



St. Paul's United Church Autumn Newsletter

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September 2019

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A note from Karen: During my summer holidays this year, Keith and I travelled to the Gaspé Bay Peninsula in Quebec. What a beautiful part of the world! With the Gulf of St. Lawrence, the Atlantic Ocean and water along its shorelines to the Appalachian Mountains in the interior, we were fully engaged with the land and its people. Hiking in the mountains, we saw five moose on the trail – one BIG Bull Moose and two cows and their calves. We went to Bon Adventure Island which has the largest colony of Northern Gannet birds in the world. Along the cliffs and at the peak, there were over 200,000 of them – loud, stinky and marvelous. Adding to the fun, there were seals popping up with their whiskers and curiosity. We also went to Grosse Island, which was the main point of entry for immigrants coming to Canada from across the Atlantic from 1832-1937. Over 4,000,000 immigrants were quarantined here in an effort to protect the country from a range of infectious diseases. You could not land at any port until you had your certificate of health from this island.



Although it is not far away at all, we were able to connect in with nature, a different culture and a different language. We came home so grateful to live in Canada and to be part of such a diverse country. Gratitude was our theme song as we travelled and had a chance to get away.

It is good to be back here at St. Paul's and to join with you in trying to make a difference in the lives of others in the name of Christ. Here in this place we also seek to be open to diversity, spiritual nourishment, helping others and living our faith in real ways. I am so grateful for this congregation that I believe is seeking to engage each other, our community and our world.

I want to express my gratitude to Colleen Gareau for covering for pastoral care while I was away. The Rev. Lois Brown from Unity United Church in Vasey covered for funerals. And our staff and volunteers did a wonderful job of holding the fort.

As we enter the fall season, many of our groups will be starting up again. The UCW's Garage sale is on Saturday September 7th. On Sunday September 8th we will be welcoming our choir back and having our children share with us in worship. There will be a peameal bacon on a bun luncheon after church with a free will offering. All are welcome!

Do take note of the variety of Faith Formation and Spiritual Programs that we will be offering this fall and if you have never attended one, please consider doing so. Conversations are often lively, faith is stretched and our souls are nourished. Last year we started a new Bible Study group that was well received. This year we are trying a "Poetry, Prose and Me" group for those who find literature and the written word as "a thin place". The Celtic Christians defined "a

thin place” as an experience that made us feel closer to God and somehow touched by the sacred.

The Accessibility Committee is one of our committees that is mandated by law. They have been working hard to help us be a welcoming community to all who enter our doors. An important workshop will be offered this fall to enable us to learn more of how we might make St. Paul’s even more inviting. Take note of their report.

With more information to come, we have a small team that have been exploring how St. Paul’s might reach out to individuals and families who live with memory loss and all of its consequences.

The newsletter will provide more information on what is happening at St. Paul’s. So glad that you are a part of it. Looking forward to seeing you all as we work and worship together in the coming months.

Blessings, Rev. Karen Ptolemy-Stam

Message from the Chair of the Official Board

For the past few months I have attended several committee meetings - as recommended that a new Chair should do, to find out how we do things at St. Paul's. I have attended Accessibility, Property, Stewardship, Outreach, Congregational

Life and Board of Trustees meetings. I am on the Giving Team as well as a member of the UCW.

What struck me, and it never ceases to amaze me how many talented and generous volunteers we have and how very committed they all are to St. Paul's. Our volunteers are the lifeblood of our church and words cannot adequately express how much everyone is valued and their contributions appreciated. Some of the recent programs and fundraising activities we've held include:

- a successful fundraising dance in July with the Desotos at the North Simcoe Sports and Recreation Center;
- a very successful Camp Awesome with over 25 children attending for the week - I still think of it as Vacation Bible School;
- four Summerfest fundraising dinners attended by an average of 53 people. We had hoped to attract more people, however the dinners were very well received by those who attended and good fundraisers for the church. The committee is considering continuing the dinners once a month throughout the year;
- we had 2 Communion and Lunch services for our senior members who no longer can attend Sunday services, with an average of 28 very appreciative folks in attendance;
- the Giving Team is looking forward to the launch of the Stewardship campaign in September; we have been working through the summer months putting it all together;

- we have a new committee with dedicated folks looking after those who use the hearing devices.

Stay tuned for new and old activities and groups starting up this fall. I invite you to get involved in the life of St. Paul's; it can be life-changing, indeed!

Zena Pendlebury, Chair, Official Board

ACCESSIBILITY COMMITTEE

The Accessibility Committee meets monthly to discuss the removal of existing barriers and prevention of creating new barriers for people using the church facilities. Last year, when we performed the Audio Survey, hearing barriers were the #1 issue identified on Sundays. We are very happy that an Assistive Listening Committee is now coordinating the distribution of audio supports for services and thank all volunteers who are involved with Glen and the Tech Team. With coordinated distribution of audio supports, complaints have dropped and future hearing barriers will be minimized. Be sure to try out the audio supports. Did you know you can bring your own headsets to fit into the receivers? Give it a try and see what you think!



Also, we're pleased to announce that we will be offering an accessibility training opportunity in October.



Please mark your calendars for

Wednesday, October 16th! The

Accessibility Committee invites **ALL volunteers** and staff to participate in mandatory AODA training as per our legislative requirement with the regulations. Invitation letters will be distributed in early September and we are looking forward to an evening of fellowship, interactive training and discussions.

Refreshments will be served at 6:45 p.m. and training will commence at 7:00 p.m. sharp. We hope to wrap up by 9:00 p.m. **Please RSVP to the church office before Wednesday,**

October 9th. We'll be making reminder phone calls in case we don't hear from various committee members. If you cannot attend on October 16th, there will be a Community Group training session from 7:00 -9:00 p.m. on Wednesday, October 23rd. If you are unable to attend either session in October, please complete the online training available at

www.accessforward.ca and submit your certification to the church office. More details will follow. We thank you in advance for your cooperation.

If you identify any issues or have any questions with accessing the facilities or services at St. Paul's, please don't hesitate to complete an

Accessibility Feedback Form and submit it to the office. Forms can be found on the table by the office. If you would like to speak to a committee member, please do. We are a small but passionate group and include Elizabeth Asmann, Marjorie Baks, Cam Bonner, Pat File, Fran & Doug Hill, and Christina Strong. We are always on the lookout for your input to help make St. Paul's more inclusive for people of all ages and abilities.

Looking forward to seeing you at the training session in October!

Christina Strong, Chair, Accessibility Committee

CHOIR REPORT

As always, we are gearing up for a very exciting and music-filled Fall/Christmas season at St. Paul's! New anthems, special guests and a brand-new Christmas Cantata are just a few of the many reasons you won't want to miss a single Sunday Worship Service.

St. Paul's Choir

Rehearsals will resume Thursday, September 5th at 7:00 p.m. in the sanctuary. ALL ARE WELCOME! If you are interested in singing and socializing, please come and check us out. This year's Christmas Cantata is called *Have You Heard* by Joel Raney and will take place on Sunday, December 22nd.

Kid's Christmas Musical – Camel Lot!

Description: Beth has been practicing hard for the church Christmas pageant. Her Dad (who runs a car dealership), may be too busy with Christmas car sales to make it to the program. Exhausted from practice, with lines from Luke 2 swirling in her mind, she drifts off to sleep. Transported by Beth's imagination (and a sound effect or two!) we all "wake up" in Bethlehem on a very special day, and in a most unusual place – the Camel Lot! It doesn't take long, inside Beth's topsy-turvy dream world, to encounter camel shoppers, salespeople, shepherds, wise men, and a very familiar story, told in a fun and refreshing new way!



Auditions will take place Saturday, September 21st at 9:30 a.m. in the sanctuary. All young people are encouraged to come out, whether you'd like a speaking part or just want to be in the chorus! Rehearsals will be Saturdays at 9:30 a.m. and the Sunday performance will take place on White Gift Sunday, December 15th.

St. Paul's Georgian Bay Ringmasters Handchime Choir

If you know any young people who may wish to ring with us, please let me know. We'd be happy to welcome new members. I am looking forward to resuming this choir and planning for some exciting performances this year.

St. Paul's Bell A'Peal Handbell Choir

Christmas will be a very busy time for our Bell Choir and we look forward to performing new and old repertoires for you over the festive season. If you are keen to ring with us, please speak to me. Rehearsals will resume Monday, September 9th at 5:00 p.m. in the Upper Room.

Victoria Warwick, Music Director

CONGREGATIONAL LIFE

After a busy summer with lots of things to do at St. Paul's and elsewhere, we're looking at an equally busy fall season.

Colleen will bring you up to date on the Visitors' Team and Pastoral Care in her report. She is doing a wonderful job of touching base with our home-bound and less mobile church members and maintaining contact with them.

We've hosted two Senior's Communion and Luncheon events over the summer.

Both were successful and enjoyed by all involved – even the volunteers! This is an opportunity for those unable to attend church regularly to participate in communion and share a meal. We are grateful for the volunteers who provide transportation and help with the lunch. Following the success of Summerfest, we are discussing doing a monthly meal, likely mid-week and serving a bit earlier, like 4:00 or 4:30. These meals would follow the



Summerfest plan – maybe Autumnfest? St. Paul’s folk love to eat and get together with new and old friends over a meal. These monthly meals would be a good source of revenue to help balance our budget.

Social hour is one of our big successes, as confirmed by the number of folks we see connecting and chatting following worship each week. This is a valuable communication tool for our church family. Some of our hosting committees are sometimes challenged to find help to host on their assigned Sunday, so if you think you could spare a half-hour or so on a Sunday, or perhaps provide a little treat, please speak to me and I’ll set you up with a team that needs assistance.

Already the days are getting shorter and fall is on the way. The work of St. Paul’s carries on and we’re all responsible to share in this as members of a family.

Sheila Thompson, Chair, Congregational Life

FAITH FORMATION

It feels a bit surreal to be working on the fall newsletter as it seems that summer has just begun! We’ve been enjoying good weather, quiet times of rest and relaxation, hosting and being hosted and fun summer activities. Now it’s time to return to ‘routine’.



The Faith Formation committee has provided a Discovery Kids program every Sunday this summer, once with only two pre-teens, often with a group of 10 or more of every age!! We realized that our Sunday leaders needed some assistance and we hired three teenagers to provide that extra set of hands on a rotating basis. Their job was to support the leader and work with some of the little ones who perhaps didn't have the attention span required to follow a complete lesson.

Camp Awesome ran from August 12 to August 19. This was our fifth year using the program provided by the United Church of Canada and we have over 20 youngsters enrolled. The leadership team takes care of the activities, we take care of the snacks and security. We have volunteers in place to cover each day of the week and anticipate another successful camp.

Some of our committee members are working on choosing a curriculum for Discovery Kids. This will involve a faith-based lesson and craft, often in coordination with the lectionary lesson and Karen's message.

Believe it or not, Victoria is already planning the Christmas musical!! Rehearsals for this year's presentation will begin in September and we encourage all the young singers and actors to come to the try-outs. We will also be looking for adult support to help Victoria with this big job.

Rebecca continues to ponder the challenges of the youth group. We agreed that the window of interest is 12 to 15 years of age. Beyond that age, the young folks often have jobs and more school responsibilities. We discussed topics of interest, possible projects, things that this age group might find appealing. It's a tough call and is ongoing.

School begins again in a couple of weeks and St. Paul's will be back in high gear. Please support our Faith Formation committee, ask us how we're doing, make suggestions that might be helpful. We're all in this together.

Sheila Thompson, Chair, Faith Formation

FAITH FORMATION - DISCOVERY KIDS AND CAMP AWESOME

Sigh...summertime...and the livin' is easy! What a glorious time of year in Southern Georgian Bay! The Discovery Kids and Camp Awesome have made the most of the sunny, warm weather. We had a chance to head outside for some warm-weather fun during the church picnic, some Discovery Kids activities and during Camp Awesome.

This fall, we have more wonderful activities planned for Discovery Kids -- always embracing an opportunity to check in with one another's spirit and hearts. We will take more time to learn how to be peaceful, compassionate and loving people. The children really seem to get this

theme, and all agree they have lots to work on and learn. Discovery Kids during the church service can always use the help of other adults. If anyone is interested in being an occasional helper with Discovery Kids, please speak to Rebecca.



The **Youth Group** will resume their monthly gatherings on September 8th. We will be targeting grades 6-10, although youth in grades 11 and 12 are also always welcome. Just a reminder that Youth Group is co-ed and all are welcome! The Youth Group will take more time to explore themes around Social Justice, Peace, healthy relationship with self, others and God. Looking forward to seeing all the families and youth return! You are always welcome to pop in and see what we are doing.

Rebecca Amadei,
Children and Youth Program Leader

FAITH FORMATION – ART & SPIRITUALITY

Art and Spirituality begins on September 14 for eight weeks, excluding Thanksgiving weekend. Classes are on Saturdays from 1:30 until 4:30 pm. Our goal is to experience community through art making. Supplies are provided and everyone is welcome. Contact Joan Neville to register.



UPCOMING WORKSHOPS

Forum on Faith and Science **2nd and 4th Friday each month,** **10:00 – 11:45 a.m., starts September 13th.**

Through ongoing lively and fun discussion, come explore the relationship between faith and science. This group is led by the Rev. Dr. Ray Porth. Ray has a Ph.D. in Plant Science. He is also a retired ordained Anglican priest whose passion is to see the relationship of the God of faith and the God who created all things in the interconnectedness of the universe. All are welcome! The cost is the purchase of the book.



Lecto Divina Bible Study **Tuesday Mornings 10:30 a.m. – 12:00 p.m.** **Starts September 17th.**

A fascinating approach to scripture, there are three questions asked when looking at a scripture reading. 1. What words, ideas or feelings jump out at you when you read this passage? 2. How does it intersect with your life or the life of the world today? 3. What does this passage call me to be or do? New to the bible? No problem.



This format allows us all to engage in a real way with the scriptures and with each other. Open discussion and support. Numbers are limited. To register, please call the church office.

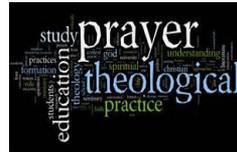


Transformation

Wednesdays, 1:00 p.m. – 2:30 p.m.

Starts Sept. 18th

This group is an open and honest discussion of faith and life. Differing opinions are welcomed as we explore the deeper meanings of our faith. Living the Questions is a progressive Christian perspective DVD study that will cover the following topics: A Kingdom Without Walls, Social Justice, Incarnation, Prayer, Compassion, Creative Transformation and lastly, Embracing Mystery. Please register through the church office.



Prose, Poetry and Me

1st and 3rd Thursday of the month

10:00 a.m. - 11:30 a.m.

September 19th to November 21st

Poetry that touches the Spirit

Limited to 8 people, this group will share their favourite poems and discuss why they are moved by these writings.



Liturgical Dance Workshop

Saturday, Nov. 9th, 9:30 a.m. – 3:00 p.m.

Join us for a workshop at **Thornhill United Church** to learn more about

dance and worship. It promises to be an engaging workshop on how dance enhances our worship. Cost is \$40.00. More information to come. Contact the church office if you're interested.



OUTREACH

The Outreach Committee has a new format and has had two meetings to date. The last report gave you an idea of the list of outreach projects we are involved in. Right now, we are getting ready for our Food Grains Bank project to start October 20, 2019. Our current members include Jim Sinclair, Lois McQuirter, Fran Hill, Norm Draper, Joan Lavin, Rev Karen and Sharon Penrose. If anyone is interested in joining us, we would be happy to welcome you to the committee. Our next meeting will be in October.

Sharon Penrose, Chair, Outreach Committee

Outreach – Meals on Wheels

Thank you to all our dedicated volunteers who continue to assist with the program and keep it running smoothly. Our volunteer team includes Liz Asmann, Betty Ann Bell, Jackie Hebert, Judy McConnell, Lenore and Ivan Price and Jane

Graham, who comes on board for the summer months.

Joan Lavin, Meals on Wheels Coordinator

PASTORAL CARE



These past months have been very busy with visiting our St. Paul's folks who now reside in personal care homes, retirement homes and in their own residences. We have a team of visitors including Argyle Gallichan, Marlene Drinkill, Sandra Flint, Mary Vaillancourt, Diane MacMenemy, Jean Stainton, Doreen & Ken Gunson, Helen French, Judy McConnell, Diane Marr, Joan Neville, Fran Hill and Zena Pendlebury who make monthly visits to our faithful members and adherents. Without their dedication, a continuing personal connection with St. Paul's would be very difficult for some. All have attended training sessions, have had security checks completed and meet to share ideas and learn from one another. The visiting team also assisted with the Summer Communion & Lunch – one in July and another in August – which enabled folks who do not easily get out to church on a Sunday morning to partake of Communion, food and fellowship. Our team delivered invitations, provided transportation, helped in the kitchen, served and cleaned up. Special thanks

to Sheila Thompson who magically appeared with a meal fit for royalty!

We have designed new visitors' cards as well as prayer shawl cards which will be attached to all shawls delivered to those in need.

As always, we depend on the congregation of St. Paul's to alert us of anyone who needs a pastoral visit.

It is a pleasure and privilege to visit on behalf of St. Paul's, the home of some of the kindest and loveliest people I've ever known! Thank you for being so welcoming these past two years!

Colleen Gareau, Pastoral Care Co-Ordinator

PROPERTY

As I sit here looking out my window on a nice summer afternoon, blue sky and a warm breeze, it is hard to imagine that fall is almost upon us. Where has the summer gone? Activity during the summer at St. Paul's slows somewhat, however some things do get done.

Sonya Donohue, our new custodian, has been busy painting some of the exterior windows of the Great Hall along the King Street entrance. A new safety rail was installed in the balcony in the area of the new sound booth. The elevator needs some repair and as of the writing of this report the part required to fix it has been ordered and hopefully it will be back in working condition shortly. The gardens in front of the Great Hall

and along the Barber & Haskill Building need some attention. This area seems to be a magnet for garbage, including abandoned clothing, empty beverage cans, bottles and other things. Some of the bushes and greenery need trimming. The trees in this area are also in need of some pruning. There are areas of the grass that need some repair as well. We hope to get to this before the snow flies.

We are always looking for people who enjoy this type of work and are willing to give us a hand. You can contact Bruce or any member of the Property Committee if you can help.

Members of the Property Committee include Hans Mueller, Tom Barber, Colin Whiteside, Floyd Tilson, George Leck (Honorary), Cam Bonner and Bruce Wilcox. New members are always welcome.

Bruce Wilcox, Chair, Property Committee

STEWARDSHIP

The Stewardship Committee extends our thanks to all of you who continued to support St. Paul's financially during the summer. It is gratifying to see that our income from all sources exceeds our budget amount after seven months by \$10,380. While our expenses are also well within budget, they still exceed income by \$14,875. We are also grateful to all those who organized large special events such as Summerfest, the Desotos dance and the Talent Auction. Between these three

events, the church net income improved by \$13,474. This reflects the involvement of church supporters who came out to participate in the events. We have a truly healthy community of worshippers. We are optimistic that the upcoming Giving Campaign will stimulate church members to help reduce deficits in future years.

While our Cafe St Paul's has been successful in raising a net of \$663 since inception in September 2018, participation in the past few months has dwindled and the Committee decided to close the Cafe. Stewardship is considering hosting another "Guess Who's Coming to Dinner" fundraising event in the next 12 months.

The Committee was saddened by the passing of our Treasurer Bill Playter in the spring. Bill was an active member of the committee for several years and provided useful advice to our church office on financial matters.

**Terry MacPherson, Chair,
Stewardship Committee**

UNITED CHURCH WOMEN (UCW)

As I sit and ponder over this report, I can't help but wonder where the time has gone. We need to switch gears and start thinking about getting back to activities that we have taken a break from. The UCW will open their busy schedule with our annual fall Garage Sale on September 7th at



9:00 a.m. Clean out those closets, cupboards and drawers and bring your treasures to the church on September 6th.

Our first meeting of the season is on September 10th at 1:00 p.m. in the Parlour, featuring Katherine Faulkner from 4th Midland Scouting.

The October 8th meeting will feature Tom Cheel, a speaker from the Anti-Fraud Centre. Tom will be presenting a program of Fraud Awareness for seniors at 1:00 p.m. Come join us for this informative presentation.

On November 12th at 1:00 p.m. we will be featuring Glad Bryce, the author of *"First in Last Out: The RCAF, Women's Division and Nursing Sisters in World War II"*. This exciting event will take place in the Great Hall and will be open to the community. Refreshments will be served. Hope you will join us and bring a friend.

Our December meeting will be scaled back a bit after a very busy couple of months. We will enjoy food and fellowship with a potluck lunch in the Great Hall at 11:30 a.m. We will be asking those who can to bring either a hot or cold dish. Donations of socks for the Guest House would be appreciated at this time.

On January 14th, 2020 we will have a finger food lunch meeting. Bring your favourite Christmas treats and finger foods and enjoy some fellowship.

All the women of the congregation are UCW members and we hope you will come out and enjoy the interesting programs we have put together.

Sharon Foster, UCW President.

WORSHIP COMMITTEE

Hope everyone is surviving this hot summer.



Autumn will arrive, it does every year that I can remember.

I would like to thank everyone who attended this summer's services. Also thank you for allowing me to assist the Guest Ministers with their services. It really is a privilege to serve you in this way. A big thank you to our Guest Ministers and Preachers - Phillip Cable, George Moore, Ron Mahler, Pat File and Colleen Gareau.

An article from Springwater News - June 27, 2019 - A Water Column

I am Water, by Erin Archer

Calm, clear, flat, subtle
Thrashing, smashing, roaring, wild
Deep, dark, light, heavy
Cleansing, nourishing, life giving
Shapeshifting, meandering, revealing,
Eroding, connecting
Trickling, rippling, dancing
Hot, cold
Fluid, solid

Frozen
Quenching
Bestowing

I break all the rules....

For more information on our efforts to protect the
WORLD'S PUREST GROUND WATER, please join
our email list by reaching out to us at
info@friendsofthewaverleyuplands.ca

Cathy Metzgar, Chair of Worship

Ponderings

Now that I am a retired senior (citizen, that is) I
have everything that I ever wanted as a
teenager, only 50 or so years later.

- I don't have to go to school or work.
- I get an allowance every month.
- I have my own pad.
- I don't have a curfew.
- I have a driver's license and my own car.
- I have ID that gets me into bars, and the liquor store.
- The people I hang around with are not scared of getting pregnant.
- And I don't have acne.

Author Unknown

THE DIFFERENCE

I got up early one morning and rushed right into
the day,
I had so much to accomplish that I didn't have
time to pray.

Problems just tumbled about me, and heavier came each task, "Why doesn't God help me?" I wondered. He answered, "You didn't ask."

I wanted to see joy and beauty, but the day toiled on, gray and bleak, I wondered why God didn't show me. He said, "But you didn't seek."

I tried to come into God's presence; I used all my keys at the lock. God gently and lovingly chided, "My child, you didn't knock."

I woke up early this morning and paused before entering the day; I had so much to accomplish that I had to take time to pray.

Author Unknown

Submitted by Cathy Metzgar

A few short church signs:

- In need of a lifeguard? Ours walks on water.
- Try our Sundays. They're better than Baskin Robbins.
- Caution! Exposure to the Son may prevent burning.
- Don't give up - Moses was once a basket case.
- The best vitamin for a Christian is B1.
- The fact that there is a highway to Hell and only a stairway to Heaven says a lot about the anticipated traffic numbers.
-

Submitted by Byron Metzgar

CORE VALUES

To be a loving and engaging community; to have a diverse and open spirituality; to have respect for all creation

MISSION STATEMENT

To be an open, Christian community seeking spirituality and loving relationships