

St. Thomas The Apostle Anglican Church

110 Francis Street, Cambridge ON, N1S 2A1

“KEEPING IN TOUCH – October 2020”

HEY → THAT’S USEFUL!

“Virtual” Falls Prevention Sessions

Community Support Connections is hosting live Zoom sessions with their registered kinesiologists on Tuesdays & Thursdays at 1:00 pm. Sessions are as follows:

- | | |
|------------------------------------|---|
| October 13 - Chronic Illness | November 3 - Medication Use |
| October 15 - Muscle & Bone Health | November 5 - Home Safety |
| October 20 - Blood Pressure | November 10 - Mobility Aids |
| October 22 - Vision & Hearing | November 12 - Nutrition |
| October 27 - Those Darn Feet | November 17 - Balance & Arthritis |
| October 29 - Sleep & Mental Health | November 19 - How To Get Up From A Fall |

No registration required. Click this link to join in: <https://zoom.us/j/92977929823#success>

If you have questions, you can reach Community Support Connections at 519-772-8787.

RECIPE OF THE MONTH → Garden Carrot Cake *(submitted by Sharon Furnival)*

- | | | |
|---------------------|----------------------------|----------------------------------|
| 4 eggs | 1 cup honey | ½ cup lightly packed brown sugar |
| 1 cup vegetable oil | 2 ¼ cups all purpose flour | ½ tsp salt |
| 2 tsp baking powder | ½ tsp baking soda | 1 tsp cinnamon |
| ½ tsp nutmeg | 3 cups grated raw carrots | 1 cup chopped walnuts |
| 1 cup raisins | | |

Beat eggs. Gradually beat in honey and sugar until light. Gradually beat in oil. Sift or mix together flour, salt, baking powder, baking soda and spices. Stir into batter. Stir in carrots, nuts and raisins. Pour into greased 9 x 13” cake pan. Bake at 325° for 45 – 50 minutes. Cool then dust with icing sugar or Cream Cheese Frosting.

Cream Cheese Frosting: Blend a 125g package of softened cream cheese with 2 tbsp butter, 1 ½ cups sifted icing sugar and 1 tsp vanilla until smooth.

**** ZOOM BINGO ****



We are planning our first ever “Zoom BINGO” to be held at 2 o’clock on Wednesday, October 21st.

To participate by Zoom, please email Kathy Brown at jimkathybrown@gmail.com to receive your BINGO sheet and a link to the event.

To participate by telephone, call Kathy at 519-624-6451 and you will be paired with a Zoom participant who you will phone before the BINGO game starts and will remain on “speaker phone” throughout the game so you can hear what is happening and join in. Please use the BINGO Card attached to your newsletter.

NOTE: To play along, you will need 25 coins or other “markers” that you can place on your BINGO cards as the numbers are called, then remove at the end of each game to re-use for the next game.

We hope you will join us → the more the merrier!

As we gather to celebrate Thanksgiving this month, Lois Rosenberg has shared this poem written by her daughter, Nancy, when she was in 7th grade. (*Thanks Lois!*)

Thanksgiving Day



Thanksgiving Day in Canada
Is a joyous time of year.
The leaves are turning golden,
The frost will soon appear.

We go to church on Sunday,
To give thanks to God above
For the bountiful fields of harvest
In this country that we love.

Where the pumpkins lie in gardens,
The leaves all red and brown
Frame a picture of Autumn glory
That make it seem like it’s been crowned.

**** The Value of Time ****

Imagine there's a bank which credits your account each morning with \$86,400, carries over no balance from day to day, allows you to keep no cash balance, and every evening cancels whatever part of the amount you have failed to use during the day. What could you do? Draw out every cent of course! Well, everyone has such a bank. Its name is TIME. Every morning it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance and does not allow for an overdraft. Each day it opens a new account for you. Each night it burns the records of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against "tomorrow". You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness and success. The clock is ticking. Make the most of today!

To realize the value of ONE YEAR

Ask a student who has failed their exam.

To realize the value of ONE MONTH

Ask a mother who has given birth to a premature baby.

To realize the value of ONE WEEK

Ask the editor of a weekly newspaper.

To realize the value of ONE DAY

Ask a daily wage labourer who has five children to feed.

To realize the value of ONE HOUR

Ask the lovers who are waiting to meet.

To realize the value of ONE MINUTE

Ask a person who has missed the train.

To realize the value of ONE SECOND

Ask a person who has survived an accident.

To realize the value of ONE MILLISECOND

Ask the person who won a silver medal in the Olympics.

Treasure every moment that you have. Treasure it more because you shared it with someone special..special enough to have your time. Remember, time waits for no one!

An Autumn Word Search And Puzzle

Find and circle all of the Autumn words that are hidden in the grid.
The remaining letters spell a secret message - an Albert Camus quotation.

L O N G E R N I G H T S N A A U C N
T O R U E S T U N Y R O K C I H R I
M S O A Y Q E N I S I A O T R W O K
R C Y H N E U V S T E R F H E O P P
C E A A C G K I A S N O A A B R S M
K N D N D S E R N E D S R N M C O U
S C Y L N R G L U O L P M K E E C P
Q R A K E I E R E T X G I S V R T S
U Y D T M A N T S A E F N G O A O E
A D Y D S I V G R T V S G I N C B P
S N R N G Y W E H O E E N V W S E T
H I E L P P A E S P H A S I V O R E
B W T Y L L I H C T E S P N R F L M
F T S E V R A H Y E L O I G C R E B
A A U H A L L O W E E N E F I O S E
A F L S E V A E L W O L L E Y S L R
L O B L W E C H E S T N U T S T R D

ACORN	EQUINOX	NOVEMBER	SEPTEMBER
APPLE	FALL	OCTOBER	SHORTER DAYS
BIRD MIGRATION	FARMING	ORANGE LEAVES	SQUASH
BLOWING LEAVES	FEAST	PIE	SWEET POTATOES
BLUSTERY DAY	FROST	PUMPKIN	THANKSGIVING
CANNING	HALLOWEEN	RAKE	TURKEY
CHESTNUTS	HARVEST	RED LEAVES	WINDY
CHILLY	HAYSTACK	SCARECROW	YELLOW LEAVES
COLD	HICKORY NUTS	SCHOOL	CROPS
LONGER NIGHTS	SEASON		

(see answer on last page)

A Chat with ... EARL ELLIS *(by Susan Grenville)*

Did you know that Earl Ellis retired from CN Rail at age 57, after 41 years of service? His adult life has certainly been busy, but the railroad has always run through it.

Earl was born at home in what was then the east end of Toronto, on January 18, 1929, to a British bricklayer father and a Canadian mother. When his Dad was serving overseas in WW1, he and his best friend agreed that if either of them did not survive the war, the survivor would travel to speak directly with his comrade's family. When his friend was killed, Earl's Dad eventually married his friend's widow, and the rest is history. Earl is the youngest of 4, with one step-brother, a brother, and a sister.

Earl's mother died when he was only 4 years old. Although he was so young at that time, he has one clear memory of her: One day she had a roast in their gas oven, when the oven door suddenly blew open, and both the roast and pot flew out. That is quite a memory! Earl's Dad was an independent bricklayer, who worked by contract and was never without work. He moved the family to Oakville when Earl was 10, and except for a very brief second marriage, raised the children himself.

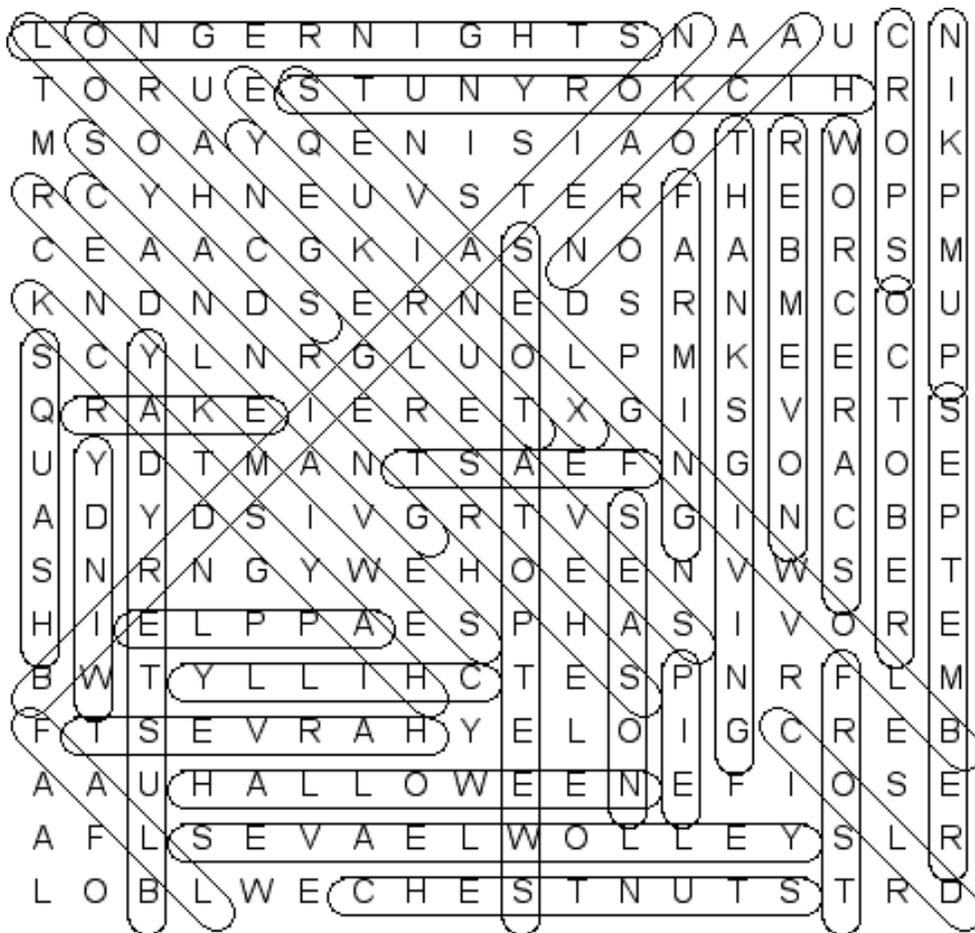
Earl attended Oakville-Trafalgar High School until his father took him out of school during WWII; the railroad was looking for employees, and his father thought that was a better path. Earl's older brother was already working for CN Rail, and Earl was hired on the spot. Earl worked himself up from a First Assistant Agent, Telegraph Operator, Station Agent, and into Management. He says that throughout his career, he worked at pretty much every station in southwest Ontario. He became a Transportation Analyst, which required following every piece of equipment, and charting (on paper) where it was, when it was loaded, with what it was loaded, when it left that station, where it landed, etc. He was there when the railroad began to track all these things by computer, which makes him an early computer-user in the business world. When I asked if he had a nickname, Earl said the guys at the railroad called him 'Curly'. (That is not hard to believe when I look at his full head of thick hair, even into his 90's.) After his retirement, Earl used his knowledge of Ontario railroads as consultant, helping plan the moves of passenger stations after they were sold to Via Rail.

Accompanying him throughout his career and into retirement was Earl's wife, Margaret. Margaret, born and raised in Guelph, grew up and worked as a telephone operator. Her company sent her to Oakville to cover another operator's vacation time, where she was set up on a date with Earl. They married in 1949, when he was 20 and she was 19. Earl's Dad helped them to build their first house in Brantford, and they moved to Windsor in 1965. They

raised a daughter and three sons. Daughter, Kathy Dooley and son, Stephan Ellis are well known members of our St. Tom's family. The family moved to Glen Morris when Stephan was an infant, in 1967, when Earl became a manager at the Galt Station. He and Margaret eventually became members of St. Tom's, prior to Margaret's passing in 2005.

In his spare time, Earl has paddled with the Ancient Mariners Canoe Club, served as fundraiser for the Association for the Mentally Handicapped and Argus House, and on the St. Tom's Parish Council. For the past 11 years, he has also volunteered with the David Durward Seniors Centre. It has been a busy life!

Autumn word search answer



The hidden sentence is:

AUTUMN IS A SECOND SPRING WHEN EVERY LEAF IS A FLOWER

Pastor's Ponderings

Give thanks to the Lord, for He is good; His love endures forever - Psalm 107:1

Ah, the season of Fall. The leaves begin to change their colours. The weather becomes chilly. Sweaters, sweat-tops, quilts and the like begin to aid our comfort with a warm drink. As Christians who live in Cambridge, the month of October is synonymous with *Thanksgiving*. How often do we give thanks for our family? Friends? How often with our words and actions, do we give thanks for our food, for the ability to buy food, clothes and set appointments with our local physician? How often do those around us know, our lives are beautiful testaments of grace, mercy, love and thanksgiving?

“Christian”, by its’ very definition and etymology, is one who is an active participant in the mystery and awesome plan, as God unites him/her to Jesus the Christ. In God’s perfect wisdom, He ordained that we would be employed to accomplish His divine plan and bring about participation in it. By the Holy Bible, we are edified, empowered, educated, comforted and convicted by human authors who have been able to remove the veil of ignorance and direct us into a partnership with Christ. Because of these human authors and composed with human words, they serve as the criterion for our thinking and speaking about the Holy, Awesome and Triune God. To confess that the Bible is God’s Word is to present divine communication. It is the existence that reflects God’s perfect knowledge of Himself and all things. When we hear or read Scripture, we are not merely encountering human words recorded in ancient texts. We are welcomed and encountering God’s own speech. This is the same God who became incarnate in Jesus Christ and whose Spirit indwells us, also speaks to us through human words of Scriptures. It is here God inaugurates His plan of salvation. He follows the pattern established in Eden. He initiates His covenant with Abraham and later the people of Israel, by speaking words to them. It is here we are authorized witnesses, not simply passing along information nor expressing our own opinions (and agendas), rather we are given the incredible power and opportunity, that enables us to preach as Christ’s witnesses leading those who hear to salvation. It is here we give thanks!!

We are called and commanded, lovingly, to participate in a thanksgiving not with mere words and rote actions. It is here, we intentionally pause and become present with what we have been graciously given. We sing the hymns, thanking God for life, laughter and love. We sing hymns that allow us to grieve the loss of a loved one, the constant devastation and trauma in our world. We read the Psalms connecting our lives and our world to the ancient mysteries and struggles that has riddled Humanity. We preach the Good News because it is our sincere and most vulnerable response to how Jesus has changed our lives, gifting us with His hope, salvation, healing and eternal life. We gather around the Lord’s Table, celebrating the Great Thanksgiving, for it is here we see the cost of our brokenness and our salvation from

our sins. It is at the Eucharist, we too are broken for we are in Christ (Romans 8:1, Ephesians 1:7) and redeemed by His Body and Blood!

October is synonymous with Thanksgiving, in the Canadian context, however thanksgiving is not merely reserved for a month nor a day to the Christ-follower. To give thanks, is a daily, moment by moment exercise, not simply secluded to the good times in our lives, yet we are called in the hard, desert moments and journeys to say “thank you” (1 Thessalonians 5:18). A heart filled with gratitude and humility is prepared and quick to proclaim the prayer:

I will extol the Lord at all times; His praise will always be on my lips. I will glory in the Lord; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt His name together.

-Psalm 34:1-3

Let us give thanks to God!!!

Did You Know?!

- 1) True or False: Did a dead person raise a dead person in the Bible?
- 2) Name the boastful king who had no regard for God and was made to look and behave like an animal?
- 3) Name another animal (the serpent-in the Garden of Eden is one) that literally speaks to a human in the Bible?
- 4) True/False: From the many strange visions/experiences by Ezekiel, was he ever held by his hair?

JOKE OF THE MONTH

Why did the scarecrow win the Nobel Prize? → He was “outstanding in his field”!!!

Answers to “Pastor’s Ponderings”

- 1) **True:** Elisha raised a body from the dead, while “dead and buried” (2 Kings 13:20-21)
- 2) Nebuchadnezzar (Daniel 4:30-37)
- 3) Donkey (Numbers 22:2-35)
- 4) **True:** The Spirit of God “took him by a lock of his head and lifted him up between Earth and Heaven” (Ezekiel 8:3)