



**The Vine February 2024**  
**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*  
*The Rev John Holgate*

### ***A Message from our Music Director – Carl Bear***

**Hello!**

Last Friday, some members of St. Helen's gathered with other Anglicans from Ottawa for a visit to T&T Supermarket, followed by a potluck dinner and conversation. The event, organized by Project Anti-Racism, focused on how eating food from different cultures and parts of the world can be "a way in to hear each other's stories." Similarly, singing songs from different cultures and parts of the world during worship can also be "a way in" to connecting with Christians from around the world and close to home. Singing a variety of music from different times and places during worship is also an act of hospitality, a recognition that everyone who is present in worship has their own experiences and stories of music that they bring with them.

February is Black History Month, and for the season of Lent we will be honouring Black musical contributions during worship. Some of our service music will come from "Welcome Table: A Mass of Spirituals" by Dr. Kim Harris, a Black Catholic woman who teaches at Loyola Marymount. Each piece sets traditional liturgical texts to different Spiritual melodies, such as the Sanctus, set to "Ol' Time Religion," and the Agnus Dei, set to "My Lord! What a Morning." We will also be singing service music from *Sing a New Creation*, the new Anglican hymnal supplement, including a Kyrie by Ghanaian composer, Dinah Reindorf, and a traditional Tanzanian song as a Gospel Acclamation. May these songs and others, both familiar and new, be "ways in" to hearing each other's stories.

### ***Worship Schedule***

- **Sunday, February 4 – 5<sup>th</sup> Sunday after Epiphany – Two Services @ 8, 10 am Holy Eucharist**
- **Sunday, February 11 – 6<sup>th</sup> Sunday after Epiphany – Two Services @ 8, 10 am Holy Eucharist**
- **Sunday, February 18 – First Sunday in Lent – Two Services @ 8, 10 am Holy Eucharist**
- **Sunday, February 25 – Second Sunday in Lent – Two Services @ 8 & 10 am Holy Eucharist followed by Vestry after the 10:00 service**

**Annual Vestry** – Please note that the annual Vestry meeting will occur on February 25 after the 10 am service. **Annual reports are due not later than February 11.**

### **Looking ahead to Lent**

Our Lenten offerings are still in the planning stages but we know some things for sure:

#### **Ash Wednesday Services, Feb. 14<sup>th</sup>**

- 11 am – Said Eucharist with Imposition of Ashes (no music, no sermon)
- 7:30 – Sung Eucharist with Imposition of Ashes (both music and sermon)

Chair of Worship: The Venerable Rhonda Waters

## ***Discipleship***

**The Story at Home** – Each week, Rhonda prepares an email resource called *The Story at Home*, offering activities and guided reflections on one of the upcoming Sunday's Scripture readings, as well as some extended learning resources. If you would like to receive *The Story at Home*, you can subscribe to Rhonda's mailchimp newsletter here: <http://eepurl.com/ihpmND>.

**Bible Study – Now twice on Tuesdays, 9:30 – 11:00 am and 7:00 – 08:30 pm:** Gather for an informal time of conversation on the coming Sunday's Gospel reading, usually led by one of our clergy, Rhonda or John.

**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 - Pre Authorized Remittance** Please consider PAR. A call to the church office (613-824-2010) or an e-mail to [finance@sthelens.ca](mailto:finance@sthelens.ca) will facilitate any changes you wish to make. A pamphlet describing this programme and how to increase your gift on a regular basis is available. If you are already on PAR, please raise your monthly amount as you are able.

Chair of Stewardship: Allan Whetter

## ***Outreach***

Many thanks to all for the very generous donations for the Foodbank and personal items for those in need in our communities under the care of Belong Ottawa. Muffins Made with Love for The Well is ongoing and VERY well received by the participants there! Thank you, bakers!

**Mission Thrift Store partnership** any parishioner, who knows someone in need, is invited to let us know so we can take them to the store for assistance.

**February collection for the Foodbank:** Canned fruit, tomato paste, pudding cups

**Winter Festival** – Please note that the date has been changed to February 10<sup>th</sup>.

**Pancake Supper – Shrove Tuesday - 13 February** - Proceeds to go to an internal fund to help individuals as needed.

Co-Chairs of Outreach: Lisee Kiar & Barb Porter

## ***Community***

**Coffee Hour** Coffee, tea, juice and fellowship available after the 9:15 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.



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

**Memorial Stones for Our Quiet Garden** As we approach the Lenten season, many of us reflect on loved ones whose earthly journey has ended. The memorial stones in our Quiet Garden can be a symbol of this reflection. We will be accepting requests for new memorial stones in this period leading up to Easter, with a view to blessing the newest stones in the season of Pentecost. If you would like to contribute to such a memorial, please visit on our website at: <https://sthelens.ca/newsite3/st-helens-quiet-garden/> and follow the link to "Thanks for the Memories". You can make a prayerful contribution to enhance our church grounds as well as to perpetuate your memories.

### ***Pastoral Care***

#### **What is the Pastoral Care Team?**

In his ministry, Jesus was caring and showed compassion towards his people and their needs. All Christians, as his followers, similarly strive to show care and compassion to others, particularly to those experiencing sickness, loneliness, or bereavement. The Pastoral Care Team is a group of members of St. Helen's who are called to be a focus for pastoral care among us. They have received some training to prepare themselves for this ministry of care and compassion. They work as a team, meeting monthly for mutual support and in close cooperation with the clergy.

Do you need someone to talk to? Do you know of circumstances in which the Pastoral Care Team could help?

The Pastoral Care Team is here to respond. Please contact one of the clergy or the Co-ordinator, Rev. John Holgate. To request prayer support please e-mail either the church office at [office@sthelens.ca](mailto:office@sthelens.ca) or John directly at: [john@sthelens.ca](mailto:john@sthelens.ca)

Co-Chairs of Community: Shelly Yerburch & Kevin Piccott

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

- Feb 3, 2- 4 pm - Merry Melodies Sing-a-long and Tea – bring a friend, raise your voice and share in a cuppa!
- Feb 9, 7 pm - Games Night
- Feb 13, 4:30 – 6:30 pm - Shrove Tuesday Pancake Supper
- Feb 14, 11am & 7:30 pm - Ash Wednesday

- Feb 24 - Queenswood Heights Community Winter Festival
- Feb 25 - Annual Vestry Meeting
- March 8 - Games Night
- March 10 - Healing Service (4pm)
- March 24 - March 30 - Holy Week
- March 31 - Easter Sunday

### ***Administration***

Please note the following email addresses for contact purposes:

- Rhonda - [rhonda@sthelens.ca](mailto:rhonda@sthelens.ca)
- John- [john@sthelens.ca](mailto:john@sthelens.ca)
- Debbie - [rectorswarden@sthelens.ca](mailto:rectorswarden@sthelens.ca)
- Jeffrey - [peopleswarden@sthelens.ca](mailto:peopleswarden@sthelens.ca)
- Financial Ministry Team – [finance@sthelens.ca](mailto:finance@sthelens.ca)
- Administrative Assistant (Joanne) - [office@sthelens.ca](mailto:office@sthelens.ca)
- Music Director (Carl) – [music@sthelens.ca](mailto:music@sthelens.ca)