



The Vine
September 2023
St. Helen's Anglican Church
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A Message from the Ven. Rhonda Waters

In my Moral and Ethical Leadership class this past June, we heard from Jalene Spain-Thomas, the head of a large Episcopal school who was just completing her first year in the position. She joined us to talk about leadership in transition and, seeing as I was also just completing my first year here at St. Helen's, I was very interested in what she had to say!

She asked us to consider two questions: what is your *why* (your essential goal and motivation) and how do you want to be described as a leader. Those questions became the focus of my final paper. Most of that paper is not of interest to anyone other than me* (and hopefully my professor) but I thought I would share a couple of (adapted) excerpts with you as we head into our second year of ministry together.

My *Why*

The church's status quo is no longer tenable and yet we are still called to proclaim the Gospel, minister to God's creation, and stand ready for God's kingdom. In order to continue to fulfill our vocation, we must seek out our transformation even though we don't yet know what that will look like. This, ultimately, is my *why*. What traits, then, do I need to cultivate as a leader in pursuit of that goal?

Curious, Honest, Hopeful, and Courageous...together

These traits are crucial in the pursuit of my *why*. They point not only to characteristics (I hope) of my personality or of my leadership but to strategies to be used in the development of a community that is ready for transformation by God. They could be rewritten as action items: ask questions; tell the truth; give new things a try; follow Jesus. Phrased in this way, it becomes particularly clear that these traits need to describe not only me but the whole community. If I am the only one asking questions or telling the truth; the only one willing to try new things; the only one seeking to follow Jesus, my leadership will have failed utterly. This is not my work; it is God's work and it is *our* work.

*Anyone who is really keen is welcome to the whole paper but don't say I didn't warn you!

Worship

September 3 - 14th Sunday after Pentecost – Services at 08:00 am & 10:00 am (Sunday School)
September 10 - 15th Sunday after Pentecost – Services at 08:00 am & 10:00 am (Sunday School)
September 17 - 16th Sunday after Pentecost – Services at 08:00 am & 10:00 am (Sunday School)
September 24 - 17th Sunday after Pentecost – Services at 08:00 am & 10:00 am (Sunday School)

Discipleship

MYSTIC BRITAIN REVISITED kept people active and walking while "e-visiting" many historical sites in the United Kingdom" Final statistics are still to be determined. A final walk was held in Cumberland at the Humanics Sanctuary and Sculpture Park.

Weekly **Bible Studies** (1 in morning & 1 in evening) will restart on September 12th.

Sunday School starting on September 10th at the 10 am service.

Chair of Discipleship: Audrey Lawrence

Stewardship

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 will help you to set that up or increase your giving for 2024.

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. 2022 church envelopes may be picked up at the church.

Chair of Stewardship: Allan Whetter

Outreach

Outreach Collections – Please note that all Outreach Collections are restarting this month as follows:

- For the Food Bank: School snack items
- For the Well: "Muffins made with Love" is resuming - Please leave muffins in the freezer in the servery for onward delivery
- For "Belong Ottawa": We are collecting "travel-size" toiletries

Chairs of Outreach: Lisee Kiar & Barb Porter

Community

From the Community Chairs - This Community Pillar was different this summer by continuing with Coffee Hour after the 10:00 am Sunday service. We averaged 20 people a week, serving cold beverages along with tea and coffee. We hope everyone is enjoying the switch to "Fair Trade Coffee" that was made back in May.

This year we are asking folks to consider signing up to be a host for Coffee Hour. The sign-up sheet is usually on the servery counter. Feel free to ask anyone who's been a host if you have any questions or if you'd like to help out one Sunday to see what's involved.

Lastly, we are looking for your input on the Community events happening at St. Helen's this year. There is a suggestion box in Trinity Hall on the long table. Please include your name and best contact method along with your suggestions. That way we can contact you to discuss your ideas.

Blessing of the Animals Garden Party - Sept 16, 2-5 pm - MORE VOLUNTEERS NEEDED - Our second annual Blessing of the Animals Garden Party is coming! This year, we are welcoming the Zoo Crew petting zoo so expect more fluff and fewer scales! Sign up at the church or contact Rhonda.

- **Can you provide:** baked goodies for the refreshments table, or lawn games (ring toss, giant jenga, etc)
- **Are you available to:** help with set up at 1pm, be a host at the refreshments or crafts table from 2-4 or 3-5, or help with clean up at 5 pm?

Breaking News! You are invited to share in the Paw Parade at Queenswood Villa at 3 pm on Sep 16th. Time your visit to the Garden Party to delight our next door neighbours with your furry friend!



St. Helen's Community Box – is now up and running. Please help keep the Community Box active by stocking it with **books, canned food items, paper products, school supplies**, etc **AND** help yourself to anything you'd like to take from it.

St. Helen's Christmas Bazaar - Mark November 4th on your calendars for our Annual St Helen's Bazaar. There will be lots of opportunity to become involved by contributions of time, talents and/or donations. Now is the time to make a few extra jars of jams, chutneys and pickles for the preserves table. Sign-up sheets will be available in early October, until then please keep on crafting, knitting, sorting out jewelry, preserving and planning your baking. The *Attic Treasures* Table welcomes any decor items that might find new life in someone else's home. We hope that the men are working on some handcrafted items for the men's table. We would love to hear your ideas or suggestions concerning this year's running of the Bazaar. Now is the time to take advantage of this year's harvest and make some jars of pickles, relish, jams or chutneys. We can only accept jars with an airtight seal so please do not use wax. Keep the day free as we will need lots of volunteers, more details in October. Last year we raised over \$20,000; almost back to pre-pandemic sales. Please help us to better this by contributing your time and talents and by telling your friends and neighbours.

Bazaar Co-ordinators Helen Giroux and Sandra Clark

Other Events

Our Home and Native Land – Virtual Symposium - On October 25th, 07:00 EDT, the Christian Council of the Capital Area (CCCA) will be hosting a virtual symposium featuring the two authors of the book *Our Home and Native Land*, **Ray Aldred** (Anglican theologian and Director of Indigenous Studies at the Vancouver School of Theology) and **Matthew Anderson** (Lutheran theologian who also wears many other hats including part-time professor at Concordia University, Montreal). They will dialogue with each other and the audience, provide comments and answer questions about WHAT TO DO NEXT. See: <https://www.christiancouncilca.ca/events>

In preparation for this event, it is encouraged that as many people as possible read the book. At present, there are 10 copies of the book circulating at St Helen's. If you have finished reading a copy of the book, could you please return it to Carol Fairbrother (You can contact Carol @ 613-830-5214 or carol.fairbrother@rogers.com). Carol is maintaining a list of people who would like to read the book. In addition, if you would be interested in a book study group, could you please contact Carol.

You can order your own copy of the book through Amazon (physical or Kindle) or The Curious Cat Tea and Books (See: <https://www.thecuriouscatteaandbooks.ca/our-home-and-treaty-land-by-raymond-aldred-matthew.html>). A limited number of copies are also available through the CCA (contact Carol for more information).

Additionally, the Anglican church has many resources to help with reconciliation through a program entitled "All My Relations". See: <https://churchoftheascension.ca/amr/>. One of the activities is a series of book studies, including "Our Home and Treaty Land" on October 1st, 2023, from 2:00 – 4:00 at Julian of Norwich. See poster for details and other book studies.

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. To request prayers by the Prayer Chain team, please send an email to 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: Shelly Yerburgh & Kevin Piccott

Mark Your Calendars - Fall 2023 Events

- Sept 10, 10 am service - Sunday School starts
- Sept 10, 2 pm - Memorial Service, St. Mary the Virgin Cemetery
- Sept 16, 2-5 pm - Blessing of the Animals
- Sept 17, after the 10 am service - Cornerstone Housing for Women Volunteer Info Session
- Sept 22-24 - 129th Women's Cursillo Weekend; **Send off:** September 17th, 3:00pm, St. James Anglican Church, 3774 Carp Road.
- Sept 22-24 - MAP (Ministry Action Plan) Steering Group and Parish Orientation
- Oct 1 - Orange Shirt Sunday
- Oct 14 - Meeting with God in Prayer: A Day of Reflection.
- Oct 19-21 - Diocesan Synod
- Oct 25 - Christian Council of the Capital Region Virtual Symposium on *Our Home and Treaty Land*
- Oct 27-29 - MAP (Ministry Action Plan) Congregational Workshops
- Nov. 4 - St. Helen's Christmas Bazaar
- Nov. 13 - Parish Luncheon
- Dec. 10 - Episcopal Visit