

St. Thomas The Apostle Anglican Church

110 Francis Street, Cambridge ON, N1S 2A1

“KEEPING IN TOUCH – February 2021”



Here's Something Useful!!!
“Magic Cleaning Solution”

(by Pat Fretz)

1/4 c dawn detergent + 1/2 c lemon juice + 1 c vinegar + 1-1/4 water

RECIPE OF THE MONTH → “Hamburger Soup”

(submitted by Kathy Brown)



1 ½ lbs lean ground beef
3 – 10oz cans beef consommé
1 – 28oz can tomatoes
8 tbsp “pot” barley (not “pearl”)
Bay leaf

3 onions, chopped
1 – 10oz can tomato soup
48 oz water
3 carrots, chopped
mushroom & chopped celery (optional)

- Sauté beef and onions
- Put all ingredients in a large 5 quart pot
- Cover and bring to the boil
- Simmer for 1 ½ hours or more, until the barley fattens

Remember to remove the bay leaf before serving. Goes well with French bread or garlic toast. Any leftovers can be frozen to enjoy later.

A VALENTINE’S DAY JOKE

What did the one sheep say to the other on Valentine’s Day? (I love ewe!)

What did the other sheep say in return? (You’re not so baaa-d yourself!)

PASTOR'S PONDERINGS

A season will end (Epiphany) and a new season will begin (Lent) this month of February. We will celebrate Candlemas (also known as The Feast of the Presentation of Jesus Christ), a Principal Feast Day. One of the oldest feast days of the Christian Church, celebrated since the Fourth Century AD. This day celebrates and echoes on the Light that pierces the darkness. Traditionally, candles are brought to the church to be blessed and used when the community gathers in worship, Word and prayer, whether at the church or in the home. Beautifully, there are forty days between Christmas Day and Candlemass.

This month we enter the season of the solemnity of prayer, penance, self-denial and repentance. It is in this time, space and season of Lent that we faithfully and intentionally allow the Holy Spirit to prune our hearts and minds. We authentically facilitate the space for God to come into our lives, come into the stickiness and mess of our hurts, habits and relationships and bring His healing. We need to become transparent to allow the Spirit of Truth, Peace, Mercy, Forgiveness and Reconciliation enter the darkness and brokenness of our lives whereby He will heal and hold us. It is in Lent, we again share our stories, read and meditate on the Holy Scriptures and allow the light that pierces the darkness, to shine with its glorious radiance in our lives, in our families and in our communities. It is in this season, we cast all our worries, pains, anxieties, failures, faults and sins onto the Redeemer. It is in Lent we carry His light deeply into our lives.

For my eyes have seen Your salvation, that You have prepared in the presence of all peoples, a light for revelation to the Gentiles and for the glory to Your people Israel

-Luke 2:30-32

Your Servant-in-Christ,

Steve+



Did You Know?

1. In Western Christianity, the Presentation of Jesus is known as Candlemas or the Feast of the Purification of the Virgin. In the Eastern Orthodox Church, this same Principal Feast Day is one of the Great Twelve Feasts, sometimes called...
2. Can you name three (3) traditional practices to be taken up during Lent (that involve "justice")?
3. Lent begins on Ash Wednesday in both the Eastern and Western Church: True or False
4. What are the different names for the Fourth Sunday of Lent?
5. St. Joseph (legal father of Jesus) is the patron saint of Canada: True or False?

Words of Wisdom from Charlie Chaplain

Charlie Chaplain lived 88 years. He left us 4 statements:

- (1) Nothing is forever in this world, not even our problems.
- (2) I love walking in the rain because no one can see my tears.
- (3) The most lost day in life is the day we don't laugh.
- (4) Six best doctors in the world:
 - 1 – The sun
 - 2 – Rest
 - 3 – Exercise
 - 4 – Diet
 - 5 – Self-Respect
 - 6 – Friends



Stick to them at all stages of your life and enjoy a healthy life...

If you see the moon, you will see the beauty of God...

If you see the sun, you will see the power of God...

If you see a mirror, you will see God's best creation. So believe it. We are all tourists. God is our travel agent who has already identified our routes, bookings and destinations. Trust him and enjoy life! Life is a journey, therefore live today! Tomorrow may not be.

Answers (to Pastor Steve's "Did You Know" questions)

1. Hypapante ("The Meeting", as in "The Meeting of Jesus")
2. Prayers (justice towards God), fasting (justice towards self) and almsgiving (justice towards your neighbours)
3. False: The Eastern Orthodox Church, does not, in general, observe Ash Wednesday. They observe the Great Lent which begins on Clean Monday (also known as Ash Monday or Green Monday) which falls on the seventh (7th) Monday before Easter
4. Mothering Sunday (not the same as Mother's Day), Laetare Sunday, Refreshment Sunday and Rose Sunday
5. True (St. Anne, Jesus' grandmother and St. Jean de Brebeuf are also considered patron saints of Canada)

A Chat with ... **TRACY GREENE**

by Susan Grenville



Tracy Heseltine was born and raised in London, Ontario. She lived there as an adult, until she married our priest, Steve Greene. Tracy's parents emigrated from Yorkshire, England in 1973. They had debated about moving to either Australia or Canada, and chose Canada because 'there were not as many spiders and snakes!' Her Dad worked as a transport truck mechanic, and her Mum as a bookkeeper at the London Psych Hospital before her children were born, and later at Sears. Tracy has a brother who is 8 years younger and who still lives in London with his wife and 2 children. She was also very close to her Godmother, a social worker, who lived close by.

Tracy attended St. Anne's Catholic School and John Paul II Secondary School. She graduated from Fanshawe College with a diploma in Early Childhood Education. As a single Mom to son Zachary, she ran a day care in her home. Her Godmother had always encouraged Tracy to be a foster mother, repeatedly asking "When are you going to start fostering?" When Zachary was 9, Tracy became foster mother to her now-adopted daughter, Trinity.

Tracy met Steve on-line when Trinity was 5 months old. Their friendship grew through email and phone calls. He was living in Elora. They finally agreed to meet...outside on Main Street in London (to ensure her safety). Before that meeting, she had no idea what he looked like; he had 'lied' to her that he was 'hairy, like a troll'. She says that when she finally met him "I was very pleasantly surprised."

The rest of their relationship and their love of children is history. Zachary, age 22, attended a business course at Fanshawe. He started a Video Design course, which was halted when Covid hit, and presently works at Tepperman. Steve's daughter, Autumn, age 21, is a 3rd year pre-med student at the University of Ottawa. Trinity, now age 12, is a 7th grader. Josh, age 11, was adopted in 2008. Trinity's and Josh's half-sibling, Divine, now 28, became another 'son' (by love) when they adopted Josh. Kaleb, age 2½, was formally adopted last year, and the family is in the process of adopting Kaleb's younger sibling, Baby N, age 14 months. Unfortunately, during Covid-19, adoption has 'ground to a halt', while judges are reluctant to move forward.

Growing up, Tracy remembers attending mass on Saturday evenings, followed by a supper of fish and chips. As an adult, she transitioned to a *large* non-denominational church with between 2000-4000 parishioners! There were a variety of services that appealed to her: 'old time' and contemporary, some services inside the sanctuary, and some in the café. She worked in the nursery, which she loved, but it did not give her time to attend the main services. She later learned that women could work only in the nursery, but could not participate as teachers or preachers. Steve always credits Tracy with encouraging him back to the church in the years after they met, and she says that is true. They joined the Anglican church when Steve went to the seminary. She says she misses the nursery plus the contemporary music and variety of services. It would be ideal to have a family-based service (and nursery) to attend with her children.

Today, Tracy's life is all about family. Although reading is her 'thing', there is always a child who needs her attention. While we chatted over FaceTime, one or the other of the wee ones was crawling in or out of her lap, or wanted a drink, or needed a toy. Nini is now walking and waving; Caleb is busy and talking. Trinity is attending school virtually, and only Josh attends school in person. Tracy agreed that when Steve became a priest, she would 'do the night shift', but the little ones still don't sleep through the night. Even with Steve presently working from a home office, he is usually on the phone or attending computer-based meetings. She didn't complain, but I couldn't figure out if or when she ever finds time for herself.

When I asked what lessons she has learned in life, Tracy had a ready answer. *'What has been most successful in my life is to follow the Christlike teachings. Fostering has given me a big eye-opener into*

the amount of judgement people put on others. Somebody out there always has it worse. Doing things as kindly and gently as possible, you can still get things done; you don't have to be assertive.

I think Pastor Steve has found the perfect partner, and I am anxious for our parishioners to get to know Tracy.

VALENTINE'S DAY WORD SCRAMBLE



LOAHCCETO _____

LWRSEFO _____

OELV _____

YNACD _____

URFYREAB _____

TVIAELENN _____

TSHAER _____

DCIPU _____

DRFEIN _____

ELDUCD _____

SISK _____

SREOS _____

TEWESRTSEHA _____

GHU _____

WROAR _____

WLEYJRE _____



Chocolate, Flowers, Love, Candy, February, Valentine, Hearts, Cupid, Friend, Cuddle, Kiss, Roses, Sweethearts, Hug, Arrow, and Jewelry