

The People's Pulpit

LENT/EASTER 2020



"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." - [John 3:16](#)

<https://www.crosswalk.com/faith/bible-study/what-does-it-mean-that-god-so-loved-the-world.html>

St Thomas sets its heart toward being a Christian Home which welcomes, encourages and seeks to inspire people.

St. Thomas Anglican Church

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ST THOMAS OFFICE HOLDERS, COMMITTEE CHAIRS AND STAFF

Incumbent	Reverend Lee Lambert
Parish Administrator	Nicole Dallaway
Choir Director	Patricia Brush
Organist	Bonnie MacDiarmid
Rector's Warden	Ryan Dallaway
People's Warden	David Hazen
Deputy Warden	Pat McNally
Lay Members at Synod	Mary Anne Reinhard; Diane Clement
Synod Alternate	Susan Lomas
Facilities	Stephen Dow
Treasurer/Bookkeeper	Ryan Dallaway
Stewardship Officer	Bob Lomas
Outreach Chair	Bonnie McNally
God's Garden	Merilee Clarke
Youth Group Leaders	Naomi Watson-Laird, Susan Smith
Vestry Recording Clerk	Nicole Dallaway
People's Pulpit Editor	Susan Lomas
Website & Facebook Administrator	Gary Graham
Projection Co-ordinator	Gary Graham
Altar Guild Co-ordinator	Arlene Simonovich
Anglican Church Women President	Diane Clement
Pastoral Care/Card Secretary	Roy and Eleanor Baumgart
Cemetery Committee Contact	Gwelda O' Shaunessy
Coffee Hour Co-ordinator	Susan Clark-Dow
Sides persons Co-ordinator	Nicole Dallaway (8:30)
	Diane Clement (10:30)
Co-ordinator of Liturgical Assistants	Nicole Dallaway (8:30 & 10:30)
Cornerstone Leader	Mary Passmore
Counter Schedule Co-ordinator	Bonnie McNally
Envelope Secretary	Bob Lomas
Fellowship and Fundraising	Nicole Dallaway
Nursery	<i>Position Vacant</i>
Long Range Planning	<i>Position Vacant</i>
Open Table	Judy Dallaway
Prayer Chain	Sylvi Dawes
PWRDF Contact	Barb Bottriell
Telephone Team	Nicole Dallaway
Snowflake Bazaar Co-ordinators	Bonnie McNally, Judy Dallaway
Auditors & Financial Reviewers	John Smith

From our Rector: Rev. Lee Lambert



Friends,

We find ourselves again in a time when we are conscious of being directly involved in historic events. These are the sort of days upon which we will look back and say “do-you-remember-when?” Pearl Harbor, JFK, 911 and now Covid-19. For that reason, what we do now is even more important because we will be defined by it: it will be remembered by us, and those who know us. For us, the St. Thomas community, it’s important that we continue to model for family and neighbours and colleagues the witness of Christ.

It is useless to deny that things appear threatening and that we are unsure of what exactly the future holds. But, if we wish, these are the times in which we can most keenly sense the presence of God. This can be - for us and those who know us - a moment which tightens those bonds of affection which bind us together as we step forward in an uncertain world in the certainty of our faith.

We may not know what this pandemic holds, but we do know what wonders our Faith holds. Keep that Faith. Redouble your prayer. Call your brothers and sisters in Faith. And let this be for us a glorious opportunity to show again to ourselves and others the grounding power of God. As the psalmist writes:

“You shall not be afraid of any terror by night,
Nor of the arrow that flies by day.
Of the plague that stalks in darkness,*
Nor of the sickness that lays waste at mid-day.

May God the Father, the Son and Holy Ghost guide you and keep you this day forth and forevermore.

Yours in Christ,

Rev. Lee

From the Rector's Warden

The Energy of Parish Visioning

This past fall St. Thomas decided to try something a little different. After years of struggling to find new members to sit on council, and help with fundraising and outreach, Rev. Lee had an idea - a Visioning Sunday. I need to be honest with everyone - I was not sure it would be successful. I was uncertain how the parish would respond, and I worried it might be a strain on our relationships and community. That being said, was I ever wrong. So wrong. And so happy to be wrong.

I wanted to take this opportunity to extend thanks to everyone who participated in the visioning, to everyone who let their names stand, and to everyone who came to vestry, engaged in our discussions, and asked deliberate and pointed questions about where we are, and where we are going. It is the blessing of our community that we have a wealth of intelligent, engaged, and energetic people. So many people, that many a deserving person was not elected to this year's parish council team. I would like to thank all those members of councils past for all their hard work and dedication over the years. I look forward to work with you through committees and in projects, and likely to seeing you back at the council table again.

I also am deeply appreciative of our new members for taking on this responsibility. I have sat on council for a few years now, and really think it is a good opportunity to make a positive difference, and to work through many important issues involving our community. But more than all of that I am indebted to everyone for the way we all tried something new together, learned and grew, and moved forward as a community. It is that spirit that gives me hope. It is that community that inspires us all to be better. It is that family that makes space for each of us to grow, to learn, and to embrace the journey.

I know that right now, parish council and fundraising may be far from the first priorities on everyone's mind, but I hope and pray there will be a continued interest in growing our team, in growing our community and in growing our church.

Thanks again, and stay safe til we see each other again,

Ryan



What is FundScrip?

FundScrip is a fundraising program that lets our church raise much needed funds simply by purchasing gift cards monthly to the stores you already shop at. You purchase a \$100 grocery card (or more) and you will receive a \$100 gift card and a percentage of your purchase will be donated to the church. There is no additional cost to you. This is an easy way for everyone to help us reach our fundraising goals.

There are over 200 stores that participate in the FundScrip program. The donations amounts vary from 2% to 10% depending on the store as well as the monthly promotions they have on. For example, for the month of April we have promotions at Walmart; Metro/Food Basics; Golf Town; The Ultimate Dining Card and Ivanhoe Cambridge Shopping Centers which own Bayshore Mall.

The first Sunday of each month, we collect the orders and payments. The following Sunday the gift cards are available for pick up at the church before or after each service. It's that simple!

Order forms are available in the Narthex. Fill out the order form and returned it to church or email your completed form to StThomasStittsville@gmail.com or dj4sully@gmail.com. Payment can be made by e-transfer to stThomasStittsville@gmail.com or cheque made out to the church.

Forgot to fill out a form but you would still like to order something? Simple, just write it down on a piece of paper, email us or call us and we can enter the order for you.

There is no easier way to help us reach our fundraising goals! Purchase gift cards, shop where you normally shop and support your church with no impact on your pocketbook!

Submitted by Jodi Sullivan & Nicole Dallaway

A poem submitted by Robin Tilgner

The nightmare ended, and the people came out of their houses.
Back into the world.
And they put their phones away
And made eye contact with strangers.
They smiled more
And laughed more
And talked more.
They didn't worry about followers
Or views
Or likes.
They followed God.
They viewed the beauty around them.
And they liked life.
Life was better now, because the people knew what it was like
To lose it.
If only for a season.
And the churches were full
And the restaurants were bustling
And the games returned
And the cheer of the crowd was louder than ever.
And the people praised God for rescuing them, for saving them.
Not just from the virus.
But from themselves.
And they were happier and healthier and richer
In all the ways that matter most.

- Author Karen Kingsbury

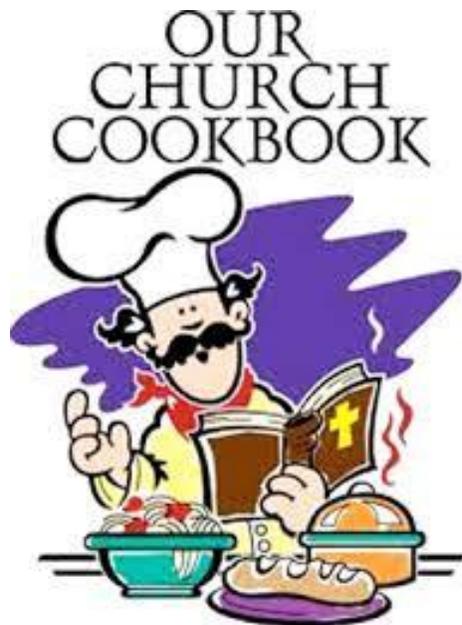


Meeting the needs of our Downtown Shelters and our own community.

Thanks to all of you for your donations of clothing, toiletries, bedding, towels, etc. They are welcomed by all the shelters.

- We do ask that all clothing, bedding, and towels, be in good repair and have been Washed before donating.
- From October to the end of December we have sorted and packed 56 bags of clothing Which Gary and Cheryl delivered.
- Articles that are welcomed: Men's, women's, children's and babies clothing, seasonal including shoes NEW underwear and socks. Bedding, towels, MUGS, MUGS, and more MUGS, bowls, plates, cutlery, sleeping bags, umbrellas, backpacks, hockey bags, on wheels, suitcases on wheels, Games, playing cards, Pet food & litter. We have to remember pets are their Only companions.
- Shelters visited: The Ottawa Mission Youville Centre St. Luke's Soup Kitchen Caldwell Family Centre Shepherds of Good Hope, Hope Living - Kanata Frederick Banting Secondary School

Respectfully Submitted Gertrude Brown.



Looking for recipes

Our St Thomas fundraising committee is starting to work collecting recipes for a St Thomas cookbook. If you have a wonderful recipe that you would love to share please do so. We would also like it if you would tell us why you like this recipe so much. Cute little antidotes always make trying something new a little more fun. We hope to have a section on Open Table meals as well and the conversions for smaller family gatherings.

Please submit recipes by email it to StThomasStittsville@gmail.com or drop it off at the church.

WOULD WE BOTHER

Submitted by Joan Palmer

There was a hill in a desert land,
And there a cross was set to stand
Among the crosses, Barabbas had one
And Jesus hung till his life was done
On the other.

Hung for the sins of you and me,
And while He was there upon the "tree"
His friends were busy at other things
Except for Mary with all her rings
And His Mother.

We were not there, we did not know,
Before our time, when the world was slow,
But nevertheless, He died for us
Without a scream, and little fuss,
Our Saviour, none other!

Would we have changed it, had we been there?
Or would we have watched without despair,
Like all the others, with no remorse,
No guilt, no tears, on our "high horse"?
Would we bother?

An Anglican priest was going through his wife's desk drawer when he came across an envelope with three soy beans and \$30 in cash. A little curious he asked her about it.

Well, his wife said, I have to confess every time you preached a poor sermon, I put a soybean in the envelope. The priest thought, 3 soybeans over my whole career, WOW, that's not bad. But he asked, what's the \$30 for? Well, she confessed, when soybeans hit \$10 a bushel, I decided to sell them.

Happy isolation everyone.

On

a positive note, I have found more time to do the things I always wanted to do and never had the time or the energy. Such as fixing holes in the drywall, washing all the curtains in the house, and doing more bible study.

I also hung a sign in my front window with an inspirational message to inspire the dog walkers and the families walking in front of my home. It is from Luke 18:1 "Pray always and never give up". I hope to change this weekly.

For the children in my life and the children in God's Garden I have been sending, by email, the weekly children's talk along with about 10 different activities that the parents can do with them at home to reinforce the lesson. If there is someone out there who would also like to receive these for their grandchildren or other children in their lives just send me a quick e-mail so I can include you in these weekly activity suggestions.

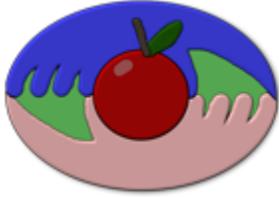
I pray that we will soon enter into a new normal with all the positive outcomes possible. Remember 'Keep praying'.

Blessings

Merilee Clarke

God's Garden co-ordinator

godsgardenstt@gmail.com



Stittsville Food Bank

This report was forwarded to us by Gertrude Brown

Chairs Report for 2019

2019 was a year of many changes and challenges, for the Stittsville Food Bank. Our client base is still growing and with that comes more food needed, more volunteers needed as we increased to serving 498 more people. We grew and learned from one another on how to make the food bank more efficient for volunteers and clients. Groceries are dated by month and year in order to reduce waste. This is a lot of work and keeps volunteers busy. Stocking, sorting and date checks is one of the ongoing jobs. Cleaning, organizing, picking up food and speaking at the schools and churches are some of the jobs the volunteers help with. Keeping our cash donations banked and paying out suppliers and working with the accountant is a big job for our treasurer.

This year the Stittsville Food Bank became incorporated and will work to keep the food bank donors looked after with their tax receipts. We are a Registered Charity as well as being incorporated.

Stittsville food bank has well over 100 volunteers in a year. There are teams serving clients on a weekly basis, also volunteers picking up food at all the bins around Stittsville. We have a Youth Volunteer day every second Saturday as well as an Adult Volunteer Day on Monday afternoon. We have a large group of volunteers during the Christmas season. The volunteers are the backbone of the Stittsville Food Bank and they consist of people from the age of 12 to 85 years old. Our volunteers are committed, intelligent, and strong individuals. I am so proud to be the Chair of the Stittsville Food Bank. The Stittsville Food Bank is run solely by volunteers and they are instrumental to the existence of the food bank.

May 2019, we held our annual Volunteer and Donor Appreciation Evening. The evening was a great success in recognizing volunteers, individual donors, businesses, schools, churches, service clubs and our fire services for all their help. We recognized the youth as well as the adults. We have had many visitors to the food bank in 2019 to the food bank every year with food hockey teams, brownies, school children and more. The Scouts, Cubs, Beavers Guides and Brownies have been a life saver with their spring and fall food drives. For every person that sent in a donation or brought food for a grocery bin around town, your church, your school, your place of business, Thank you! To the individuals who helped provide hampers, and the volunteers who delivered Thank-You! Thank you for wanting to learn about the Stittsville Food Bank and for

helping. Our holiday hampers for Easter, Thanksgiving and Christmas were filled with many extras this year thanks to the tremendous support of our community.

The Stittsville Food bank believes clients should be treated with respect and dignity, giving those hopes for a better future. Healthy food is essential in all our lives therefore providing milk, eggs, cheese, meat, fresh vegetables and fruit to our clients is extremely important to us. Healthy food = Healthy minds. Everyone needs help at some point in their lives, so it never hurts to ask if you need assistance. We are here to give people a helping hand up and hope someday they are able to help someone else. The Stittsville Food Bank helps WABNO, Wabno Centre is an Urban Health Centre to help indigenous people. Homeless Youth, eleven Group Homes and has a one of kind food cupboard in one of our high schools for students in need. The Stittsville Food bank does not receive any type of funding assistance, but instead relies 100% on donations from the public. 2019 donations of food and cash ensured the continuation of support to all families in need.

Thank you and may your lives be healthy and happy!

Theresa Qadri, Chair, Stittsville Food Bank

40 Years at St Thomas Part 3.

After the departure of Ross Moulton and family to Cornwall the search started for a new priest. 3 candidates were presented to us and the search committee decided that members would visit the churches where the candidates were currently incumbents. My task was to go to St Paul's Shawville, Quebec to hear Rev Sally Gadd. I decided to bring my 2 older daughters, Joanna and Emma, with me as well so as to get a youth view. We decided to dress in casual clothes to be as incognito as possible so we would slip quietly into the service and not be noticed. When we arrived, we saw that the congregation was in their Sunday best so we stood out like city slickers. We enjoyed the homily, took communion and decided to exit during the last hymn. We were impressed with Sally. The other search committee members were not impressed with their candidates, so Sally was chosen; the first woman priest at St Thomas! We later learned from Sally that she knew who we were and what we were up to! Their sidespeople were sent to greet us, but we were long gone.

During Sally's time, St Thomas moved from growing numerically to growing spiritually. The seed that had been sown by Ross's thoughtful preaching lead to an increased desire for adult education. The Alpha course was run several times lead by Eric Thomas and later by Gillian Mattock. The Alpha course is an evangelistic course which seeks to introduce the basics of the Christian faith through a series of talks and discussions together with fellowship during a meal. It is described as "an opportunity to explore the meaning of life". A number of parishioners went on a Cursillo

weekend. Cursillo seeks to foster, develop and sustain Christian leaders and to encourage apostleship. The movement tries to provide participants with tools to live the Christian life more fully, with a resulting impact on the world. The participants are encouraged to become leaders not only in their churches but also in their neighbourhood, their family and their workplace. The pattern of Lenten and Advent courses was started.

Youth work continued to grow resulting in a Youth Pastor being hired in conjunction with Stittsville United Church. At its height 35 youth from both churches were attending- a major achievement.

Progress was made with fundraising. Stewardship campaigns were introduced. Ken Kirk made major improvements to the Snowflake Bazaar. The Silent Auction was introduced which made a significant contribution to the amount of money raised. Don Gillen and Pete Torunski organised chicken barbecues which were well supported. The grocery card program was introduced and provided a new stream of funding.

During her time, Sally was appointed as Archdeacon of Carleton a role that she was well suited to. It is interesting that over the past 40 years 3 priest from St Thomas have become Archdeacons; Ross, Sally and the Rev Paul Blunt.

In 2006 Sally retired. It was time for a new search committee. After a very short interregnum Rev Jane McCaig was appointed. During Jane's time there were struggles, but there were also many joys. During her time the congregation focused much more on practical action to show the love of Christ. Jan 2010 our Open Table ministry started. 12 youth and adults went to Nicaragua with Schoolbox to help build a school near Granada. Clothing and other supplies were collected and taken to Cornerstone and other shelters downtown. Help was provided to the Food Bank and Frederick Banting School among other outreach activities.

More recently the Alpha course has been held twice under the leadership of Pat and Bonnie McNally, once on our own and once in conjunction with Community Bible Church.

Canon Michael McKinley joined us as honorary assistant and we appreciated his lively homilies.

Roy & Eleanor Baumgart became co-ordinators of the Prayer Chain after Gert Brown and she indicated that it was Denise Torunski who started the Prayer Chain at St Thomas, which has provided comfort and intercessory prayer for so many.

In 2016 we celebrated our 150-year history with a variety of exciting and memorable events.

As we continue under new leadership it is helpful to recall how God has blessed us in the past and to look forward to great things that with the Lord's help we will do in the future.

William Passmore

(To view Parts 1 and 2, visit our website and look at the two previous editions of the People's Pulpit.)

Pastoral Care Update

Pastoral Care is to be there
in time of sickness and in joy,
In sorrow or celebration,
In crisis or transition,
To be present, to listen, to pray.

Team Members: Tanya Drew, Liz Hall, Bonnie McNally, Rev. Lee Lambert,
Eleanor & Roy Baumgart (Co-ordinators)

Visitation:

A major part of our Pastoral Care Ministry has been the visitation of parishioners during times of illness, recovery, losses and transitions - in hospitals, senior homes, apartments and residences. Please inform Rev. Lee or Nicole at the church office if someone needs a visit, is having surgery or is a patient in a hospital. Also, notify Tanya Drew if you know of someone ill, or grieving or recovering, who might appreciate receiving a card.

Phone Ministry:

We are in the process of developing a phone ministry for people who are shut-in, or living alone. Pastor Sharron has volunteered to be a "friendly voice", maintaining regular contact with members through phone visits. Contact Eleanor Baumgart for more information.

Congregational Education:

We hope to have several educational presentations or workshops open to all congregational members. The first one being planned is on the topic of "Medical Cannabis". It will probably be a Sunday morning presentation and discussion between the two worship services.

Please let us know your concerns and ideas as we embark on our new roles as Co-ordinators of the Pastoral Care Team at St. Thomas.

Roy & Eleanor Baumgart

PWRDF

Mission

As an instrument of faith, PWRDF connects Anglicans in Canada to communities around the world in dynamic partnerships to advance sustainable development, to respond to emergencies, to assist refugees, and to act for positive change.

PWRDF is committed to working in diverse communities and does not proselytize in its work.



Here is an update from Merilee regarding the procession of the Wise Men by the Children on Epiphany Sunday.

I wanted to reinforce the idea that they came years later and had a hard journey not knowing what they would find at the end of it. We often do the same thing. We have hard journeys through life, sometimes not knowing where we are going, but faith in that star, in the promise it represents, is how we get through our trials and tribulations. The wise people then took that new faith and spread it all the way home.

The Wise People's Journey

By Merilee Clarke

Once some Wise people from afar, Watching patiently for a star
Were amazed to see the very one, Promising the birth of God's son.
So, they gathered altogether, For a journey to... where ever,
Trusting in the child king foretold, On scrolls written centuries old.

Over deserts, Over rivers, Over mountains and plains Through sandstorms, Through blizzards, Through the heat and the rains

They determined to track that star, No matter how long or how far.
For two long years they would travel, Hoping, this mystery, to unravel.
At long last they met a mean King, Who wanted to kill the child king
But these people were very wise, And so they looked up, to the skies
To Bethlehem the star did rise, This was foretold in scriptures past.
Had they found him at long last?
Yes! There was the young child they sought, They lavished on Him the gifts they brought.

Gold, For the child who would be king,
Frankincense,
For whom angels did sing,
Myrrh, For the death his life would bring.

Then Homeward bound the wise people went, Singing praises to God's son omnipotent.
"To all who hear, be of good cheer. For the son of God now is here."

Alleluia Alleluia Alleluia!!!!

The People's Directory

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Willetts, Stephen	PC Member at Large		