



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

### **A Message from the Venerable Rhonda Waters**

#### **Mission Action Planning Begins!**

The discernment and planning process known as Mission Action Planning has been formally launched! The goal of this process is to help us hear and respond to God's call in this current season of our parish life. How are we being called to grow? Who are we being called to serve? Where does God want us to put our attention and our energy?

On Sunday, Sept 24, we heard from our consultant, Janet Marshall. In her presentation, she described the process – and the plan that will result from it – as being more like sailing a boat than driving a car. While we still need to have a vision of where we are going, we need to be nimble about how we get there, free to respond to changes in the wind and the water and prepared to handle unpredictable weather. Our plan will name our vision and lay out the first steps but it will not build a finished structure or even a complete map. Instead, it will become a series of opportunities to evaluate, adjust course, and lay out the next steps as we sail across the water in faith.

It is time to undertake this work not because St. Helen's is in some kind of trouble. Quite the opposite! It is time because St. Helen's has everything we need to grow in faith, in love, and in Christ-like service and we want to direct and develop those gifts with care and intention. Identifying our vision and preparing our boat for this voyage is the work of the whole congregation. We need to hear from one another and from the people around us for it is often in these conversations that we are best able to hear what the Spirit is saying to us as a community and not simply as individuals.

You can find everything you need to participate via the link on the homepage of our website, [www.sthelens.ca](http://www.sthelens.ca), including a video of Janet's presentation, a set of questions to launch some conversations and prepare you for the congregational workshop, a copy of the Environics report (demographics and other details), and the registration form for the **Congregational Workshop, October 28, 9am-3:30pm**. If you are unable to attend that day, there are instructions for requesting to participate in an on-line session at another time.

## ***Worship***

- **Sunday, October 1, - Orange Shirt Day - 8 & 10** Holy Eucharist;
- **Sunday, October 8, -Thanksgiving - 8 & 10** Holy Eucharist;
- **Sunday, October 15, 20<sup>th</sup> after Pentecost - 8 & 10** Holy Eucharist;
- **Sunday, October 23, 21<sup>st</sup> after Pentecost - 8 & 10** Holy Eucharist; and
- **Sunday, October 29, 22<sup>nd</sup>after Pentecost- All Ages Worship - 8 & 10** Holy Eucharist.

Chair of Worship: The Venerable Rhonda Waters

## ***Discipleship***

**Bible Study – Tuesdays, 9:30 am or – 7:00 pm:** Has now resumed with an informal time of conversation led by our priests, Rhonda or John.

**Exploring Youth Group(s) at St. Helen's** - Sunday, Oct 15, 3:30-5pm - **Who: people in grades 7-12** - Come for a short prayer service followed by some **baking of muffins** (some to eat, some to give to Belong Ottawa to share with clients) and a conversation about what St. Helen's can do to support you in your exploration of faith. What kinds of activities would be fun and meaningful? What kinds of questions do you want to explore? What kinds of format (ages, schedule, etc.) would be most effective? We want to hear from you!!

**Daily Readings** Two devotional series are available in the front foyer for your use, *Day by Day*, and *Our Daily Bread*. Your \$2 donation covers the costs.

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](mailto: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.

**Property** Thanks to all those who continued to keep our property in good shape, inside and out, throughout the summer months, including our Quiet Garden team, grass cutters, the POG team and the cleaners.

Chair of Stewardship: Allan Whetter

## ***Outreach***

**Outreach Collections** – Please note that this month’s Outreach Collections are as follows:

- **For the Food Bank:** **canned meats and fish**
- **For the Well:** “Muffins made with Love” has resumed - Please leave muffins in the freezer in the servery for onward delivery
- **For “Belong Ottawa”:** We are collecting **new socks, underwear and clean, “gently used” gloves/mittens.**
- **Community Box:** If someone has books or non-perishable food items to share they can also leave them in the Community Box. Feel free to take books or other items from the Community Box as well, as it is meant for sharing.

Chairs of Outreach: Lisee Kiar & Barb Porter

## ***Community***



For our second annual **Blessing of the Animals Party**, we had perfect weather for our outdoor event. Many people stepped up with donations of baked goods. The craft table with headbands was a hit with 40 sets of ears created. The face painter was professional in creating beautiful images on the childrens’ faces. There was a pet parade at 3 pm with the residents of Queensview Villa next door. The petting zoo was a big hit with their animals: giant rabbit, regular-sized rabbit, guinea pig, duck, tortoise, hedgehog, ferret, snake, and a lizard. The animals brought for a blessing ranged from a Newfoundland to a Chihuahua dog.

**Ladies’ Craft Group has now resumed on** Wednesdays, @ 9 AM - New members and ideas welcomed!

**Coffee Hour** Coffee, tea, juice and fellowship available after the 10:00 am service. Please come to Trinity Hall and join the chat! Volunteers welcome! Sign up and full instructions are available in the servery. Coffee, tea and juice are all supplied by the church.

## St. Helen's Christmas Bazaar November 4, 2023



St Helen's Annual Bazaar will be held on November 4<sup>th</sup>. Please mark the day on your calendars and keep it free to volunteer to help or attend as a customer. Look for the sign-up sheets starting Thanksgiving Weekend. There will be a pie-making bee on October 21<sup>st</sup> at 1pm everyone is welcome to join in to peel, roll and assemble. Start thinking about what you could contribute to the Bake table, it provides the most income and is dependent on what YOU donate. Best sellers are butter tarts, small loaves, bread, and anything that can be frozen for the holidays. This month is the time to bring in items for donation, please place them in the designated boxes in the front entrance or drop them off on

Wednesday morning during craft group Knitted items Crafts ( must be handmade) Jams, pickles and other preserves ( must be sealed so the lids do not pop.) Pre-loved jewelry Items for Attic Treasures small decor items (display space is limited) If you have any questions or suggestions please contact us.

***Sign-up sheets for volunteers will be available soon in Trinity Hall.***

*Bazaar Coordinators:*

Helen Giroux ([hlgiroux@rogers.com](mailto:hlgiroux@rogers.com)) and Sandra Clark ([sandraleeclark@hotmail.com](mailto:sandraleeclark@hotmail.com))

### **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.

'**Comfort Quilts**' made by the Sewing/Quilting group are available for anyone suffering illness or recovering from surgery etc. Please contact Judy Lutes and/or the clergy.

### **Other Events**

***Our Home and Native Land – Virtual Symposium*** - On October 25<sup>th</sup>, 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](mailto: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.the curiouscatteaandbooks.ca/our-home-and-treaty-land-by-raymond-aldred-matthew.html>). A limited number of copies are also available through the CCCA (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 1<sup>st</sup>, 2023, from 2:00 – 4:00 at Julian of Norwich. See poster for details and other book studies.

Co-Chairs of Community: Shelly Yerburgh & Kevin Piccott

### **Mark Your Calendars - Fall 2023 Events**

- 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. 13 - Parish Luncheon
- Dec. 10 - Episcopal Visit