

# St. Thomas The Apostle Anglican Church

110 Francis Street, Cambridge ON, N1S 2A1

## "KEEPING IN TOUCH – February 2024"

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

**Wednesdays (1pm)**

**Bible Study:** Please NOTE our joint "St. Luke's / St. Thomas" Bible Study has changed from Tuesdays to Wednesdays. We'd love to have you to join us as we read and discuss the upcoming week's readings. February meetings will be at St. Luke's.



**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.  
*(Note: there will be no service on Thurs Feb 8<sup>th</sup>)*

**Thur Feb 8 (1 pm)**



**Guest Speaker from the Cambridge Fire Department:** The ACW ladies invite you to join us for a presentation from Jessica Buczynski from our local fire department. We will be taking up a free will collection to be given to the *Cambridge Fire Fighter's "Basket Fund"* which feeds 400 families in Cambridge.

**Tues Feb 13 (5:30pm)**

**St. Luke's Pancake Supper:** \$10 per person.

**Tues Feb 13 (5-7pm)**

**Trinity's Pancake Supper:** Free will offering.



**Wed Feb 14 (10am)**

**Ash Wednesday Service:** Join us on Ash Wednesday as we prepare for the beginning of our Lenten journey.

**Thur Feb 22 (1-3pm)**

**Baking for The Bridges:** If you are able to bake up some goodies for our neighbours at the Bridges, please bring them to the church between 1 & 3pm, to be delivered later that afternoon.

*Note: Pastor Craig will be away on post ordination training from Wed Feb 7 – Fri Feb 9<sup>th</sup>.*

## PASTOR'S PONDERINGS



In the middle of January, I made my way to a farm in Guelph to attend a few days of silent retreat. It was a time for rest & prayer. Meals were provided & enjoyed in silence. The “silence” is broken twice daily. Once, to meet with a spiritual director, to set “goals” for the day; then, to take part in Holy Eucharist. The point of the silent retreat is to set aside all labour, so the “goals” set usually include praying with a short passage of Scripture, taking a walk on the acres of trails with no other aim than enjoying some deep breaths of country air. Reading is discouraged, since it stimulates mental work or simply diverts us. “Passing the time” is meant to be active, engaged, listening for God — watching for Christ — with as little interference between us as possible. It is not always an easy time, but I left with some good rest & many rewards of a well-spent retreat, eager to be returning for Sunday services!

Pastor Craig+



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## UPDATES TO CONGREGATIONAL COUNCIL

Thanks to everyone who stayed after the service on Sunday, January 28<sup>th</sup> and took part in our annual Vestry Meeting. Following the meeting, our new Congregational Council, effective Feb 1<sup>st</sup>, consists of:

People's Warden:	Rick Furnival
Rector's Warden:	Kathy Brown
Deputy Wardens:	Marion McKersie & Pat Fretz
Deacon:	The Rev. Canon Karen Kovats
ACW Rep:	Sarita Fernandes
Members at large:	Susan Grenville, Pat Anderson, Anne Needham & David Vann



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## The Surprising Secret of Freedom

(Nicky Gumbel)

I have on my table a violin string,' wrote Rabindranath Tagore. 'It is free to move in any direction I like. If I twist one end it responds; it is free. But it is not free to sing. So I take it and fix it into my violin. I bind it and when it is bound, it is free for the first time to sing.'

True freedom comes when we bind ourselves to Jesus and fix our eyes on him. As the violin string comes alive when bound into the violin, so we come alive in Christ. Jesus is the great liberator. He sets us free.

At the heart of Christianity is a relationship with Jesus. Jesus died for you. He was raised to life and he is alive today. You cannot see him physically, but you can see him with the eyes of faith.

## A Plea from the Waterloo Deanery Refugee Committee

As many of you know, in July we determined that enough funds had come forward from our 13 churches to support our family for their basic needs (food, rent, clothing, etc.) until the end of their first year (February 2024), our deanery sponsorship. That was great news. However, we also recognized that both Binyam and Alganesh needed significant expensive dental work that is not covered by any government grant, such as the **Healthy Smiles** program that covers the two children. We shared this update with our churches, and the response has been terrific. Four churches have contributed \$7210 since the end of August and several churches have indicated that they will be contributing another \$4000 very shortly. Based on this generous funding, as of Oct. 25<sup>th</sup> we have approved a considerable expenditure to pay for some of the dental work needed by the parents.

*Looking ahead, we have some uncertainty.* Although the parents are gradually improving their English, it is somewhat early to know if one (or both) of them will be able to find full or part-time work by February 2024, when our formal commitment to them ends. We recognized way back in December of 2022 that inflation, employment uncertainty, and reduced government support might weaken or jeopardize our new family's situation at the end of their first year in our region, so we passed a motion on Dec. 14, 2022, whereby we agreed *"to provide additional support as needed during the refugee family's second year for living expenses, if deemed necessary by the committee."* In simple terms, this means we need our thirteen churches to continue to support the work of our deanery's committee into 2024, to whatever degree they are able. We would greatly appreciate it if all of our churches and parishioners recognize this on-going need.

On a positive note, Binyam has passed his G-1 driver's written test, and – with our support - has begun to take a driver training course with the hope that in the not-too-distant future he will be able to apply for work that involves driving, if he wants to. On a similar note, we are going to encourage Alganesh to also apply for her G-1. The parents have also acquired a credit card (with a modest limit) both to pay for a few monthly bills that require such a card, and also to gradually build up a credit score. We think it would be very fair to say that they are being quite careful with their money, which is a very important characteristic and responsibility.

If you have any questions about our committee's finances, kindly let us know.

John Ryrie (St. George's of Forest Hill) and  
David Whitfield (St. John the Evangelist),



### **Note to St. Tom's Parishioners from Susan:**

***We have all felt the 'burn' of increased prices and increased rents (for those of us renters) over the past two years. In the past, we were able to obtain a grant to pay for another family's dental work, but that was not available this time. Can we find a way to help the Deanery Refugee Committee support this family financially, either personally or collectively? Donations large or small will be a blessing.***

## MATCH THE ANIMALS TO THEIR "GROUP" NAMES

Example: 1) Alligators = g) congregation

- |                    |                         |
|--------------------|-------------------------|
| 1) Alligators      | a) a sleuth             |
| 2) Apes            | b) a business           |
| 3) Bats            | c) a parliament         |
| 4) Bears           | d) a bloat              |
| 5) Cats            | e) a mischief           |
| 6) Crows           | f) a cackle             |
| 7) Donkeys         | g) a congregation       |
| 8) Ferrets         | h) a leap               |
| 9) Fox             | i) a richness           |
| 10) Gerbils        | j) a nursery or gaze    |
| 11) Giraffes       | k) a crash              |
| 12) Hippopotamuses | l) a horde              |
| 13) Hyenas         | m) a knot               |
| 14) Leopards       | n) a bale               |
| 15) Martens        | o) a shrewdness         |
| 16) Owls           | p) a clowder            |
| 17) Porcupines     | q) a pod                |
| 18) Racoons        | r) a skulk or leash     |
| 19) Rats           | s) a murder             |
| 20) Rhinos         | t) a prickle            |
| 21) Skunks         | u) a colony or cauldron |
| 22) Squirrels      | v) a surfeit            |
| 23) Toads          | w) a tower              |
| 24) Turtles        | x) a pace               |
| 25) Whales         | y) a dray               |



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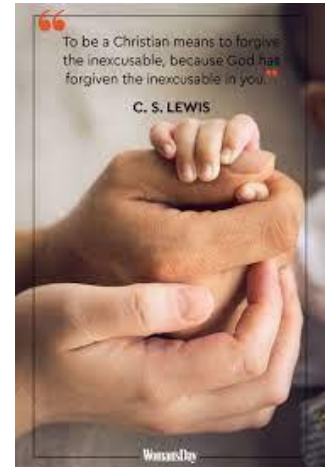
## ANSWERS TO ANIMAL "GROUP" NAMES

- |        |        |        |        |        |        |        |
|--------|--------|--------|--------|--------|--------|--------|
| 1 – g  | 2 – o  | 3 – u  | 4 – a  | 5 – p  | 6 – s  | 7 - x  |
| 8 – b  | 9 – r  | 10 – l | 11 – w | 12 – d | 13 – f | 14 – h |
| 15 – i | 16 – c | 17 – t | 18 – j | 19 – e | 20 – k | 21 – v |
| 22 – y | 23 – m | 24 – n | 25 – q |        |        |        |

## THE SEASON OF LENT: WHAT WILL BE YOUR FAST? *(from sermonsforyou.blogspot.com)*

The American author Max Lucado wrote, 'If there are a thousand steps between us and God, God will take all but one. God will leave the final one for us. The choice is ours.' As we journey through Lent, we know that Jesus has taken every step He can for us – and he just needs us to step a little closer to Him. One of the things associated with Lent is fasting, and the following reflection speaks of the life that God desires for each one of us. It speaks of the characteristics of Jesus that He calls us to follow, and it reminds us that a life of fasting will bring little peace and little happiness by itself, but with Christ's power we can know and we can taste the feast of a life lived with Him!

Fast from judgement,	feast on compassion
Fast from greed,	feast on sharing
Fast from scarcity,	feast on abundance
Fast from fear,	feast on peace
Fast from lies,	feast on truth
Fast from gossip,	feast on praise
Fast from anxiety,	feast on patience
Fast from evil,	feast on kindness
Fast from apathy,	feast on engagement
Fast from discontent,	feast on gratitude
Fast from noise,	feast on silence
Fast from discouragement,	feast on hope
Fast from hatred,	feast on love



What will be your fast? What will be your feast? AMEN

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### GOOD CHRISTIAN SQUIRRELS ☺

The **Presbyterian** church called a meeting to decide what to do about their squirrel infestation. After much prayer and consideration, they concluded the squirrels were predestined to be there and they shouldn't interfere with God's divine will.

At the **Baptist** church the squirrels had taken an interest in the baptistery. The deacons met and decided to put a water-slide on the baptistery and let the squirrels drown themselves. The squirrels liked the slide and, unfortunately, knew instinctively how to swim so twice as many squirrels showed up the following week.

The **Lutheran** church decided that they were not in a position to harm any of God's creatures. So, they humanely trapped their squirrels and set them free near the Baptist Church. Two weeks later the squirrels were back when the Baptists took down the water-slide.

But the **Catholic** church came up with a very creative strategy. They baptized all the squirrels and made them members of the church. Now they only see them at Christmas and Easter.

Not much was heard from the **Jewish** synagogue. They took the first squirrel and circumcised him. They haven't seen a squirrel since.



## Subscribe today to the 2024 PWRDF Lent Resource

### Daily reflections begin February 14!

[Subscribe!](#)

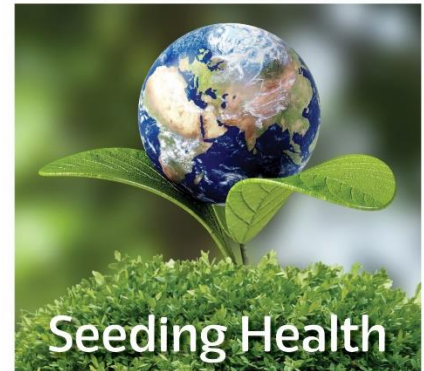
Health and well-being – without one, the other simply isn't possible. Likewise, the well-being of humans isn't possible without a healthy planet; something we are discovering every day as we face a growing and global climate crisis.

This theme is at the centre of PWRDF's 2024 Lent Resource.

**Throughout the Lenten season, you will receive a daily email with a reflection from Dr. Sylvia Keesmaat, on what health, well-being and good living require of us in our lives and our relationships with one another, with creation and with God.**

As you will read, things begin to break down when human beings separate themselves from creation, exploiting it as a commodity, or separate from and exploit one another. In so doing, we separate ourselves from the Creator.

And so, on this journey through Lent, PWRDF invites you to join Dr. Keesmaat as she walks with us, meditating on our current climate crisis and the well-being of ALL of creation, human and non-human, and offering us lessons in repair and restoration that are both profoundly ancient and current.



Lenten Meditations on the  
Climate Crisis and Well-being



### About Dr. Sylvia Keesmaat



Renowned biblical scholar, Dr. Sylvia Keesmaat is the past co-chair of the Bishop's Committee on Creation Care for the Diocese of Toronto. She offers on-line courses at [Bible Remixed](#), and speaks widely on issues connected to climate justice and the Bible. Sylvia is the co-author, with Brian Walsh, of *Romans Disarmed: Resisting Empire, Demanding Justice*, and is currently writing a book on ecological grief and hope in the biblical story.

She lives on Russet House Farm, an off-grid permaculture farm in the Kawartha Lakes of Southern Ontario, on the traditional territory of the Michi Saagiig Anishnaabeg, with her husband, Brian Walsh, and a fluctuating number of people and animals.

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### SOMETHING TO THINK ABOUT...

Don't judge the moment. As soon as you label something as bad your mind starts to believe it. Instead, be grateful for setbacks. Allow the journey of life to progress at its own pace and in its own roundabout way the universe (and God) may have other plans in store for you.

