

# **ST. LUKE'S**

## **NEWSLETTER - SPRING 2023**



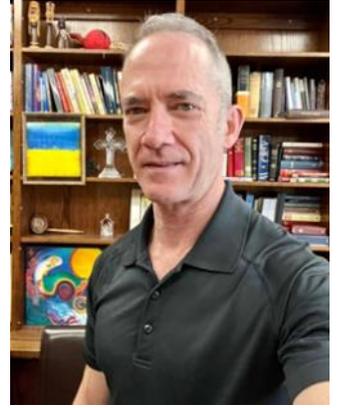
**First Christmas Market Since 2019!!**

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**Calendar of Events and Services Page 16**



## Rector's Message



We are just getting to the close of the season of Epiphany, when we celebrate the manifestation of God breaking into our world in the person of Jesus Christ. During the darkest days of our calendar year we recognize our epiphanies when light shines in the darkness and shows us the way forward in faith.

Well into the long darkness that this pandemic has given us over the last three years there has also been the flickering of the light of hope. Recently over the last couple of months it has felt like full sunlight has streamed into our lives: Our first in-person Christmas services in three years; the reopening of our parish hall for events like Coffee Hour, Music at St. Luke's and the Speaker's Lunch. Our welcoming of the community to our Community Lunches (a reflection of the banquet which Jesus uses as analogous to heaven - where everyone is welcome!) It has been a joy to experience the presence of people again! It has felt like a new life is beginning!

And we are now about to enter into the season of Lent - a season of self-examination, of rededication of self to the values and tenets of our faith, a season to prayerfully discern God's path for each of us now. I invite you to enter into Lent in this spirit and to rediscover spiritual depth at your centre. There are many opportunities to do this:

- Come back to Church - either in-person or online.
- Join one of our educational opportunities: Bible study on Mondays at 1:30 pm, the Men's Faith and Fellowship on Saturdays at 9 am or Contemplative Prayer on Wednesdays at 2 pm.
- Attend or volunteer at one of the many opportunities through our Parish Life programs or Outreach programs.

We often discern God's call to us as we start to engage in something new. Please read the pages ahead to see what is coming up here at St. Luke's and find something new that helps you feel, even in the midst of winter, the strong sun of hope and promise shining on you and leading you into new life. Yes, we are still in a pandemic; yes, we are entering into Lent, but Spring is coming, Easter is coming, new life is coming!

Your brother in Christ,  
Canon Stuart Pike

## Wardens' Thoughts for The Spring Newsletter

It is with mixed emotions that I write this newsletter article, my last one as your rector's warden. Over the past three years, we have faced many challenges and opportunities together as an Executive team, seeking to follow the leading of the Holy Spirit as we make decisions for our beloved parish of St. Luke.



As we journey together through Lent and then the celebrations of Palm Sunday and Easter, let us remember the words from Romans 12, verse 5: “That’s how it is with us. There are many of us, but we each are part of the body of Christ, as well as part of one another.”

The book for the Lenten Study this year is “The Rebel Christ” by the Rev. Michael Coren. Sessions will be held on Sundays after coffee hour – don’t miss out on this opportunity for study, fellowship and thoughtful discussion.

Plans are well under way for construction of our accessible washroom in the narthex. Rick Reycraft and his committee continue to coordinate this initiative. This will be a welcome and much needed improvement to our church facilities that will make us more attractive to the community and contribute to our growth. Look for further news as it becomes available as well as a Special Vestry to approve the project.

In our monthly meetings of Executive and Parish Council, we devote time to prayer and to our Mission Action Plan (MAP) that was developed by the parish in Spring of 2022. We realized the need for an updated community survey that will make us more aware of the needs in our area. Look for this in the Spring and please plan to participate. It’s crucial that we receive responses from parishioners as well as those we serve.

As a direct outcome of our Mission Action Plan, we have the return of the Church Minders ministry. The church is now open for prayer and meditation on Tuesday and Thursday mornings from 9am – 12 noon, with two minders present each time. Thanks to Avril Drake who volunteered to coordinate and schedule each month and to the other volunteers for their commitment. Please pray for the safety of the minders and for the community members who drop in, that they might feel a sense of peace and love within our walls.

In our MAP process, there was great interest in the development of Church Avenue. We have a committee at work to discuss the possibilities, create a plan and estimate the costs involved. This would likely be a multi-year project once the overall plan is in place and approved.

As we welcome the new wardens, I ask that you extend to them the same sense of support and encouragement that you have all shown to me. It has been an honour for me to serve in this way. I close with a quote from St. Patrick: “May the strength of God pilot us, may the wisdom of God instruct us, may the hand of God protect us and may the word of God direct us.”

Respectfully Submitted,

Rosemary Armstrong, Rector’s Warden

# St. Luke's Christmas Market

## A Great Success!!



## **From the Rev. Michael Coren**

As a priest I spend much of my time in church, performing pastoral work, and speaking about and trying to live the Christian message. I'm also an author and columnist, writing most weeks about the truth and meaning of the Gospels. My life is arranged and defined by prayer, belief, and vocation. I also wear my clerical collar much of the time because I want to witness to people that clergy are not as distant or strange as many might assume.



Yet my most recent book, *The Rebel Christ* has on the front a quotation from Stephen Fry, a well-known atheist. "Integrity, wit and passion. A fine advocate for the best of Christian thought and a faith that encompasses the human as well as the divine."

But here's something else Stephen wrote. "I live on the other side of the faith divide from Michael, but that doesn't prevent intense admiration of his insight, clarity, courage and honesty." And that respect and friendship is at the beating heart of what I'm trying to achieve.

Because the long-standing paradigm is based on the idea that it's the role of Christians to explicitly and sometimes aggressively convert non-believers. And in recent years in particular the role of atheists to be rude and reductive about Christians. Let me be more precise about the second part of that statement. Many people I meet are agnostic, unsure, or indifferent about God. Those who write endless books about why they don't believe, and their followers who take to social media at the drop of a pious hat, are the fringe. Most atheists hold a passive position and are usually quite polite about it.

Then there's us, the churchy lot. Again, most of us are too busy trying to work out our own salvation, or do some good in the world, to spend time on the conversion path. More to the point though, is it the best way to go about it?

I've lost count of the number of people who write to me after my columns in secular newspapers to explain how they're atheists, have no interest in religion as such, or are even actively hostile to organized Christianity because of what they regard as hypocrisy, homophobia, misogyny, abuse scandals, and insert your own often entirely understandable accusation here. But they then continue to say that what they'd just read makes sense to them and they even rather like it.

Yet all that I give them is pretty standard Christian doctrine. On Christmas Eve, for example, in the *Toronto Star*, I concluded my column with, "Put Christian back into Christmas values, into Christmas values. Feel for and with others, care for them as if they were family, understand those who insult and condemn you, respect creation, respect people, forgive, embrace, include, and love. Most of all, love. The baby is born, the world is rebooted, and all is now possible. But it takes a great leap of renewal from all of us to complete the picture. Repaint the world. Merry Christmas."

Rev. Michael Coren continued .....

Here's a typical response. "I've been an atheist since high school. At university some people tried to convert me, and that just made me even more angry. I'm not saying I'm suddenly a Christian but thanks. You've made me think." Two weeks later she wrote again, asking me to recommend a church.

They're not all like that of course, but slow and gradual is fine. Small victories more often than not. If I can convince an atheist that we're not as bad as they might have imagined, if I can form relationships and even friendships with them, and if I can bring down some of the walls of separation, I've done okay. We've done okay.

Polarization isn't healthy and usually profoundly damaging. Extremes have a habit of growing to resemble each other – if you doubt me, take a look at the intolerance of the hard right and the hard left, and their shared embrace of conspiracy theories and political hysteria. Certainty can be a dangerous attribute.

Mahatma Gandhi spoke of the evangelism of the Rose. "Don't talk about it", he said. "The rose doesn't have to propagate its perfume. It just gives it forth, and people are drawn to it. Live it, and people will come to see the source of your power." He's half-right, but what a half it is!

I received some wonderful comments for my book from senior Christian clergy and academics, and they're indeed mentioned on the back. But it's Stephen Fry who dominates. Yeah, you've got me - of course because he's famous and it might help sales. But for another reason. I want to, need to, reach people outside of the bubble, the echo chamber, the land of the church. As a Christian I refuse to speak of enemies, only of friends whom I've yet to meet.

Atheists and Christians alike are made in God's image, and in both we see the reflection of Christ Jesus. Goodness, sometimes I see it shining brighter in those who insist that they reject him. We're united by our humanity, and divided and failing when we deny it.

*Michael*

## From the Deacon's Diary

### **“The Lord is My Shepherd...”**



The Psalms have always been an integral part of our liturgy and our everyday lives. Many psalms have been set to music to be sung as hymns during Sunday worship. As young children we often learned to recite some of the more popular psalms in Sunday school, or during confirmation classes.

One of the most popular is Psalm 23: “The Lord is my Shepherd, I shall not want....” Different wording appears in different versions of the Bible.

Psalm 23 is also known as the Shepherd’s Psalm and is the most beloved of all the psalms. People love it for good reason. It is a psalm, a hymn and also a prayer. It speaks of still waters, green pastures and restored souls. But, more importantly, it speaks of an all-knowing, all powerful shepherd who devotes full attention to our care. It assures us of God’s loving presence in our lives, both now and evermore.

The Psalms were originally written in Hebrew. Early English translations did not lend themselves to singing: they were not “metrical.” However, in the 16<sup>th</sup> and 17<sup>th</sup> centuries, a number of people focused on creating metrical or singable versions.

“The Lord’s My Shepherd” as a hymn had its roots in the Reformation when Luther and Calvin (especially Calvin) emphasized singing psalms. He said, *“We shall not find better songs, nor more fitting for the purpose than the Psalms of David which the Holy Spirit spake....And moreover when we sing them, we are certain that God puts in our mouths these, as if He Himself were singing in us to exalt his glory.”*

During the reign of Queen Mary (1553-1558) many Protestants fled to Europe to escape persecution and under Luther and Calvin, they began singing Psalms. After Mary’s death and when Elizabeth I ascended to the throne, they returned, bringing their psalm tunes with them.

In the 1640’s Francis Rouse, an English Puritan, rendered all 150 Psalms from Hebrew into metrical English. The General Assembly of the Church of Scotland, meeting in Edinburgh, took Rouse’s translations and submitted it to the revision committees. These committees spent the next six years comparing the metered psalms with the original Hebrew. The idea was to develop a singable version that was accurate to the original Hebrew. It was a painstaking process.

Finally, in 1650, the Scottish Psalter was released and approved for use in the Church of Scotland. Its full title was ***“The Psalms of David in Meter: Newly translated and diligently compared with the original Text and former Translations: More plain, smooth and agreeable to the Text, than any heretofore.”***

Deacon's Diary continued .....

Although the Scottish Psalter of 1650 is one of the greatest treasures of hymnody, the only portion widely sung beyond Scotland is its beautiful rendition of Psalm 23, set to the "Crimond":

***The Lord is my Shepherd, I'll not want.  
He makes me down to lie.  
In pastures green; He leadeth me  
The quiet waters by.***

The melody "Crimond" was composed in 1870 by Jessie Seymour Irvine. She was the daughter of a parish minister in the village of Crimond which coincidentally is famous for its unusual clock in the clock tower. The clockmaker accidentally put six marks into one of the five minute sections on the clock face. As a result, each hour in Crimond is 61 minutes long, making a day there 24 minutes longer than anywhere else on earth!

So, as we move through the Lenten season and into that joyous time of celebrating the Resurrection may we keep the 23<sup>rd</sup> Psalm close to our hearts, knowing that God truly is our shepherd and He will restore our souls. We only have to ask Him.

I wish all of you a blessed Easter and all the hope and joy that the Resurrection brings us.

Rev. Sheila Plant  
Parish Deacon

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## **Bible Study**

Every Monday afternoon, a group of eight ladies gather on Zoom to study the Bible. At the time of writing we are beginning the Book of Isaiah. We have lively discussions.....some of which have nothing to do with what we have read, but are important just the same! We use various versions of the Bible with each one having a different perspective as well as interesting commentaries. We have been gathering for two years now and it is so nice to know that when it is pouring with rain, or when there is a snowstorm, we can still grab our cup of tea, get those warm slippers on and carry on. Every session is a learning experience and we all bring different levels of understanding to what we read. Most important of all, we ask questions and even though we don't always have the answers we can listen to what each other has to say.



If you would like to join us, please contact me and I will make sure you receive the link.

Rev. Sheila Plant  
Parish Deacon

## The Poppy Project

For Remembrance Day, 2021, the church was decorated with poppies that had been made by some of the ladies in our parish as well as by members of the Knitters and Friends. The late Phyllis Brandon was a strong supporter of this project and prior to her death, she had crocheted well over 200 poppies.

Because we had so many poppies, we decided that for Remembrance Day, 2022 we would create a Cascade of Poppies in the church.

We collected poppies and attached them to netting which we then installed in the church. Our intention is to make it grow each year. We even got Stuart to attach a few!

A **BIG** thank you to all the ladies of the parish and beyond who have crocheted or knit poppies for St. Luke's poppy project, and to those who have continued to do so. And also to all those who helped tie the poppies to the netting for the display that we had for Remembrance Sunday 2022. We hope to have many more poppies to add to the netting, and an even bigger display each year.

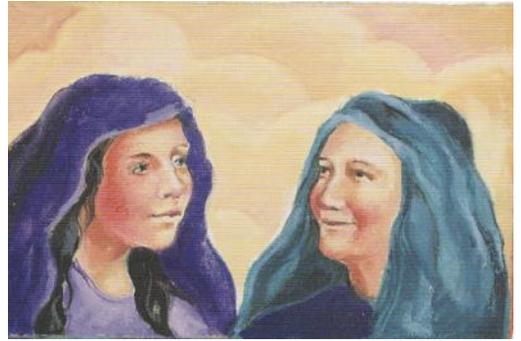
This is an example of one of our crocheted poppies. Whether you are knitting a poppy or crocheting one, we ask that you please do not weave in the ends as we need them to tie. If you need a pattern, please contact Elizabeth Crouch. They are actually very easy to do.



Submitted by Sheila Plant and Elizabeth Crouch

## Ruth and Naomi

Our Ruth and Naomi group meets on the second Sunday of each month following the 10 am service. We usually start about 11:45 for a time of friendship and fellowship. We are a group of widows who have one thing in common—the loss of a husband. Everyone is in a different stage of their journey so we are there to support one another and share our stories. It is not a bereavement support group but rather a supportive group. We may laugh, we may cry, we share. We bring our own lunches and refreshments are provided. Our gathering in December took the form of a potluck and we had a great time. Everyone brought something different and recipes were exchanged. We hope to have another at Eastertime.

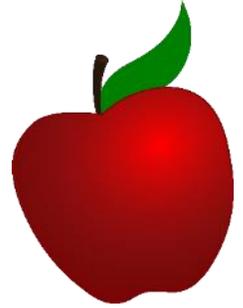


Any widow is welcome to join us....if you know someone outside the parish who might enjoy this time together, please let them know.



Rev. Sheila Plant  
Parish Deacon

## Food for Life



Our Food for Life program continues to operate every Tuesday morning. We are starting to see some new people who come for food, and we are so glad that we are able to help them.

Prior to Christmas, the children at our Montessori School ran a food drive and collected a huge amount of non perishable items for us. They were so excited to come downstairs on the Tuesday before Christmas and put it all on the cart and have their picture taken!

We were also recipients of a food drive at Maple IDA. Customers donated food items, personal items and items for our Red Box Project. The store manager has decided to “adopt” us and will continue to run food drives on a regular basis. How blessed are we?

We have also received some warm hats and mitts along with other items from our Knitters and Friends and we are so thankful to have those items to distribute during the colder months.

Thank you to our parishioners who continue to support our program as we begin our 13<sup>th</sup> year this year. Special thanks to Norma Morley and Ramsay Holmes.

We often find that people come to the office on a day other than Tuesday looking for food items. So, we now have our Pantry Bag Program. We keep several bags of non perishable food items in bags and we have put them on the shelf outside the office. This means that if someone comes in, then Elaine or Stuart can easily give them a bag of food. This has been very helpful.

We are now receiving our food items from the warehouse in bulk. This means that we need to pack the items ourselves when they come in. Do you have plastic grocery bags that you have no use for? We know we are supposed to be cutting back on our use of plastic, but plastic bags make it so much easier for us to pack and for our friends to carry their products home. We will gladly take them off your hands. They can be dropped off on Tuesday mornings in the Parish Hall or in the office during regular office hours.

My heartfelt thanks go out to our volunteers who work diligently every Tuesday morning. They truly are a blessing.

## FROM THE MUSIC DIRECTOR



What a joy to finally be able to celebrate a Christmas season in person, in our church, after three long years! I want to thank the choir as a whole for their dedication and hard work – not only throughout the Christmas season, but throughout this time of reintroduction to the “normal”. Special thanks to Allan Ellingham, Vicky Micks, Rebecca Micks, and Rob Laurie, as well as to our ever-faithful trumpeter, Graham Young.

I also want to thank our rota of Celtic service musicians for the continued gift of their talent: Dorothy Haartman, Darwin Allen, Rob Laurie, and Rebecca Micks. And finally, thank you to the clergy, wardens, and congregation of St. Luke’s for your continued support of our music programme through times of joy and challenge.

I will be going into more detail about our liturgical music throughout 2022 in my upcoming Vestry report, which I encourage you to read if you wish to hear more about St. Luke’s music over the past year.

I look forward to the coming Holy Week and Easter celebrations, as well as other special services with our faithful choristers and musicians. If you are interested in joining the choir or lending your instrumental talents, please contact me at [jgoodine@stlukesburlington.ca](mailto:jgoodine@stlukesburlington.ca). Our choir rehearsals are Thursday at 7 pm in the church sanctuary.

Jennifer Goodine, Music Director.





Petits Chanteurs de Lambersart

St. Luke's will welcome back the **Maîtrise des Hauts de France** on their summer North American Tour on July 11th.

This boys' choir from Lille in northern France, performed at St. Luke's in 2019 and we are glad to announce that they will be on tour again and are excited to return to Burlington and perform in our church. Nothing is more beautiful than to hear the voices of this professional choir in our historic church on a warm summer evening. The choir consists of about 40 boys from the age of 8. [https:// /m hdf.fr/](https://m hdf.fr/)

They will be here for an overnight, possibly two, and so we need to find billets for them. Watch for that request later in the spring when we are putting the plans together.





**EASTER FLOWER MEMORIALS - Easter Sunday is April 9**

If you would like to remember a loved one(s) by donating to our Easter Flower Memorials

Please submit your wording (print clearly) & donation

**\*\*\* to the CHURCH OFFICE marked Altar Guild – Chris Hughes  
OR**

**\*\*\* MAIL TO:** Chris Hughes, 1245 Richmond Rd., Burlington, ON  
L7S 1K5

**PLEASE do not put them on the collection plate**

**DEADLINE for submissions: Monday, March 27**

(cheques should be made payable to St. Luke’s Altar Guild)

These flowers are used to decorate the church for Easter & most are delivered to our shut-ins following the Easter morning services.

For more information call Chris Hughes (905-632-9535)

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**ALSO, A REMINDER - We need your help to deliver Easter plants!**

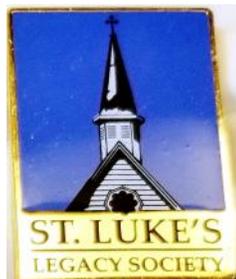
Following our Easter Day services, plants are delivered to our parishioners in nursing homes or confined to their own homes. The Altar Guild will be handing out the plants & delivery cards - in the church, following the last service on Easter Day - and can be delivered either that day or during the first part of the week.

A sign-up sheet for volunteers will be available mid-March

This is an important ministry of outreach and we receive many phone calls & notes of thanks from very appreciative parishioners. We hope you will consider helping!

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**St. Luke’s Legacy Society**



The Legacy Society is our way of collectively coming together in a meaningful and concerted commitment to give St. Luke's a future rich in its ability to minister and fulfill its mission.

Jim Glass

# Christmas 2022

‘Look, the virgin shall conceive and bear a son, and they shall name him Emmanuel’,  
which means, ‘God is with us.’



### The PROCESSIONAL HYMN

*O come, all ye faithful | 118*

O come, all ye faithful,  
joyful and triumphant,  
O come ye, O come ye, to Bethlehem;  
come and behold him,  
born the King of angels;  
/// O come, let us adore him ///  
Christ the Lord.

God of God, Light of Light,  
lo, he abhors not the virgin's womb;  
very God, begotten not created;  
/// O come, let us adore him ///  
Christ the Lord.

Sing, choirs of angels, sing in exultation,  
sing, all ye citizens of heaven above;  
glory to God, glory in the highest:  
/// O come, let us adore him ///  
Christ the Lord.



## Calendar of Events and Services

February 5	8:15 & 10:00 AM	5 <sup>th</sup> Sunday after Epiphany
February 9	11:30 AM	Speaker's Lunch - Black History
February 10	7:00 PM	Taizé Service—on-line only
February 12	8:15 & 10:00 AM	6 <sup>th</sup> Sunday after Epiphany
February 19	8:15 & 10:00 AM	Transfiguration of the Lord
	11:30 AM	Annual Vestry Meeting in person only
February 22	10:00 AM & 7:00 PM	Ash Wednesday Service
February 26	8:15 & 10:00 AM	1 <sup>st</sup> Sunday in Lent
March 5	8:15 & 10:00 AM	2 <sup>nd</sup> Sunday in Lent
March 9	11:30 AM	Speaker's Lunch - Mayor Meed Ward
March 10	7:00 PM	Taizé Service—on-line only
March 12	8:15 & 10:00 AM	3 <sup>rd</sup> Sunday in Lent
March 19	8:15 & 10:00 AM	4 <sup>th</sup> Sunday in Lent
March 26	8:15 & 10:00 AM	5 <sup>th</sup> Sunday in Lent
April 2	8:15 & 10:00 AM	Sunday of the Passion: Palm Sunday
April 6	7:00 PM	Maundy Thursday Service
April 7	10:00 AM	Good Friday Service
April 8	7:00 PM	Easter Vigil
April 9	8:15 & 10:00 AM	Easter Day
April 13	11:30 AM	Speaker's Lunch - Local Author Richard Fast
April 16	8:15 & 10:00 AM	2 <sup>nd</sup> Sunday of Easter
April 22	6:00 PM	Music at St. Luke's - Frankie & the Fairlanes
April 23	8:15 & 10:00 AM	3 <sup>rd</sup> Sunday of Easter
April 30	8:15 & 10:00 AM	4 <sup>th</sup> Sunday of Easter
May 7	8:15 & 10:00 AM	5 <sup>th</sup> Sunday of Easter
May 11	11:30 AM	Speaker's Lunch Police - Older Adult Fraud
May 12	7:00 PM	Taizé—on-line only
May 21	8:15 & 10:00 AM	Ascension Sunday
May 28	8:15 & 10:00 AM	Pentecost

For schedule of the Community Lunch and Social Hour see page 35.

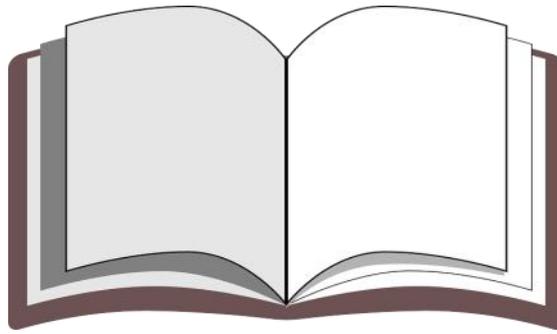
- Evening prayer twice a week is available online only.
- Regular services Wednesday 10:00 am, Sunday 8:15 am and 10:00 am are in-person. The Sunday 10:00am is live-streamed on the church Youtube channel. Watch the church bulletin on the website for changes.
- Sunday 10:00 am, Evening Prayer services, Taize, and other online services can be played **at any time** after the time indicated. Go to [www.stlukesburlington.ca](http://www.stlukesburlington.ca) and click on "Virtual Service". You can then click on the picture of the service you want. For services, the words for the hymns and the liturgy are included in the video so that you can follow along.

## St. Luke's Children's Page

We have been asked not to identify pictures of children by name when posting content online, a sad sign of the times.



# *Life Passages*



## *November*

Keith Braithwaite

Judith Thomson

Gerald Green

Muriel Trousdale

Ethel Saunders

Rev. Deacon Wm. Gibb

June Paterson

Ron Paterson

## *January*

Bill Milne

Robert Hambrook

Edna Meredith

Rev. Deacon Ronald Vince

Barbara Ramsay

Jacqui Harrison

## *December*

Jody Cawker

Carol Daigle

Neil Allatt

*\*We sincerely apologize if any names have been omitted. It is not intentional. As you are aware, we are not conducting funerals in the same way as we were, so we do not always hear about the passing of someone. Please let us know if a name has been left off our page.*

*"We can't know why the lily has so brief a time to bloom in the warmth of sunlight kissed upon its face before it folds into its fragrance and bids the world good night to rest its beauty in a gentler place."*

## A Meditation from the Northumbria Community

Go peaceful  
in gentleness  
through the violence of these days.  
Give freely.  
Show tenderness  
in all your ways.  
Through darkness  
in troubled times  
let holiness be your aim.  
Seek wisdom.  
Let faithfulness  
burn like a flame.  
God speed you!  
God lead you,  
and keep you wrapped around His heart!  
May you be known by love.  
Be righteous.  
Speak truthfully  
in a world of truth and lies.  
Show kindness.  
See everyone  
through heaven's eyes.  
God hold you,  
enfold you,  
and keep you wrapped around his heart.  
May you be known by love.  
Paul Field

Paul Field is Australian. He is an author, composer, journalist and former member of the Wiggles. This meditation that he wrote is used in the Northumbrian Community's Daily Office.

Submitted by

Rev. Sheila Plant

Parish Deacon



## Parish Life Report



Hello, Everyone!

Parish Life activities in 2023 have gotten off to a good start. We still face some challenges, but we're working through them together, and activities have slowly been returning to normal. The Speakers Lunch and Music @ St. Luke's are both up and running, with good turnouts to both, and we are again enjoying conversing together at Coffee Hour following the 10:00 service.

For those of you who may not be aware of the many groups which fall under the Parish Life umbrella, they are as follows:

Coffee Hour; Archives; Quilters; Funeral Receptions; Newsletter; Christmas Market; Music @ St. Luke's; Speaker's Lunch; Pie Makers; Parish Dinner; Men's Cooking Group; & the annual Friends of St. Luke's Afternoon Tea. Since there are so many, I may even have missed some! Dave Beck's invitation below would certainly fall under Parish Life, as would the Shrove Tuesday Pancake Supper if we are able to host it this year, which remains an unknown as I write this.

The thread that joins many of these activities together is fellowship - the pleasure of being and sometimes working together. Many, like the Pie Makers, Christmas Market and Parish Dinner, also raise much needed funds to help out with our parish expenses.

If you or anyone you know are looking for meaningful ways to contribute to the life of our parish community, or even if you just want to come out and enjoy some fun & fellowship, give some consideration to which of the above groups you may wish to become involved in.

Thank you!

Lesley Emery  
Parish Life Chair

## PIE MAKERS

The pie makers are back in the kitchen! We have started making tourtières again and will have a total of 4 sales this year, the first one at the end of March, one before the summer, a 3<sup>rd</sup> one in the fall and the final sale of the year will be at the 2023 Christmas Market. Please watch the bulletin for specific dates and let your friends and neighbours know. Thank you for your past support and we look forward to serving you again this year!



Submitted by Sandra Tiernay

## “Speaker’s Lunch”

The aim of the Speakers Lunch group is to foster awareness among parishioners of happenings & endeavours in the wider community that may be worthy of interest & support. The group meets at 11:30 am on the second Thursday of each month for social time, followed by a “Bring Your Own Lunch” & a talk by the speaker of the month. All are welcome - please call Doug Flett (905-637-7009) or Tim Tiernay (905-639-0345).



Your dedicated committee is hopeful that we continue to arranging a diverse and interesting list of topics and speakers (see below).

Hurrah, we’re back!!!!

We were able to relaunch our Speaker’s Lunch on January 12<sup>th</sup> with our own People’s Warden, Daryl Wilson, who spoke about hydrogen and clean energy. Being the Executive Chair of the worldwide Hydrogen Council, his passion was infectious and hearing about how this high-level council works to improve our climate, was extremely interesting. We really enjoyed his talk - more so, we enjoyed finally being able to resume our lunches. And we have a great lineup so far:

February 9<sup>th</sup> – Dennis Scott, Chair of Black History Awareness Society

March 9<sup>th</sup> – Mayor Marianne Meed Ward

April 13<sup>th</sup> – Richard Fast, local author focusing on diet & health

May 11<sup>th</sup> – Halton Regional Police, Older Adult Fraud

Mark your calendar!!

We have been pleased at the growing interest and attendance at the lunches and hope that attendees will be comfortable with returning. Please continue to spread the word as to the fun and fellowship to be had at our meetings. If you have any questions, suggestions as to subjects or speakers for future meetings or wish to join our organizing committee, please contact;

Tim Tiernay (phone: 905-539-0345; email: [tim.tiernay@bell.net](mailto:tim.tiernay@bell.net)).

Also, if you have not provided your email address or text number in the past, please do as we will then be able to alert you to upcoming meetings and any changes.

We look forward to seeing you at one or more of these lunches in the future.



Submitted by Tim Tiernay

**The Devil Won't Find Work for Knitters & Friends...**  
**...because their hands are never idle!**  
**by Mary Taslimi**



Marlene Marks was busy at the Christmas Market, keeping the table of knitted, crocheted and sewn items stocked and beautifully displayed (see photo).

Betty Withnell has been busy knitting up a veritable puddle (lake?!) of poppies (see photo), to add to the Remembrance service display in November.

Marion Binns has been busy working up a Nana Shawl (see photo) to be a warm and loving “hug” for grandson Cam’s girlfriend and caregiver.

Lois Carey has been busy buying up yarn from thrift stores and turning it into two lovely baby buggy blankets, a soft and stunning scarf, and a snug baby sleeping sac (the last a work in progress—see photo of all items).

And Mary Taslimi completed her temperature project for 2022 (see photo), finishing the “autumn” square and working all four squares together in black yarn with a three-needle bind-off. Result: a colourful and cozy throw for curling up under in a chair or on the couch.

Devil be gone!

Knitters & Friends welcomes all friendly knitters and all friendly fibre-workers who crochet or work with yarn, thread, embroidery silk and similar. Come for the crafting, stay for the company! We meet in person, 10am - noon, Tuesdays, in Room 201 of the church hall. Some of us also continue to Zoom from 2-4pm, Fridays. To join the Zoom, please email [mary.taslimi@cogeco.ca](mailto:mary.taslimi@cogeco.ca) to receive the invitation. All Knitters & Friends are welcome to join either or both of these meetings.



Knitters & Friends continued .....



Marion Binn's  
Nana Shawl



Betty Withnell's puddle  
of poppies



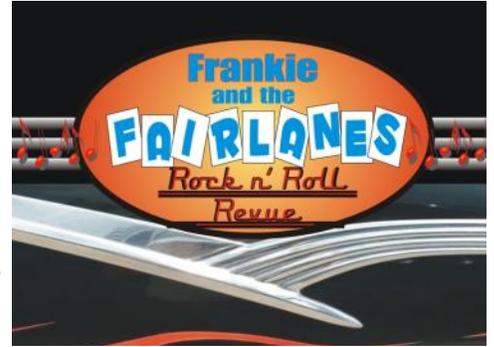
Thrift Shop Knits by Lois Carey



Mary Taslimi's 2022 Temperature Project  
Clockwise from top L - Winter - Spring—  
Summer\_ Autumn

## Music at St. Luke's

Music at St. Luke's presents Frankie and the Fairlanes on April 22nd. You will be regaled by old favourites by Elvis, Wayne Cochran, Gene Vincent, the Surfing Tunes of the West Coast and the Golden Era of Las Vegas. Sing along or put on your dancing shoes! Tickets at \$40 include dinner, available at 905-632-2918 or [blennard@bell.net](mailto:blennard@bell.net).



\*\*\*\*\*

## News from the Library

The library is to enhance the spiritual life of its readers.

The circulation of books by parishioners is starting to pick up! On January 16th, we held a book display during coffee hour which drew a lot of interest and sign out of several books. We will continue to offer book displays every few months. We are continuing to purchase new books for your consideration!

### **Book Review from the St. Luke's Library Committee**

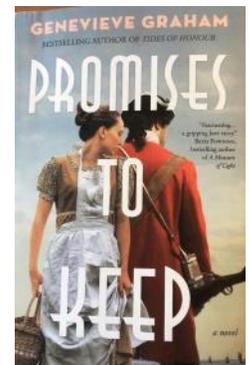
#### Promises to Keep by Genevieve Graham

Genevieve Graham is a Canadian author who has written 11 books to date. Her genre is primarily Canadian historical fiction.

Promises to Keep is a powerfully written love story between an Acadian girl and a British corporal that delves into the history of the French Acadians deportation by the British from their homeland in Grand Pre', Nova Scotia in 1755. The Acadians tried to remain politically neutral during this time period of tensions between Britain and France, but the British Army upon arrival in Grand Pre' demanded allegiance to Britain or threaten to exile the Acadians.

The novel takes us on the struggling journey of Amelia, her family and the Acadian community as the British army destroy their village and prepare to deport them. A sympathetic ally of a British corporal, Connor, whose love evolves for Amelia, results in his willingness to take crucial risks against the British Army that will change the circumstances of the future.

Promises to Keep was a very enjoyable read and prompted me to learn more about life for the Acadians and this time period!



**Coffee Hour especially is in Need of People**  
**for the following roles:**



“1. Set up: This involves coming at least half an hour before the 10 am Service to set up the tables and chairs, put out the cups, etc., turn the hot water on, prepare the coffee machines, etc. We need 2 people for this, since not every one can do the chairs and tables.

2. Coffee Hour: Serving coffee and tea, replenishing supplies and cleaning up, including running the cups through the sterilizer.

3. Take down: putting tables and chairs back.”

\*\*\*\*\*

**Doc's Place Coffee House Returns to St. Luke's**

On Friday June 2, 2023, St. Luke’s will be hosting a 55th reunion + 1 of Doc’s Place Coffee House, a youth group which held regular get-togethers in the old Parish Hall.

The event will feature an afternoon and evening of late 60's and early 70's music, along with a jam session featuring local musicians, many of whom originally played at the dances held in the old Parish Hall.

In the afternoon, Burlington Central High School will be having its 100<sup>th</sup> Reunion, former students may also wish to show up there, before making their way down to St. Luke’s.

After registering for the Burlington Central Reunion, drop in at the Parish Hall and meet up with old friends in the afternoon. Plan to stay around for the show in the Great Hall in the evening. All are welcome. Food and beverages will be provided.

Advance tickets will be available soon. Don't miss out!

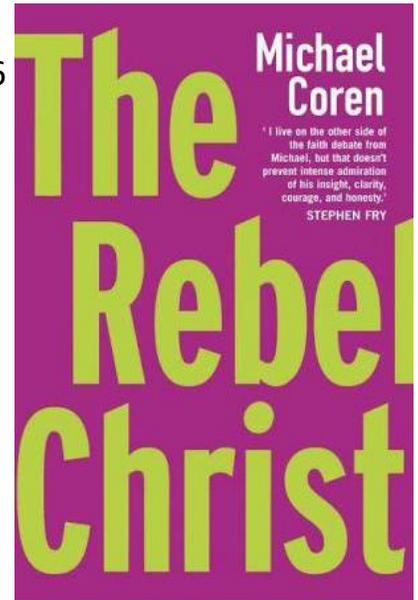
Contact David Swallow at [swallow081251@hotmail.com](mailto:swallow081251@hotmail.com) for more information.

NOTE: Food and beverage servers and cashiers will be needed for this event. Short shifts and pleasant surroundings. Afternoon and evening hours available.

Contact Dave Beck at [davebeck6205@gmail.com](mailto:davebeck6205@gmail.com) or (905) 632-0489, if you can help out.

## Lenten Study - "The Rebel Christ" by the Rev. Michael Coren

Our Book Study will run in-person (with a possible Zoom option if there is a need for it) on five Lenten Sundays (26 February to 25 March) at noon in room 201. Books will be available at the office after next Wednesday (1 Feb) and are \$20. Cash, if possible. On Sundays we'll make them available at Coffee Hour (5 February or later.) A special treat will be Sunday, 19 March, when the author will be preacher and will attend the book study. It's so good to have the author as one of our staff!!



\*\*\*\*\*

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## Ministry of Outreach

Contacts: Co-Chairs – Jackie Maver (905 681-6097) and Rosalind Reycraft (905 635-3976)

*Mission Statement: Moved by the Holy Spirit and guided by the teachings and actions of Jesus the Christ, the Ministry of Outreach, in partnership with the community of St. Luke's, responds to the needs of our neighbours, locally, nationally, and globally by enabling, empowering, educating, and advocating.*



The members of the Ministry of Outreach are still meeting via Zoom, remaining enthusiastic and very busy reaching out to make a difference in many different ways to our community.

### **ADVOCACY BREAKFASTS**

This active part of the Outreach Ministry shares information about Social Justice Issues from a variety of sources and locations. Our events are shared via Zoom with very positive results.

At this time, the team are investigating presentations for the coming months. More definite information will be shared as they are confirmed, through the weekly online format and via our email list.

As we all look forward to Spring we anticipate welcoming everyone to join in this supportive ministry.

Submitted by Carrie Raybould on behalf of the team including, Ros Reycraft, Janice Skafel, Dave Beck and Jackie Maver

## **DOWNTOWN BURLINGTON COMMUNITY LUNCH**

The Community Lunch has started again. Join us for a good meal and conversation. We are open on the 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Wednesdays of the month 11:30-1:30, October to May.



The lunch is hosted and led by St. Luke's with financial and volunteer support from our partners and community members. Many guests also donate towards the cost of their lunch. Guests are mainly seniors from Burlington and include members of our congregation, our partner churches, and our community.

We still need more volunteers - no experience is required. We have fun working together and hope you will consider joining us.

Heather White, Community Lunch Coordinator

[dheatherwhite@gmail.com](mailto:dheatherwhite@gmail.com)

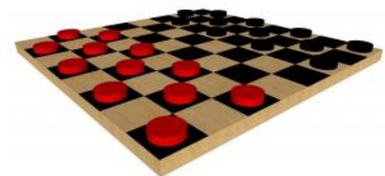
905-632-1025

## **COMMUNITY SOCIAL HOUR**

We have added a community social hour before the community lunch, from 11:00-12:00. Coffee and tea are served at 11:30. We have a selection of games available. For information contact Rosemary Armstrong (289-783-2110) or Heather White (905-632-1025).

Contact me if you are interested in joining us.

Heather White



## EL HOGAR SERVICE TEAM



Thank you so much for your support of our gingerbread, bark, cards, coffee and maple syrup fundraiser for our beloved children of El Hogar. It was an outstanding success yet again.— a sellout!

Our work continues with our next fundraising effort which will be our famous chocolate covered fondant Easter eggs. We will be sharing details soon and again it will be done on a pre-ordered basis. We are always so excited about working to support El Hogar's children. Thank you so much for your part in that!



El Hogar will start immersion team trips probably this fall with a different format. We will wait to see how they progress and then assess how we want to be involved. We will look at winter 2024.

[Please check out the website www.elhogar.org](http://www.elhogar.org)

For more information please contact Ros. & Rick Reycraft 905 635-3976 [rosreycraft@hotmail.com](mailto:rosreycraft@hotmail.com) or Janice Skafel 905 332-0837 [janice.skafel@outlook.com](mailto:janice.skafel@outlook.com)

## BURLINGTON UBUNTU GRANDWOMEN

The Burlington Ubuntu Grandwomen have been very active as usual in their mission to advocate, educate and offer support for the needs of African Grandmothers. These resilient and strong women in Africa have been and continue to raise their families amid very serious conditions resulting from HIV/AIDS.

This year, 2023, the Stephen Lewis Foundation, the origin of the Grandmothers to Grandmothers Campaign, will be celebrating the Anniversary of 20 years of amazing work and ministry. There will be various events planned in coming months and it is suggested that following the website [www.thebug.ca](http://www.thebug.ca) as well as the Stephen Lewis Foundation website would be the best methods of obtaining information.

## **BURLINGTON UBUNTU GRANDWOMEN (continued...)**

The Burlington Group continues to meet at Burlington Baptist Church on the second Wednesday of each month from September to June and welcomes everyone who is interested in sharing this vibrant and important cause.

Submitted by Carrie Raybould

## **MADAGASCAR MISSIONS**

It has now been almost 3 years since Mary Sherwood was forced to retire from her mission work in Madagascar following a stroke. Unfortunately, no permanent replacement has yet been identified so we no longer receive updates from the mission centers there on such a regular basis.

What we do know for certain is that the need is still great. Madagascar is the poorest non-conflict country in the world and the centers rely completely on outside donations to continue the vital work that they do. The orphanage, Akany Famonjema, provides a loving home to over 40 children. They need to be housed, fed, clothed and educated, with many of them continuing on to university.

The children and young people at the inner-city centre, Akany Tafita, are fed and taught life skills and a trade or craft that will enable them to help support their family and be self sufficient in the future. Thank you to all who continue to support this important work.

Please prayerfully consider a donation in 2023. Any amount is gratefully received and will go a long way to improve the lives of the children in Madagascar.

Submitted by Sandra Tiernay



## CLIMATE JUSTICE

How are we, as Anglicans, to respond to the recent news that the Ontario Government is reducing the size of the Greenbelt, and forcing cities like Hamilton to grow by increasing urban sprawl? Surely these two initiatives go against the general direction we need to take to address Climate Change and preserving agricultural land.

Climate Justice Niagara has addressed this issue in an article in the Niagara Anglican, January 2023 issue, *Climate Justice Niagara Joins Advocates to Stop Bill 23* by Deirdre Pike .

The summary sentences are worth repeating:

“Climate Justice Niagara and Bishop Susan Bell have both emphasized the need for advocacy with local MPPs, Steven Clark, the Minister of Housing responsible for the bill (Steve.Clark@pc.ola.org), and Premier Doug Ford (416-325-1941). As we advocate for change, we are reminded of our baptismal covenant: “Will you strive to safeguard the integrity of God’s creation and respect, sustain, and renew the life of the earth?” Let our powerful reply lead us to action: “I will, with God’s help.” “

Submitted by Michael Skafel

## Thank you so much for helping with Climate Justice

Working with Ocean Wise Conservation , TruEarth, based in Vancouver, pitched in to help clean the shoreline in Vancouver, and in California and Texas.



The situation we face is scary.

Plastic pollution on the shorelines of the oceans is a serious environmental issue worldwide.

It entangles and chokes wildlife, wild animals ingest it, and it has a terrible, negative impact on the quality and cleanliness of our water.

We find plastic in our food, our drinking water and even our bodies. It is a growing concern on the impact on human health.

Shoreline cleanups are a way to address this, and we are proud of our efforts and those of Ocean Wise.



Continued on next page ...

## TruEarth continued from previous page ...

We are also proud of our efforts to help our communities.

As of today, Tru Earth has donated more than 20.5 million Tru Earth Laundry Detergent Eco-Strips to organizations that give a helping hand to those in most need of a little assistance.

And based on our calculations, through the generous loyalty of our customers, Tru Earth has prevented more than 107 million plastic containers from entering a landfill or the ocean.



With our St. Luke's project we receive 20% of the amount paid for an order which goes to PWRDF's Mishamikoweesh Water Partnership in Northern Ontario and Manitoba. Last year we were able to send \$172.64 US.

Please check out the project. For more information please contact:

Rosemary Armstrong at [rosemarymarmstrong@gmail.com](mailto:rosemarymarmstrong@gmail.com)

## **NEWCOMER FAMILY** — New year, new apartment!

Our Newcomer family has moved into a new apartment in the same building and it is the apartment of their dreams – with more cupboards, a little more space and the balcony that gets the morning sun and a view of the front street. So, it means the same school for Faten and still convenient for Mohamed to get to work, Karima to get to her in-person ESL classes and for Ahmed to continue on in his Daycare where he is learning a whole lot of English now!

We think of the long way they have come in this past year and how comfortable they are becoming in their new culture while still maintaining their own. Sometimes some of us get to taste the amazing food that either one of them will prepare or enjoy our social time with this charming couple. The children are lovely and they seem to get out for outings to keep life interesting. Karima is starting a pottery course and we hope to get the kids into swimming again. The family likes to go to the open swimming sessions at the local pools. They are looking ahead to the future and what it might hold, and we hope that they are hearing our wisdom in that it cannot just happen as quickly as they really hope for! What a privilege it has been to watch this family grow.

Submitted by Janice Skafel

## Fresh Food Box for Halton

Since August 2021 St. Luke's has served as a distribution site for the Fresh Food Box for Halton (FFBH) program. The program is administered by Kerr Street Mission (KSM), based in Oakville. A produce company in Brantford packages the fresh food boxes and delivers them to several distribution sites in Halton Region. Two sizes of food boxes are available - a small box at a cost of \$10 and a large box at a cost of \$20. Deliveries are made to our Parish Hall on the first and third Tuesdays of each month (unless Monday is a statutory holiday, in which case food boxes will be delivered on Wednesday). The food boxes are usually available for pick-up between 3:30 and 5:00 p.m.



The Fresh Food Box is a convenient way to obtain a variety of fresh, mainly local produce at a lower cost than one would find at most major supermarkets in this time of constantly increasing food prices. The program also supports a number of local farms and agricultural businesses. A healthy recipe using the ingredients contained in the food boxes is distributed prior to each pick-up day.

For information about how to place an order, please refer to either the weekly Sunday bulletin or the online bulletin, or contact Dave Beck at (905) 632-0489, or by e-mail at [davebeck6205@gmail.com](mailto:davebeck6205@gmail.com). Submitted by Dave Beck and Gay Powell

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## The Alpha Course Report

Each Tuesday evening from September 27th to December 6th, 15 members of St. Luke's parish joined with a similar number of participants from the South Georgian Bay Alpha ("SBGA") Group to hold an 11 week Alpha course. The course was conducted entirely by Zoom. The St. Luke's members were in two of the four "small groups" formed from the approximately 30 participants.

Alpha was spearheaded by Holy Trinity Brompton's rector Nicky Gumbel in 1991 and well over 20 million people worldwide have taken the course. The format of each weekly session consists of a professional 15 minute video on a different topic of Christian faith, followed by a discussion among the small group members.

We believe that the Alpha Course was well worthwhile for each of the St. Luke's participants since we had an opportunity to discuss subjects which are at the heart of the faith. Some examples were 'Why and How Should I Pray?', Who Is the Holy Spirit?, How Does God Heal Today?' and other thought-provoking subjects.

There are plans to offer more Alpha courses, perhaps in the Fall, and we encourage you to consider attending.

Submitted by Rick Reycraft and Ramsay Holmes

December 16, 2022—As PWRDF enters its third year of partnership with the Zambian Anglican Council Outreach Program (ZACOP), the development arm of the Zambian Anglican Church, real results are being achieved. The Zambian Council Outreach Program is working to end child marriages, educate young people about sexual reproductive health and rights and raise awareness about child abuse, particularly in young girls. It has resulted in a reduction of teen pregnancies from 68 cases in 2020/2021 to 24 cases in 2022. The Omleo Mumba Primary School recorded zero teen pregnancies in 2022.



Zambia has one of the highest child marriage rates in the world with 31% of Zambian girls married before they turn 18 and 6% before the age of 15. In rural areas, poverty leads many parents to withdraw their daughters from school and offer them for marriage to older men, in most cases in exchange for payment of *lobola*, or a dowry.

This project strives to make young people, especially girls, less vulnerable to gender-based violence, teen pregnancies, sexually transmitted infections, child marriages and inter-generational poverty. To do this, ZACOP works with young people through sports and drama and creates safe spaces in schools, churches and communities for young people to access remedial services. Church and community leaders are also involved in implementing the program, bound by their shared desire to address issues that harm the social fabric in Zambia. ZACOP addresses taboo issues in communities, including the church community, that has led to further engagement with both.

Sports have proven to be an innovative entry point for 1,800 girls and 904 boys who were able to play soccer and netball. These activities were combined with education on child marriages, child abuse, teen pregnancies, hygiene, sexually transmitted infections and substance abuse. Counselling services were offered to 108 girls and 56 boys, which included support and referrals to other psychosocial services. Young people in the project area are also in the process of re-enrolling for school. Moms continue to be supported by mother mentors on issues affecting their children and 127 men and 106 young men have attended twelve Men Engage meetings (MENS) in their communities.

The work continues to train church and community leaders, parents, community-based workers, peer educators and adolescent girls and boys on children's rights. Youth are also trained in entrepreneurship and become eligible to receive small grants to establish a small business. Advocacy remains a key component for change.

## Getting to Know – Norma Morley, 100 Years Young!

By Dorothy Kew



*Norma at Friends of St. Luke's August 2022*

Earlier this month, at the 10:00 a.m. service, the congregation sang a lusty “Happy Birthday” to Norma Morley who had recently celebrated her 100<sup>th</sup> birthday. Norma is a long-time member of St. Luke’s and it was my pleasure to talk to her about her life and family. My thanks also go out to her eldest son, David, who has done a masterful job of researching the family history.

Norma was born Norma Miche on January 6, 1923 in Hamilton, the daughter of John Arthur Miche and Hilda Barrett. John Miche was a direct descendant of Michael Groat, 1760-1833, who had come to Stoney Creek from North Carolina, and who petitioned for and bought land in Brant’s Block, west of Brant Street and south of Dundas Street. Some of the children of Michael Groat (also spelled Grote), changed their surname to Mike or Myke, and John Arthur, for unknown reasons, changed his surname to Miche. John Mike, 1802-1855, a son of Michael Groat, and great great grandfather of Norma, married Catherine Clause, 1803-1877. She was indigenous, probably from the Credit River area of what is now Mississauga.

Norma grew up in Corktown, Hamilton, and attended All Saints Church where her parents sang in the choir. Norma and her siblings sat in the front pew under the watchful eyes of their parents. Besides Norma there were brother, Hunter and two sisters, Ruby, and Stella. Hunter was killed in a motorcycle accident and Norma

remembers that her mother had the girls wear white dresses with black ribbons for a year after his death.

Norma married Ronald Leonard Morley December 18, 1943. Ronald was from Watford, Hertfordshire, England, and had joined the Royal Canadian Air Force. He was a gunner on a Lancaster, but didn't tell Norma that he was a nose gunner, one of the most dangerous positions on the plane. They were married by Archdeacon W. F. Wallace at the Church of the Ascension. Shortly afterwards Ron was sent to Portage La Prairie as a gunnery instructor, until he was sent back to England, as the war was still on, and Norma returned to Hamilton. After the war Ronald went back to work at Stelco, where he had worked before the war. Norma and Ron had five children: David, Paul, Glenn, Craig and one daughter, Kathy. There are also six grandchildren and six great grandchildren.

The family moved to Burlington around 1951 and lived in the east end, attending St. Elizabeth's Anglican Church for a while. Then in 1992, after Ron died, Norma moved to downtown Burlington, where she has lived ever since, and joined St. Luke's.



*Norma with Stuart and Katherine Pike, credit David Morley*

Norma tells me that before she married, she worked at Westinghouse in the west end of Hamilton, as did most of her family, but she did not work after marriage. After Ron died, she did go back to work for a while, as a receptionist, at a doctor's office.

In spite of her age Norma has been known to walk to church in good weather from her apartment on Elizabeth Street. She uses her walker to get around but is certainly quite active.



*Norma at St. Luke's Tuesday morning knitting group.*

She loves knitting, and is a regular at the Tuesday morning knitting group. Norma also plays Word Search every day. This is no doubt the reason she is still so engaged with life. Happy 100<sup>th</sup> Birthday, Norma, and many more!

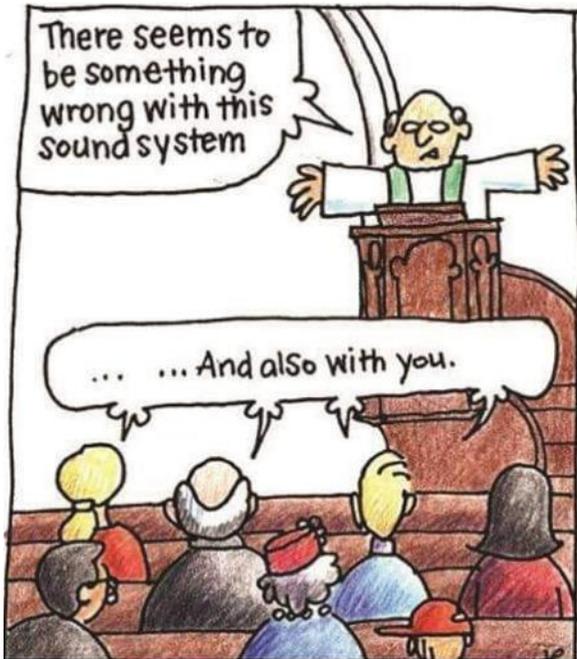
**Sources:**

Ancestry. Groat-Miche Family Tree

David Morley

## Editor's Sense of Humour

### Your Reward (or Punishment) for Reading to the End



WHAT DO YOU CALL AN ALLIGATOR IN A VEST?



AN INVESTIGATOR.

A Sunday school teacher asked her class, "What was Jesus' mother's name?" One child answered, "Mary." The teacher then asked, "Who knows what Jesus' father's name was?" A little kid said, "Verge." Confused, the teacher asked, "Where did you get that?" The kid said, "Well, you know, they are always talking about Verge n' Mary."



Thanks to Bob Bruce and Rosemary Armstrong for contributions



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If you would like to submit an article or photograph for this publication, please e-mail [newsletter@stlukesburlington.ca](mailto:newsletter@stlukesburlington.ca)

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