



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

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

The liturgical season of Advent is a time of preparation and anticipation. We wait for Christmas but we also remember that Christ has already come, inviting us into the life of justice and peace that is God's desire for all of God's creation. We train ourselves to see Christ all around us so that we are better able to serve him. We commit ourselves to lives of hope, peace, joy and love so that we are ready to enter into God's Kingdom when all of God's promises are finally fulfilled.

Enter deeply into this season. Create an Advent wreath or an Advent calendar to use at home (if you don't already have one) and take a moment out of each day to turn your attention to the coming of Jesus. This can be as simple as four candles in a circle on a plate or a box filled with 22 wrapped chocolates or the Advent activity cards that will be available at church on Dec. 3rd. Pick up a copy of the *Belong in the Kingdom of God Advent Reflections* booklet to help focus your thoughts and prayers. Join in the many opportunities for prayer, music, fun, and quiet taking place at St. Helen's this month.

Whatever you do, may you have a blessed Advent.

**Christmas & Epiphany Events & Services**

**Diocesan Youth Cookie Baking Party - Sunday, Dec. 3, 2-4 pm** - Join youth from around the diocese to bake and decorate cookies - some to eat and some to give to Centre 105 in Cornwall (a community ministry of our diocese). Do you have a rolling pin and cooling rack to loan? Bring them to church on Dec. 3

**Advent Quiet Day - Saturday, Dec. 9, 10am-2pm** - The Rev'd Kay Richardson will lead us as we join the Virgin Mary in preparing for the coming of Christ – at Christmas, in our hearts, and again in power. We will be invited into silence as we listen to Kay's reflections, make use of the art supplies, walk the labyrinth in Trinity Hall, and listen to the guiding of the Spirit in the busy season of Advent. Bring your own bag lunch; coffee, tea, and juice will be provided. Sign up at the church.

**Episcopal Visit and the 30th Anniversary of Worship in St. Helen's Church - Sunday, Dec. 10, 8am & 10am.** - We are looking forward to having Bishop Shane join us at both the 8am and 10am services on December 10<sup>th</sup>. Join the potluck luncheon after the 10 am service and enjoy photos of the past 30 years - and catch up with our special guests: Rev. Paul and Jean Blunt, Ven. Susan Churchill-Lackey and Rev Peter Lackey!

**Christmas Stories and Songs - Sunday, Dec. 17, 4pm** - Bring your friends and neighbours to this celebration of Christmas stories and songs – both secular and sacred – featuring the wonderful music of local band, Celtic Folk! Christmas treats served in Trinity Hall follow the concert.

**Quiet Christmas - Wednesday, Dec. 20, 7pm** -Christmas is not always merry. If you are finding this season difficult and need a place where it is okay to be sad at Christmas, bring your sorrows to God during this quiet prayer service and find a moment of peace in the midst of Christmas chaos.

### Christmas Services

#### **Christmas Eve**

4 pm - a shorter communion service designed especially for children

7 pm - music led by Emmaus

10 pm - music led by St. Helen's Choir

**(Please note: our regular Sunday morning services will be held at 8 and 10 on Dec. 24)**

**Christmas Day, 10 am**

### *December Worship Schedule Summary*

- **Sunday, December 3 – First Sunday in Advent** - @ 8 & 10 am Holy Eucharist;
- **Sunday, December 11 - Second Sunday in Advent** - @ 8 & 10 am Holy Eucharist;
- **Sunday, December 17 - Third Sunday in Advent** - @ 8 & 10 am Holy Eucharist;
- **Sunday, December 24 - Fourth Sunday in Advent** - @ 8 & 10 am Holy Eucharist; + **Christmas Eve Services** at 4, 7 and 10pm
- **Monday, December 25 - Christmas Day** – One service @ 10:00 am only
- **Sunday, December 31 – First Sunday after Christmas** - @ 8 & 10 am Holy Eucharist

### **Epiphany Service & Stories**

**Twice makes a tradition** - On Saturday, January 6, we will celebrate the Feast of the Epiphany with a joyful Eucharist at St. Mary the Virgin, Blackburn Hamlet, followed by a potluck supper at St. Helen's, Orleans. We will bless chalk to be used in the blessing of our homes (and churches) for the year to come.

**Epiphany Stories** - The season of Epiphany invites us to notice the way God reveals Godself to us. How has God been revealed to you? When have you been made particularly aware of the presence of Christ in your life? When have you been blessed with a sighting of the Spirit? Share your story with St. Helen's on Sundays in the Epiphany season. Speak to Rhonda for more details.

**Choir** The choir is excited to have a full season of music ministry ahead. New members are always welcome. Talk to any choir member, or just come out to a Thursday evening (7PM) practice!

Chair of Worship: The Venerable Rhonda Waters

### *Discipleship*

**Bible Study** – Tuesday morning (9:30-11am) and evening (7-8:30pm) Bible studies. All are welcome to join, whether every week or once in a while.

**Belong in the Kingdom of God - Reflections for Advent** - These weekly reflections (starting on Dec 3<sup>rd</sup>) have been prepared by Rhonda and the chaplain at Belong Ottawa, Jarrett Carty. Pick up a hardcopy at the church on Sunday or find the PDF on our website.

**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. 2023 Church Calendars should also be available in the Church office at a cost of \$6.00 each.

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.

Chair of Stewardship: Allan Whetter

### **Outreach**

This month, the Outreach Committee is collecting donations of cereals, Habitant or Chunky soups, hot chocolate and canned fruit for the Food Bank and, for Belong Ottawa, new socks and underwear and clean, "gently-used" mittens/gloves. Please do not leave any other clothing donations at the church! Muffins dropped off to the freezer will also be delivered to Belong @ the Well.

Chairs of Outreach: Lisee Kiar & Barb Porter

### **Community**



The 2024 edition of the Art Fair will be held Saturday June 1<sup>st</sup>. Invitations have been sent out to 40+ artists and six new artists have also expressed interest in participating. We may now have to expand beyond Trinity Hall. A couple of new initiatives are being discussed to add to the Fair and further details will follow in the coming weeks and months. Thank you for your previous support and we very much look forward to another successful event this coming year!

Brian Glenn, Art Fair 2024 Coordinator  
[sthelensartfair@gmail.com](mailto:sthelensartfair@gmail.com)  
613-327-9384

The **Ladies' Craft Group** is ongoing on Wednesdays, @ 9 AM - New members and ideas welcomed!

**Community Games Night** - December 8<sup>th</sup>, 7-9 - Bring games, snacks, and friends - or share the ones that are already here! All are welcome!

**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.

### ***Pastoral Care***

**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 clergy: 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.

Co-Chairs of Community: Shelly Yerburgh & Kevin Piccott

### **Mark Your Calendars for:**

- Dec. 2 - St. Nicholas Day Party (for children and their grown-ups)
- Dec. 3 - Diocesan Youth Event at St. Helen's
- Dec. 8 - Games Night
- Dec. 9 - Advent Quiet Day
- Dec. 10 - Episcopal Visit
- Dec 17 - Christmas Stories and Songs
- Dec 20 - Quiet Christmas
- Dec 24 - Fourth Sunday of Advent (8 and 10am)
- Dec 24 - Christmas Eve (4, 7, 10pm)
- Dec 25 - Christmas Day (10am only)
- Jan 6 - Epiphany Celebration