

# St. Thomas The Apostle Anglican Church

110 Francis Street, Cambridge ON, N1S 2A1

## “KEEPING IN TOUCH – August 2020”

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### HEY → THAT’S USEFUL!

Are you a bit nervous about going out into the community again to get your hair cut or your foot care done? Here are some local business women who are happy to come to your home:

HAIRDRESSER: “Hair at Home” by Suzanne Smith (519) 222-6876

FOOT CARE: Evalina Howlett (519) 622-4750 cost \$30  
*(registered nurse insured through RNAO)*

GRAND RIVER CONSERVATION AREAS: Are you looking for something fun to do outside? Maybe consider buying a Grand River Parks Membership. The \$140 membership (\$120 for seniors) allows entry for 1 vehicle + up to 6 people to all 11 parks.

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### RECIPE OF THE MONTH → Sweet & Sour Pork Chops & Peppers *(really quick & easy!)*

- 4 boneless pork chops (or you can use boneless, skinless chicken thighs instead)
- 1 red pepper, cut into strips
- 1 large onion, halved & sliced
- ½ cup BBQ sauce
- ¼ cup Catalina salad dressing

Heat oven to 375°F.

Place chops (or chicken) in 13x9 inch baking dish.

Combine remaining ingredients, then spoon over chops.

Bake for 30 minutes or until chops are done (160°F), stirring after 15 minutes.

*(submitted by Kathy Brown / taken from Kraft Recipes)*

--- **Bible quotes to encourage us during the Covid-19 pandemic** ---

Feeling overwhelmed with the news of the coronavirus (COVID-19) outbreak? Perhaps you know a friend, family member or work colleague who needs support and reassurance? Find peace in the Word with these encouraging Bible quotes to uplift and inspire faith during these difficult times.

1. Deuteronomy 31:8 (NIV)  
The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.
  
2. Jeremiah 29:11-13 (NLT)  
"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope. In those days when you pray, I will listen. If you look for me wholeheartedly, you will find me."
  
3. Psalm 56:3 (NLT)  
But when I am afraid,  
I will put my trust in you.
  
4. Isaiah 41:10 (NLT)  
Don't be afraid, for I am with you.  
Don't be discouraged, for I am your God.  
I will strengthen you and help you.  
I will hold you up with my victorious right hand.

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**FOOTBALL in the BIBLE???** Missing sports during Covid-19? Can you figure out which NFL Teams appear in the Bible by looking up these verses:

- (1) Genesis 8:7
- (2) Isaiah 40:31
- (3) Hebrews 11:33
- (4) Judges 2:14
- (5) Isaiah 11:7



(see answers on next page)

**FOOTBALL in the BIBLE (answers):**

- (1) Baltimore RAVENS (2) Philadelphia EAGLES (3) Detroit LIONS (4) Oakland RAIDERS (5) Chicago BEARS

## JESUS' DISCIPLES

The names of Jesus' disciples are listed below. Write the letter of the correct disciple's name in front of each statement on the left. Answers may be used more than once or not at all. Then, see how many of the names (in bold) that you can find in the word search.

<p>___ I was a tax collector. (Matt. 9:9)</p> <p>___ I betrayed Jesus. (Matt.10:4)</p> <p>___ I denied Jesus three times, but later repented. (Matt. 26:69-75)</p> <p>___ I was Peter's brother. (John 1:40)</p> <p>___ We were brothers, the sons of Zebedee. (Mark 1:19-20)</p> <p>___ I said that I would not believe that Jesus was risen until I saw the print of the nails in His hands. (John 20:24-28)</p> <p>___ I beat Peter in a foot race to the empty tomb. (John 20:6-10)</p> <p>___ Jesus asked me where we should buy bread for 5,000 people. (John 6:5-7)</p> <p>___ My name means "Twin".</p>	<p><b>A. Peter</b> (also called Simon)</p> <p><b>B. Andrew</b></p> <p><b>C. James</b></p> <p><b>D. John</b></p> <p><b>E. Philip</b></p> <p><b>F. Bartholomew</b> (also called Nathanael)</p> <p><b>G. Thomas</b></p> <p><b>H. Matthew</b></p> <p><b>I. James</b> (the Lesser)</p> <p><b>J. Jude</b> (also called Thaddeus)</p> <p><b>K. Simon</b> the Zealot</p> <p><b>L. Judas</b> (Iscaiot)</p>
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Here are some more additions to last month's *"Warm Up Exercises"*:

### **Chair Exercises for Arms**

Stronger muscles means greater balance and stability, which means a drastically reduced risk of falling. Being stronger also makes daily life easier. Getting around goes from a challenge to a pleasure, and lifting bags that used to weigh you down serves as a reminder of your improved fitness and health.

#### **3. Seated Row**

Sit on the edge of your seat with your feet flat on the floor. Hold your arms in front of you, with your thumbs pointed toward the ceiling and your elbows slightly bent. Draw back your elbows, squeezing your shoulder blades together, until your upper arms are in line with your body. Extend your arms again, and repeat eight to ten times. This exercise strengthens your shoulders, chest, and upper back, while placing little stress on your joints.

#### **4. Shoulder Rolls**

Sit tall with your feet flat on the ground. Shrug your shoulders up toward your ears, and slowly rotate your shoulders in a circle—back, down, forward, and back to the top. When you reach the top, reverse the movement. Roll your shoulders forward, down, back, and to the top again. Perform ten repetitions in each direction, for a total of twenty reps. This movement engages your shoulders and traps, which are essential for lifting and carrying objects.

### **Chair Exercises for Legs**

#### **5. Toe Taps**

Sit up straight with your feet flat on the ground. Bend your toes toward the ceiling and back to the floor. To increase the difficulty of this exercise, sit on the edge of your seat with your legs straight. Keep your heels on the ground as you bend your toes upward and then back down. This variation increases the range of motion. Perform eight to ten repetitions. This exercise strengthens your calves and the muscles running alongside your shins. You use these muscles to climb stairs and perform daily activities.

#### **6. Knee Lifts**

Sit up straight with your feet flat. Slowly lift your right knee toward your chest, and then lower your foot back to the floor. Repeat with your left leg. Perform ten repetitions per leg, for a total of twenty reps. For an added challenge, pause for a five-count at the top of the movement. This exercise strengthens your quads, which is the largest muscle group in your body. You use your quads in nearly everything you do, and strengthening them will make you feel stronger overall.

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

This is Part 1 of a series we will be publishing, reporting how our Deanery has supported refugee families over the past 5 years. Thanks to all of you at St. Tom's who gave generously to support so many families. Over the next few months, we will tell you the story of our committee, in order to learn if the Deanery wants to support more families in the future. That will include finding more volunteer and financial support from the parishes and parishioners of our Deanery.

The Beginning: In 2015 a call went out to the Anglican churches of Waterloo Region. A Steering Committee of three, Jane Townshend, Margaret Walker and Fred Walther, challenged the community by asking, "What could we do to help with the recent Syrian refugee crisis?"

The response was incredible! 53 volunteers came forward to help, and donors provided a grand sum of \$100,000.00+ over the past 5 years, to provide financial aid to families who were fleeing the threat of persecution. A committee was formed and quickly a decision was reached to support four families in collaboration with the Federal Government's \*BVOR program. In the ensuing 5 years, 4 BVOR families and 2 GAR families have received our support.

[\*BVOR Blended Visa Office Referred program \*GAR Government Assisted Refugees Program]

What exactly were we signing up for?

Financial assistance

- To provide 50% of the financial assistance required over a 12 month period for a refugee family, based on numbers established by the federal government, to cover food, housing and living costs.

AND

Settlement assistance for 12 months

- To provide housing, furnishings, household goods, clothing, medical, education, transportation community integration and emotional support.

*Watch for Part 2 in the September issue of "Keeping in Touch", and learn more about the work of committee sub-groups.*

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### Joke of the Month

What did the hat say to the tie? → You hang around here and I will go on ahead! 😊😊😊

Pat Anderson is a born-and-raised Galt resident, who first came to St. Tom's in 2013. She was born in the old Galt Hospital, just up the block from St. Tom's, at the site now housing St. Andrew's Terrace.

Pat's mother, Olive Wells, was raised on a farm in Sheffield, Ontario. It is interesting that Olive's father acquired the farm with an assist from the Canadian government, after he was gassed serving in WWI. Pat's paternal Canadian grandparents had moved to New York City, where Pat's Dad, John, was born. John served in WWII in the U.S. Navy, stationed in Italy and Cuba. After the war, he travelled to Sheffield to attend a family function; Pat's Mum, Olive, was attending the same function with her family. The rest is history.

John and Olive raised 6 children, 2 girls and 4 boys. Pat is the 2nd oldest. Pat attended St. Patrick's School on Beverly Street, and then the old St. Benedict's Catholic Secondary School. Her favourite courses were math & English. She says The Monkees were her favourite band. [Who remembers "Daydream Believer" and "I'm a Believer"?] She has fond memories of annual trips to hear Gilbert & Sullivan plays at Stratford and other productions at the Shaw Festival.

After high school, Pat worked in factories including Dare Cookies, and then worked retail and for GNC Health. She moved to Kitchener when she married her first husband at age 21. They had 2 boys. Pat's second husband, Gilles, helped her raise the boys in Niagara Falls.

After the accidental death of their son, Doug, at age 22, she and Gilles moved to a fresh start in North Bay. It is there that Pat learned a computer accounting program, and got interested in Accounting. She worked many years for a denture clinic, and became a trusted friend of her denturist employer. She says she gave added value because she "was very good at matching shade of teeth" to dentures! When Pat had to retire after she lost her sight, her employer hired two people to replace her. One year, she and Gilles took a memorable road trip to Nashville, and Pat says that her dream has always been to go to England.

Although she was raised in the Catholic church, Pat started to attend St. Tom's with her niece, Jenna Anderson, Jenna's then-boyfriend, Chris DeGraaf, and Jenna's son, Nathan. Eventually, Jenna and Chris married and started to attend Chris' family church. Pat and Xandy were able to continue at St. Tom's after our former member, Doreen Kelly, started to pick them up for church. It was then that Pat was able to become invested in St. Tom's parish life. She is a member of the ACW, a 3-year member of parish council, a member of the Seniors Activities Committee, and now our Deputy Warden. Pat likes to read, and to listen to all kinds of music (other than classical). She is also a veritable fountain of knowledge to parish council about social service programs in Waterloo Region.

Pat lost her sight quite suddenly in 2011, and her grandson, Sean, died in 2012. I told Pat that her positive attitude and never complaining is the quality I most admire about her. Her response was "to never give up; there's always a better time coming. You may have to wait for it, but it always comes." She said she is a glass-half-full person, and that "when people want to talk, I open my ears and shut my mouth."

Wise words from a wise friend...