ginger, grated  
1 Teaspoon Green curry paste  
4 Cups Vegetable broth, divided  
1 Can Coconut milk, full fat  
1/2 Cup Peanut butter, natural or organic  
2 Tablespoons Soy sauce  
Tablespoons Agave syrup  
Juice of 2 Limes  
9-12 Ounces Ramen noodles  
Mushrooms, thinly sliced  
Sesame seeds, black or white  
Thai chilis  
Cilantro  
Peanuts, chopped  
Other veggies you may want



### DIRECTIONS

1. In a large pot, heat the olive oil on medium high. Then add the chopped garlic and grated ginger. Sauté, reducing heat as needed for a minute or two to cook the garlic.
2. Now, add the curry paste, and stir it into the garlic and ginger. Cook for another minute.
3. Then add 3 cups of veggie broth and the coconut milk. Stir to combine everything. Reduce heat to low and simmer.
4. Next, in a medium sized bowl, whisk together the remaining cup of broth and the peanut butter. I find this makes it easier to incorporate the peanut butter.
5. Now, add the peanut butter and broth to the pot and whisk to combine.
6. Then add the soy sauce, agave syrup and lime juice. Simmer on low for 5-10 minutes to develop the flavours. Taste and adjust seasonings. Add a pinch of salt if needed or more lime juice or agave if needed.
7. Right before serving, add the ramen noodles into the pot (add 9 oz if you want more broth or 12 oz if you want it more noodle heavy). Simmer them, cooking according to package directions. They usually only take a minute or two.
8. Serve immediately as is, or add the optional toppings, veggies or tofu or whatever you want.



*Each month, going forward, we will feature one of the ways in which your PWRDF donations are used to help people around the world*

## **EMPOWERING WOMEN** through Microfinance programs and Gender-based violence prevention

Improving the lives and situations of girls and women addresses the injustice of gender-based gaps and also leads to greater benefits for the whole community. Gender equity and female empowerment is addressed in almost all of PWRDF's projects, but specifically:

- improved access to clean water, which reduces time spent getting water and in many cases making it possible for girls to go to school
- supporting women's groups advocating for the right to own land and be leaders in their communities
- education and training of women farmers
- prenatal education for mothers and fathers
- access for pregnant women to health care facilities with ambulances (traditional as well as bicycle, motorcycle and boat)
- family planning education
- microfinance programs\* to allow women to earn an income and a livelihood
- education of men in non-traditional roles such as care giving
- empowering women to advocate for themselves through training and education
- gender workshops for partners' staff and hiring of gender specialists and trainers

*What are some of the countries in which these programs are offered?*

Guatemala, Haiti, El Salvador, Kenya, Mozambique, Tanzania, Rwanda, Burundi, South Sudan, India

\*Microfinance is financial services targeting individuals and small businesses that have no access to traditional banking services. Microfinance includes *microcredit*, (the provision of small loans), among other services.



**MIND YOUR BUSINESS** by Joanne VanDam

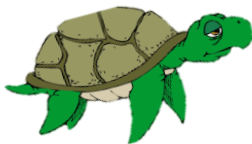


“Be careful what you ask for,” said the turtle to the frog,  
as the two sat there together, contemplating on a log.

“I asked for a mobile home, with a comfy king-sized bed.  
Mother Nature’s such a joker, I got this shell instead.”

“Well, you think you were short changed,” replied the frog, who seemed quite sad.  
“When I asked for a simple boat, I got a lily pad.”

“But I have to drag this shell around, no matter where I go.  
It’s cumbersome and awkward. As a result, I’m very slow.”



To this the froggy answered, “You’ve got this all quite wrong.  
My eyes bulge, I’m slimy and my tongue’s a mile long!”

The two sat there complaining, like two ungrateful goons.  
Then grumpy turtle said to frog, “Your boat...it floats and blooms.”

“Well at least your shell is shelter,” replied the grumpy frog.  
They argued most the afternoon, while sunning on the log.

A dragonfly was flitting by and heard the two complaining.  
He landed not too far from them, cleared his throat and tried explaining:

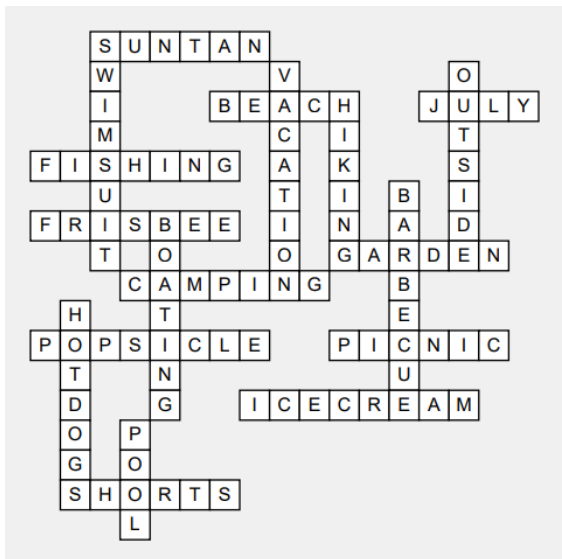
“Look around this lovely pond. See all your ‘lily boats’.  
You can choose from hundreds. Each lily pad here floats.”

He boldly told the turtle, “At least you have a home.  
Your home is always with you, no matter where your roam.”



“There’s lots of bugs and lots of fish. There’s lots to eat and do.  
Therefore you should be happy. What’s wrong with both of you?”

“Be grateful for the things you have, and stop your darn complainin’.”  
He turned to take his leave, and then, that’s when the froggy ate him!



**SUMMER  
CROSSWORD  
SOLUTION**

