



# ST. MATTHEW'S

The Anglican Church in the Glebe

## *Pulse of the Parish*

DECEMBER 2022

### OUR GRATEFUL THANKS TO YOU, PEGGY

VALERIE NEEDHAM

Peggy Nankivell and her husband Neville joined St. Matthew's in 2001, drawn here by the music and the warm welcome given their beloved cats at a Blessing of the Animals service. For the past 17 years, Peggy has been a member of the fundraising committee which in that time garnered more than \$750,000 for St. Matthew's Parish in a variety of creative initiatives. She is now the chair.

Her first major project was the Treasures for the Tower Auction in 2005 which raised funds to help pay for needed repairs to the church tower. Since then, she has worked with dedicated and reliable teams to mount five more in-person auctions, three online auctions, the Treasures Boutique and the Christmas Scarf and Jewellery Sale.

Additionally, the fundraising team has secured sponsorships for the once-annual performances of 'The Messiah' and other well-received productions such as Benjamin Britten's 'Noye's Fludde' and the 50<sup>th</sup> Anniversary of the St. Matthew's Men and Boys Choirs with Gerald Findley. And let's not forget Mugs & Suds, Jazz & Tapas and the premium table at the annual Great Glebe Garage Sale!

These projects, as well as raising much-needed funds for the church and outreach, have built community, with the joyful participation of many parishioners. They also raised the profile of St. Matthew's in the community and attracted significant contributions from non-parishioners.

Through the years, fundraising efforts at St. Matthew's have supported the MultiFaith Housing Initiative, the Council of the North Suicide Prevention Program, the FACES Refugee Group, the Black Canadian Scholarship Fund, the Ottawa Food Bank, Youth Services Bureau, Cornerstone, and Harmony House.

Peggy was born in Toronto, the youngest of five children. She attended Kingsway Lambton United Church, singing in the children's and youth choirs throughout her childhood and teen years. She also participated in the Christmas Pageant (as Mary twice), a sold-out five-night commitment. After high school, she attended Carleton University, earning a BA in English and History. She then completed graduate studies at the University of Toronto, earning an MA in History.

After graduation, she worked in the shipping industry with an international freight forwarding firm and began her life-long vocation of offering her time and expertise in volunteering.

In her late '20s, Peggy sat as a volunteer on the board of the Toronto Symphony Orchestra as vice-chair of corporate sponsorship and chair of programming. Peggy and Neville married in 1985 and moved in 1991 to London, UK, where Neville was editor-at-large for The Financial Post. This is when Peggy began her career in freelance writing.

In 1993 they relocated to Ottawa for Neville's employment and enjoyed reuniting here with friends and family. Peggy brought a rich background in fundraising and volunteering to her new home city and spent many years as a volunteer

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## THE REVEREND CLAIRE BRAMMA ORDAINED A PRIEST

VALERIE NEEDHAM



*The Laying on of Hands  
A ritual that confirms the Apostolic  
Succession of Ordinands from St. Peter*



*Bishop Parker celebrates the Eucharist*

At a moving service held at Christ Church Cathedral on Saturday, November 19, 2022, The Reverend Claire Bramma was ordained into the Priesthood.  
Friends from St. Matthew's who had accompanied Claire

on her journey to ordination these past six years, were present both to bear witness and to congratulate her.  
We wish you God's Blessings, Claire, as you continue to follow God's call in His service.



# DURING THIS TIME OF ADVENT AND CHRISTMAS, AN INVITATION ...

THE REVEREND GEOFFREY CHAPMAN

The Season of Advent is upon us. For many Christians, myself included, this is among our favourite liturgical seasons. The paradox of this season is happening all around us: our world is going to sleep, covered in more darkness every day, and yet this fills us with hope and expectation.

This is the season in which we witness nature falling asleep. Trees drop their leaves and animals of every kind find a quiet place to hibernate. Our noisy geese neighbours have journeyed south. Our neighbourhood has grown cold and silent, muted by snow, covered with increasing darkness. The world is inviting us to slow down, to embrace the quiet, and many of us are delighted to do so.

If you are like me, you may know the deep truth of this Advent Season, and may find the idea of rest and darkness deeply appealing, yet you may find rest and quiet almost impossible to experience. We give this advice to loved ones, but do not actually follow it ourselves! There are too many things to *do*, of course. There is preparation for Christmas, things to plan, things to get done. And the great stresses and crises of the world certainly call us to be as attentive as possible, do they not? So, who am I to do nothing, while the world needs good folk to work and to act?

And yet, at the absolute heart of our relationship with the Holy One, literally from the beginning of time, God created the Sabbath. From the beginning (well, on the seventh day more specifically), God rested, and invited the world to rest.

Every week, you are commanded by God to find a day of rest. I would suggest extrapolating that to say every few

months, you should find a week to rest. Employers see the wisdom in such things, and ensure their workers take something called a “vacation,” which is meant to be restful. And every year, there should be some extended time where you rest even more intentionally. Institutions such as the church and the university create “sabbaticals,” intended to be taken every seven years. Do you see the pattern?

I think we know this intellectually. I certainly do. But actually finding the time to rest is challenging. And actual rest is not as simple as it might seem. One must create time for it just as one creates time for exercise or preparing meals. There is a reason why the Scriptures are filled to the brim with commands to embrace the Sabbath: because intuitively we do not want to do it. And yet everyone who returns from times of deep rest talk about these experiences as essential to living.

Like many gifts from God, the Advent season and the Sabbath are free. Also, like many gifts from God, high profile people of our age sometimes do not understand these gifts, proclaiming that they ‘never take a vacation’. On the other hand, folks who are ignored or misunderstood embrace them every day of their life. Entirely regular people, living regular lives, enjoy deep peace and quiet with God.

I invite you to embrace this season of Advent. Receive it with joy. Let it shape you, and return you to the person God has called you to be.

Yours in Christ,

Geoff+



## INTRODUCING OUR NEW WARDENS

### Rector's Warden Jim Lynes



A cradle Presbyterian, Jim became an Anglican in 1985 at the Church of the Good Shepherd in Wakefield, where he served as Warden for two priests and as parish treasurer. He worked as a public servant for 25 years and spent the last 10 years of his career as the head of two crown corporations (not at the same time).

Jim joined St. Matthew's in 2006. Shortly after he retired from paid employment, he was conscripted as Warden by Canon Pat Johnston after which he spent about 10 years on the Finance Committee. At the same time, he spent 11 years on the Diocesan Real Estate Working Group before packing it all in last year.

Jim is married to Bev Jensen and between them they have five children – two university professors, a public servant, an elementary school music teacher and a Manhattan estate lawyer – and four grandsons.

Jim and Bev love to travel and hate Covid, which has been keeping them from travelling.

### People's Warden Denis Martel



It is with excitement that I have accepted the role of People's Warden. This is my way of contributing to the parish's vibrancy, continuing the tradition of a strong worship community and supporting our collective efforts to re-start and solidify our most cherished activities and to explore new ones.

My wife, Heather Sheehy, and I have been attending St. Matthew's for nearly twenty years and our two daughters, Isabelle and Yvonne, were baptized here.

I grew up in Quebec city where my dad was the reporter for religious affairs in the local paper, which furthered my understanding of the Christian faith and broadened my understanding for other faiths. A trip in Europe and the Middle East during a university gap year gave me unique opportunities to live in monasteries and gain an appreciation of different ways to connect with God.

On a personal note, I love the outdoors! In summer, I love camping, cycling and anything to do with water: swimming, canoeing, kayaking, water skiing. In winter, I enjoy cross-country and alpine skiing, skating, tobogganing and building snow forts. Talking about snow buildings, I have a dream that the kids and adults of St. Matthews build a snow sculpture for Winterlude!

## WARDENS' WORDS

JIM LYNES

At a brief ceremony during the October 23<sup>rd</sup> morning service, Rev. Geoff thanked Rick Trites and Tom Barnes for their service as Rector's and People's Wardens. Then, with the approval of the congregation, inducted Jim Lynes as Rector's Warden and Denis Martel as People's Warden. Sancho Angulo carries on as Deputy Warden.

It is fast approaching three years that Covid has affected our life as a parish. Early experimentation with online services matured into a polished technical production that allowed parishioners (as well as others far and wide) to continue to worship and experience a liturgy of the word and of music. In-person services began this year which have allowed us to experience and participate directly in the worship service. Average Sunday attendance is now approaching 100.

But beyond Sunday worship, we are also starting to see a return to the programs and activities of the parish. On one recent Thursday, there were a dozen parishioners gathered around a table, cutting out felt figures to be used to illustrate Bible stories for children's worship. Not far away, another group was preparing articles for the scarf and jewelry sale. Bob Hall, our new Interim

Director of Music was working in the music library and photocopying music for Sunday's service. A group with Bill Nuttle was giving a tour of the church to Joel Prentice, the Director of Property and Asset Management at the Diocese, who is helping us with building maintenance issues. And Rev. Geoff Chapman and Canon Jim Beall were both onsite meeting with various people.

A beehive of activity!

As we enter Advent and the new church year, we can celebrate our gradual return to normal. However, we have to act in a measured way as Covid is still active and we need to continue to observe masking and other public health directives. It is in this context that under Rev. Geoff's leadership, we are starting to address the process of rebuilding our parish community.

Corporation, along with various parish committees and volunteers, is working on a number of initiatives, notably:

1. The first of our broken boilers has now been repaired and we once again have heat. We are grateful that the weather has been exceptionally mild

during the Fall, allowing us to manage with temporary electric heaters.

2. We are negotiating with Good Morning Creative Arts Preschool (GMCAP) that is seeking space for their programming under a long term lease, starting in September 2023. They propose to take over and renovate (at their cost) the Sunday School and Nursery rooms of the basement. (See page 18.)

While this could provide us with a long term and stable revenue source, it is essential that we ensure that the commitment of space to the school does not compromise our parish programs and events. Some meetings have been held with parishioners on this project and Denis Martel will be organizing further meetings in the coming weeks and in the new year. The goal of these meetings is to have broad engagement and a transparent process.

3. At this point, we are acting in four areas:
  - a) exploring the needs of GMCAPS, our concerns and how to address them with the school;
  - b) doing a full assessment of the impact on our activities and the flexibilities that we may have in adjusting them;
  - c) preparing consultations; and
  - d) working with legal counsel from the Diocese to document and resolve issues and to ensure that commitments and responsibilities are clearly set out in the lease, should we proceed.

A decision is not expected until after Christmas.

4. As usual at this time of year, we will be focussing on our financial situation to try to close the gap between income and expenditures. (See pages 6 and 7.)

5. We continue to work on strengthening and re-building ministries: children's Christian education, music, outreach and prayer support, among others.

We wish you a happy and healthy Advent and Christmas and look forward to celebrating the season with you.

Your Wardens, Jim Lynes, Denis Martel, Sancho Angulo



# FINANCIAL UPDATE TO THE END OF OCTOBER 2022

WALT DRAPER

This update provides a summary of St. Matthew's financial position to the end of October and a forecast to year end. In many respects this article repeats much of the information provided to the end of August. Readers will reasonably say they have heard this story before! However, my purpose in writing the update is to let the numbers speak for themselves.

The anchor point for the update starts with the 2022 budget approved at Vestry, at which we approved an Operating Fund deficit of \$34,000. At the end of October, Expenses exceeded Revenue, showing a deficit of over \$74,000. This is close to the same deficit at the end of August. During September and October revenues matched expenditures. From the perspective of cash flow, it can be said that we held our own.

A review of the three revenue categories of General Use Donations, Rentals and Fundraising, reveal that rentals exceed budget amounts thanks to increased hall rentals (in addition to the TELUS lease and parking stall leases). Fundraising is also exceeding budgets thanks to the year-long efforts of the online Boutique and Great Glebe Garage sale volunteers. General Use Donations, while showing steady performance with some increase over Covid years, remain a point of concern. In previous years the "miracle of Christmas" included extraordinary donations in the month of December.

Achieving the budget target for 2022 will be challenging. Can we do this yet again? Collectively we have the opportunity to influence the answer to this question.

Operational expenses are as anticipated. One-time expenses for the stained-glass window restoration, crypt shelving, and boiler repair are projected to be covered by the Vestry-approved motion to withdraw funds from St. Matthew's Consolidated Trust Funds. Total expenditures are within Vestry-approved amounts.

Financial management requires a look into the crystal ball to peek at the year end. Financial forecasting, much like its cousin, weather, is an imprecise science. The 2022 financial results will be reported at Vestry 2023 and will reflect the accuracy of the following forecast.

On the revenue side we see the online auction and the scarf sale continuing their extraordinary performance of fundraising, and rentals continuing at their steady pace. Expenses will be limited to the extent possible, recognizing that most expenses offer no discretion including items such as personnel, the diocesan assessment, Mother Nature determining the gas bill now the boiler has been repaired, and the snow clearing contract.

At this point, despite the hoped-for uptick in General Use donations between now and Dec 31 (see page 7), Rector's Warden Jim Lynes reported to the parish on Sunday, Nov 20, that the projected deficit at year-end is \$66,000.

The forecast for General Use Donations shows strong commitment with the final results to be made clear by December 31.



## Scarf and Jewellery Sale

DECEMBER 4, 2022, 9AM - 2PM

St. Matthew's Anglican Church, the Glebe is excited to announce its first "in person" Scarf and Jewellery Sale! The sale will be held in the church hall which is accessed through the entrance at 217 First Ave., just west of Bank St. Twenty-five percent of the sales will go to the Ottawa Food Bank and all proceeds are for charity.



[WWW.STMATTHEWSOTTAWA.CA](http://WWW.STMATTHEWSOTTAWA.CA)

# THE “HOCKEY STICK” GRAPH AND THE NEED TO “FLATTEN THE CURVE”

PAUL WEFERS BETTINK (STEWARDSHIP OFFICER)

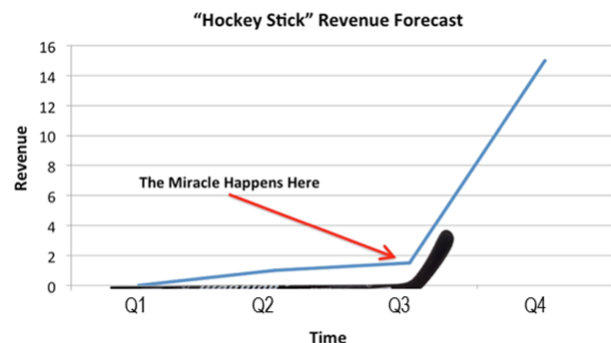
Following up on my previous contribution to the *Pulse of the Parish*, I am going to write about my favorite topic, graphs. In business, many merchandise firms have sales forecasts that resemble a “hockey stick.” In these cases, merchants experience low and flat levels of sales during the first three quarters of the year, and then in the remaining quarter, sales revenue rise dramatically due to Christmas sales.

Below is a “tongue-in-cheek” example of this hockey stick revenue trend. Growing up, I have firsthand account of this “hockey stick” experience. My parents owned a shoe store, and their busiest and most stressful months were during the months of November and December (people buying shoes for Christmas or winter boots after the first snowfall). They would have preferred that customers did their Christmas shopping earlier in the year and to buy their winter boots before the first snowfall. But to procrastinate is human nature.

Our church tends to have a similar revenue pattern, with a large amount of our revenue received in the months of November and December. We deeply appreciate that we receive this revenue toward the end of year. But it does make it rather difficult to make planning decisions. Going back to the hockey stick graph below, yes, we believe in miracles!

But we also remember from Jesus to “not put the Lord your God to the test” (Matthew 4:7 & Luke 4:12) by expecting miracles. Perhaps we could think about “flattening the curve” by providing a steadier stream of donations throughout the year, through PAR and other regular donations. If you are able, during the season of Advent/Christmas, St. Matthew’s would greatly appreciate your additional, year-end, donations.

These extra donations would help to address our current revenue shortfalls (see page 6). For the future, let us think of hockey sticks (and maybe miracles) for the Ottawa Senators rather than as a model for our church’s financial planning.



## ST. MATTHEW’S ONLINE TREASURES AUCTION A SPECTACULAR SUCCESS PEGGY NANKIVELL

Feverish bidding on the last day of this year’s Online Treasures Auction drove revenues to more than \$40,000, a tremendous feat. Once again, goodies such as Christmas puddings, cakes, cookies and tarts, were standouts and sold well in excess of their listed values. The auction closed Saturday, November 19.

A winner last year of mincemeat tarts bid again for them this year. “I nearly fainted when I had one of the tarts last year,” she emailed. “Thank heavens I got lucky again.”

Remarkably, four scarves (Hermes and Liberty of London), cumulatively raised more than \$1,300. Art, antique silver,

and jewellery contributed significantly to the bottom line.

This year’s event had more than 900 registered bidders and more than 300 items. Only a handful of items were left after bidding closed.

Members of the auction team have had great fun meeting winning bidders who are delighted with their purchases.

The FACES Refugee Group will receive approximately \$5,000 towards the sponsorship of Noor and Omar (see Tom Martin’s article) and the Black Canadian Scholarship Fund will receive more than \$2,000 for Ottawa-area scholarships to be awarded this year.

# THE TRIUMPHANT RETURN OF *FUN* TO THE CHURCH HALL

T. GREG AND DENIS MARTEL

## Good food and cheering!

By T. Greg, age 9

On Friday, October 28th, over 40 St. Matthew's parish-ioners, family and friends (and even an extra special guest named Waldo from Where's Waldo? fame) all met at the Church to enjoy a lovely evening. After a prayer and the spaghetti dinner, there were delicious desserts.

I really loved the cupcakes - they were so yummy! There was also a Crokinole tournament and it was exciting when the crowd cheered for the winners and runners-up at the end of the night.

For many this was the first time in two years to have a chance to talk to each other and enjoy each other's company. I thought that it was very fun to see family and friends again. We would like to send out a big thank you to the organizers and volunteers for hosting this event!

## A hotly contested finale of Crokinole!

By Denis Martel, based on video footage from Yvonne Martel, age 13.

The church's furnace was not working, but no worries, there was a hotly contested Crokinole tournament to keep us warm. The finale came down to the last few checkers to see who would be crowned St. Matthew's first-ever Crokinole winners.

After the round robins, four teams with Paul and Simon, Lisa and John, Amelia and Troy, and Daphne and Raymond reached the semi-finals. Paul had prayed out loud for his brother Simon during the evening opening prayer; while Amelia prayed for her dad Troy. No doubt that paid off.

While every player had a few great shots (and some less stellar ones), the championship round found Amelia and Troy facing off against Daphne and Raymond. You could feel the pressure mounting as everyone in attendance gathered around the board to cheer on the teams.

Sweaty palms, nervous laughs, daring looks, stern faces - the stakes were high. After a few shots, Daphne and Raymond took a commanding lead: 3 checkers in scoring

position, none for the other team (score 30 to nil). Then Troy used his magic shot, knocking off two checkers to give his team the lead (15 to 5).

Next plays: one missed shot, another miss, and another missed shot.

Back to Troy. Will he continue on his roll and knock off the last of Daphne and Raymond's standing checkers? Finally, he paused to properly align his checker. Assessed again his alignment. Assessed yet again and prepared to launch his checker. "Stop!", said Amelia. She coached her dad, adjusting the checker slightly for the perfect alignment. And then with everyone watching in anticipation, Troy shoots .... He got it! He got it! He thanks his coach. The crowd does not believe it. A pure come back. Troy and Amelia now lead 25 to nil!

Now, Daphne looks at everyone and shows them her checker. She has the last checker of the game and the crowd knows its significance. She is laser focused. She aligns her checker. Gets ready ... Shoots .... She cannot believe it, nor Raymond. A perfect hit - she knocks off the other checker and secures a 15 to 10 win. The crowd cheers and congratulates the winners.

But the real victory is being back together again.

The spirit is back in our parish hall.

A big *thank you* to the people who made this possible.

Crokinole board lenders: Leslie Jones, Lisa Sheehy, Heather Sheehy.

Prep and clean up: Heather Sheehy, Elizabeth MacMillan, Janice Sonnen, Raymond LeBlanc, Rick Trites, Isabelle Martel, Yvonne Martel, Karin Lindsay, Lisa Sheehy, Ashley Thorvaldson.

Score Keeper: Michael Goddard.







# WHAT DOES IT MEAN TO BE GREEN?

BILL NUTTLE

As Anglicans, we proclaim ourselves stewards of the environment. During the service of baptism we are asked, “Will you strive to safeguard the integrity of God’s creation, and respect, sustain and renew the life of the Earth?” “We will!”

But, is it enough to have good intentions, to say the right words, and then hope for the best? Are we really *striving*? The word invokes not only commitment but also active engagement. Strive is an active verb. Stewardship is a responsibility, and it is also a job. A striver has ambition. A striver is always asking, “What more can I do?” Being green is a calling and a pursuit.

Over the past eighteen months or so, the Creation Matters group has come together to address the question of what more we can do to be good stewards of the environment. At the beginning of meeting together, we traded tips and tricks of how to be better stewards in our daily lives, and we shared these with the St. Matthew’s community in weekly communications via the weekly e-Blast and in the Sunday bulletin.

Since the beginning of 2022, we have expanded our activities to include a bi-weekly online meeting and email chat group. We have launched an online store to promote use of the low-waste cleaning supplies by Tru-Earth – St. Matthew’s gets a cut of the sales. And, we have encouraged each other with tips drawn from our own experience on how to live more lightly on the Earth.

The name ‘Creation Matters’ was inspired by Katharine Hayhoe, a leading advocate in the fight against climate change. Dr. Hayhoe is a climate scientist, a professor at Texas Tech University, chief scientist at The Nature Conservancy, and a Canadian born and bred in Toronto. Many people have read her recent book regarding climate change, “Saving Us: A Climate Scientist’s Case for Hope and Healing in a Divided World.” Dr. Hayhoe is also an evangelical Christian, and this has given her a special role in carrying the message of the need to combat climate change to faith communities in the US and Canada.

Dr. Hayhoe asks her audiences to think about their climate shadow. People are familiar with the idea of their carbon footprint, which measures the impact each of us has on the climate through activities that add greenhouse

gases to the atmosphere. We want to minimize this.

Our climate shadow is the influence we have on others by talking about climate change and environmental degradation openly and by what we are doing about these problems. This is something we want to maximize, because it empowers others to confront the problem, take action, and expand their climate shadow. In addition, it builds community.

St. Matthew’s already casts a respectable climate shadow. Members of our delegation to Synod in 2015 threw serious shade by tabling a motion for the Diocese of Ottawa to divest its investments from fossil fuel companies. This motion was adopted unanimously. What more can we do? What more should we be doing as we strive to safeguard the integrity of God’s creation? How can we increase St. Matthew’s climate shadow even more? These questions have been the focus of recent discussions within the Creation Matters group as we begin planning our activities for 2023.

A number of paths are open to us. Currently, we are considering options modelled on a program adopted by St. Cuthberts’ Anglican Church in Toronto. This would identify “greening” actions to accomplish in the coming year in each area of our community, such as building and grounds, liturgy and music, administration, and so on.

Using a very similar approach, St. Matthew’s could enroll to become a certified “Green Church” in a program offered by Greening Sacred Spaces and Faith and the Common Good. If you have ideas about what it means to be a green church, we invite you to join our discussion. Enroll in the Creation Matters group by sending an email to Bill Nuttle at [wknuttle@gmail.com](mailto:wknuttle@gmail.com).



Dr. Katharine Hayhoe



## WE WERE BACK IN PERSON ...

### THE WALK FOR THE CENTRE 2022

ELIZABETH KENT

We celebrated our 7<sup>th</sup> Annual Walk for the Centre, on a picture-perfect colourful autumn day. The air was fresh and brisk! It was thrilling! Jean Pigott Place was lively with participants reuniting, seeing one another again.

There were teams of walkers being photographed alongside large colourful banners of our Sponsors' business logos and flanked by clusters of helium balloons.

It was joyous! Our guest speakers, Mr. Yasir Naqvi and Mr. Joel Harden, mingled amongst the crowd with their children and pets. Our gallant Sons of Scotland Piper Band waited on the sidelines and piped us out into our Walk. We have every reason to be thankful, raising over \$36,000.00 for the Centretown Emergency Food Centre.

We would like to give a warm "Thank you" to everyone who supported us in this year's walk. The St. Matthew's team raised \$2,005 in much needed funds! In fact, Jane Oulton was one of the photo contest winners for best picture, 'Spirit of the Walk'. She won a Davidson's Jewellers gift certificate.

It has been a busy planning season from April to October, with articles to write, contracts with the NCC and City of Ottawa to prepare, hours of business promotion and sponsorship.

The highlight is the Walk itself, and we cannot help but feel rewarded serving Christ with your support.



*The St. Matthew's Team walks along the canal*



*Jane Oulton's winning photo*



*Jane receiving her award*

### THE PRAYER SUPPORT TEAM

The prayer support team met on Sunday afternoon, November 13, to make plans to soon resume the prayer ministry on Sunday mornings during the Eucharist.

This ministry is for anyone in the congregation. Two members of the team meet with those folks who have special prayer requests. Prayers are asked for numerous reasons such as the birth of a new child, healing of illness, safe travel, upcoming exams, pre-operative concerns, speedy

### CATHERINE THURLOW

recovery after illness or surgery, freedom from anxiety and fear for any reason and more.

The people on the team are honoured and blessed to serve in this absolutely confidential ministry. If you wish to pray for yourself or someone else, please come to the right transept after receiving Communion, and you will be welcomed with open hearts and loving-kindness.



# NOOR AND OMAR PATIENTLY WAIT

TOM MARTIN

The parish awaits the arrival of Noor and Omar, our next FACES sponsorship family, with excitement. Their applications were submitted in March 2021 and have been assigned a confirmation number by Immigration, Refugees and Citizenship Canada (IRCC). Our last update to the parish regarding Noor and Omar was over a year ago so I reached out recently to them to see how they are doing, with the help of Mustafa, Noor's brother here in Ottawa who was also sponsored by FACES.

Noor and Omar, married in July 2019, continue to wait patiently while living in Gaziantep, Turkey to have their refugee applications to move to Canada processed. Processing wait times can be up to two years or even longer, given the surge in activity for refugee claims from Afghanistan, Ukraine and people displaced around the world. IRCC has been exceptionally busy and the application processing is taking longer.

"Since we received the email of the file number from IRCC, no one has contacted us, and we have been checking the IRCC site daily and hoping the status will change soon," says Noor. "We hope and pray they accelerate the process."

While in Turkey, Noor attended the University of Gaziantep and obtained her master's degree in biotechnology. She got a job working in Gaziantep for IOM, the UN agency responsible for assisting refugees. Noor is still working with the IOM organization; in addition, she keeps busy exercising regularly and continuing to work on her English.

Omar, who has a bachelor's degree in agriculture, worked as a media coordinator for a humanitarian NGO for a time. He now works as a freelance graphic designer on the internet when work is available. He is recuperating from a back injury with regular walks and exercise. He is studying both Turkish and English and watches movies to sharpen his language skills.

When asked of their impression of Canada, Omar says "Well, it's like a paradise, as people said, kind people, safety and justice, decent jobs, freedom of opinions and peace". Noor says "The impression I know about Canada comes from what I hear from my brother. It is that they [Canadians] are good people and respect others, have a

beautiful natural land and are a modern country".

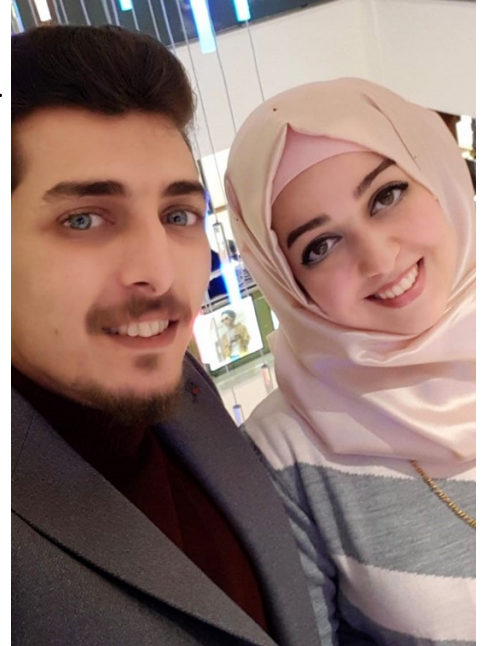
"We dream of creating a family and having kids... two at max, (LOL!), in a safe place where we can express their name and religion without fear."

Says Omar. "And we also look forward to getting essential things like proper medical treatment for Noor and myself. It is difficult to get proper attention and care from doctors where we live now. Noor suffers with ulcerative colitis which has physically and mentally exhausted us both. We are hopeful we can find a specializing doctor who knows how to help treat it."

"My main dream in Canada," says Noor "is to be with my brother Mustafa. He is my only brother. He has been my best friend since childhood. He always supported and helped me overcome the difficult days since he left for Canada. He is the one who makes me smile and gives me optimism in life. My other dream is to be cured of my illness and to become a mother and start a family, like the dream of many married woman."

We look forward to welcoming Noor and Omar someday soon where they will have a new beginning with family in Canada.

FACES is extremely grateful to the entire parish community for the funding and support we have received over the past six years which has enabled us to sponsor and support over 75 newcomers. Being a beneficiary of the November Treasures Auction (yet again!) will assist us to settle Noor and Omar in their new home.



# A 'BEESY' THANKSGIVING AT HAMPSTEAD PARISH CHURCH IN ENGLAND

NEVILLE NANKIVELL

On an autumn trip to England in October my wife Peggy and I went to the Hampstead Parish Church's Harvest Festival Service, which is similar to our Thanksgiving service and an old English tradition to give thanks to God for a good harvest .

The sermon that Sunday was on the urgent need to be wiser stewards of our environment and learn more from nature. The church's beekeeping activities are an admirable example. The junior church members are learning a lot about the astounding world of bees. The vicarage garden has two beehives which they visit. Bee-related crafts they had made bedecked the altar railings that day and the collection was donated to the international charity Bees for Development, Making Life Better with Bees.

Based in Monmouth, Wales, which has a popular annual bee festival, the charity says beekeeping can improve people's lives, especially in the poorest, most isolated communities. It gives several reasons: maintaining biodiversity, ensuring good pollination to improve crops and farm revenues and, as well as honey, providing inputs for valuable secondary products such as antibacterial, anti-fungal medicines.

"Beekeeping is the most perfect, self-sustaining activity," it says. "Bees take nothing, yet give so much." It's also not too time consuming. The charity provides information, training and support for beekeepers in underdeveloped countries such as Ethiopia, Ghana. Uganda.



St. John-at-Hampstead Church, just a short walk from London's grassy Hampstead Heath, recently received an 'A Rocha' eco-church award for its go-green activities such as installing solar panels on its roof. A Rocha means 'The Rock' in Portuguese and is a Christian network of environmental organizations founded in that country in 1983. With headquarters in London, it has branches and partners in 20 countries, including Canada.

## Thanksgiving at St. Matthew's



Thanksgiving Altar Guild Team,  
L to R: Cathy Simons, Jane Oulton,  
Joy Billingsly, Wendy Pullan





# BEDDING DOWN FOR WINTER

MARY GLEN

*"The Lord will guide you always...You will be like a well-watered garden,  
like a spring whose waters never fail." (from Isaiah 58:11)*

What a fine growing season we enjoyed in and around the church grounds and gardens in 2022! With an autumn that lingered beautifully, the many tasks to prepare for the inevitable onset of winter have been accomplished without worry of frostbite.

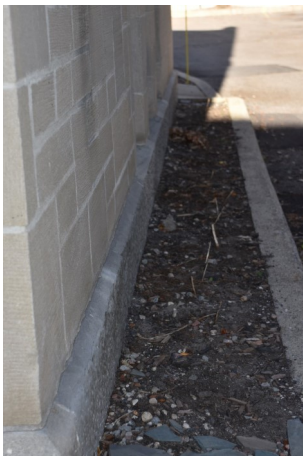
Some of the highlights this year:

- A transforming Ramp garden with the introduction of a number of native plant species among the thinned-out, thriving roses and lilies;
- A maturing and continuously blooming Parking Lot garden, testament to the hard work, talent and determination that has brought life to a hardened and forlorn patch of ground;
- Due to skilled mobilization of the city (thank you Catherine James-McGuinity and Ian Glen), the removal of an extensively damaged maple on the Glebe Ave side, replaced with a graceful sugar maple sapling; and plans to plant two red oak saplings next spring on the First Ave side, remaining mindful of succession planning for the still-standing but aging maple standing there now;

- A profusion of annuals in blossom, punctuated by perennial lilies, happily thriving through the many unexpected weeks of this late autumn, gracing the front steps to the church to the delight of worshippers and passersby alike; and
- Hopeful transplanting of perennial Solomon's Seals along the driveway into the Parking Lot (cue the gardener's mantra, "There's always next year!").

Our attention now turns to adding some modest seasonal décor, ensuring St Matthew's continues to offer a cheerful and cared-for countenance through Advent, Christmas and on through the winter months.

Heartfelt thanks to the dedicated and talented members of the Gardens Team: Judy Billingsley, Robina Bulleid, Joan Lawrence, Judy Maxwell, Lucianne Poole, Steve Reid and Catherine Seaborn. And to the Grounds Team of Robina Bulleid, Bob Richards and Ian Glen. You have kept the lawns trimmed and healthy, outdoor spaces tidy and clean, tools and equipment tuned, and water accessible and abundant. Bravo to all.



*Solomon Seals sleeping*



*Parking lot tucked in*



*Ramp Rosehips*



*Covered for winter's sleep*



*Lilies bedded down*



# THE COMMUNION FOREST

## AT ST. MATTHEW'S

JOAN LAWRENCE

The Communion Forest is a global Anglican initiative undertaken by dioceses and individual churches to safeguard and restore God's existing creations around the world. We are happy to report that the initiatives taken by the St. Matthew's Creation Matters team regarding tree planting, fall right in line with the Communion Forest project.

Three new trees will soon be, or are already, gracing St. Matthew's property. On the Glebe side, a beautiful new Red Maple has been planted and there is space for yet another tree to be added in the future when an existing apple tree is no longer viable. On the First Avenue side two new oak trees from the City of Ottawa will arrive next Spring and be planted.

The existing maple tree on First Avenue will remain, but the City of Ottawa will remove it once the two new oak trees reach a certain height. Many thanks to Ian Glen for

being in constant touch with the City regarding this initiative and to the City of Ottawa Forestry Department's **Trees in Trust Program** ([Trees in Trust](https://www.communionforest.org/)) for going out of their way to accommodate our requests for trees.

St. Matthew's can be proud of contributing to the Communion Forest initiative.

Thank you, Rev. Geoff, for forwarding information regarding The Communion Forest (<https://www.communionforest.org/>) to the St. Matthew's Creation Matters team.



# OUT OF THE COLD SUPPERS UPDATE

ANITA BIGUZS

After a 2-year hiatus due to the Covid-19 pandemic, the Out of the Cold Supper program at Southminster United Church is resuming this November. Volunteers from St. Matthew's have teamed up for many years to support this caring outreach by preparing and hosting meals for up to 80 people on snowy Saturdays.

We are very happy to report that Out of the Cold Suppers will resume this winter; however, there will be changes due to the sale of the back of Southminster United Church to a condominium development.

This construction affects the entrance at the back of the church and the footprint for hosting suppers:

- The maximum number of guests is now limited to 48 (from upwards of 80+). The intention is to offer take-out meals once the 48-person limit has been reached;
- Parking is also more limited due to construction;
- there continues to be uncertainty around Covid

and whether an open meal plan will be able to continue through the winter months. In other words, it is a work in progress.

The first test re-opening was November 12 to see how things work. Apparently it was a modest beginning.

For now, the St. Matthew's team is on the list to host a supper in February or March. In the meantime, we can help by providing baked muffins or cookies/squares from now until Christmas and after.

Please let me know if you would be interested in offering some baking in the coming weeks and also whether you are interested in participating in this rewarding and worthwhile initiative when it is time for St. Matthew's to host.

You can email me, Anita Biguzs, at [abiguzs@gmail.com](mailto:abiguzs@gmail.com)

# SYNOD 2022: OCTOBER 20 - 22

RICK TRITES

Rev. Geoff Chapman, Randi Goddard, Charles Nixon, Leonard Surges, and Rick Trites attended the 142<sup>nd</sup> Synod of the Diocese of Ottawa, the first in-person diocesan annual meeting since 2019.

The main focus of this Synod was the Shape of Parish Ministry (SPM) project. In his charge to Synod Thursday night Bishop Shane said approval of the SPM proposals would “instill the life and work of our diocesan church with new purpose and direction.” and “we want to be part of a church that is thriving”.

Although there is a lot of hard work to further refine, plan, cost and implement the proposals, the Bishop stated he wants to see the proposals implemented over the next 12-18 months, using a number of pilot projects that will be tried, assessed and reported on at next year’s Synod.

You may recall that the SPM project was launched in the spring of 2020. The goal was to discern what parish ministry should look like in a changing world. After two years of listening, gathering information, developing profiles of parishes, discussing ideas and sharing proposals, three proposals dominated most of the Friday and Saturday sessions.

The proposals are:

- Shape of parish ministry: strengthening for the future;
- Lifelong formation: nurturing parish ministry; and
- Engagement with the world: new worshipping communities and contextual mission.

There were seven motions designed to provide the framework for the Shape of Parish Ministry, including clarifying parish structures, promoting consolidation of and collaboration on administration, and other ideas for relieving the organizational burdens on parishes. All of the motions passed unanimously. The approved proposals and links to the charge to Synod and the official Synod summary will be posted on our parish website.

Canon Peter John Hobbs reported to Synod that demand for Community Ministry services has grown significantly during Covid, and that, despite facing some setbacks including fires at two of our facilities (Cornerstone Housing for Women’s Booth Street residence and St. Luke’s Table), we have both the expertise and capacity to expand

our services as need increases.

Sanjay Grover, Director of Financial Ministry, reported 2021 revenue of \$7 million and expenditures of \$7.6 million for a deficit of \$576,000. However, that was offset by investment gains of \$469,000, bringing the deficit down to \$107,000. Mr. Grover said upheaval in the stock market in 2022 means the value of our investments has dropped about 15 per cent overall, and he advised against parishes undertaking large capital projects at this time when CTF funds have dropped so significantly.

We were privileged to have Archbishop Linda Nicholls, Primate of the Anglican Church of Canada, with us throughout Synod. She shared some interesting reflections:

- There is important, difficult and long-term work to do to dismantle racism and increase diversity in leadership of the church at all levels, and to recognize the deep vein of colonialism that is inherent in a church brought by the British to the places they colonized (see related article on strategic planning in the national church on page 2).
- She also spoke about the divide between those provinces of the Anglican church that support same-sex marriage and those that do not, and the need to listen and recognize the cultural differences that have led to these differing positions.
- Related, Archbishop Linda is concerned that focus (and stalemate) on that issue has led to us to ignore other important issues such as racism and colonialism.

Synod heard from youth and young adults invited to observe at Synod and comment on what they saw. One called for more focus on individual spiritual development, important for young people just learning who they are and what their faith means. Another called for “genuine inclusion” for young people (who are, they pointed out, not all alike). Another young person urged the church to “Try something new’.

I think I can speak for our team in saying the level of enthusiasm and energy at Synod was very noticeable. We will be looking for progress reports on various pilot projects throughout 2023, and we hope that the parish will engage with opportunities in these now approved proposals.

# THE STRATEGIC PLANNING PROCESS OF THE NATIONAL CHURCH

RICK TRITES

We were fortunate to have our Primate Linda Nicholls with us at the recent Synod. Many of the proceedings were given over to the Shape of Parish Ministry Proposals. However, the Primate did mention the ongoing work to shape a new vision and mission for our national church.

The five transformational aspirations you see in this graphic emerged from conversations across our church over the past 2.5 years. These aspirations have been affirmed by General Synod and are being validated and tested in diocesan and national church ministries before presentation to General Synod in summer, 2023.

These transformational aspirations are, clockwise from the top:

1. Invites and deepens life in Christ
2. Champions the dignity of every human being, works to dismantle racism and colonialism
3. Embraces mutual interdependence with the Indigenous church (Sacred Circle)



4. Nurtures right relationships among people of faith in local, national and global communications networks.
5. Stewards and renews God's creation: protects and sustains earth: pursues justice for all

To find out more about the strategic planning process and these aspirations, you can follow stories in the Anglican Journal and use the link below to watch a series of videos about how these aspirations are being lived out in the church now. [www.anglican.ca/changingchurch](http://www.anglican.ca/changingchurch)

Continued from page 1

with the Canadian War Museum as it prepared for its move to 1 Vimy Place. The "Pass the Torch" campaign was most successful, raising more than \$19 Million.

As a freelance journalist, she has written for The Financial Post, the National Post, Canadian Geographic and the Ottawa Citizen under her maiden name of Margret Brady, carving a niche as a science reporter. She still writes for Environment Canada and has written for other federal departments.

On a personal note, Peggy enjoys playing tennis, swimming, cooking and travel. She and Neville visit the UK often where they have many friends and family.

Peggy says that she is "astounded by the generosity of

parishioners both in donating items to sell and in purchasing." She is also pleased that these events inspire people from outside the parish to make contributions.

She is struck by the depth and variety of expertise at St. Matthew's and how people work seamlessly together for the greater good. Peggy is fortunate to have a committee whose members are seasoned, know their tasks thoroughly, function independently and offer their experience eagerly. "I am exceedingly grateful for the steadfast support of the fundraising team that works together so well," she says.

And we are grateful to you, Peggy. For the energy, organization, creativity and dedication that you gift so generously to us at St. Matthew's! Thank you.



# GOOD MORNING CREATIVE ARTS AND PRE-SCHOOL (GMCAPS) LONG-TERM LEASING OPPORTUNITY

**RICK TRITES**

St. Matthew's is currently considering an expression of interest from Good Morning Creative Arts and Pre-School (GMCAPS) to lease space in the basement on a long-term basis. The church would receive the benefit of long-term income and support a pre-school for families; however, having a pre-school in the basement would require changes in how the St. Matthews community uses space in the basement. Therefore, we are seeking input from the parish as we determine how best to respond to this opportunity.

## Background:

Good Morning Creative Arts and Pre-School (GMCAPS) approached St. Matthew's in the spring of 2022 while conducting a search for a new location for their programming. The owner of their current location is converting the building for another use. Throughout the spring and summer there were several visits to St. Matthew's and other sites as management assessed a variety of options.

In mid-September the School advised us that St. Matthew's is its preferred option for relocation. They want to start operation of the school in September 2023. Here is some information provided to us by the school in Q&A's and in a Zoom meeting:

## History of the School:

- In 1981, a community of neighborhood parents established Good Morning as a toddler playgroup;
- Over time, the playgroup evolved into a licensed preschool with part-time programs for 2 and 3-year-olds;
- The preschool added an arts-based after-school program and, in 2007, changed its name to Good Morning Creative Arts and Preschool (GMCAPS) to better reflect its programming; and
- GMCAPS has leased its operating space for over 40 years, primarily from St. Giles Presbyterian Church Organization.

## Organization of the School:

- A not-for-profit organization;

- Funded largely by government grants from the City of Ottawa and Province of Ontario, as well as by parent registration fees;
- Run by a volunteer Board of Directors that is staffed by parents;
- A co-operative preschool, which means that parents must perform monthly volunteer duties to complete essential tasks for the school;
- Employs registered Early Childhood Educators (ECEs) to deliver quality arts-based and play-based programs that foster children's independence, self-esteem, socialization with their peers, and gross and fine motor skills; and
- A trusted community member that has served Ottawa families for over four decades.

## What we know to date:

Through exchanges with GMCAPS, we understand that their requirements for space are as follows:

- The exclusive space of the school would include the nursery, the church school room, and the boutique storefront space. The school would share the main hall and alcove space with the parish; which would be available to us weekdays starting at 3 pm, and on weekends;
- The school is also willing to provide access to the hall and alcove for specific events during the year such as the sorting merchandise for the GGS;
- The school would require leasehold improvements in their exclusive space footprint, including children's toilets. All leasehold improvements would be paid for by the school; and
- So far, the school is offering a monthly lease amount of \$2,400 and a lease term of five years.

In conclusion, there are many important factors to consider in properly evaluating this opportunity for the parish.

Please refer to next steps with regard to the school in *Warden's Words*, (page 5) and if you have any questions or comments, consult with a member of Corporation.



# INTRODUCING DR. ROBERT HALL, INTERIM DIRECTOR OF MUSIC

DR. ROBERT (BOB) HALL

It was suggested that I submit a brief article introducing myself to St. Matthew's. I'll try to do that in a way that tells you a little of who I am and why I'm here.

I confess that one of my joys in life is finding connections with people. To that end, I'll tell you that the places I've lived, in order, are: Atwood, Ayr, Lucknow, Owen Sound, Waterloo, London, Vancouver, Ottawa, Sudbury, Regina, Urbana(IL), Saskatoon, Plattsburgh(NY), Guelph, Sudbury, and Ottawa. If you want to ask me if I know your cousin in Saskatoon I'll be delighted. My longest period was spent in Sudbury where I taught for 26 years at Laurentian University, adeptly arranging to retire early just as the school declared bankruptcy.

If you want to figure out what I've actually done during that period, you can check my website at [Robert Hall](#). It's mostly true.

I was recently asked at an interview what my main musical accomplishments were. That was a poser. I decided to forego the usual degrees, performances etc. and talk about my son and daughter, who are both not "in" music but both still derive a great deal of pleasure from it. I also have 4 ½ grandchildren and am always happy to talk about them.

If you know anything about academia, you know that you have to be very lucky to get a permanent position teaching in your field in Canada, and I count myself extremely lucky. My plan beyond academia (I call myself a recovering academic) was to concentrate on a church position and spend my energy there, having had church positions which for many years I had to subjugate to my teaching. It feels like St. Matthew's is a place where I can do that.

As Interim Director of Music, I'm extremely aware that even in a short time in a position you can make a difference. A choir member from my first church at St. Richard's, Nepean (1979-80) who is over ninety years old always greets me with "You're the person who taught me how to breathe!", which is somewhat embarrassing, but affirming.

I am well aware of the storied tradition of St. Matthew's music, having first visited a service here fifty years ago as



a member of the Ontario Youth Choir, and I am humbled by the church's musical tradition. But what really excites me about the church is the great amount of talent here and the great appreciation of music in the congregation.

I hope that I am able to foster that and serve the parish in a way that makes the importance of music continue to be felt in our worship and our spiritual lives together.

**ST. MATTHEW'S**  
The Anglican Church in the Glebe

**Advent and Christmas Services**  
*All Are Welcome*

**Nine Lessons and Carols**  
Sunday, December 18th, 7 pm

**Nativity of Our Lord Family Service**  
Saturday, December 24th, 4 pm

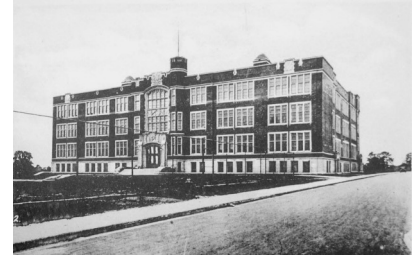
**Nativity of Our Lord Candlelight Service**  
Saturday, December 24th, 10 pm

**Christmas Day**  
Sunday, December 25th, 10:30 am

**stmatthewsottawa.ca**   
**217 First Avenue | 613-234-4024**

# GLEBE COLLEGIATE INSTITUTE, 100 YEARS OF EXCELLENCE

VIRGINIA LINDSAY AND PETER FRAYNE



"Where is Glebe C.I.?" Virginia asked George Laughren, the then-principal of Glebe who was interviewing her at the Chateau Laurier for a teaching position with the Ottawa Board of Education (now the Ottawa Carleton District School Board). She had recently moved from Montreal and, although a graduate in geography, was still unfamiliar with the geography of Ottawa.

At the time she and Don were living on Echo Drive and she was delightfully surprised to begin her teaching career at a nearby school. Little did she know that she would retire several decades and several thousand students later after a wonderful career spent entirely at the same school.

After joining St. Matthew's, the Lindsays grew to know many families whose children attended Glebe, including those of our former Incumbent, Canon Keith Calder. Some of these families remain parishioners today. Following retirement, Virginia's connection to Glebe continued. Beginning in 2013, Kevan Pipe began his research on the St. Matthew's parishioners who died while serving in WWI and WWII.

In 2017, Virginia introduced him to Glebe teacher, Rachel Collishaw, whose history students were working at the National Archives writing personal profiles of those servicemen from Ottawa who died in the two World Wars. They were able to focus especially on those who had also attended St. Matthew's and so contribute to Kevan's project. Supervised by teacher Toby Rosenbloom and Kevan, other Glebe students designed the commemorative plaque that was dedicated in 2018 and which now hangs in the east transept of the church. They found that most of St. Matthew's war dead in WWII had attended Glebe.

Glebe Collegiate Institute opened its doors for the first time on September 11, 1922, in what is the front half of today's building. It was known as the "Ottawa Collegiate Institute, Glebe Building", sharing a principal with the "Ottawa Collegiate Institute, Lisgar Building" until 1928. The rear half of the building, constructed in 1928 as the

High School of Commerce, was taken over by Glebe in 1970. Glebe's French Immersion Programme, which now includes Gifted French Immersion, began in 1972. Today, Glebe excels in academics, the arts and athletics. In 2021, Glebe's Reach for the Top Team won the Canadian national championship.

During the 1980s, Canon Keith Calder, his wife Sylvia and their four children lived in the church rectory. Canon Calder arranged with Glebe's Head of Music, Stanley Clark, for the Senior Concert Band to play at the final choir service in June each year. The band would perform from the balcony, playing pieces before the service, the hymns, and a thrilling movement from G.F. Handel's Royal Fireworks or Water Music.

After the service, the students, dressed in crested blazers, school ties, grey flannels, would shuffle instruments, music stands, timpani and percussion equipment down the stairs and out onto the lawn now occupied by the church parking lot. The band would set up under the large tree which once stood just north of the Chapel. Under its shady branches, the band would play military marches, classical music, Gershwin, and show tunes for the enjoyment of St. Matthew's families who gathered to picnic together on the lawn in the June sunshine.

On October 14-16, 2022, Glebe held its 100<sup>th</sup> anniversary celebration weekend organized entirely by student alumni and the School Council. Activities included a parade of alums, a barbecue, a gala performance in the auditorium, the official opening of the new "outdoor classroom," sports, and decade rooms of memorabilia. Paddy Bowen, whose father Dr. Desmond Bowen was an Anglican priest and professor and whose family attended St. Matthew's, coordinated all the volunteers. She is a former student and organized a room where former teachers and students could meet and reminisce.

When we arrived at the school, we met Cathy Simons on the front steps and were registered at the welcome desk  
(Continued on page 21)



## PASTORAL CARE: THE CHILDREN OF ST. MATTHEW'S SHARING GOD'S LOVE

MOLLIE STOKES AND DENIS MARTEL

Pastoral Care can be offered by all ages, younger and older. It has been so good to see some of the younger members of our parish enthusiastically making Christmas cards for parishioners who are unable to join us for worship in Church. We hope that they will enjoy this unique piece of art that was made with love.

During discussion in Sunday School, several children of St. Matthew's reflected on all the ways we can show and receive love from other people. These reflections were anchored in the teachings of Saint Paul in his letter to the Corinthians about God's everlasting love. They explored numerous ways of offering and receiving love such as a hug, sharing a meal, making a phone call, sending a note, e-mail or text message, giving food to the food bank and providing supplies to people who are poor or homeless.

The children enthusiastically embraced the project of creating cards to send to parishioners who live in isolation due to mobility challenges, fear of Covid-19 or for other reasons. In doing this, they were living out Paul's words about sharing love.



As the Advent and Christmas season approaches, please remember to let the church office know of anyone who would like a call, a visit, or someone to bring Communion to them.

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Continued from page 20

desk by Frances Montgomery, a Glebe grad whose family have been long time parishioners. Peter, another Glebe grad, played French horn with the alumni band in the Saturday afternoon concert.

The Decade Rooms with memorabilia stretching back to the 1920s were especially interesting. Items on display in each room reflected the changing culture of the school and broader community. Visitors noted with amazement that there were no pictures of girls' sports teams in the 1920s. Of course, this was because there were no such teams. There were, however, the elaborate uniforms worn by the girls who cheered on the boys!

Today girls participate in sports as eagerly and successfully as do the boys. Glebe's multicultural student population reflects Canada's changing demographics and today's 1,450 students remain as engaged with the school



*The Governor General's Horse Guards leading the parade on Saturday down First Avenue to Glebe C.I.*

and society as those in the first eager classes of 1922.

It is indeed a tribute to a school that has maintained educational excellence for 100 years that over 400 enthusiastic alumni enjoyed the weekend's events and the opportunity to reconnect with friends and former staff.

# CARE AT THE END OF LIFE

BEN TSANG

We all face the end of our life at some point, some sooner, some later. We wonder about our dying. Will it be alone? Or in the presence of those we love?

Simple things can make a person who is dying comfortable such as sponging their mouth, putting Vaseline on their lips, slipping warm socks on their feet, holding their hand, talking softly and playing their favourite music. A simple presence, a soft gesture, a kind word.

At the Glebe Centre, we want those who have reached the end of their life to die in peace with dignity and with a compassionate caregiver at their side.

We understand that not everyone is comfortable with the process of dying. Impending death brings a barrage of emotions, for those who are dying and for their care providers.

Even the most compassionate and caring family, friends, caregivers, staff and volunteers need training to ensure that end-of-life care meets the needs of the person who is actively dying, while teaching coping skills to those caring for them. Bereavement care for all those involved is essential.

The Glebe Centre has established a task force comprised of Staff, Family Council Members and Residents to examine the practices and procedures currently in place for end-of-life care and bereavement at our facility.

Members of the Family Council Committee have undertaken a review of the current literature around Best Practices for Death and Bereavement and we are reviewing best practices offered at other facilities.

Why are we doing this work? As in most long-term care homes, 80 to 90 residents at the Glebe Centre pass away each year, some without anyone with them because there is not enough staff to sit by the bedside of each resident who is actively dying. And family members or friends who are able to help, cannot be at the bedside 24/7.



*Photo Credit: Bruce Hill*

Through our initiative to enhance bereavement care, we will seek staff and volunteer recruitment supported by course materials and training. We plan to purchase 7 chairs that fold into a bed for the person caring for a dying relative as well as several comfort carts with ALEXIS to play their favourite music, water, juice and snacks for the care providers.

At this sacred time of life, as our residents leave this world, this initiative will help ensure that their transition is peaceful. If you feel called to a meaningful volunteer opportunity, and are comfortable with death and dying, consider becoming a trained volunteer with our end-of-life program at the Glebe Centre.

For further information, please contact Ben Tsang (email: [btsang@ohri.ca](mailto:btsang@ohri.ca); Cell: 613-797-4366)

May you and those you love and cherish enjoy a safe Holiday Season.

Lawrence Grant  
Executive Director

Bruce Hill  
Director of Charitable Giving

Ben Tsang and Donna Hicks  
Co-Chairs, Charitable Giving Committee

# “IT’S THE 21ST CENTURY: IT’S SOUL TIME ...”

ARCHBISHOP BARRY CURTIS AND VALERIE NEEDHAM

Each Sunday morning, from Oct 30 to Dec 18, 2022, a faithful group gathers at 9 am via Zoom for *Conversations*, led by Archbishop Barry Curtis, with the able technical support of Mary Glen and Brian Effer. Janice Sonnen has coordinated the group and, with Brian, enlivened the slides with beautiful photographs.

The series is entitled “It’s the 21st Century: It’s Soul Time ...”. Through poetry, prose and discussion, we are exploring the sometimes neglected facet of our human personhood, our souls.

In his introduction, Archbishop Barry stated: “This theme is based on my conviction that we need to rediscover the soul for our own health and well-being, and to enable us to live in a troubled world with courage, energy, and compassion. Now, this present time, is the time to rediscover the soul.”

Over the past weeks, we have shared our perceptions around many questions, such as:

- What do we mean by the word ‘soul’?
- How do you understand the notion of ‘soul’?
- What is the role of ‘soul’ in your life?
- What nurtures your soul?
- Neglecting your soul does what?
- What are the *gifts* of soul time?

Neglecting our souls, we discovered in sharing our varied experiences, leads to life becoming gray and lacking in zest, a coldness or emptiness of the heart, a life lacking purpose, the fire deep within us dying. We may withdraw from others, withdraw from the Spirit and withdraw into ourselves.

A nurtured soul, on the other hand, is a fire deep within us, a spirit, an energy that animates us, a zest for life, an openness to new experiences, new discoveries, new relationships, a warmth, a sense of lightness, perhaps a sense of fun and laughter, self-giving loving kindness in our relationships.

However, we live in an age in which nurturing our souls is a challenge and is not conducive to the inner life. We are surrounded by distractions, obligations, burdens, pressures and worries. Modernity has in a very real sense disenchanting our world, leaving no room for the spiritual,

the awareness of the divine, the deep yearning in the core of our being we call ‘soul’. It dismisses the notion of soul as a religious relic, a religious fantasy.

Given these many distractions and impediments to nurturing our souls, we asked:

- how do we make room for the things of our everyday life *and* be open to our deep inner life, to the spirit, to the fire within us, to the soul?
- How do we strengthen our attentiveness to the things of the heart, to the soul, to sustain us on the long road of our life?

Nurturing the soul is an intentional choice, a commitment. It takes time and effort, it is not accidental. Our souls can be nourished in many ways. Prayer. Meditation. Reading Scripture. Being in nature. Listening to music. Sitting in silence. Reading from the wisdom and insights of those who have gone before. (See Rev. Geoff’s words on page 3.)

Julian of Norwich (1342—1416), a medieval English mystic, is a guide on the spiritual path. She wrote about her own experiences in prayer in which she opened her heart to God’s divine presence, captured in the following:

*And then our good Lord opened my spiritual eye and showed me my soul in the midst of my heart. I saw the soul as wide as if it were an endless citadel and also as if it were a blessed kingdom. From the state which I saw in it, I understood that it is a fine city* (from the Revelations of Divine Love.)

Teresa of Avila (1515—1582), a Spanish mystic who reformed the Carmelite Order, experienced a close relationship in prayer with Jesus as friend. She believed that this kind of relationship could be the norm for all Christians and was rooted in love. Despite ill health, she had endless energy to establish convents throughout Spain and to write. She advises:

*“If you would progress a long way along this road, the important thing is not to think much, but to love much.”*  
*“We cannot talk to God if we do not talk lovingly to our new neighbour.”*

If you wish to join *Conversations* on Nov 27, Dec 11 and 18, email Janice Sonnen at [janice.sonnen@bell.net](mailto:janice.sonnen@bell.net).



# ST. MATTHEW'S

## The Anglican Church in the Glebe

*St. Matthew's is a vibrant Christian community that welcomes everyone, embraces inspiring worship and learning, and is committed to hospitality and loving service.*

### Clergy

Rector ..... The Reverend Geoffrey Chapman  
Honorary Assistants ..... The Most Reverend Barry Curtis  
The Reverend Canon Jim Beall  
The Reverend Katherine Tait

### Leadership and Administration

Rector's Warden ..... Jim Lynes  
People's Warden ..... Denis Martel  
Deputy Wardens ..... Sancho Angulo  
Parish Administrator ..... Catherine James-McGuinity  
Communications Chair ..... Jan O'Meara  
Nominating Chair ..... Helen Griffin  
Property Co-Chairs ..... Bill Nuttle  
Bill Cornfield  
Stewardship Officer ..... Paul Wefers-Bettink  
Members of Synod ..... Randi Goddard  
Rick Trites  
Charles Nixon  
Alternate Members of Synod ..... Leonard Surges  
Tom Barnes

### Finance and Accounting

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Janice Sonnen  
Stewardship Officer ..... Paul Wefers-Bettink

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Please forward contributions of up to 600 words and photographs by these due dates to Val Needham, Editor:  
[needhav@algonquincollege.com](mailto:needhav@algonquincollege.com).

Together, we celebrate all that we do at St. Matthew's to the glory of God and in loving service of our neighbours.



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Office email: [admin@stmatthewsottawa.ca](mailto:admin@stmatthewsottawa.ca)

Office: 613.234.4024

Sunday 10:30 a.m.

In-person Choral Eucharist

streamed on YouTube

[Worship Services](#)

Streamed on Facebook

[Worship Services](#)

Sunday 8 a.m. and Thursday 10 a.m.

In-person Said Eucharist

Last Sunday of the Month 10.30 a.m.

Family Service

First Sunday of the Month

Evensong

### Worship and Music

Interim Director of Music and Organist... Dr. Robert (Bob) Hall  
Altar Guild ..... Elizabeth MacMillan  
Robina Bulleid  
Servers Guild ..... Cathy Simons  
Sidespersons ..... Peter Frayne  
Worship Committee ..... The Reverend Geoffrey Chapman

### Nurturing and Fellowship

Coordinator of Children and Youth Ministry ..... *seeking*.....  
Christian Education and Formation..... Helen Griffin  
Community Chair ..... Marg Terrett  
Coffee Hour ..... Jane and Peter Rider  
Prayer Support Team ..... Catherine Thurlow  
Prayer Chain ..... Janice Sonnen  
Open Doors ..... Jane Oulton  
Pastoral Care ..... Mollie Stokes

### Outreach

Outreach Co-Chairs ..... *Seeking* .....  
CCSAC Emergency Food Centre..... Elizabeth Kent  
Cornerstone Meal-A-Month Program ..... *Seeking* .....  
Harmony House ..... Catherine James-McGuinity  
Marmalade Team..... Peter Rider  
Out of the Cold Supper ..... Anita Biguzs  
FACES Refugee Committee ..... Tom Martin