

St. Thomas The Apostle Anglican Church

110 Francis Street, Cambridge ON, N1S 2A1

“KEEPING IN TOUCH – November 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 every Tuesday afternoon for a joint “St. Luke’s / St. Thomas” bible study. We will be meeting at St. Luke’s for the month of November. The studies will be based on the readings for the upcoming Sunday so you do not need to have attended any previous sessions to take part.

Note: There will be no bible study on Tues Oct 31st.

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.

Wed Nov 1 (7pm)

All Saints Day Evensong: Please join our other Anglican sisters and brothers at St. John’s Anglican Church in Preston for a deanery-wide All Saints Day Evensong service.

Tues Nov 21 (7pm)

Congregational Council Meeting: Please note that all parishioners are welcome to attend any council meetings. Please contact Kathy Brown or Rick Furnival ahead of time so we set up for enough people.

Thur Nov 23 (1pm)

Speaker from The Bridges Shelter: Wayne Paddick, the executive director at The Bridges, will be coming to do a presentation to the ACW on Thursday November 23rd. Everyone is welcome to attend. Free admission, but donations of winter hats, mitts, sport socks, deodorant , coffee or sugar would be greatly appreciated!

Sat Nov 25 (10am-12)

ACW Bake Sale: Mark your calendars and get your appetites ready. The ACW ladies are baking up a bunch of their famous goodies and will be selling them at the church on November 25th. Yum!

Sun Dec 10 (1pm)

ACIC Community Christmas Carol Singalong: Back by popular demand, we will be hosting this annual singalong event which not only lets you sing your heart out, but gives you the background stories behind these much loved Christmas songs. FREE admission. Hot apple cider and goodies will be served afterwards. 😊

PASTOR'S PONDERINGS



Why do we “pass the peace”?

In the middle of our weekly Eucharistic service, right after saying the general confession & receiving absolution for our sins, we stand up & “pass the peace”. This part of the liturgy is not scripted, but people variously shake hands, make some sort of peace sign with their hand or fingers, or hug, repeating something to make clear that we desire Christ’s peace for them (“The peace of Christ be with you” or “God’s peace”). It is a sort of goodwill offering, appropriately timed to come right after we have received forgiveness from God, & right before receiving Communion. It is the perfect window of opportunity in which to demonstrate how God’s love animates us to be the church, fulfilling Jesus’ command, “Love each other as I have loved you.” (John 15:12).

In the coming months, I will be talking with as many folks as I am able, to hear about your experiences of passing the peace—what it means to you, & how it is most meaningfully practised.

Craig+

ESCAPADES OF THE ACW...

“PUMPKINFEST” AND A BIRTHDAY PARTY !!!

The last ACW meeting happened to be the week before Halloween so the ladies spent the afternoon decorating pumpkins. Since it was Marion’s 90th birthday, we also had a celebration cake. Click this link to the St. Thomas website to see pictures of the ladies posing with their creations.



<https://www.stthomascambridge.ca/pages/highlights-from-past-services-events>

TOURING THE ONTARIO CHRISTIAN GLEANERS

“The Gleaners” is a multi-denominational Christian organization that seeks to visibly demonstrate God’s love and grace by working with volunteers to collect, process and make available surplus agricultural produce to help feed those in need in developing countries



around the world. With its many volunteers, The Gleaners produces millions of servings of dried vegetable mix and other nutritious dried products each year. The ACW had an amazing tour of their operations in October and were very impressed with the program.

ON "PERSPECTIVE"

(submitted by Rick & Sharon)



A common misconception is that opossums have poor vision. But not only do opossums see the physical world remarkably well, they have a clear vision of making the most of what their world has to offer. Reject limiting misconceptions about your own abilities and embrace a uniquely "opossum" way of seeing the world!

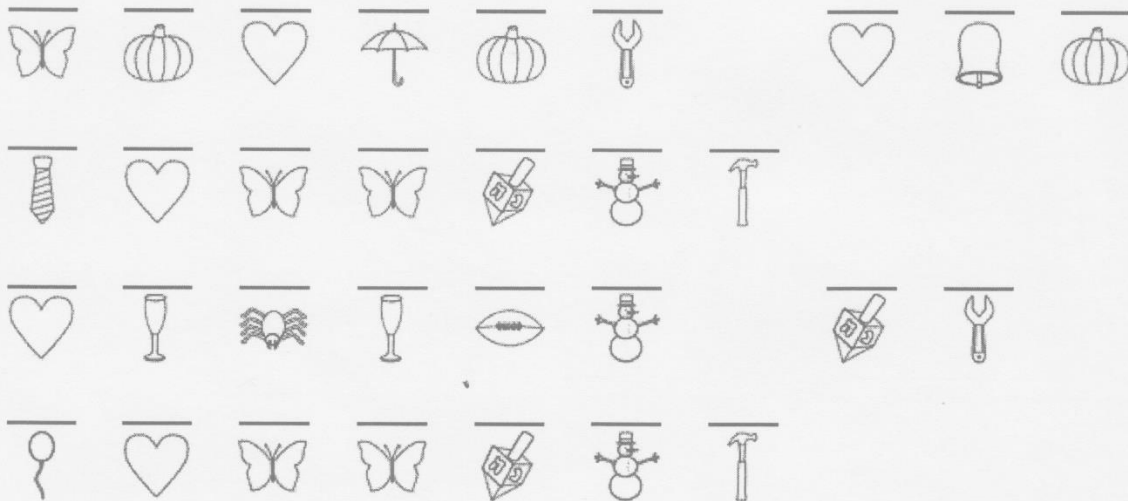
Word Decoder Puzzle

Instructions: Match the picture in the Word Puzzle with the same picture in the Alphabet Key. On the Word Puzzle, write the letter that appears below the matching picture in the Alphabet Key to solve the word decoder puzzle.

Alphabet Key



Word Decoder Puzzle



Blueberry Banana Bread (Vegan)

ohsheglows.com (tested & submitted by Rick & Sharon)

MAKES: 1 serving PREP TIME: 10 mins COOK TIME: 50 mins



This vegan banana bread is delicious, wholesome, naturally sweetened, and takes 10 minutes to throw together. What could be better when you have some overripe bananas to use up? Nothing, my friends, absolutely nothing! Whip this into the oven before guests arrive to fill the house with a delectable banana bread aroma. For a fun twist, try adding cinnamon and nutmeg into the dough before baking, or even stir in some chocolate chips or chopped dark chocolate for a more decadent loaf. I love it topped with both sliced banana (which enhances the sweetness and banana flavour) and crunchy walnuts. This recipe is adapted from my Blissful Banana Blueberry Muffins.

INGREDIENTS

1 1/3 cups (320 g) 3 large or 4 small mashed very ripe banana
2 tablespoons (15 g) ground flaxseed
1/3 cup (80 mL) plant-based milk
1/3 cup (80 mL) Apple sauce
2 tablespoons (30 mL) pure maple syrup**
2 teaspoons (10 mL) pure vanilla extract
1/4 cup (60 g) coconut sugar or date sugar
1/2 cup (50 g) rolled oats
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon fine sea salt
1 1/2 cups (210 g) spelt flour or whole-grain spelt flour****
chopped walnuts, blueberries & or chocolate chips, can be added to mix or on top., sliced

DIRECTIONS

1. Preheat the oven to 350°F. Line 9x5-inch loaf pan with parchment paper.
2. In a large bowl, mash banana until almost smooth, and make sure you have 1 1/3 cups.
3. Stir the wet ingredients (ground flax, milk, melted oil, maple syrup, and vanilla) into the banana until combined.
4. Stir the dry ingredients (sugar, oats, baking soda, baking powder, salt, and flour) into the wet mixture, one by one, in the order listed. Stop stirring when there are no flour patches at the bottom of the bowl.
5. Spoon the dough into the loaf pan and spread out evenly. Add your desired toppings and gently press them into the dough to adhere.
6. Bake the loaf, uncovered, for 45 to 55 minutes (I bake for 47 to 48 minutes, but your time may vary), until lightly golden and firm on top. The top of the loaf should slowly spring back when touched.
7. Place the loaf pan on a cooling rack for 30 minutes. Then, slide a knife around the loaf to loosen it and gently remove it from the pan, placing it directly onto the cooling rack until completely cooled (or to hasten the cooling process, transfer to the fridge for 45 minutes).
8. Slice the loaf once cooled. I love to spread it with vegan butter or coconut oil. The loaf will keep in the fridge tightly wrapped for 3 to 4 days, or it can be frozen for 4 to 6 weeks.

HEALTH - Educating people on wellbeing to improve quality of life and promote human dignity

Poor health often perpetuates the cycle of poverty. Illnesses can lead to increased medical expenses, reduced productivity and loss of income. By addressing health issues, individuals and communities have a better chance of escaping poverty because good health is a cornerstone of human wellbeing. Health interventions lead to better physical, mental and social wellbeing, enabling individuals to lead productive and fulfilling lives.

In 2022-2023, partners implementing health projects provided health services to 44,347 community members including 22,156 women, 9,202 girls, 7,748 men and 5,241 boys. Highlights include:

- In Mali, 24,637 COVID-19 vaccines were administered to 6,932 women, 7,106 men, 3,812 girls and 4,227 boys living in rural districts.
- In Bamako, Mali, community health workers conducted 5,436 family planning visits with women and adolescent girls and administered 5,512 pregnancy tests.
- At the Bobete Health Centre in Lesotho, 1,267 patients (856 women, 261 girls and 150 boys) accessed maternal and infant care services.
- In Mae La and Nu Poe camps along the Thai-Burmese border, 75 clients successfully completed their drug addiction programs.
- In Nampula province, Mozambique, 50 solar suitcases were installed in the maternity wards of rural health centres, assisting 13,308 women and 3,993 adolescent girls during nighttime labour.

Health projects often have a positive impact on gender equality by addressing women's and girls' health needs, reducing maternal mortality, and empowering women to make informed decisions about their health and wellbeing.

What are solar suitcases, you ask? Solar panels are installed on the roofs of health clinics. The panels are connected to a device known as a **solar suitcase**, a wall-mounted unit that opens like a suitcase and includes phone charging ports, a portable headlamp and a fetal Doppler to monitor a baby's heartbeat. The solar suitcase project brings clean and efficient electricity to labouring moms, babies and the trained professionals who care for them.



ANSWER TO WORD DECODER

“Leaves are falling, autumn is calling”

A short reflection written by Samuel Pugh (submitted by Susan Grenville)

O God, when I have food,
help me to remember the hungry;
When I have work,
help me to remember the jobless;
When I have a home,
help me to remember those who have no home at all;
When I am without pain,
help me to remember those who suffer,
And remembering,
help me to destroy my complacency;
bestir my compassion,
and be concerned enough to help;
By word and deed,
help me to remember those who cry out for what we take for granted.



Well, who knew?!? → TOMATO TRIVIA & TRUTHS by Ruth Sharon

- *Tomato Math:* one pound of tomatoes =
3 medium globe tomatoes OR 8 small plum tomatoes
OR 25 to 30 cherry tomatoes OR 2 cups, chopped
- One medium tomato has 22 calories / 6 cherry tomatoes have 18 calories.
- At one point in history, tomatoes were known as the “love apple”. They were once touted as having aphrodisiac qualities. In modern day kitchens, it’s unclear if this is true, but we are certain of their delicious and versatile value in our homes and at our picnic tables.
- Store ripe tomatoes, stem side down, at room temperature, away from sunlight and use within a few days.
- Many tomato lovers insist they should never go in the refrigerator. It is said to make the flesh pulpy and destroy the flavour.
- Another way to peel tomatoes is to use a sharp knife to cut a shallow X-shaped slash on the bottom, then drop them in a pot of boiling water for about 5 seconds for very ripe tomatoes or 10 seconds for firmer tomatoes. Use a slotted spoon to transfer tomatoes to a bowl of ice water and let stand for about one minute. When tomatoes are cool enough to handle, use a paring knife to pull off the skin.

