

St. Thomas The Apostle Anglican Church

110 Francis Street, Cambridge ON, N1S 2A1

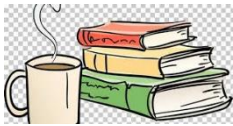
“KEEPING IN TOUCH – September 2023”

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

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

A FEW DATES TO MARK ON YOUR CALENDAR

Tuesdays (1pm)



Bible Study: Please join us for 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. The studies will be based on the readings for the week. **Please ask Kathy Brown, Rick Furnival or Pastor Craig if you would like a ride.**

Thursdays (1pm)

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.

Thurs Sep 14 (1pm)

ACW begins again: Calling all ACW members and any other women who might like to join. Meetings will begin again on September 14th.

Thurs Sep 28 (10 am)

“Ontario Christian Gleaners” tour: The ACW will be touring the amazing Gleaners organization which produces nutritious dried products, using donated surplus produce, to help feed those in need around the world. Please meet at the church at 10am for car-pooling. The ladies will be eating lunch at The Nook Cook House afterwards.



Thurs Oct 12 (10-4pm)

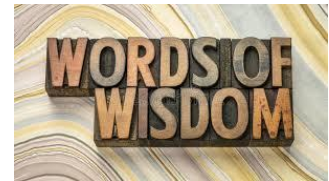


Baking for The Bridges: After a summer hiatus, we are happy to be starting up this much appreciated baking ministry again. If you are able to contribute some goodies, please drop them off at the church between 10am and 4pm and Pastor Craig will deliver them to the shelter.

Fri Oct 27 (6:30pm)

“Hits of Carole King”: This Jackie Grainge/Celebrity Productions show has all sorts of songs you’ll remember: *Up on The Roof / Go Away Little Girl / One Fine Day / Locomotion / Take Good Care of My Baby / Will You Still Love Me Tomorrow*. Believe it or not, the price is still just \$15 and includes not only your show but also tea/coffee and dessert!

PASTOR'S PONDERINGS



What if every person we meet & every event of our lives, was set there with a single intention -- to bring us closer to God?

As long as we are caught up in the cares of this world, this question will sound perfectly crazy. (Life seems so random as we race about from one thing to the next, without eyes to see.) But the more we live in faith (which is the world-overturning Risen life of our Lord Jesus Christ), the more we come to see life taking place in God's hand -- accepting the challenge to believe "what if," welcoming God's invitation to draw near.

As the summer winds down, & the world speeds up again as the children return to school, will you take this invitation as a beloved child of God's kingdom, facing the ups & the downs of life with confidence, living to God's glory? That is my constant prayer, that God's peace & grace may be with us all!

Craig+

**** CELEBRATING CAMBRIDGE SENIORS ****

Do you love music? Do you enjoy chatting with other people?



Prior to Covid-19, there was a program for seniors who access the Cambridge Food Bank, where they could stop in for an activity or speaker or discussion once a month, before picking up their groceries. For many, it was one of their few social activities for the month. Unfortunately, that program ended during covid and has not been reinstated.

The "Seniors Outreach Group" at St. Thomas has decided to start up something similar as a way of providing love, caring and social interaction for our local seniors. Based on the responses to a small survey which the Food Bank is sending out over the next few weeks, the program will likely consist of a mixture of music, games, and "themed" discussions.



The program will be held once a month on a Wednesday, likely from 10am - 12pm, starting in October. We currently have 5 people in our St. Thomas Outreach team and are looking for 4 or 5 more volunteers from the 5 Anglican churches in Cambridge who



would like to join us in delivering the program. The time commitment would likely be around 4-5 hours every couple of months, since we plan to "switch out" volunteers from month to month. If you think you would enjoy being part of this rewarding initiative, please talk to any one of us.

We would love to have you on the team! 😊 (Pat Anderson / Iain Davidson / Rick & Sharon / Kathy Brown)

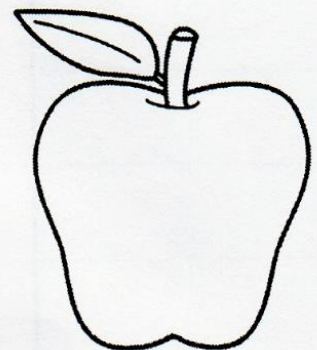
Autumn Word Search

Instructions: Try to find all of the hidden Autumn/Fall words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

ACORN	CIDER	NOVEMBER
AUTUMN	FOLIAGE	OCTOBER
BONFIRE	GEESE	ORCHARD
BRISK	HARVEST	SEPTEMBER
BROWN	HAY	WINDY



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The Examen of Consciousness

or, as Father Dennis Hamm calls it:

“Rummaging for God: Praying Backwards through Your Day”



The Daily Examen is a practice of reviewing your day in the presence of God in a way that can help you see God’s hand at work in your life. It’s a habit that Jesuits and many other Christians practice daily. Father Dennis Hamm says it’s like “rummaging for God”. He likens it to going through a drawer full of stuff, feeling around, looking for something that you are sure must be there. When

we do a Daily Examen, we look back on our day, rummaging through the “stuff”, and finding God in it. We know He is there. Give God 15 - 20 minutes each evening and feel your relationship with Him grow!



1. Recall that you are in the presence of God.

“God, I believe that at this moment I am in your presence and you are loving me.”

2. Ask for help from the Holy Spirit.

“God, you know my needs better than I know them. Please give me your light and help as I review this day.”

3. Review your day.

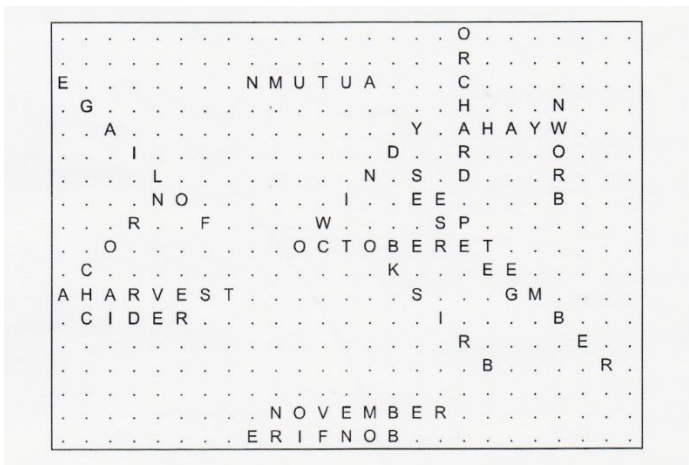
“God, help me to review the events of this day and as I do, please help me to recognize both your blessings and my shortcomings.”

4. Ask for pardon and give thanks.

“God, I ask your forgiveness for my failings and I thank you for all your blessings.”

5. Resolve to listen to God’s voice.

“As I look forward to tomorrow, please make me aware that you are always with me and show me how to become the person you made me to be.”



WORD
SEARCH
ANSWERS
←

Mrs. Warnock's Blueberry Cake

Ingredients

1 ½ cups sifted flour
2 eggs
1/3 cup milk

1 tsp baking powder
½ cup shortening
1 tsp vanilla

½ tsp salt
1 cup sugar
1 ½ cups floured blueberries

Instructions

Sift flour, salt and baking powder 3 times.
Beat egg whites stiff, and set aside.
Cream shortening and sugar, and add beaten egg yolks.
Add alternately the milk and flour mixtures.
Fold in egg whites and vanilla. Add blueberries.
Pour into greased 8" pan. Sprinkle lightly with sugar for topping.
Bake at 350°F for 35 – 45 minutes.



SILLY JOKES OF THE MONTH

What dog makes the best magician?

A "golden labracadabrador" 😊

What do dogs and telephones have in common?

They both have collar ID! 😊



This is the second of monthly articles to outline one of the ways in which your PWRDF donations are used to help people around the world.

Humanitarian Response Internationally & in Canada

When natural or human-made disasters occur, the race is on to save lives and alleviate suffering. Humanitarian responses provide essential resources and support that are often a matter of life and death. Immediate medical care, food, clean water, sanitation and shelter can significantly increase survival rates. Long after a crisis disappears from the headlines, the need to contribute to long-term recovery persists.

Every year PWRDF responds to emergencies in Canada and around the world. Primarily, we allocate grants to appeals issued by the ACT Alliance. ACT Alliance is an organization of 140 international Christian organizations working in areas of high need. When disasters happen, ACT Alliance works with partners in the affected regions to quickly assess needs and disburse funds for humanitarian relief including food and non-food items. PWRDF works with the **Canadian Foodgrains Bank** in this same capacity to provide emergency food relief.

In 2022-2023, PWRDF provided emergency relief to 334,994 people (95,207 women, 74,384 men, 84,729 girls and 80,674 boys):

- In Kenya, in partnership with the Canadian Foodgrains Bank, 2,500 metric tonnes of corn, 398 MT of beans, 133,800 L of cooking oil, 35 MT of salt and 50.28 MT of corn soy blend were provided to 13,000 households experiencing the worst drought in 40 years.
- The Seba Kare Internally Displaced Persons (IDP) Camp in Ethiopia was equipped with a new submersible pump and a new transformer was installed for the borehole that is serving 10,560 internally displaced persons and 2,991 host community members.
- In Jordan, 3,410 Syrian refugees received food vouchers, 1,264 received hygiene vouchers and 1,563 received winter clothing vouchers.
- In Ukraine, six emergency vehicles were purchased, serviced and transferred to frontline medics working in the war zone regions of Kharkiv, Luhansk, Donetsk, Zaporizhzhia and Kherson. The vehicles assisted both military and civilians, and were credited with saving more than 100 lives.

In recent years, **Canada** has also experienced an increase in the frequency and severity of natural disasters. Wildfires, hurricanes and floods have affected thousands of families and individuals. When these emergencies occur, PWRDF *invites dioceses to apply for relief funding*.

In 2023, in response to unprecedented wildfires from coast to coast, PWRDF launched a separate fund for in-Canada emergency response. This fund will allow us to respond quickly when a diocese asks us for support, rather than wait to raise funds for individual disasters. Diocese can request short-, medium- and longer-term support depending on their specific needs. These could include emergency accommodations, gift cards to purchase food, water and essentials, counselling and post-trauma supports, or locally identified long-term recovery activities to help rebuild community assets and increase community resilience.