

St. Thomas The Apostle Anglican Church

110 Francis Street, Cambridge ON, N1S 2A1

"KEEPING IN TOUCH – June 2024"

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

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

A FEW DATES TO MARK ON YOUR CALENDAR

Wednesdays (1pm)

Bible Study: The weekly joint bible study will be held at St. Luke's for the month of June. Note: The study is based on the upcoming week's readings, so you do not need to have attended in the past to join in. It's a very lively group and everyone is welcome!



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.

Sun June 9 (10:30am)



Joint Service with St. Luke's at MacPherson's Campground: This will be the 40th anniversary of this much loved event. If you have any pictures from past years, please give them to Pastor Craig. Remember to bring your lawn chair & sun hat and if you need a ride, please speak with Kathy Brown or Rick Furnival.

Sun June 23 (10:00am)



ACIC Joint Service & Potluck: This year, Trinity will be hosting our famous "5 congregation" service and potluck. BBQ'd hamburgers & hot dogs and cold drinks will be provided but **you need to sign up by Sun Jun 16th in order to reserve your burger or dog.** We're asking everyone to bring along a salad or dessert to share and if the weather is nice, the service will be outside so please bring a lawn chair & sun hat. Also, **we are asking everyone to carpool** with other parishioners so we have enough parking for everyone. There will be "drop off" spots at the front of the church for people who cannot walk far. If you are able-bodied, please park in the library parking lot. If you need to park closer, the gravel parking lot across from Trinity Park will be available. We're looking forward to seeing everyone at this annual favourite event! 😊



Thur Jun 27 (6-7:30pm)

ACW Strawberry Social: This "don't miss" event is tentatively scheduled for June 27th, depending on strawberry availability!



PASTOR'S PONDERINGS

Pentecost is not only one of our seven principal Feast Days, it also lends its name to the longest season in our liturgical calendar, lasting from fifty days after Easter to the end of our calendar year. That leaves us between now & the first week of Advent (which falls on Sunday, December 1st) to keep up in our readings & worship, giving particular attention to how the Holy Spirit is calling us to serve Christ's Church — in our church family, in our families & surrounding communities, & in the world. What is God calling you to do, to show forth your faith & advance the gospel — the good news that God wants a relationship with us so much, that he gave the life of his own Spirit-born Son, in order that we would turn to him by faith & through faith enjoy the abundant life God created us to have.



Craig+

SUMMER WORD SCRAMBLE

Unscramble the letters to find 12 summer words:



bemurall	_____
irctalepra	_____
rlawteneom	_____
ldbaygsu	_____
sprlknries	_____
oppeslic	_____
urrettameep	_____
siutlnhg	_____
tuosioqm	_____
sofulnewr	_____
tonaacvl	_____
ubcberae	_____

EVENT UPDATES....

The **Toyota Plant Tour** in May was really interesting! Four carloads of parishioners made their way over to the plant and saw some of the most amazing technology and automation at work!

The **ACW's "ABBA night"** was a huge success with the room fully packed for the lively show. Can those ladies ever put on an event!



FIGHT FEAR AND HOLD FAST *(a daily devotional from YouVersion bible app)*

It seems there's always something to worry about: natural disasters, current (and potential) wars, shaky finances, relational brokenness, unmet expectations, political, cultural, or racial divisions, senseless violence, our kids, our jobs, our health, and more—much more. But many of the things we fear are largely out of our control.

We can't always control what happens to us, but we can choose our response.

You can constantly be worried, negative, anxious, fearful, critical, and bitter. Or, you can be known for seeing the good in people, choosing joy, offering encouragement, looking for God's fingerprints, and always finding something to be grateful for. In either case, the cycle feeds itself.



Like hummingbirds are attracted to sweet things while vultures scour the earth for dead things, we will always find what we are looking for. Why? Because darkness and light both exist. Good and evil are everyday realities. And we must decide who we'll trust, and how we'll spend our lives.

There are plenty of scary things happening in the world, but—because of Jesus—there is always good.

Even on our darkest days, Jesus is the light of the world. He's already carrying the weight of the world on His shoulders, which means we don't have to. He has already made a way where there was no way, which means we can follow the path He has blazed. The Holy Spirit is already compelling us and leading us and teaching us and comforting us, which means we're not alone.



The hope we have in Christ isn't just wishful thinking or positive vibes. It's hope that's based on truth—on facts and faith.

So what can we do? The Bible says:

"Anxiety weighs down the heart, but a kind word cheers it up."
Proverbs 12:25 NIV

We can fight anxiousness with hope.
We can ward off worry with truth-filled encouragement.
We can resist fear by offering life-giving words.
We can refuse to settle for living scared.
We can expose the darkness to light.

So the next time you feel anxiety and fear weighing down your heart, ask God for help and encouragement. Remember, He is with you always.

The Strawberry Social Story *(kindly submitted by Helen Miller)*

Strawberry Socials were always a popular early summer event here at St. Thomas Church over the years. However, somewhere along the way it ceased to be an annual gathering to include parishioners, friends and neighbours.

The earliest record of a new start-up is Monday, June 18, 2001, with 60 patrons including children, in attendance. The cost per ticket was \$4 and \$2 for kids.

With the advent of Covid, this fundraiser was cancelled during the years 2020 and 2021. On a happy note, our ACW was profoundly pleased to provide a Strawberry Social gathering for Rev. Steve's farewell service on Sunday, June 26, 2022. What a fitting send-off it was for Steve, Tracy and their young family!

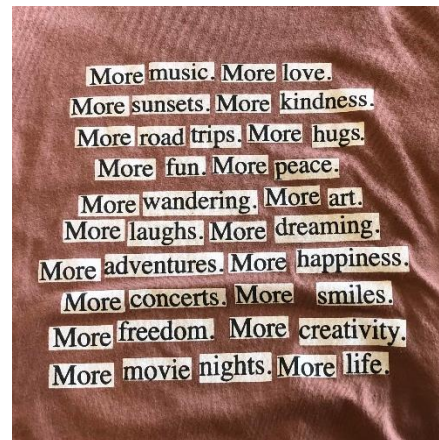


And now, we once again welcome all to come out to enjoy a delicious strawberry dessert served by our ACW ladies. See you on Thursday, June 27th!

YES... YOU CAN!

"Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can."

John Wesley (1703 – 1791)



Answers to the Summer Word Scramble

umbrella
sprinklers
mosquito

caterpillar
popsicle
sunflower

watermelon
temperature
vacation

ladybugs
sunlight
barbecue

Sautéed Red Cabbage

Source: https://www.foodover50.com/fo5o_recipes/sauteed-red-cabbage/

Makes: 8 servings

Prep Time: 5 mins

Cook Time: 30 mins

Ingredients

1 head red cabbage small
1 red onion
1 large red apple
1 Tbsp butter
1 Tbsp light vegetable oil
.5 cup apple cider vinegar
1 Tbsp caraway seed
1 pinch salt
freshly ground black pepper



Directions

1. To start, slice one medium onion lengthwise, not crosscut.
2. Then place a tablespoon of vegetable oil, plus the small nob of good old-fashioned butter in a very spacious sauté pan over medium heat. This half and half partnership reduces the saturated fat but boosts the flavor. When the butter foams, add the onion and sauté for a minute or two.
3. Slice an entire head of red, or purple cabbage into long, thin strands and add as much of it as the pan will hold. As it wilts you can add the rest. Stir occasionally to allow all the cabbage contact with the pan. Monitor heat and reduce if necessary. We don't want scorched cabbage.
4. For a little natural sweetness core and dice one crisp apple - skin on, and add it to the pan.
5. Add the pinch of salt and several grinds of black pepper. Then add the caraway seed. Caraway is a distinctive flavor profile you might not cook with, but here's the perfect place to try it! Whole seed is okay, unless you're bothered by diverticulitis like I am, so ground caraway is best.
6. Finally, add cup of apple cider vinegar. Blend everything together, reduce the heat, partially cover and let the cabbage mixture slowly cook for at least half an hour. The longer it cooks the better. If it needs a little moisture, add water or more cider vinegar.
7. When done, it should be tender, but still have a slight crunch, and exhibit a gentle sweet/sour flavour. This recipe is one of my all-time favorites in the nutritious, blue/purple/red color spectrum and it pairs well with chicken.