

The Messenger

Autumn 2019
Season of Creation

Reverend's Reflections - Season of Creation

This autumn we have been observing The Season of Creation an Ecumenical initiative that aligns with the work and witness of St. Francis and all who help us to know and love the earth and all that God has created. The Season of Creation was initially adopted by the Orthodox Church in 1989 and then the World Council of Churches endorsed it in 2007 and by 2015 2.2 billion Christians were observing it. This year, our Diocese encouraged our parishes to share exploring our readings from September until the first week in October from this perspective. The website can be found here: <http://seasonofcreation.org>

David Coleman, an Environmental Chaplain and member of the Iona Community in Scotland, explores the challenge of caring for creation from a point of view that is startling, surprising and that may ring true for many of us. He writes: "We wouldn't be the first life-form to wipe ourselves out. But what would be unique about us, is that we did it knowingly. Why didn't we save ourselves when we had the chance?

Is the answer because... we didn't think we were worth saving?"

A deep value of our faith tradition is an understanding that we are deeply loved and worthy of salvation. So many things can get in the way of us knowing that truth and part of the significance of our liturgy is that it offers us regular opportunities to enter into a sacred rhythm and pattern of cleansing, renewal and nourishment for body, mind and spirit.

Perhaps, then, if we can begin to trust that we are worth saving, we might be able to stretch that understanding to seeing and working toward the salvation of others, and of the world. Not in a, "you must believe what I believe" kind of way, but in a way that understands and honours all that God has made.



If we trust Jesus' promises that the Kingdom of God finds expression in mustard seeds and lilies, in children and widows, in outcasts and scoundrels we might trust that it also finds expression in us and in our relationships with one another and with the world.

Continued on page 3



Inside this issue

Warden's Corner	2
Events & Calendar	3
Guild Goings On	5
Grounds Project Update.....	4
Congregating in the Kitchen	13

Feature Articles

Lesson in Freedom	6
A Bear Story	10
D.A.G.T.H.....	11

Warden's Corner

Fall has arrived and we are now enjoying the cleansing effects of the rain and cooler weather. At this time of year, (my favorite) I reflect on the bounty God has bestowed on us all. Friends, family, community and wellbeing are all ours to an extent or another.

Our Outdoor Worship Area for the parish and community take shape thanks to the continuous efforts of Lanny Hubbard and Christine Eschman in driving the outdoor worship space and labyrinth. A big thank you to Miki Jablanczy for his time and efforts in project design so the Parish Council could see the end state. The big hold up now is the delivery of the bricks for the labyrinth walk. Any day they will be here, and the creation of the labyrinth will begin. It would be a blessing for parish assistance when the 100s of pavers arrive and need to be moved into place. By spring the grass will be growing, and the labyrinth will become a site of quiet contemplation and youthful fun as well. The prayer path will be designed over the winter and work will begin in the early spring.



Rosalind Taylor has been as stellar success in continuing our improving relationships with our First Nations neighbours through her dedication in creating awareness of Orange Shirt Day and helping in sourcing original First Nations artwork for the gate to the Outdoor Worship Area. Rosalind continues to open doors for our journey of reconciliation.

Our targeted giving campaign is working well, and the original six target campaigns have been reduced to five campaigns. This stewardship goal of helping our community is working and we are seeing a second year of our parish giving to help others. The food bank donations are steady, and all is well received by the folks at the St. John the Divine food bank. As always, there is need for a volunteer for a once a month delivery to the food bank, that way I get a bit of a break. So, if there are any volunteers, please call me.

The next big item on the council plate is Diocese Transforming Futures initiative and we will be devising our plan for that project in the next few weeks/months. There will be more details and information on this stewardship project as the year progresses.

Finally, I want to thank everyone who commits time, treasure and heart to our parish activities. Without your efforts committees, outreach, concerts, sales, dinners, flowers, coffee fellowship ... in fact the whole shebang would be impossible. So thanks to all the silent contributors to our parish life.

May the Lord's blessings continue to shine upon you all.

Stan Willow



What is a Listening Loop?

A "Listening Loop" or audio-frequency induction loop system transmits an audio signal directly to a hearing aid via a magnetic field, increasing intelligibility and greatly reducing background noise.



Reverend's Reflections - Season of Creation continued

In her book *The Gifts of Imperfection*, shame researcher, social worker, writer, speaker and practicing Episcopalian, Brené Brown “Wholehearted living is about engaging with our lives from a place of worthiness. It means cultivating the courage, compassion and connection to wake up in the morning and think, ‘No matter what gets done and how much is left undone, I am enough.’ It’s going to bed at night thinking, ‘Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn’t change the truth that I am also brave and worthy of love and belonging.’”

It is a powerful thing, when in our worship, we can stand shoulder to shoulder and say to our Creator, “You have made us worthy to stand in your presence and serve you.” God trusts us, and invites us into a sacred dance of caring for self, other and the world. We are worth saving, we are worth healing and so is our world.

Our Creation Matters group, a sub-committee of our Education Committee, is working hard to create a pamphlet that will help us look at the ways we can honour our baptismal covenant to safeguard the integrity of God’s creation and to respect, sustain and renew the life of the earth. (see page 5 for more information)



Reverend Dawna

10 guideposts FOR WHOLEHEARTED LIVING

FROM BRENE BROWN'S BOOK "THE GIFTS OF IMPERFECTION"

Letting Go Of

- WHAT PEOPLE THINK
- PERFECTIONISM
- NUMBING + POWERLESSNESS
- SCARCITY + FEAR OF THE DARK
- NEED FOR CERTAINTY
- COMPARISON
- EXHAUSTION AS A STATUS SYMBOL + PRODUCTIVITY AS SELF-WORTH
- ANXIETY AS A LIFESTYLE
- SELF DOUBT + "SUPPOSED TO"
- BEING GOOD + "ALWAYS IN CONTROL"

Cultivating

- Authenticity
- Self + Compassion
- a RESILIENT SPIRIT
- GRATITUDE + JOY
- Intuition & TRUSTING FAITH
- CREATIVITY
- PLAY + REST
- Calm + STILLNESS
- MEANINGFUL WORK
- Laughter, Songs & Dance

LEONIEDAWSON.COM

9 TIPS FOR LIVING WITH LESS PLASTIC

- Bring your own shopping bag
- Carry a reusable water bottle
- Bring your own cup
- Pack your lunch in reusable containers
- Say no to disposable straws & cutlery
- Skip the plastic produce bags
- Slow down and dine in
- Store leftovers in glass jars
- Share these tips with your friends

LESS PLASTIC. #REFUSE SINGLE USE #CHOOSE REUSABLES

WWW.LESSPLASTIC.CO.UK

Outdoor Grounds Project Update

During July and August work began to prepare the site designated for our labyrinth. Five truckloads of Road-Base, three loads of sand, and one load of soil arrived after the ground was leveled. We are grateful our neighbour, Ken Huston, allowed us to oversee this process using their private driveway. Without their assistance we could not proceed with our plans.



A mini excavator commandeered by Lanny's son in law, Jeff, continued to be put to use moving the various surface amendments around and compacting the area. Hand work continues to prepare for the laying of 1,078 shaped bricks that will form the labyrinth's design.

Delivery was Friday morning and a Parish Brick Brigade will soon be called upon to move these bricks from the pavement by the bell tower to the labyrinth site. Stay tuned for the coming opportunity to carry one or more bricks! Each one weighs 4 lbs. How many can you ferry over to the site? Maybe a contest is in order.

When complete, plants will be put on the surrounding slope.

The Outdoor worship area also received much attention this summer. Benches are being fashioned out of the fir tree that had to be taken down and the worship platform is nearing completion after many hours of work.

A few sets of hard working hands have made great progress and it's a pleasure to see the projects taking shape.

Submitted by Christine Eschman. Warden



Transforming Futures

In September 2018, the 98th session of Synod unanimously approved a motion to move forward with a fundraising initiative, and a new way of raising funds across the diocese called "Transforming Futures".

This parish-based initiative will provide the funds necessary to continue to build on the work we have collectively been doing to enliven our diocesan vision: Renewed Hearts, Renewed Spirits, Renewed People.

In January 2019, we, the diocese, began a staged roll-out of this exciting initiative, with new parishes coming on board each month. (St. Mike's) is currently gathering our Transforming Futures team.

If you have background in project management, basic bookkeeping, community championing, communications, or a general desire to be on the team, please contact Dawna, Lanny, Stan or Christine.

Creation Matters

Creation Matters is a Committee of the Anglican Diocese of Islands and Inlets co-chaired by Rev. W. Eamer and Dr. G. Strong. In our parish the Education committee is leading our participation with the development of a pamphlet supporting this important initiative.

Creation Matters affirms the environmental covenant made with the Creator (Gen. 2:15), and its commitment to God's people as expressed through the fifth Mark of Mission and the 6th baptismal commitment.

It recognizes the threats of global warming and environmental pollution; is reaching out to all Canadians and faith groups to establish a sustainable action program and is recruiting new members, particularly youth - this is their future!

Mandate

- ◆ To “be the changes we wish to see”
- ◆ To honour Christian traditions, First Nation and local knowledge, and science
- ◆ To respect the Law of Life of the First Nations, on whose traditional territories we live, work and worship
- ◆ To engage with those of all faith traditions within and beyond our diocese
- ◆ To reduce our carbon footprint by supporting community and parish activities
- ◆ To assist people affected by climate change
- ◆ In all things, to act with humility, fearlessness and compassion



Expanding Creation Matters Objectives

- ◆ By providing public education on the climate crisis and the growing menace of single-use plastics
- ◆ By encouraging everyone to examine their own or community footprints (<https://www.footprintcalculator.org>)
- ◆ By lobbying politicians to make Global Climate Justice their top priority

Submitted by Elizabeth Griffin

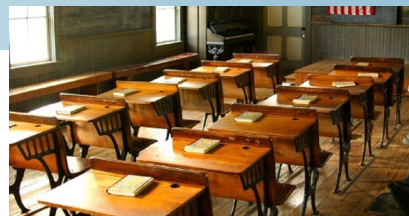
What is the “Season of Creation”?

Christians around the world are invited to give particular attention to praying and caring for God’s creation as part of the global Season of Creation, observed from September 1st to October 4th every year. General Synod 2019 passed a resolution adopting the Season of Creation in the Anglican Church of Canada as a time of prayer, education, and action and encouraging dioceses and parishes to participate.

There are many ways your community can participate in the Season of Creation. Hold an ecumenical or interfaith prayer service; worship outdoors; go for a hike with members of your parish; work to reduce your plastic or energy consumption; or advocate for stronger environmental policy.

<https://www.anglican.ca/publicwitness/season-of-creation/>

Remembrance Day - A Lesson in Freedom



In September of 2005, on the first day of the school term, Martha Cothren, a History teacher, did something not to be forgotten.

On the first day of the school term, with the permission of the school superintendent, the principal and the building supervisor, she removed all of the desks in her classroom prior to the start of the lesson.

When the first period kids entered the room they discovered that there were no desks. "Ms. Cothren, where are our desks?" She replied, "You can't have a desk until you tell me how you earn the right to sit at a desk". They thought, "Well, maybe it's our grades". "No," replied the teacher. "Maybe it's our behaviour". She told them, "No, it's not even your behaviour".

And so, they came and went, the first period, second period, third period. Still no desks in the classroom. Kids called their parents to tell them what was happening and by early afternoon television news crews had started gathering at the school to report about this crazy teacher who had taken all the desks out of her room.

The final period of the day came and as the puzzled students found seats on the floor, yet still no desks. Martha said, "Throughout the day no one has been able to tell me just what he or she has done to earn the right to sit at the desks that are ordinarily found in this classroom. Now I am going to tell you".

At this point, Martha went over to the door of her classroom and opened it. 27 Veterans, all in uniform, walked into that classroom, each one carrying a school desk. The Veterans began placing the school desks in rows, and then they would walk over and stand alongside the wall. By the time the last soldier had set the final desk in place those kids started to understand, perhaps for the first time in their lives, just how the right to sit at those desks had been earned.

Martha said, "You didn't earn the right to sit at these desks. These veterans did it for you. They placed the desks here for you. They went halfway around the world, giving up their education and interrupting their careers and families so you could have the freedom you have. Now, it's up to you to sit in them. It is your responsibility to learn, to be good students, to be good citizens. They paid the price so that you could have the freedom to get an education. Don't ever forget that"

Lets always remember the men and women of our Defence Services and the rights they have won for us.

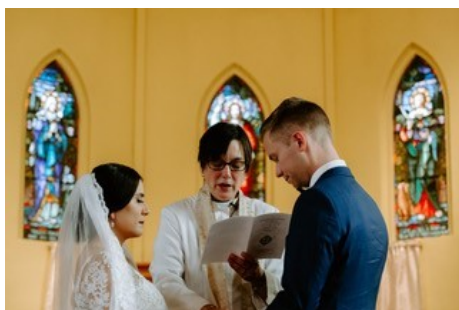
Lest We Forget...

Submitted by Donald MacSween

David Oberg and Sarah Ahluwalia Wedding- September 7th

Our little church shone with joy on September 7th for the wedding service for David and Sarah. The service brought many regular parishioners and some new faces to celebrate this special couple. Dawna is wearing the stole that David's grandfather, Archdeacon Bill Hill wore when he was priest at St. Michael's.

We wish David and Sarah joy as they start this new adventure together.



St. Michael's Outreach

St Michael's has an active and giving church community that provides significant support to our outreach objectives. Each year we provide over \$30,000.00 to assist others in our community and elsewhere. In addition many of our parishioners provide their time, talent and treasure to help others less fortunate. The Parish Council strives to ensure our donations are helping those less fortunate and are properly used.



Threshold Housing

Threshold Housing Society is committed to creating a safe and stable home environment for our community's vulnerable youth. They offer acceptance, transitional housing, practical skills, and access to community resources to assist youth in achieving their goals. Threshold exists to serve youth from across Vancouver Island through a program towards independence. Providing programming, housing, positive role models and constructive support that helps youth in our community navigate the challenges of school, work, relationships and life. Many of these young people just need someone to believe in them.

THRESHOLD
HOUSING SOCIETY



*Transitional
Housing for Youth*

For more information, please contact Jasmine at jasmine.n@thresholdhousing.ca or 250-383-8830.



**LET'S MAKE EVERY
SEPTEMBER 30TH
ORANGE SHIRT DAY**

#EveryChildMatters

Orange Shirt Day

Eddy Charlie and Kristin Spray. From the Indigenous Studies Program at Camosun College visited on September 8th and provided a personal and moving presentation on the history and meaning of Orange Shirt Day.



Peggy and Norman McEvoy showing their Orange Spirit.

Orange Shirt Day: It was so named after Phyllis Webstad had her beautiful shiny new orange shirt, a gift from her grandmother, stripped from her on her first day at residential school. It honours the survivors and the fallen of the residential school system.

Please show your support by wearing your t-shirts to church on September 29th as well as on September 30th, official Orange Shirt Day.

The parish library has a new book telling Phyllis's story in her own words.

Guild Goings On

The Guild held its first meeting after the summer break on September 3rd. Projects and activities for the next three months were the focus of discussions. During the summer, two events were catered. On July 20th, we celebrated Norm and Peggy McEvoy's 60th Wedding Anniversary and on August 24th, we remembered the life of Ruth Lohr. To date, we have all worked hard at the Fall Sale and have also catered the BAC Dinner on September 16th. There is a Foodsafe Course upcoming on October 5th and the Guild is covering all the costs. Parishioners who help with any food-related Parish events are asked to attend however, we are limited to 20 registrants so spaces are filling fast! Plans are under way for a memorial reception for Trish Claxton on October 18th and our annual Christmas Sale on November 16th.

The new Stairs and Rock Planters in the parking lot are now completed and the original railings were restored and installed. Costs for this work were shared by the Guild and BAC. Thrifty Foods Smile Card Income was used and everyone is reminded to keep using their Smile Cards as the monies go to much needed Parish Projects. Our next meeting is October 8th and we hope to have a Speaker. Fall Donation Decisions will be made and all Parish Women are invited to come and join in the fellowship.

Submitted by Lenore English

Fall Fair

Our 54th annual Fall Sale was held on September 14th and the weather co-operated, crowds came and volunteers worked very hard! As usual, sales were brisk and income was significant, both for the Concession run by the young people [\$ 485.00] and the Sales Areas [\$ 5,700.00]. The line-up was long [140 people] prior to the ringing of the bell and the chain drop and Peter Goddard reported that the weight of all the monies collected was 22 lbs! He and his family always do the count and this year 45 rolls of coin and piles of paper bills covered their table!!!!

Items left after the Sale went to Beacon Community Services and The Church of the Advent. A huge thank you to all who participated in some way to make everything go so well. We had lots of donations and hours of volunteer time. It was a pleasure to co-ordinate this special community-focused event!



Submitted by Lenore English

Photos from the Fall Fair





Food Safe Course
October 5th 9am-5pm

Blessing of the Animals
Sunday October 6th
10:30 am Service

Thanksgiving Service
Sunday October 13th

All Saints' and All Souls' Celebration
Sunday November 3rd

Remembrance Service
Sunday November 10th

BAC Meeting
November 18th

Christmas Sale
Saturday November 16th
10am to 1pm

Weekly Events

Mobility Class
Every Thursday 10:30am

Parish Walking Club
Every Friday 10:30am

Meditation Tuesdays
Every Tuesday 10:00 am

Study Group
Every Tuesday 10:30 am

Food Safe Course– October 5th

The Women's Guild is hosting a food safe course available to everyone who helps out with events in the church kitchen. Please contact the office if you wish to register to attend as space is limited.

Food Save is a food handling, sanitation and work safety course designed for food service establishment operators and front line food service workers such as cooks, servers, bussers, dishwashers, and deli workers. The course covers important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.

Mobility Class Thursday 10:30am

Join Valda Kitching for some fun and mobility. This one hour class aims to help parishioners maintain their mobility. No special equipment or clothing is required, just comfortable casual clothes and shoes.

Meditation on Tuesday Morning 10:00 am to 10:30 a.m.

An oasis of quietness and reflection in our busy week. Being held this Fall on Tuesdays, rather than Wednesdays due to conflicting commitments of leaders.

We begin with quiet music followed with an inspirational reading, then a silent time of meditation and closing with reading and music chosen by the leader.

We have been fortunate in having several leaders with different styles, from Dawna, Adela Torchia, Katherine Walker, Christine Eschman, and now Colleen Lissimer

There is no registration or commitment required; just drop in when and if you can. Everyone is most welcome.

Study Group on Tuesday Morning 10:30 to 12:00

Formerly this group studied Scripture only, but has moved on to include the study of inspirational writings of various authors.

Our two most recently enjoyed books are :

- ◆ "Listening for the Heartbeat of God", A Celtic Spirituality by J. Philip Newell. Adela Torchia introduced us to this book which was a spirituality unfamiliar to some of us. It was a very pleasing and thought provoking look at alternative views.
- ◆ "Holy Envy" by Barbara Brown Taylor, which is a look at finding God in other faiths. This is a fascinating book which has inspired much discussion and has led us to invite folks from other faiths to give us more information. There have so far been remarkable similarities in philosophy. It has taken us a long time to finish this book because it inspires so much discussion, and several leaders have been with us throughout.

A Bear Story for the Season of Creation

It's bear season in the Highlands. No, we aren't hunting them and hopefully they aren't hunting us, but they are moving through the woods. I've learned the sound the deer make in the dry, crunchy undergrowth. I was alerted to the bear because of a different crunch sound. Looking out my window, I saw a very large black object drinking from my small fishpond which is about 25 feet from the house. It took a few seconds of shock before my mind register 'big black bear'. He was the biggest bear I've seen here. His coat was a glossy ebony black. He was very plump, so he's enjoyed a plentiful summer.

Now he has gathered in our woods, waiting for the salmon to start running down in Goldstream Park. Bears have the best sense of smell of all mammals. He can smell a food source up to 20 miles away. When the fish run begins, he will be off to feast on the salmon, build his fat stores to the point where hibernation will be triggered. If all goes well for him, I'll see him again at the end of next summer. I hope I do. He is a beautiful animal.

As he ambled away from my pond and headed back up the hill into the forest, I stepped out to take a picture of him. He looked back at me, probably more concerned about me than I was about him. After all I could step back inside my safe home. But I am living in the middle of his home. He has learned to coexist with the humans now spread throughout his home and still manage to survive and be well. Quite a feat of adaptation really. We in the Highlands can help him continue to thrive by making sure our garbage is secure. Not too much to ask. If he becomes habituated to easily accessible, nutritionally poor



and unhealthy garbage, he will become a danger to humans and will have to be trapped out or worse. He will not move down to Goldstream to complete his year's feeding cycle.

During this Season of Creation, how can we 'secure our garbage'? What small thing can each of us do that will help the natural world and our planet home to thrive and be well?

We are at the turning point of moving from concern to crisis as climate change accelerates faster than anyone predicted and ecological diversity tumbles. God created this planet with all the beauty, balances and synergies in place. We must now take up the fight to preserve our home and His Creation.

Please watch for information on how you can help, which will be made available through a committee within the Education Committee of St. Michael's. Join us as we pray for and act to save our home .

Submitted by JoEllen Schobblom

Back to School Wishes

As autumn settles in the children in our parish family are returning to school. On September 8th, the Sunday School solicited "back to school prayers" after service.

I have combined the advice into a little poem:

Dear Lord I pray, as I step on the bus today,
To give me "listening ears and learning eyes"
and "friends and belonging".
To give me a "really nice teacher"
and my teacher "really nice students".
Help me "explore" in every way
And "to live my true self and laugh every day"

Submitted by Helen Love



D.A.G.T.H (part 2)

Thanks to all the hard work and dedication of St. Mike's choir, and to the skills of the accompanying instrumentalists our concert in April was a great success and (atypically for any artistic endeavour), we almost covered our costs!

Thanks also to whichever 'wise guy' it was who put 'my' acronym up on St. Mike's noticeboard along with notice of the upcoming concert.

I hope that those of you who attended the concert were moved by the music you heard. It was very gratifying to see the 'heavenward' movement of the audience at the end of the concert when the performers received a standing ovation. (I suspect that many of the audience were simply expressing relief at finally getting their behinds off the hard pews, but us 'artistes' are always willing to blissfully ignore such mundane considerations!)

Those of you who read my previous offering for the 'Messenger' may have wondered how, despite my diagnosis of cancer, I could have expressed such a 'rosy' view of life. Well, apart from the fact that I was receiving excellent medical treatment at Victoria's Cancer Clinic PLUS huge moral support from all you at St. Mike's, I was also taking around 50 mg. of morphine a day so the rosy view was to be expected.

I have, since April managed to wean myself from morphine entirely.

Despite the very gradual reduction in my daily dosage withdrawal was still difficult. When I complained about some of my withdrawal symptoms to JoEllen she responded with "Imagine how difficult it would be to get off Fentanyl or Oxycotin". It's barely credible that pharmaceutical companies would promote such dangerous drugs without warning patients about their addictive nature. I suppose the musical equivalent would be for me to go around murdering parishioners so that I could benefit from the increased number of funerals at St. Mike's!

Don't worry though, us musicians are by definition NOT mercenary and certainly there have been very few murderers amongst the ranks of musicians.

Nowhere are these 'musicianly' characteristics more evident than among the St. Mike's choir members. I constantly thank them for their 'overtime' and joke about their cheques being 'in the mail' but they are of course all unpaid. Also, besides JoEllen, there are at least three other choir members who are, or have been involved in the medical profession. Those who have not are still very life-affirming, so I have not only a group of dedicated singers but also a pool of medical expertise and sympathy; (except of course when I complain too much). I've also adopted Valda's chair aerobic exercises and have 2 large cans of tomatoes by the couch along with my sphygmomanometer and meds.!

The choir is now busy preparing for our patronal festival and it will be a musical feast with solos duets and trios and choruses PLUS a trumpeter from the Victoria Symphony Orchestra! After which, if I can get approval from my oncologist and can afford the astronomical travel insurance, I will be going to the U.K.

My mother who has, understandably given her awful mental and physical decline, been expressing for at least the last five years a desire to 'shuffle off this mortal coil' is in hospice. There, despite extreme frailty she is tenaciously clinging to life.

The last conversation I had with her on the phone I complained that despite sowing hundreds of seeds, none of my spinach had come up. Being both deaf and in the early stages of dementia, she thought I had said 'Guinness' not 'spinach' and despite me repeating the word 'spinach' she was convinced that I had planted a crop of Guinness. So Barb and I joke that we are still awaiting the appearance of our Guinness crop.

When I get back to the U.K. I don't know whether I will find Mum alive or not. It's possible that she will have D.A.G.T.H. which would be the best thing. I hope she'll put in a good word for me.



Submitted by Tony Booker

Photo Memories Page



Dawna and Noelle Tuckey celebrating Pentecost on June 9th.



Trash Matters Educational Event on May 25th



A special service at the Observatory on August 11th



Gerry and Don MacSween enjoying our Burgers and Berries gathering on June 9th



Ready for the bell to ring to start the Fall Fair - Good friends working together- the true pleasure of volunteering for our church events.



The concession stand team ready to satisfy our Fall Fair hunger with the famous "McMichael Muffin" on September 14th.

Pause for Poetry

This Messenger, Helen (your editor) has picked a couple of her favorite poems inspired by the transition from Summer to Autumn.



Canticle of the Sun

Most high, all powerful, all good Lord!
All praise is Yours, all glory, all honor, and all blessing.

To You, alone, Most High, do they belong.
No mortal lips are worthy to pronounce Your name.

Be praised, my Lord, through all Your creatures,
especially through my lord Brother Sun,
who brings the day; and You give light through him.
And he is beautiful and radiant in all his splendor!
Of You, Most High, he bears the likeness.

Be praised, my Lord, through Sister Moon and the stars;
in the heavens You have made them bright, precious and beautiful.

Be praised, my Lord, through Brothers Wind and Air,
and clouds and storms, and all the weather,
through which You give Your creatures sustenance.

Be praised, my Lord, through Sister Water;
she is very useful, and humble, and precious, and pure.

Be praised, my Lord, through Brother Fire,
through whom You brighten the night.
He is beautiful and cheerful, and powerful and strong.

Be praised, my Lord, through our sister Mother Earth,
who feeds us and rules us,
and produces various fruits with colored flowers and herbs.

Be praised, my Lord, through those who forgive for love of You;
through those who endure sickness and trial.

Happy those who endure in peace,
for by You, Most High, they will be crowned.

Be praised, my Lord, through our sister Bodily Death,
from whose embrace no living person can escape.
Woe to those who die in mortal sin!
Happy those she finds doing Your most holy will.
The second death can do no harm to them.

Praise and bless my Lord, and give thanks,
and serve Him with great humility.

St Francis of Assisi

Fall's Last Leaves

Wild wind drives them,
shakes loose last grips
sending them hurtling
heading who knows where
when they catch,
to gently find their rest.
How like these fall's last leaves are we,
when struggle with wildwind
Spirit or Fear gives way,
and in letting loose our last grips
to the power of now-anointed wind
find our fingers grasped by God.

Mary Ellen Smajo

Farewell to Summer

Time to gather pumpkins and put them on display,
Time to rake the fallen leaves and carry them away.
Time to pick ripe apples from the bending trees,
Time for southbound robins to sing fall melodies.
When the honking geese wing across the sky,
It's time to say to summer, "Good-bye, for now, good-bye."

Submitted by Valda Kitching

Congregating in the Kitchen

“*Congregating in the Kitchen*” is an opportunity to share those favorite family recipes that are featured at our social events and coffee fellowship. All contributions are welcome, and Helen (as editor) is open to food bribes at any time should there be too many contributions to include. Autumn is a time for curling up away from the onslaught of chill, turning to warming pots and heartier food we’ve missed through the summer. Here are a couple of recipes for the season from Helen’s favorite list.

Easy Pumpkin Soup

- ◆ 1 (about 1.5kg) butternut pumpkin, halved
- ◆ 2 tbs extra virgin olive oil
- ◆ 8 thyme sprigs
- ◆ 2 large carrots
- ◆ 4 slices cured and smoked streaky bacon (optional)
- ◆ ½ tsp fennel seeds
- ◆ ½ tsp chilli flakes, plus extra to serve
- ◆ 1 onion (unpeeled)
- ◆ 3 garlic cloves (unpeeled)
- ◆ 500ml chicken or vegetable stock
- ◆ 2 tbs creme fraiche, plus extra to serve

Spiced Croutons

- ◆ 75g very finely grated parmesan, plus extra grated to serve
 - ◆ 75g unsalted butter, softened
 - ◆ ½ tsp fennel seeds, crushed
 - ◆ ½ tsp chilli flakes, plus extra to serve
 - ◆ ½ tsp coriander seeds, crushed
 - ◆ 3 thyme sprigs, leaves picked
 - ◆ ½ sourdough baguette, sliced on an angle
1. Combine the parmesan, butter, fennel seeds, chilli flakes, coriander seeds and thyme in a bowl.
 2. Season. Stir to combine. Spread the butter mixture over 1 side of the baguette slices.
 3. Place on a lined baking tray and sprinkle with extra parmesan.
 4. Roast for 8 minutes or until golden and bubbling.

Instructions:

1. Preheat oven to 220°C (200°C fan-forced). Line a large baking tray with baking paper. Drizzle the cut sides of the pumpkin with 1 tbs oil, then place, cut-side down, on prepared tray on top of thyme sprigs.
2. Place the carrots and bacon, if using, in the middle of a large piece of foil. Sprinkle over the fennel seeds and chilli flakes. Drizzle with the remaining 1 tbs oil. Add to the baking tray and roast for 30 minutes.
3. Remove the vegetable mixture from the oven and add the onion to the tray. Enclose the garlic in foil and add to the baking tray. Roast for a further 30 minutes or until tender.
4. Strip the thyme leaves from stalk and add to a large saucepan.
5. Scoop out the pumpkin seeds and discard. Scoop out the pumpkin flesh and place in the saucepan with the carrots and bacon, if using.
6. Peel the onion and garlic, and add to the pan. Add any remaining pan juices. Use a stick blender to break down slightly, then add the stock and 1½ cups water. Blend until smooth.
7. Stir in the creme fraiche. Season to taste and cook over medium heat until warmed through. Sprinkle with extra chilli flakes.



This edition of the Messenger, like every one I have edited, is peppered with the beautiful original art provided by Valda Kitching.

Thank you Valda for your contributions to beautifying our newsletter.

Finish with a Laugh

Chuckle

- ◆ Dogs come when they're called
- ◆ Cats take a message and get back to you

Questions & Answers

Q: Why did the turkey cross the road?

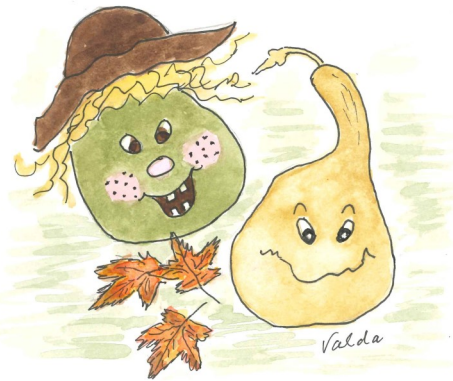
A: to prove he wasn't a chicken.

Q: What is the best way to learn about spiders?

A: On a website.

Daffy Definitions

- ◆ Catscan—Searching for a cat
- ◆ Insinuate—What God said to Eve after she ate the apple
- ◆ Parasites—What you see from the top of the Eiffel Tower
- ◆ Polarize—What penguins see with.
- ◆ Steering committee—four ladies trying to park a car



Life is
better
when you're
laughing.

Editor: Helen Love

The Messenger is the newsletter of St. Michael and All Angels' Anglican Church.

The Messenger is a communication means for members of the parish. It does not necessarily reflect the beliefs of the editor, or the church. While the newsletter exists for parishioners

to contribute their news, opinions and views, the editor may edit articles in order to facilitate understanding and fit space.

Contributions should report on parish activities, advertise upcoming events or be original literary articles, which are church related, maximum 500 words.

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*Every leaf speaks bliss to me
Fluttering from the autumn tree*

Emily Bronte

