

# St. Thomas The Apostle Anglican Church

110 Francis Street, Cambridge ON, N1S 2A1

## “KEEPING IN TOUCH – September 2020”

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### “The Book Nook”

Looking for a great book to curl up with? The “**Clifton Chronicles**” is a series of 7 books written by the #1 New York Times bestselling author Jeffrey Archer. It’s a multi-generational saga over the course of the twentieth century, following patriarch Harry Clifton from Europe to America, through heartache, rivalry and triumph, as his family creates a legacy he never could have imagined!

Ambitious and addictive, the first novel “Only Time Will Tell” begins the epic tale of Harry Clifton, a working-class boy from the docks of Bristol.

It is 1920, and against the backdrop of a world ravaged by conflict, Harry’s story begins with the words ‘I was told that my father was killed in the war’. Harry’s existence is defined by the death of his father and he seems destined to a life on the docks until a remarkable gift wins him a scholarship to an exclusive boys’ school and entry into a world he could never have envisaged.

Over the course of twenty years, as the Second World War and the fight against Hitler draws nearer, Harry will learn the awful truth about his father’s death and of his own connections to a powerful shipping family, the Barringtons. And in doing so, he will change his destiny forever . . .

Richly imagined and populated with remarkable characters, the Clifton Chronicles will take you on a powerful journey, bringing to life one hundred years of family history in a story neither you, nor Harry, could ever have dreamt of.

*“Archer knows how to dole out tiny crumbs of suspense right up to the last page, which ends with...a really excellent cliff hanger.”* --- Washington Post

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### RECIPE OF THE MONTH → Best BBQ’d Ribs Ever!

Five Roses BBQ sauce	¼ cup white vinegar	1 cup ketchup
1 cup water	1 tbsp Worcestershire sauce	¼ cup brown sugar
½ cup minced onion	1 tsp salt	¼ tsp pepper
Dash of tabasco		

- Cut up Ribs and cover with water
- Put in oven at 400 for 1 hr
- Drain water off ribs (...cont.)



- Cover with above ingredients, mixed together
- Cook uncovered for 1 hr at 400

(submitted by Sharon Furnival)



### Pastor's Ponderings

How many times have you heard the following, *“this is the new reality?”*

Those five simple, yet ominous words that usher a new existence, a new formulation of who we are and what we do, a new space and place to navigate uncharted waters. This, new reality, has not been explored since World War II as for the school closures nor since the Spanish Flu pandemic of 1918, which lasted for 2 years (February 1918-April 1920), whereby millions upon millions of people were infected and the death toll was exorbitantly high. This is the new reality, whereby the schools will re-open, having our elementary school children wear masks throughout the day. This is the new reality, whereby sports and other physical activities are still on pause due to the liabilities and potential consequences. This is the new reality...a not so brave new world!

The Church is not exempt from this “new reality”. Thanks to our Bishop, the Right Reverend Todd Townshend and to Church House, intentional and critical plans have been formulated and by God’s grace and mercy executed to ensure the health and safety of each church and congregant, while continuing to adhere to the wisdom of the Holy Spirit and rooted in the blood of Jesus. As we journey to the “Amber” stage and hopefully to the re-opening of our church, with the many boxes that must be ticked and duties performed. We cannot, we must not forget that our identities are not rooted in the “*Dos and Don’ts*”, yet in the reality of Jesus’ holiness, love, righteousness and honour. We are bathed in the new reality of our baptism. We are called to be part of, to participate in and to be hidden in the truth and assurance that Jesus is the reality of all things demanded by the Law. Jesus is the embodiment of God who continues to come to us and offers us Himself-the Bread of Life, the Water of Life, the Way, Life itself, Salvation itself, Forgiveness itself and He offers us Truth, which is not merely teachings and doctrines, but reality. A reality that the Messiah counsels us in the seasons of distress, dismay and confusion. A reality that the Comforter is with us in the seasons of pain, sorrow and hurt. A reality that He is the Incarnate God. He is Immanuel, He with us, as we celebrate the many joys and victories in our lives.

Historically, Humanity has experienced many new realities and this year is no different. Let us not lose our faith, nor our hope nor our ability and gift on trusting this new reality with, in and for Jesus. May this time and season be of faithful and fruitful change. A change that brings about and bears a new reality in our walk, our relationships and in our discipleship, all and always in Jesus. A brave new world and reality is upon us!

Your Servant-in-Christ,

Steve+



## **A Report of the Deanery of Waterloo Refugee Committee: 2015 and Beyond...**

This is Part 2 of a series we will be publishing, reporting how our Deanery has supported refugee families over the past 5 years.

At the first official meeting of our Refugee Committee, we were able to organize ourselves into working groups. We selected a Chairperson, Secretary, Treasurer, and the Primary Contacts. Sub-committees were Medical, Shopping, Budgeting, Education & Employment, Social, Transportation, & Housing. [Note: St. Tom's parishioner Susan Grenville became the Medical advisor for all families.]

Donations were beginning to come in from the parishes. \$60,000.00 had been pledged so far from 8 parishes. Finances were not going to be a problem. Parishioners were more than generous and very willing to help. [Note: Based on the number of parishioners in each of the Deanery churches, St. Tom's has donated more money to the refugee resettlement project than has any other parish!]

We understood we would be applying to participate in the BVOR (Blended Visa Office Referred) program to settle refugees and provide financial assistance for one full year. We would be responsible for half of that expense. The government would cover the other half. The group determined we were ready to submit our first application to settle a family of 4 with the intent of applying for up to 3 more families later in the year.

We agreed to meet weekly. Much needed to be done. Housing and furnishings would need to be secured and set up ahead of the family's arrival. Medical and dental supports needed to be investigated and we needed to resource translators as none of us spoke Arabic. The family would be required to attend English language training and the children would need to be enrolled as soon as possible in school.

The Deanery of Waterloo Refugee Committee attendance list grew to 70 participants. We invited speakers from the community to attend our meetings to share their expertise and experience of refugee settlement. We were particularly interested in what was immediately required when the family arrived. A worker from a ShamRose, a community agency who helps with Refugee Settlement, reported that Syrians who have been in Canada for a while now step forward to prepare food for any newly arriving family so they have enough food for the first few days. We were also advised new families are anxious to call home to let everyone know they have arrived safely. There is a need to have a cell phone immediately when they arrive.

We were able to secure an apartment in Kitchener. A request for furniture and clothing was sent out to parishes. We were overwhelmed with the generous response from members of the participating churches. We were beginning to gather what was needed to furnish a 2-bedroom apartment. We had a group of able-bodied individuals who were to clean the apartment, pick up and deliver furniture and set up everything in anticipation of the family's arrival. All of this was going on as we were also busy preparing for our own Christmas celebrations. We felt truly blessed.

On January 20, 2016 we were told our application for our first Syrian family had been received by the government, and we were now to wait to hear when they would arrive. Kathi & Roy Thibodeau from Trinity were to be primary contacts for this family.

*Read next month's "Keeping in Touch" for Part 3 of the report of our Deanery Refugee Committee.*

...TEST YOUR RANDOM TRIVIA SKILLS...



woodwind

1. What is the oldest pitched instrument that belongs to the family?
2. How many chambers are found in the human heart?
3. What makes up at least 95% of cucumbers, celery and lettuce?
4. Santiago is the capital of what long and narrow South American country?
5. Who played the character of Margo Channing and said, "Fasten your seatbelts. It's going to be a bumpy night"?
6. Who was the first female prime minister of Great Britain?
7. What famous building was designed by Jorn Utzon and was built on Bennelong Point in Australia's most populous city?
8. Who wrote "The Diary of a Young Girl"?
9. Who was the host of the television quiz show "You Bet Your Life"?
10. Which of these flowers are not edible: hibiscus, dandelion, hyacinth or chrysanthemum?

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(Random Trivia answers)

1. The flute. Throughout the course of history, flutes have been made out of wood, stone, clay, hollow reeds, silver, gold and platinum. The oldest flutes were found in southwest Germany roughly 40,000 years ago.
2. Four. They are called the upper left and right atria and lower left and right ventricles.
3. Water.
4. Chile. It has 6,435 kms of coastline but is only a maximum of 356 kms from east to west at it's widest point.
5. Bette Davis. The 1950 movie was "All About Eve".
6. Margaret Thatcher. A member of the conservative party, Thatcher was elected prime minister in 1979 and served until 1990. She was nick named "The Iron Lady".
7. The Sydney Opera House. It was supposed to take 4 years and \$7 million to build but instead, it took 14 years and \$102 million!
8. Anne Frank. She died at the age of 15 during the Holocaust in Germany.
9. Groucho Marx. The tv show ran for 203 episodes from 1950 to 1961. It also aired on the radio from 1947 to 1960.
10. Hyacinth are poisonous to humans and pets. Dandelion greens are very nutritious and are eaten in salads, teas, sandwiches and soups. Hibiscus are sometimes made into tea. Chrysanthemum petals come in a range of colours and flavours.



## Sit Down and Get Fit!

*from an online article by Jessica Hegg*

Here are some more additions to last month's "Arm & Leg" exercises:

### 7. Tummy Twists for Abs

Sit up straight with your feet flat on the ground. Hold your arms at a ninety degree angle with your elbows at your sides and your forearms extended in front of you. Rotate your upper torso to the left through a full range of motion. Keep your lower body still, and brace your core by imagining you're sucking your belly button toward your spine. Return to the middle and twist to the right. Perform ten repetitions on each side, for a total of twenty. This exercise strengthens your obliques, abdominal muscles used for trunk rotation, and will help you maintain good posture.

### 8. Captain's Chair

Be sure your chair is sturdy. Sit up straight and grasp the edges of your seat. Slowly lift your feet off the floor. Move your knees toward your chest. Squeeze your abs at the top, and slowly lower your feet back to the floor. Do not try to move past a comfortable position. If you can only raise your feet a few inches off the floor, that's fine. This exercise will strengthen your abs and other core muscles, such as your glutes.

**Chair Aerobics** for cardio improved cardiovascular health is massive for reducing the risk of heart attacks and for improving your overall quality of life. Chair cardio exercises for seniors is one of the best ways to make daily life easier. Tired of feeling winded after climbing the stairs? Chair aerobics will strengthen your lungs and your heart so you're ready to face the world.

### 9. Seated Jumping Jacks

Sit up straight, on the edge of your seat. Extend your arms to the sides and then above your head, as you would with a normal jumping jack. Return them to your sides before raising them again. Start slow, and then increase your speed until you're moving your arms as fast as you can. Perform three sets of twenty repetitions. If you're exercising in a chair with arms, be careful that you don't strike the armrests during the movement.

### 10. Skater Switch

Sitting on the edge of your chair, bend your right knee and place your toe on the floor. Extend your left leg straight out to the side with your toes pointed. Extend your arms straight in front of you, and bend forward. Reach your left arm to the insole of your right foot, raising your right arm behind your body and twisting at your waist. Return your arms in front of you, and straighten your back. Repeat the movement ten times, and then switch your legs and reverse the movement for another ten reps. For added difficulty, alternate left and right, quickly switching your leg position between reps.

A Chat with ... JOHN WEIR, our resident Magician  
by Susan Grenville

John Weir is a 7th generation Canadian. He was born on the same farm in Cathcart, Ontario as had been worked by his father, grand-father, back to his great-great-great-grandfather. [Not many of us can say that!] The farm was situated on the Old Stage Road, a former stage coach run between Hamilton and London. In the 1950's, John's Mum counted 21 gravestones in the Mohawk Chapel cemetery. John was the youngest of 3, with an older sister and a brother who grew up to be an OPP officer. None of the Weir children of their generation wanted to farm the 1 sq. mile farm, and it was sold.

John attended Cathcart Public School, Burford High School, and Brantford Collegiate. Although he says he was not a good student, he seems to have been a lifelong learner. He took courses in auto mechanics, shorthand, and American Sign Language. During his working days, he worked as a farmer, welder (24 years at Massey Ferguson), sheet metal worker, bartender, St. John's Ambulance paramedic, electrician, plumber, and professional make-up artist!! [He even has the business card to prove it.]

When I asked John about childhood friends, he said he still keeps in touch with his best childhood friend, Allan Claridge. How many of you have had a friend for so many years? John likes Country music, and says neighbouring farm families could hear it from afar, when young John was plowing the fields back home.

John met his second wife, Maxine, at a singles dance in 1988. They have been married for 30 years, and have 2 children, 2 grandchildren, and 7 great-grandchildren. They have loved to travel, and have visited 23 different places in the Caribbean, plus taken 3 cruises. Since Maxine moved to Stirling Heights Long Term care home a few years ago, John has spent a lot of time volunteering there, helping to feed some of the residents. He is also an active participant of the programs at the Allan Reuter Seniors Centre, a long-time member of the Oddfellows, and a participant in our Newfie Cards group.

One of the most amazing things about John is his passion and ability to do magic. I keep hearing from long-time parishioners about the time he 'levitated' Sammy Brown! John has loved magic since he was in public school. At age 12, he learned magic tricks by listening to famed magician and illusionist Harry Blackstone's radio show, *Blackstone, the Magic Detective*. He started by performing magic tricks at school, and continued to learn and perform throughout his life. After retiring at age 58, he started to perform more, at churches, legions, retirement homes, and family functions in the Tri-Cities and beyond. John has also been a professional masquerade and theatrical make-up artist. John loves making people happy with his tricks. (Just ask him. He always has a trick or two up his sleeve.)

John says he has attended church all his life. When he moved to Cambridge, he joined St. Tom's parish. He served as a Warden for 3 years. He told me that he has always found that the more he gives to the church and charity, he has always received more back in the end. He lives by the mantra that "*If you can't say anything good about a person, don't say anything.*" That advice is not magical, and we could all learn a lesson from our friend, John Weir.

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### Joke of the Month

Why were the apple and orange feeling so dejected? → Because the banana split! 😊😊😊