



**The Vine**  
**May 2023**  
**St. Helen's Anglican Church**  
**1234 Prestone Drive, Orleans, Ontario K1E 3X6**  
**Email address: [office@sthelens.ca](mailto:office@sthelens.ca)**  
**Web site: [sthelens.ca](http://sthelens.ca)**  
**Office: 613-824-2010**

### **A Message from the Ven. Rhonda Waters**

*Liminal: of or relating to a transitional or intermediate state, stage, or period*

We, the Parish of St. Helen's, are deep in a liminal time. There have been so many changes over the past few years that it is hard to keep up – changes in worship, in leadership, in membership, in context. These changes can leave us feeling a little unmoored, unsure of what's to come or how we get there. For some of us, this is an exciting feeling. For some of us, this is a distressing feeling. For most of us, I suspect, it's a little of both and, either way, it can be very tempting to attempt to shortcut this time in order to get on with whatever comes next.

Taking the shortcut, however, means missing out on the full beauty of the journey. Liminal times offer us the opportunity to look for what God is doing rather than focus on what we are doing and to allow our future to take shape on God's terms and in God's time.

Parish Council begins each meeting with a time of prayer, inspired by the teaching of St. Ignatius, in which we ask God to help us reflect on the life and ministry of St. Helen's so that we can discern what God is calling us to do and to be. If you would like to join in this prayer practice, set aside some time each month (council meets on the 3<sup>rd</sup> Monday if you want to pray at the same time) and use this guide.

### ***Parish Examen – a prayer of discernment***

Settle into silence and become aware of the presence of God. Ask for the gifts of clarity and understanding as you reflect on the life of our parish, here and now.

For what are you grateful? Allow the big things to come to mind but look closer, too. What encounter or experience or moment, whether significant or trivial, was a gift. Offer thanks to God. **silence**

As you think about our parish and all that has taken place over the past month, notice your emotions and reactions. Where have you felt joy or energy? Where have you felt frustration or resistance? Where have you felt weariness or boredom? What might God be telling you – about St. Helen's or about yourself or about the wider world? **silence**

Ask God to direct your attention to one feature – one question or experience or feeling – from your reflections. Try not to interfere with God's work but simply follow where God is pointing, even if it seems like something insignificant. Pray about it, in whatever way seems best to you: intercession, or thanksgiving or repentance or praise. **silence**

Now turn your focus to the future and ask for God's guidance in the weeks to come. Notice the emotions that surface as you contemplate what's coming up. Are you doubtful? Excited? Nervous? Turn those emotions into prayer and commit the future to God's hands. **silence.**

In Jesus' name, we pray. Amen.

## ***Worship***

**May 7** - Fifth Sunday of Easter 8:00 am & 10 am – Holy Eucharist

**May 9 - The Ordination of the Rev John Holgate - 7:00 pm** - It is Bishop Shane's intention, God willing, to ordain the Reverend John Holgate as a priest of the Church at St. Helen's on this date.

**May 14** - Sixth Sunday of Easter - 8:00 am & 10 am – Holy Eucharist

**May 21** - Sixth Sunday of Easter / Ascension Sunday - 8:00 am & 10 am – Holy Eucharist

**May 28** - Day of Pentecost - 8:00 am & 10 am – Holy Eucharist

## ***Discipleship***

**Tuesday Bible Study** - Gather at St. Helen's for prayer and informal conversation on the upcoming Sunday's Gospel reading at either **9:30-11am** or **7-8:30pm**. **All are welcome!**

**The Story at Home** - You can also subscribe to Rhonda's weekly Bible reflection e-newsletter.



**Mapping the Ground We Stand On** - In 2015, as part of its commitment to support the findings of the Truth and Reconciliation Commission, PWRDF developed the “education for reconciliation” resource “Mapping the Ground We Stand On”. This interactive workshop, also known as the Mapping Exercise, invites participants to explore Indigenous presence on the map of Turtle Island/Canada, the history of Settler arrival, and their relationship to one another. It also offers an opportunity for learning and

reflection on the concepts of *Terra Nullius* (empty land), the Doctrine of Discovery and Indigenous knowledge. As one of our actions in Truth and Reconciliation, St. Helen's is hosting two sessions of PWRDF's Mapping Exercise, on **Saturday, June 3** (9:00 am - 12:00 pm & 1:30 - 3:30 pm ) facilitated by Audrey Lawrence and Karen Luyendyk. We are also honoured to welcome Inuk elder, Asenath Kannutaq, who will serve as a witness to the day and will light a quilliq. Asenath is a parishioner at St. Margaret's Vanier. Sign-up sheet now available or on-line registration.

Chair of Stewardship: Audrey Lawrence

## ***Stewardship***

**St Helen's Garden and Yard Cleanup** is **May 6<sup>th</sup>, 2023**, from 9am till 12pm (with a rain date of May 13<sup>th</sup>, 2023, from 9am till 12pm).

**Finances** Please consider PAR (Pre-Authorized Remittance) as a tool to help you support your church financially. A call to the church office (613-824-2010) or an e-mail to [finance@sthelens.ca](mailto:finance@sthelens.ca) will help you to set that up or increase your giving for 2023.

**Other Options:** Use Canada Helps button on our website. Setting up your Will or making changes to it? See our Legacy Giving pamphlet, or ask one of the clergy, how to support the Church which has supported you! Read the Legacy Giving section of Stewardship on our website. Thank you if you have been able to be faithful in your financial donations, through PAR, Canada Helps or church envelopes.

Chair of Stewardship: Allan Whetter

## ***Outreach***

**Sale of Simnel Cakes:** The sale of Simnel Cakes raised \$ 478.00 in profit for the Norman Johnston School Project. Thank you to all who participated!

**Food Bank:** This month we will be collecting pasta, pasta sauce, canned tomatoes and canned fruit. We are also continuing collection of items for "Belong Ottawa" & "Muffins Made with Love" for The Well.

**Outreach event:** St Helen's is participating in "The Big Give" on June 3<sup>rd</sup> (see: <https://thebiggive.ca> ) Our event is a Gardening Giveaway, from 9:00am to 11:00am in front of the church. We will be collecting the following categories of items to be dropped at the church from June 2<sup>nd</sup> up until the event start time on June 3<sup>rd</sup> :

- House plants
- Annuals
- Perennials
- Gardening tools
- Gardening Books
- Gardening decor.

Starting May 7<sup>th</sup>, there will be a place to drop spare pots or containers. Anyone can pick up a pot to fill with plants for giveaway, either from your garden, or houseplants. Start planning now how you can take a clipping from one of your plants, plant a few extra seeds, or divide your perennials in your garden. Check your garden shed for those old garden tools or garden decor that you did not discard when replacing with new. It will be a wonderful opportunity to share with our neighbours.

Chairs of Outreach: Lisee Kiar & Barb Porter

## ***Community***

**Octogenarian's Luncheon in Trinity Hall – May 15<sup>th</sup> @ 12:00 pm:** All are welcome!

**St. Helen's Art Fair:**



**May 27, 2023**

With a full complement of artists exhibiting over 100 works of fine art and less than two months to go before the Fair, it's time to start the call for volunteers. Volunteers will be needed over three or four days as follows:

Thursday, May 25:

- ✓ Morning: 1 or 2 volunteers with pickup trucks or trailers to pick-up the 60 display grids from Kanata;
- ✓ Afternoon (1-4PM): assembling the display grids for the 15 display stations in Trinity Hall.

Friday, May 26:

- ✓ Two shifts: 1:00pm-3:00pm and 7:00pm-9:00pm
- ✓ Assisting the artists with their setup;
- ✓ Receiving & recording the entry fees from the artists using The Square for debit & credit transactions.

Saturday, May 27:

- ✓ 9:30am – 3:30PM (Art Fair open between 10am & 3pm)
- ✓ Welcoming and assisting guests;
- ✓ Assisting artists if requested (lunch breaks etc.);
- ✓ Wrapping purchased art;
- ✓ Receiving & recording the purchases using The Square for debit & credit transactions;
- ✓ Display station disassembly and clean-up.

Saturday, Sunday or Monday

- ✓ Returning the 60 display grids to Kanata

Sign-up sheets will be available in the Narthex or Trinity Hall. Names of those who have already volunteered may find their names printed on the sheets and can change the volunteer slot if they prefer. Brian Glenn, Art Fair Coordinator [sthelensartfair@gmail.com](mailto:sthelensartfair@gmail.com) 613-327-9384

### **Pastoral Care Ministries**

**Important Pastoral Care News** - The Pastoral Care Team at St. Helen's provides a listening ear to those among us who are facing illness, loneliness, or any other situation. The Prayer Chain Team upholds members of our parish and the community in prayer in times of need. Both ministries are important parts of one of our primary missions as a church: to care for those around us. Rev. John has assumed these responsibilities in the interim. To request a visit from the Pastoral Care team, please send an email to [pastoralcare@sthelens.ca](mailto:pastoralcare@sthelens.ca). To request prayers by the Prayer Chain team, please send an email to [prayerchain@sthelens.ca](mailto:prayerchain@sthelens.ca). Rev. John monitors both email boxes. Alternatively, you can always speak with either of our clergypersons: Rhonda or John.

Co-Chairs of Community: Kevin Piccott & Shelley Yerburgh

### **Governance**

**Church Office Hours:** The church administration office hours are normally limited to Monday, Wednesday & Thursday from 8:00 am until 12:00 pm.

**New e-mail addresses** In addition to [office@sthelens.ca](mailto:office@sthelens.ca) please note that the following email addresses have now been added:

The Venerable Rhonda Waters:	<a href="mailto:rhonda@sthelens.ca">rhonda@sthelens.ca</a>
The Rev John Holgate:	<a href="mailto:john@sthelens.ca">john@sthelens.ca</a>
Debbie Tweedle:	<a href="mailto:rectorswarden@sthelens.ca">rectorswarden@sthelens.ca</a>
Jeffrey McRae:	<a href="mailto:peopleswarden@sthelens.ca">peopleswarden@sthelens.ca</a>
Janet Hope:	<a href="mailto:deputywarden@sthelens.ca">deputywarden@sthelens.ca</a>
Audrey Lawrence:	<a href="mailto:discipleship@sthelens.ca">discipleship@sthelens.ca</a>
Barbara Porter & Lisee Kiar:	<a href="mailto:outreach@sthelens.ca">outreach@sthelens.ca</a>
Kevin Piccott & Shelley Yerburgh:	<a href="mailto:community@sthelens.ca">community@sthelens.ca</a>
Allan Whetter:	<a href="mailto:stewardship@sthelens.ca">stewardship@sthelens.ca</a>
Kim Jones (Treasurer)	<a href="mailto:finance@sthelens.ca">finance@sthelens.ca</a>
Earl Roberts & Gwyn Nicolson:	<a href="mailto:cemetery@sthelens.ca">cemetery@sthelens.ca</a>
Derek Reid:	<a href="mailto:emmausdirector@sthelens.ca">emmausdirector@sthelens.ca</a>
Peter Humphries:	<a href="mailto:choirdirector@sthelens.ca">choirdirector@sthelens.ca</a>
John Leech:	<a href="mailto:quietgarden@sthelens.ca">quietgarden@sthelens.ca</a>