

CONNECTION

The Quarterly Newsletter of the Anglican Parish of Central Saanich

Number 30



St. Mary's Church

1973 Cultra Avenue,
Saanichton, BC V8M 1L7

Worship Services

Sundays

9:00 am Choral Eucharist & Sunday School

Second Sunday

7:00 pm Evening Prayer in the style of Taizé
(January - June)

Wednesdays

10:00 am Holy Eucharist
10:30 am Friendship Coffee
11:00 am Bible Study
(September - June)

Office: 250-652-1611 Hall: 250-652-7942
Email: stmarys.saanichton@shaw.ca
Web: www.ParishCS.ca



St. Stephen's Church

7921 St. Stephen Road,
Saanichton, BC V8M 2C3

Worship Services

Sundays

11:00 am Holy Eucharist
and Church (Sunday) School

Fourth Sunday

11:00 am Praise & Worship
in the Hall

Tuesdays

11:00 am Prayer Group

Office: 250-652-4311
Email: St.Stephens.Church@outlook.com
Web: www.ParishCS.ca



March 2019

In this issue:

Dates to Note	2
From the Pastor's Pen	3-4
Celebration of a New Ministry	5
Parishioner Profile	6-8
Annual General Meeting	9
Book Review	10
Cane's Corner	11-13
Recipe Page	13
Anglican Journal News	14
Underscore	15
Music Review	16
Around the Parish	17-22
Editor's Note	23
Parish Directory	24

Pastor: Rev. Lon Towstego

Assistant: The Rev. Dr. Brett Cane



www.ParishCS.ca

Anglican Parish of Central Saanich

St. Mary's Church St. Stephen's Church

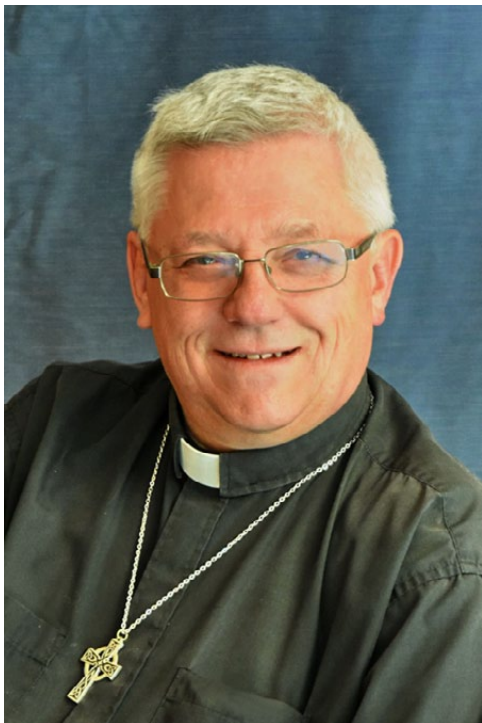
Dates to Note

Our Parish website – www.ParishCS.ca – is the best place to keep in touch with what is going on, but here are significant dates to note for the next three months.



- **March 1st:** Every Friday at noon the weekly Soup's On! gathering at St. Stephen's. During Lent Lon will lead a study group meeting before Soup's On at 10:30 am exploring the theme 'Forgive and Get Your Life Back'.
- **March 1st:** World Day of Prayer. 1:15 pm at Cordova Bay United Church.
- **March 1st:** Valentines (Sock Hop) Dance 7:00 pm at St Stephen's. Fun, Frolic and Free. Music of the 50's by Twelve O'clock Rock.
- **March 6th:** Ash Wednesday BAS Penitential Order and Imposition of Ashes at St Mary's at 10:00 am.
Ash Wednesday BAS Liturgy and Imposition of Ashes at St Stephen's at 7:00 pm.
- **March 10th, April 14th and May 12th:** The monthly contemplative Services in the Style of Taize will continue at 7:00 pm in St. Mary's.
- **March 9th & 30th:** CPR training courses at St. Mary's. Presented free of charge by the Central Saanich Fire Dept. See sign up sheets for further details.
- **April 14th:** Palm Sunday Holy Communion Services at St Mary's at 9:00 and St Stephen's at 11:00.
- **April 15th** Holy Week Evening Meditations at St Stephen's at 7:00 pm.
- **April 16th:** Holy Week Evening Meditations at St Mary's at 6:00 pm. Parish Council to follow at 7:00.
- **April 17th:** Holy Week Evening Meditations at St Stephen's at 7:00 pm.
- **April 18th:** Maundy Thursday Foot Washing & Communion Service at St. Mary's at 7:00 pm.
- **April 19th:** Good Friday Stations of the Cross Procession and Service at St. Stephen's at 10:00 am. Details to be announced.
- **April 21st:** Easter Services at St Mary's at 9:00 am and St. Stephen's at 11:00 am.
- **April 27th:** Caring Community Workshop facilitated by Barb Baillie. 10:00 am to 2:00 pm at St. Mary's.
- **May 25th:** St. Mary's Spring Fling 9:30 am – Noon.





Lenten Journey

Lent is a forty-day time from Ash Wednesday to Easter. Sundays are meant to be “stand down days”. We can see and live out Lent in a variety of different ways. It is a time to look at and reflect upon our spiritual selves.

It is often thought of as a time to give up certain things or activities. Some give up certain foods, some alcohol, some television or certain types of movies. These may all be well worth considering and different for each of us. Be careful because it can be like a New Years resolution. Keep it between you and God.

A humorous story is that someone once shared with me that she was going to give up “complaining” this particular year as her Lenten discipline. She went on to tell me not to worry because it wouldn’t last for long!

I find that **taking things on** rather **than giving things up** is **often more to the point!**

Certainly, one can lead to the other. For example, if we take on reading more scripture, spending more quiet time or praying more regularly, we will give up some time or maybe some other activity in order to do this. **Keeping the focus on whatever it is that we are taking on**, helps us to stay engaged and willing. We then can see how and why it might help us. What will you take on for Lent 2019?

God can find a way into our day to day life and routine. Lent does not have to be a punishment or a sad and boring experience.

I am suggesting some on-line resources available from Forward Day by Day that may be helpful to you. There are three different paths and you can choose which one suits you.

https://www.forwardmovement.org/Pages/Item/10970/Lent_Go.aspx

https://www.forwardmovement.org/Pages/Item/10971/Lent_Worship.aspx

https://www.forwardmovement.org/Pages/Item/10968/Lent_Prayer.aspx

I will also meet with people on Fridays during Lent at St. Stephen’s at 10:30 am, before Soup’s On, to explore a Theme “Forgive and Get your Life Back”. We will use a variety of resources. We will meet in my office or one of the classrooms downstairs depending on the group size.

The words from the Book of Alternative Ash Wednesday Service that the presider says sum it all up nicely:

“We begin our journey to Easter with the sign of ashes, an ancient sign, speaking of the frailty and uncertainty of human life, and marking the penitence of the community as a whole. The celebrant continues, I invite you therefore, in the name of the Lord, to observe a holy Lent by self-examination, penitence, prayer, fasting, and almsgiving, and by reading and meditating on the word of God. Let us kneel before our Creator and Redeemer.”

It is my hope and my prayer that we are enriched, and that Lent 2019 is a life-giving time for each of us and for our parish.

Two Ash Wednesday Services of the Imposition of Ashes and Holy Communion: Wednesday, March 6:

10:00 am: St. Mary in the Church

7:00 pm: St. Stephen in the Church

*"Remember that **you** are dust, and to dust **you** shall return."*

Instead of Bible Study this day we go outside the church walls and look to Engage God's World, God's people!

The Roving Imposition of Ashes in the Community

We will go out into the neighborhood in Saanichton after the service. We will offer to put the mark of the cross on people's foreheads and pray with them as they are willing.

Join me if you wish. We will do this in what would normally be the Bible Study time slot. What a great way to begin Lent.

Holy Week Events

You will find on page two a Service Schedule for Holy Week. I will talk briefly about two of the events.

Palm Sunday and Sunday of the Passion: April 14

As is tradition, we will process from the Hall to the church waving palm branches and singing "All Glory Laud and Honor!" It is a parade, a party and an exciting time. We enter the church and embrace utter and abrupt transformation as we hear the Passion Narrative read and come all the way to the words, Crucify Him, Crucify Him!

Maundy Thursday: The Foot-washing, Thursday, April 18 at 7:00 pm

Please read all of John 13: 1-17. A small excerpt (Verses 4-5):

"So, he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him."

In the Parish of Central Saanich on April 18, we will have the Washing of the Feet Service at St. Mary at 7:00 pm. We invite any and all to have their feet washed. I realize that for some it is a sensitive thing but having been part of this service now for many years, as one who washes feet, I can say that it is deeply significant and powerful for many people.

We walk many miles in the journey of our Christian lives, and this is a symbolic and real moment to allow ourselves to rest and to be ministered to by the sacred action of having feet washed.

The service concludes with the "Stripping of the Altar" as we transition toward Good Friday! I will work with both Altar Guilds on details and I imagine journeying to St. Stephen to strip the Altar there as well.

I will pray for each of us and look forward to the season during Lent as we journey together. I look forward with hope of the resurrection to our first Easter together.

The Rev. Lon Towstego



The Induction of The Rev. Lon Towstego

February 2, 2019



Saturday, February 2, 2019 witnessed the celebration of a new ministry at the Parish of Central Saanich with the induction service for our Rector, Rev. Lon Towstego. 150 were in attendance at this service, including many Diocesan clergy, parishioners, friends of Lon's and special visitors from his previous parishes and the outside community. It was truly a joyful celebration and acknowledgement of the work which Lon has been doing here in the parish since early September last year.

Our Diocesan Bishop (and parishioner of the parish) Dr Logan McMenamie was the presider. Our Archdeacon, Penelope Kingham, and Rural Dean, Blair Haggart participated as well in the induction proceedings. The Deacon, Patrick Sibley assisted with the Eucharist. Father Rolf Hassenack of the Roman Catholic parish led the renewal of our baptismal vows. Lon Towstego was the preacher. A number of lay members of the parish also assisted with the service including the welcoming, readings and prayers.

Induction services are significant milestone events in the life of any parish and Diocese. The service ran smoothly except for the usual glitches any event of this magnitude includes. The atmosphere was festive and our Rector, Lon felt the love and support of the community as he settles in to his role of leadership in the parish. After the service refreshments were enjoyed by those in attendance.





Brother Todd and Judi



The wedding day

Judi considers herself a lucky person. She had an open, relaxed upbringing in what she considers an idyllic atmosphere. Her family lived in her grandparent's home that was on one of three adjoining lots in Burnaby, so there was a lot of space to play and bush nearby to wander in. There was a big garden and her mother was a gardener, likely influencing Judi's later love of gardening.

She was the first-born child, with brother Todd born two years later. Her mother then suffered the loss of a full-term child and had several miscarriages, so her parents decided to adopt. Baby Phillip arrived at ten days of age when Judi was ten years old. She remembers going with her family to pick him up and arguing with her brother as to who would carry him home. Not surprising, it was her mom who had that honour. He was a beloved, much wanted child. Judi thinks this experience was a factor in her father's decision to become an Anglican clergyman. Her mother was quite shy and initially found it difficult to manage the expectations of the church congregation. Her father was Deacon at St. Mary's Kerrisdale in Vancouver and later Rector at St. Columba, North Burnaby and St. Simon, North Vancouver.

Judi went to high school in North Vancouver and in grade 12 became involved in an inter-denominational youth group that decided to raise money for the Canadian Seeing Eye Dog Foundation. They opted to have a Hootenanny and some of the group were excited that Scotty and Gribbs agreed to play the music. Judi was the official greeter but had no idea who these two musicians were. The evening was a great success and at the end Scotty aka John Clark, the five-string banjo player, came over to Judi and asked, "Any plans for New Year's Eve?"

That was their first date. It was love at first sight and they were married a year and a half later in 1969 with their reception on Burnaby Mountain. Judi laughs and says it may have been her long red hair that was the initial attraction! At first, they lived in North Vancouver where Benjamin was born in 1972 followed by Micah in 1975.

John worked with BC Tel and was moved to Armstrong, just north of Vernon. He still loved music and came home one day to say that what this area needed was a music store. The closest ones were in Kamloops or Vernon.

They moved to Salmon Arm and opened a music store. John continued his work with the telephone company but gave banjo lessons in the evenings and weekends. They hired other music teachers and offered acoustical lessons. Judi ran the store and managed the financial end of the business.

They had often come to Victoria for get-away and wanted to move

continued on page 7

Parishioner Profile *continued*



John, Judi, Ben and Micah in 1994



John and Judi in Hawaii in 1994

here, but it was hard to get transfers with the telephone company. An opportunity came along, “a job with a long-term commitment that no one wanted,” according to Judi, so John decided to take it. They sold their business in 1980 and moved. Judi decided she wanted to stay home with her boys as she had been so busy with the store that she had used day care more than she would have liked, so she took a couple of years off.

She began working at Mount St. Mary Hospital in January 1982 handling admissions, resident’s accounts, information and switchboard. She had never had experience working with Nuns and wasn’t sure what to expect but found “they were people just like others.” She was there during the time many of the old buildings were torn down and was happy to be on the staff advisory group that helped to talk about what was needed for residents in the new building. It was an exciting time. The group had to fund-raise for the chapel as provincial funding was not available. She remembers they fought to keep the food cooked in their own kitchen so that no food was pre-cooked and trucked in from outside providers as in many other facilities. She worked there for 26 years and loved most the part of her job that involved dealing with the residents who jokingly called her “The Bank.”

Her husband John remained with BC Tel until after Telus took over and when things changed, he thought not for the better, he took a buy-out and retired at age 55. He then was able to spend more time with their grandson, aged three, taking him fishing for his first rainbow trout. They became very close. It also allowed him time to enjoy his leisure activities, including music and traditional long bow archery. Judi went with him to several long bow archery events and on a trip to England to the ship the Mary Rose to see the original long bows.

John also helped Judi in the garden by building a garden shed and installing a stained glass “piano window” that was originally made by Judi’s granddad. Judi had lugged it around for years not knowing what she would do with it. I wasn’t able to see Judi’s garden because of the snow, but her pictures show a transition from a simple grass yard to a beautiful garden of perennials, roses and other unusual plants. She enjoys going on garden tours, attending “seedy Saturdays” but has not involved herself in a garden club, preferring to work on her own.

She hasn’t had the time to devote to the garden recently except for the basic upkeep because she had other priorities. Her mother developed dementia, so she and John moved her into their home in 2013 and looked after her for three years. When she moved into a care home, Judi continued to spend a lot of time with her. During this time John developed some health issues and was finally diagnosed with

continued on page 8

Parishioner Profile *continued*



Christmas 2015



Judi's garden, including the shed with the stained glass window

idiopathic pulmonary fibrosis. As was his attitude to life, he saw it as something he would simply live with. However, after a couple of bouts of pneumonia the disease accelerated, and he had a sudden heart attack and died on Aug. 8, 2017.

Judi had left the church years before because of issues with the institutional church. But she said the week John died was the week she went back to church. She went to St. Mary's at 9:00 am to find out that it was the 10 o'clock joint service at which Rob Szo announced he was leaving. She was welcomed first by John Beresford and when he asked her how she had found St. Mary's, she said "I was widowed on Wednesday." At that point, Margery Lord came over and said "I know her" as she used to work at Mount St Mary's. Margery then called Rob over who offered his help if needed.

Judi has attended St. Mary's since then. She likes to keep busy, so knits for the craft group and helps with the book sales on a regular basis. She is now making Christmas stockings and aprons for the Holly Fair. She was just getting her life back together when her mother died in October 2018, so has had a few stressful years.

She and John had planned a trip to Ireland that they had to cancel when he became ill. Judi decided to take the same tour in 2018 on her own and had a wonderful time although she missed John very much. One of the highlights was lifting a glass of Guinness in John's honour.

In talking with Judi, it is clear that despite the recent difficulties in her life, she feels she has been very fortunate. She laughs when talking about her early life. "I was the first child and only daughter and on my father's side, the first grandchild and only granddaughter. I was totally spoiled and bossy with it!" And she and John were best friends and had a long and satisfying marriage. When I asked her how she would describe herself, she again chuckled and said, "I am organized and like to get things done...my way!"

She is still getting used to living on her own but has help from her two sons who share a home in Brentwood Bay and are always available to assist with practical help around the house and driving John's red pickup truck that Judi isn't keen to drive as she isn't comfortable now with the manual transmission. She also has been helped by the support from her parish family for which she is grateful.

The Parish of Central Saanich held its Annual General Meeting on Sunday February 17 after a joint service of Holy Eucharist at 10:00 am. The meeting started at noon after light refreshments and was chaired by Rev. Lon Towstego, Rector. Fifty-five parishioners were in attendance according to the acquittance roll. Committee Reports and Budgets were presented as per the package distributed both electronically and printed the previous week.

Approximately 30 minutes was spent reviewing the minutes of the previous AGM and the non-financial committee reports. No questions were raised. These minutes reports were accepted as presented.

Approximately an hour was spent reviewing the 2018 finances for St. Mary's, St. Stephen's and the St. Stephen's cemetery and the 2019 budgets for both churches. Numerous questions were asked and answered. Concerns were expressed regarding the members of each congregation voting on the other's finances. The financial statements and budgets for both churches were passed.

Two major issues which arose related to the future of the St. Stephen's funds designated to the King Project and the Teaching Centre. Background information on these two funds was provided by Sharon Butler. Extensive discussion took place regarding the proposal to re-allocate these funds to other purposes. Motions were passed for both to have the Wardens and Parish Council in 2019 look at the original purposes for the projects and the most appropriate way to deal with these funds going forward.

The meeting finished up with the appointment and nomination of the 2019 parish representatives. They are as follows:

Rector's Wardens:	Greg Robinson (St. Stephen's) & Ian Stuart (St. Mary's)
People's Wardens:	Derek Osman (St Mary's) & Lynda Clifford (St. Stephen's)
Council Members:	Karen McColm & Ken Pedlow (St. Mary's) Allan Carlson & Terry Hartley (St. Stephen's)
Synod Delegates:	David Stewart (St. Mary's), Ken Pedlow (alt) Don Wilson & Sandra Scarth (St. Stephen's), Greg Robinson (alt)

Parish Treasurer: Derek Osman

Cemetery Custodian: To Be Determined

During the meeting, expressions of thanks were extended verbally and in writing to many who have worked so hard this year to administer the parish including the parish clergy, wardens, parish council, office administrators, music leaders and the many parishioners who undertake a wide variety of tasks to keep the operation of the parish functioning effectively.

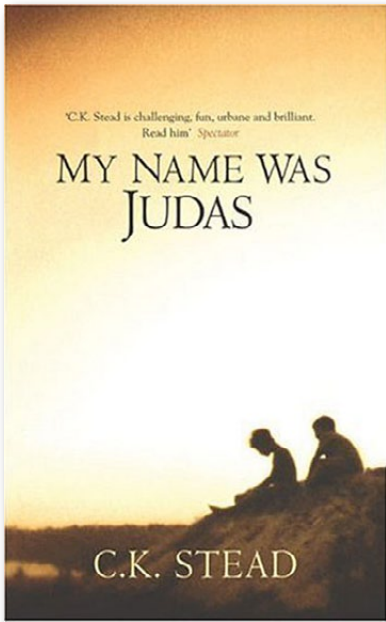
The meeting concluded around 1:50 with a blessing and music.

Leslie Pedlow is presented with flowers as a token of appreciation for her work in preparing for the AGM



My Name was Judas

by C.K. Stead



What if Judas had not hung himself on a barren fig tree? Or had he in fact split himself open on a ploughshare, his blood and intestines spilling out on the ground (in a field bought with the thirty pieces of silver)? What if Judas had quietly left Jerusalem, settled near the city of Sidon, married a Greek woman, raised two sons, and then, forty years later, recalled his time spent with Jesus?

C.K. Stead has written a thoughtful, compelling novel in which he imagines Judas and Jesus growing up together in Nazareth, memorising vast amounts of scripture (for Judas they were a source of beauty and comfort; for Jesus, a source of power), going their separate ways in their twenties, then coming together again as Jesus begins his preaching and teaching throughout the small towns of Galilee.

Judas is portrayed as a naturally sceptical Jew. The other disciples were more loyal, less questioning, more trustworthy. Judas was seen as a spoilt, rich boy, over-educated, always an outsider. Judas assesses the miracles of Jesus and other significant events with a rational eye, providing everyday reasons for them, but also allowing for the possibility that Jesus was truly touched by the divine.

Jesus is shown as entirely human, showing jealousy and anger; but he also has a firmness of purpose and charisma that make his ability to attract devoted followers completely believable.

At the end of each chapter there are short, thoughtful poems: “Jesus drove/devils out of a/madman. They fled/into a herd of/swine which in turn/panicked and ran/into the sea. I/recall it differently,/of course, –/ how we were blamed/for the pig stampede/and asked to leave; how the farmer/ cursed us. Truly it seemed/if these were God’s/ways, they were darkly mysterious.” And “Sometimes at/night, recalling the/dull sound of the nail/going through/flesh before striking/wood, I take refuge/ reciting the old/texts – Psalms, the/Song of Solomon –/not out of piety or faith in/ God, but because/when truth is/ugly, beauty can/be a distraction.”

It’s fun to speculate two thousand years on!

Highly recommended.

Reflections on my Trip to Vietnam



Ho Chi Minh City



Hoi An



Hanoi

Dear friends in the Parish of Central Saanich,

Most of my articles are focussed on my travels and this one is no exception – it contains reflections on my recent 10-day trip to Vietnam the first two weeks of January. It was purely a holiday time, to see the sights and life of this most interesting Asian country. I signed up with a travel agency (Hello Vietnam) who arranged my accommodation and various day trips with small groups. I began with three nights in Ho Chi Minh City (Saigon) (with trips to the Mekong Delta, Viet Cong tunnels and a tour of the city itself). I then flew north to the middle of the country and stayed two nights in the historic seaside city of Hoi An (with a trip to My Son temple ruins and an “eco tour” to nearby villages and jungle waterways). I then flew to Hanoi in the north for two nights where I toured the city and then went on an overnight cruise on nearby magnificent Halong Bay followed by a final night in Hanoi. Here are some observations and reflections:

Traffic

One of the things that struck me immediately was the traffic. Ho Chi Minh City has a population of 13 million people who own 1.1 million cars and 7.5 million motorbikes/scooters! High taxes on new cars keep their numbers down – which is just as well, because the city streets are already clogged with bikes. Thousands of drivers manage to maneuver around each other at major intersections with consummate skill, but pedestrians have a hard time with all the scooters parked on the sidewalks and driving on the same to get the green light first. I quickly found a method to navigate the sidewalks by walking in the same direction as the traffic, thus ensuring the bikes had to maneuver around me rather than vice-versa!

Remembering the American War

The Vietnam War is known there as “The American War” and is commemorated in various ways, most notably by visits to the 260 km of Cu Chi tunnels north of Ho Chi Minh City and the War Remnants Museum in the city itself. The tunnels are a testimony to the ingenuity and determination of the Viet Cong soldiers – many of whom were women. 500,000 of them defeated the combined forces of 1,500,000 South Vietnamese and Americans. The displays on war crimes and massacres by the latter reminded me of my visit to Auschwitz last summer – only this time I was on the wrong side. Not that I supported the war but the Americans are our cousins and to see what horrors can be done by people like us made me realize the evil we are all capable of.

continued on page 12



Above:
Traffic!



Left:
Tunnel at
the War
Remnants
Museum



Halong Bay



Above: Islets in
Halong Bay

Left: Not
religious but...

Halong Bay Cruise

This beautiful UNESCO World Heritage Site includes about 2,000 stunning limestone islets. I was upgraded to a lovely five-star 18-room river-cruise style ship for our overnight trip which included visiting floating fishing villages where we were taken by rowboats through a cave, paddled in our own kayaks and swam in the sea. We even had a cooking class and I made my own spring roll!

Not religious officially but...

For a country where 73% of people are listed as having no religion or practising folk religion/ancestor worship (plus 8.5% Christian, 12% Buddhist and 6.5% other) Vietnam displays a remarkable devotion to religion. Magnificent temples, small and large, are everywhere, along with many household and local shrines. Having been heavily influenced by Chinese culture for so long (they were occupied by them for 1000 years), religion is a mixture of Confucianism, Buddhism, animism, and ancestor-worship. As in Thailand, the impression I received is that the gods and goddesses, demons and spirits are to be served, manipulated and placated. All religion can degenerate to this level – including Christianity - and again I thought how the grace of Christ as described in the Bible has set us free from the continual need to hope and plead for “good luck” and I instead be assured of God’s constant love for us. If we really believe that “the Word became

flesh and made his dwelling among us...the glory of the one and only Son, who came from the Father, full of grace and truth” (John 1:14) – do we not have a responsibility, out of love, to invite all to share in this grace?

Vietnam celebrates Christmas!

The Vietnamese are not unaware of Jesus however. The above verse comes from our Christmas Gospel and I was amazed to see how much the holiday is celebrated there. In North America, there are many voices that seek to eradicate the public celebration of Christmas – but in Vietnam, a communist country, there were decorations and “Merry Christmas” signs everywhere – not once did I see “Happy Holidays”. Even on my inbound flight on a Vietnamese Airlines plane, half the 15+ minute tourist promotional video shown was about Christmas!

continued on page 13

Cane's Corner *continued*



Vietnam celebrates Christmas!

I have so much more to tell and have created a slide show of my trip which describes it in more detail. It will be given at St. Stephen's on March 22 before and after Soup's On (11:00 am) and at St. Mary's on April 10 for a dessert evening at 7:00 pm.

I start out on my major annual trip (99 days) on April 20 and will no doubt have more stories and slide shows to share in the Fall! I would value your prayers as I lead a retreat in Cannes, France at the beginning of June and then lead services and teach in Ethiopia from the middle of June to the middle of July.

***Yours in His service,
Brett***

Recipe Page

Berry Apple Cobbler

This recipe was made by **Eva Townsend** and **Nancy Choat** for dessert for Soups On

This makes 12 servings and is baked in a 12 by 9-inch Pyrex dish at 400 degrees for 30 to 35 minutes. It can be served with ice cream or whipped cream.

Fruit Filling

- 1/3 cup white sugar
- 1 tbsp corn starch
- 1 tsp cinnamon
- 6 cups of berries (mixed frozen berries can be thawed and used) or blueberries, raspberries, strawberries, rhubarb or any combination
- 2 apples peeled, and cored and cut into very thin wedges mixed with juice and zest of one lemon

Mix all of the above and spoon into baking dish

Topping

Mix 1 cup of whole milk with 1 tbsp of white vinegar and let stand for 10 minutes

In a separate bowl whisk 1 1/2 cups of white flour with 1/2 cup white sugar, 1 1/2 tsp baking powder, 1/2 tsp baking soda, 1/2 tsp salt. Add 1/3 cup cold salted butter (that has been cut into small cubes) and cut into flour mixture using a pastry blender or your hands, until crumbly. Stir in milk/vinegar mixture until blended. (it will NOT be smooth).

Using a large spoon, dollop topping over fruit. Some fruit may show through. Bake at 400 degrees for 30 to 35 minutes, until top is golden and bubbling. Let stand 10 minutes.



Opt-in for the Anglican Journal: Use it or lose it!

In January, the General Synod started a program to increase the accuracy of the Anglican Journal circulation list. Studies have suggested that the accuracy of the list is in question.

You will see a notice in the print edition of the Journal that readers will need to confirm their subscription and opt-in to continue receiving the print edition of the paper.

The notice period will run from January to June 2019. After September 2019, print editions will only be mailed to those readers who have contacted the Journal to opt in otherwise your name will be removed from the list. This will ensure that we do not send the paper edition to those who have either moved, died, or no longer wish to receive the paper.

This move has been recommended by a report commissioned for the General Synod.

Among other things, the report highlighted that postage costs have skyrocketed and that the church could save a considerable amount of postage money if it could tighten up its subscription list by verifying that the people it mails the paper to actually want to receive it.

How do I opt-in to receive the Journal?

To continue to receive the Anglican Journal, send an email to: yes@national.anglican.ca with your name, address, phone number and the ID# from your address label.

No computer, no problem. Please call 416-924-9199 ext. 241 with the same information.

Your subscription number can be found above your name on the mailing label and is four to six digits listed after ID#.

Your subscription number appears here



*“We are
blessed to
have, in this
diocese, one
of these very
good authors
in the person
of Herbert
O’Driscoll”*

Poetry and Melody: Together We Sing

When you sing hymns and other songs in a church service, you have likely noticed that some are easy to sing and easily understood. At least half of the reason why certain songs are more sing able than others is the melody- is it interesting? Does it fit with the words?

The other half of a song is its lyrics. Although many song writers compose both music and words, many of the hymns found in our hymn book have an author and a different composer.

There is a great variety of poetry in the songs we sing. Sometimes, the poetry is good but the meaning expressed is muddy or sentimental or not true to Scripture. Sometimes, the truths expressed are great but the poetry is sub-standard.

When a song embodies truth, has picturesque language and is written in a good verse form, then you already have half of a good song.

Some authors write a good poem once in awhile. Some write good poetry every time. We are blessed to have, in this diocese, one of these very good authors in the person of Herbert O’Driscoll. He is a skillful poet whose work is filled with the Gospel, with rich imagery and word pictures.

Our hymn book has a number of his poems of which we have sung: *The Love of Jesus Calls Us; O God, Beyond All Face And Form; Let My People Seek Their Freedom; Come And Journey With A Savior.*

Last summer, I came across another of his poems, *God Who Spread the Boundless Prairie* (of course, a girl from Saskatchewan would notice that title). As usual, the lyrics are beautiful, thoughtful and full of meaning. My joy in finding this hymn was even greater when I noticed that the melody was written by a colleague of mine, Judy Snowdon. We sang this hymn at St. Mary’s around Thanksgiving season and will sing it again when the snow is no longer covering up the colours of spring.

Thank God for Herbert O’Driscoll as well as many other authors of good songs for us to sing.

Inheritance

by Audrey Assad



Audrey Assad is another beautiful voice I keep hearing, much like Fernando Ortega's which I reviewed in the last newsletter. I chose to order "*Inheritance*" out of all her CD's because of her beautiful rendition of "*Abide With Me*". For me, that ageless song is one of the most treasured out of the whole Book Of Hymns. What a good laugh I had when I looked at the CD cover more closely and saw that Fernando Ortega is featured on the album, along with Matt Maher! At the very least, I am consistent! So, those of you who purchased and enjoyed Ortega's music, as I know at least a few of you did, will also enjoy Assad's singing. Her soprano voice is clear and pure, the music soft, lilting and sweet. Her early influences were The Carpenters, James Taylor, Celine Dion, along with French and Middle Eastern music from her father's background. What stands out for me however, is the lacing of Celtic music which she loves, and has inspired her.

Audrey Assad's father is a Syrian refugee, her mother, American. The Syrian war brought her to the brink of losing her belief in God. At the same time, she went through a cataclysmic struggle and departure from her fundamentalist faith. That, along with acute anxiety and anger threw her into a nonproductive period. This then became the fertile grounds for growth and a new cycle of lush creativity. The result was "*Evergreen*", a beautifully powerful album of her own music, produced in 2018. The two CD's are very different, *Evergreen* mostly being her own music. Both are lovely in their own right.

Inheritance includes some Celtic infused music and traditional songs such as "*Holy, Holy, Holy*", and an ethereal version of "*Ubi Caritas*". (There go the goose bumps again!) Another favourite is the "*Oh The Deep, Deep love of Jesus*" in which her original lyrics were written to the Scottish Gaelic "Bunessan". Many of us presume the music of Bunessan was written by Cat Stevens. Rather it was written in 1931 by Eleanor Farjeon and inspired by the Village of Alfiston in North Sussex. (What one learns with Googling!)

Her official web site, worth reading, states Audrey Assad is "striving for her soul baring journey to challenge and inspire listeners while simultaneously speaking about her own recovery process." One cannot help but appreciate her deep journey as chronicled by her music. The album is on Amazon for \$12.76. I am thoroughly enjoying having it in my collection.

Having been recently confined to the indoors due to nature's blast of winter on the Peninsula, it gave parishioners a chance to read the parish's annual report in preparation for the Annual Vestry Meeting February 17! Which, after reading, made us realize that most of the News Around the Parish (at least for 2018) was indeed contained in that report! One does have to commend not only those who wrote the reports but also those involved in putting it all together in a readable format! Thank you!

Having said that, some important and significant newsworthy items have occurred since the end of 2018, so we shall report our findings since then.



Lon receives the keys
to the churches

An important event took place on Saturday, February 2nd at St Mary's. About 150 people from the community as well as parishioners and invited clergy attended the Celebration of a New Ministry and the Induction of the **Reverend Lon Towstego**. **Bishop Logan** officiated. Archdeacon, **Venerable Penelope Kingham**, Regional Dean, the **Reverend Blair Haggart**, Deacon, the **Reverend Patrick Sibley** assisted the Bishop with members of St Stephen's and St Mary's congregations participating. A reception followed in Cooper Hall. It truly was a celebration and we need to thank all those who had a role in making it a memorable one. I guess this means that you are officially now our Rector, Lon! Congratulations!

Parishioners certainly appreciate and value Lon's weekly Communication Corner on the parish website. He speaks. He writes and We listen! Thank you, Reverend Lon for communicating with us on the Parish Web site. You keep us informed spiritually and with all things related to what it means to be a parishioner.

Brett Cane's anticipated talk on his trip to Germany, Czechia and Switzerland, scheduled for Wednesday, February 13th had to be cancelled, thanks to Mother Nature, but was rescheduled to February 27th.

The Commissioning for the Pastoral Care Team took place on a Sunday Service in December. Our rector, Lon has joined this important team as its leader. Its members are: **Lon**, Chair, **Barb Baillie**, **Mike Dyer**, **Margery Lord**, **Rainey McLeod**, **Eva Townsend** and **Patricia Winters**. Meeting monthly, this valuable team offers lay and clerical assistance to the needs of parishioners as required. South Island Counselling provided a training course in September. In connection with this important ministry, **Barb Baillie** had offered to present a one-day workshop, A Caring Community on Saturday February 9th. Unfortunately, it had to be cancelled due, again (!) to the snow but is tentatively rescheduled for Saturday, April 27th.

Also, at press time, two CPR courses are scheduled for Saturday, March 9th and 30th. This popular course is presented free by the Fire

Around the Parish *continued*

Department of Central Saanich and barring any disasters like last year's, it should take place as scheduled. Interested participants can sign up at St Mary's (a signup sheet will be posted in the narthex) or those interested can also call St Mary's. These courses are open to parishioners, families, friends, people and members of the community.

Cakes for Caring campaign held in January, acknowledged the first responders in our vicinity. An idea born at Church of the Advent in Colwood/Langford, "Cakes for Caring" is spreading to parishes across the diocese to thank first responders on or near January 19. The Parish of Central Saanich joined this "sweet thank you gesture" this year, where firefighters, police officers and other first responders were thanked for their work on the front lines of public safety in our communities.

Thank you to **Jenny Jenner**, **Marcia McMenamie** and **Shirley Schwazer** for baking cupcakes that were gratefully received by those at Station 105 of BC Ambulance and the Central Saanich Police Department! While **Sue Smith**, **Jane Hughes** and **Charlotte Donaldson** (two dozen baked and frozen prior to leaving on holidays) provided the cupcakes for the Central Saanich Fire Hall. They were picked up and delivered to the Fire Hall by **Courtney Widdifield**, Lynda Clifford's daughter-in-law as Lynda was unable to drive due to her recent knee replacement. Talk about team work and welcomed appreciation for all these important services provide for us on a 24-hour basis.



Cakes for Caring

Holy Trinity Church Hosts a Truth and Reconciliation Commission Call To Action

On Thursday January 31st, over 30 people from surrounding parishes and community, including Indigenous residents, listened and participated in **Fern** and **Mark Perkins'** presentation: *Bridging Developing Relationships with Indigenous People*. This talk was Number 61.1, one of the 94 Calls to Action that resulted from the National Truth and Reconciliation Commission (NTRC), intended to educate Canadians about our Native and Metis Peoples. The Anglican Church is apparently unique in its dedication to actually doing some of the 94 recommendations. That is why the gathering at Holy Trinity was initiated by **Thea Dickson** a member of Holy Trinity. As Fern explained, mis-education got us into this situation and education is expected to teach the truth of the last seven generations of residential schools to help us all recover, by learning what went wrong.

The attendees sat in a circle and spent an informative couple of hours listening to Fern and Mark Perkins, along with their daughter, **Rachel** tell their own personal stories. Interspersed with their stories, Fern also provided an excellent history lesson on the development of the lower part of Vancouver Island. She clarified for many what it means to be Metis and the difference being a member of the First Nations. And, she told us something that I'm sure not many people know about. Next time you have



Métis, Inuit and First Nations symbols on the Canadian passport

continued on page 19

Around the Parish *continued*

your passport handy, check page five. It contains the three Aboriginal or Indigenous groups that Canada is built upon. The Métis, Inuit and First Nations. The government has assigned each group a symbol. The infinity symbol has been the Metis flag since 1816. It is the symbol that represents the Metis people; an Inukshuk for Inuit as it is a symbol of their people and an Eagle feather for many First Nations who consider Eagle a sacred messenger from the Creator.

At the conclusion everyone was treated to a tasty hot lunch. The Parish of Central Saanich was well represented with the **Pollards** from St. Stephen's and **Brett, Nancy, Bob** and **Barb Baillie** from St Mary's along with our Rector, **Lon**. More of these informal gatherings are planned for in the coming months.

News from St. Mary's



Thrift sale helpers

Thank you to everyone who worked so hard to support the January Thrift Sale. It's always amazing to observe that within a half hour of the sale closing, all left over goods are packed, the tables are taken down and put away and the hall and book sale areas in the church and narthex look like nothing has taken place a few hours before. An amazing amount of work done by some dedicated people! The net proceeds were \$1,825 and will be transferred to the General Operating Account for use of day-to-day expenses as needed.

With **Bishop Logan** and **Marcia McMenamie** moving to their home in Saanichton in January, Logan mentioned to someone that he can now walk to church! Welcome Logan and Marcia! However, the move meant that **Rachel** and her family have moved to the McMenamie house in Saanich which may make it difficult for them to attend the 9 o'clock service at St Mary's. Ah the problems of owning more than one house!

Two significant birthdays were celebrated in January and February by **Heather Geddes** and **Nick Hunter**, but you'll have to ask them as to their significance!

The Flower Guild members enjoyed a lovely lunch at Sea Glass in January. They decided to not only celebrate Heather Geddes' "significant" birthday but to review the church decorations for Christmas 2018 and discuss any changes for this year! They are an efficient group who enjoy not only good food but a sense of fun. And little did Heather know that she would be returning to Sea Glass to continue with her celebrations with her family the same night!

Thanks to **Nancy Choat** who offered to play the Prelude for a Sunday service in January. It's always welcoming to have parishioners share their talents and participate in church services. **Cathy Quicke** welcomes more of the same if you have or know of anyone who would like to participate at a Sunday or Taizé service.

Welcome **Diane** and **Ken Saxton**, who recently joined St Mary's.



Flower Guild members

continued on page 20

We have had coffee with Diane and her enthusiasm and sense of fun is infectious. They have known the Towstegos for many years and decided to join Lon's new parish after moving from Nanaimo.

Lynda and Garth Van Der Kamp have joined St Mary's after recently moving into the neighborhood.

Cathy and Bob Quicke are pleased to announce that their son, **Sean** is engaged (it happened during Christmas). Another wedding will take place this summer. Their daughter, **Heidi** was married at St Stephen's last summer.

News from St. Stephen's



Bob Quicke very kindly offered to provide "News From St Stephen's" for this issue of ConneXion. Along with **Eva**, Bob has provided the following newsworthy items. Thank you both for "filling in" Eva and Bob. It is very much appreciated by Nancy and Margery!

Life around the historic property has certainly not been dull or boring since Advent. On December 17th, we had the Annual Children's Christmas Pageant held in Memorial Hall. **Katherine** did an admirable job of preparing the script and players, however this year it was much more "audience participation" as winter colds and flu decimated the Sunday School children and last minute "stand-ins" had to be recruited (both children and adults) to fill many of the "extras" roles in the Nativity Story.

Christmas Eve 7:00 pm service again saw St. Stephen's celebrating with walkway through the cemetery being candle lit. In 2017 we left church to a light snowfall on the candle jars, but this year the snow was seven weeks late and vastly heavier in its concentration. More about that to follow.

Several of our regulars have had a "break" from the site: **Elsie Marshall** has gone over to Vancouver for a long-term visit with her daughter. **Doreen Harrison** fell and broke her ankle and is in San Pen Hospital. **Margery Lord** has taken some time away to grieve the loss of her daughter **Kate** at the end of January. **Lynda Clifford**, after several postponements, had her knee surgery on January 14th. Seeing that the Council meeting was the next day, there was a "thought" about taking the meeting to her bedside! However, all went well, and Lynda now has a lightness to her step, at least on the right side!

Pat McKay migrated in January from her home in Winnipeg to be with us for a time (Sorry Pat, for the Manitoba style snow fall recently, guess it makes you feel "at home".) Pat, a frequent visitor at St. Stephen's from Winnipeg, is often seen joining the Prayer Group on Tuesdays. She's a welcome visitor from a part of the country that is

continued on page 21

Around the Parish *continued*

less than warm at this time of year! Good to see you Pat when you can make Prayer Group!

February has blessed our congregation with unexpected attention, activity and not a small financial contribution as a film production company, shooting a feature movie in a house nearby, contracted to use our parking lot for the vehicles bringing their crew to the site. Three shuttle vans run continuously all-day moving people about the Mount Newton Valley.

The extreme (for Victoria) snow fall has seen several adjustments arise for our people. Impassible roads caused the Prayer Group to cancel their regular Tuesday gathering; Soup's On cooked for 50 yet served just 21 on February 8th and cancelled February 15 completely (**Diana Abbot's** car was buried up to the hood in her yard).

On Tuesday February 12th, our near neighbour **Harald** came over, using his John Deere front loader to clear St. Stephen's Road from Mount Newton to Memorial Hall in case the Preschool wanted to resume on Wednesday. **Bob Quicke** came in to check the furnace operation in both the hall and church and noticed the untouched snow was knee deep (he measured that at 23 inches or 58.5 cm) as he trudged through the cemetery to the church front door.

And speaking of snow fall and movie companies, having the crew on our site has proved an unexpected bonus in two ways. We have had on-site security throughout the days which is a positive. Though it was Harald who cleared the municipal roadway into our property, it was the movie production team that brought in a back-hoe and operator to clear as much snow as possible from the parking both at the Hall and Church lots, as well as the roadway between these two parking areas. With good weather, we expect the snow dunes to be completely melted in time for Summer Camp!

How many of you were able to stay awake long enough on New Year's Eve to watch *The Royal Canadian Air Farce* on CBC television? **Susie** and **Don Wilson** proudly announced that their son, **Chris** had a part to play in it. Chris seemed to be right at home with the sense of humour that show is known for.

The St Stephen's mower is having a well-earned rest in the shed and **Diana** tells us she can't wait to get back into the saddle to make straight lines on the field! Her red shirt is ironed and ready (which she wears when mowing so that she can be easily found if she falls into the ditch!) Diana's exact words!



It's Snow Go



Chris Wilson of *The Royal Canadian Air Farce*

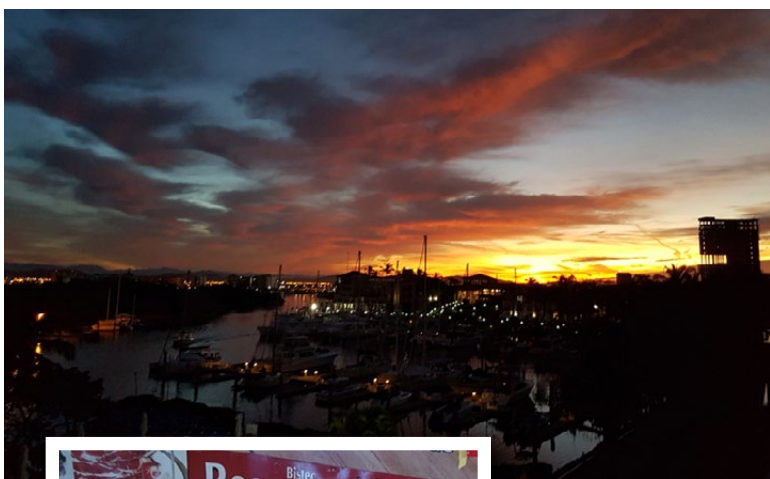
Around the Parish *continued*



Valentine's Dance

This is an event (now rescheduled for Friday March 1) where people have lots of fun and a good time with no admission fee. No Donations! Just Tons of Fun! Music by “**Twelve O'clock Rock**” (With Great Music from the 50's). It all starts at 7:00 pm, Friday, March 1st at St. Stephen's Church Hall.

Travels



The **Baillie's** enjoyed some “down time” in Mazatlan, Mexico in January. It seems so long ago, particularly after our recent snow fall!

David and **Alison Stewart** called it “Christmas in January” as they spent time skiing and visiting with family at Mt Tremblant, followed by time in New Hampshire. They also attended the Seattle Flower show in February. I wonder if they were going to “attempt” to bring back some “Spring” across the border. We're certainly in need of it!

Sandra Scarth spent time in Toronto (her former home) babysitting her granddaughters in the fall. And in March she is taking her other daughter and two teenage daughters to London, England for some sightseeing. However, following that time, Sandra is spending time with a friend in Madeira, for some sun and warmth recovery time no doubt! Sandra really is amazing considering her time working with refugee families with follow up visits, co-chairing the Rapid 2 Constituent Group, being on the Flower Guild of St. Stephen's, singing in the St Mary's choir at their 9:00 am service and then attending the 11:00 am service at St Stephen's. And that's only what we see her do! How does she do it?

Susan Pullan spent time in Calgary in January visiting her darling great granddaughter.

Hawaii continues to lure people as a favourite get away in January. **Terry** and **Rick Parent** as well as **Greg** and **Christine Robinson** would agree, having spent time away from the wet coast this past January.

The **Fallans** spent a few days in Campbell River in January, a nice break from all the holiday events. They also checked in on **Sue** and **John Smith**, and report that all is well with them in Qualicum Beach!



Scenes from the Baillie's Mexican trip

The following note is to celebrate the milestone of the 30th edition of ConneXion. I want to thank all those who have participated in so many ways to make this newsletter such an asset for the Parish of Central Saanich. This truly is a team effort and I am very pleased to work with all of them as we work every three months to put together the latest issue.



Some team members have been involved with this publication from the beginning when it was edited by John Smith. John Beresford has been a foundation for ConneXion providing the technical and graphics expertise so important to its quality look. There are those who have been long time contributors of regular columns such as Brett Cane, Sandra Scarth, Ruth Hickling and Nancy Choat. Our parish clergy have also been key contributors with their efforts to deepen our knowledge and understanding of the faith. There are those who have contributed periodically and more recently with book reviews, recipes, special articles or contributions. I also want to thank the many parishioners who have taken the time to be profiled and give the broader parish community insights into their lives and families. Thanks also to those who have provided photos for each issue, especially appreciating the work of Len Fallan. Finally, thanks go to the administrators for their input and production assistance.

I know that I am only scratching the surface of thanking all who have been involved in this effort to inform and sometimes amuse you. Without everyone's efforts, ConneXion would not be the success that it is. I look forward to continuing to work with this team and any others in the Parish who wish to contribute in future to this activity. If you have any suggestions or contributions for future issues, please contact me.

Thank You

Ken Pedlow

250-656-6302

ken.pedlow@shaw.ca

The Last Word

Since more and more seniors are texting and tweeting, there appears to be a need for an STC (Senior Texting Code). Here are some suggestions:

ATD: At the doctor's

BTW: Bring the wheelchair

BYOT: Bring your own teeth

CUATSC: See you at the Senior Centre

DWI: Driving while incontinent

GGPBL: Gotta go, Pacemaker battery low

LMDO: Laughing my dentures out

ROFL. . .CGU: Rolling on the floor laughing, and can't get up.

WAITT: Who am I talking to?

Anglican Parish of Central Saanich Directory

Pastor: Rev. Lon Towstego 250-208-9949 ltowstego@bc.anglican.ca

Parish Council: Ex Officio

Rev. Lon Towstego

Rector's Wardens: St. Mary's
St. Stephen's

Ian Stuart (St. Mary's) istuart1@mac.com
Greg Robinson (St. Stephen's), gregoryrobinson@shaw.ca

People's Wardens: St. Mary's
St. Stephen's

Derek Osman, derek.osman@shaw.ca
Lynda Clifford, lgcliff@shaw.ca

Members: St. Mary's
St. Stephen's

Karen McColm, Ken Pedlow
Allan Carlson, Terry Hartley

Synod Delegates: St. Mary's
St. Stephen's

David Stewart, Ken Pedlow (alt)
Don Wilson, Sandra Scarth, Greg Robinson (alt)

Rev. Lon Towstego's Schedule

Tuesday's at St Mary's Church (250) 652-1611
Friday's at St Stephen's Church (250) 652-4311
Wednesday's, Thursday's: Communion, Study and Parish Visits.

Leslie Pedlow is at the St. Mary's office on Tuesdays, Wednesdays and Thursdays from 8:30 to 12:30

Bob Quicke is at the St. Stephen's office on Tuesdays and Thursdays from 9:00 to 1:00 and on Fridays from 9:00 to 2:00