



The Vine
MAY 2024

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Introducing the new *Vine*

The Vine is refocusing - rather than telling you what is coming up this month, it is going to tell you about what happened last month with reports and stories and photos contributed by you, members of St. Helen's Parish. So if you participate in a special event or have a story to share about something that happened while you were cleaning the church or running the slides or serving coffee, tell us about it! Please send submissions to Joanne at office@sthelens.ca by the final week of the month.

You Are Leaven - Fermenting Cultures of Spiritual Formation
by Kim Jones

My family at St. Helen's, I must share with you about my awesome experience at the You are Leaven Conference I was privileged to attend.

The General Synod of the Anglican Church hosted the conference on Spiritual Formation in Mississauga, the weekend of April 19-22. Laity, deacons, priests and a bishop (62 participants in all) attended from all over Canada and were treated to a truly transformative weekend. The conference was held at the Queen of the Apostles retreat centre, which was a perfect setting for the conference.

The structured learning happened during four workshops held Saturday and Sunday. There were many workshops from which to

choose. The workshops focused on different aspects of spiritual growth, individual and in community. The idea was that we would share what we had learned with other attendees from our team ... in my case this was the Diocese of Ottawa Team and then in turn with our communities at home. These workshops were interspersed with worship of different styles, meals, team discussions and of course, social time. Personally, I attended workshops on Stewardship and Spiritual Gifts, Lectio and Journaling, Goodbye Ceremonies (led by Hilary!), and Sacred Hospitality.

For me, I felt this was a time of renewal in addition to learning and sharing ideas about spiritual formation. The theme... that we are leaven spread through the dough of the Anglican Church as well as our communities, there to ferment ways to bring ourselves and others closer in relationship with our Triune God, came up in homilies, lessons, discussions and workshops. The learning and discussions became like the sugar that feeds the leaven into fermentation. It was a truly blessed time!

We at St. Helen's have been super blessed to have had four people from our parish attend. In addition to myself, Rhonda, who was part of the planning committee, Carl, and Hilary all attended. The workshops were put on by people who were also attending, including our own Rhonda and Hilary. Carl and spouse Sarah (Sarah Johnson, Director of Anglican Studies and Professor of Liturgy at St. Paul's) also hosted a presentation entitled Singing Justice, which brought to mind the different ways we can incorporate the theme of justice into the choices we make about music.

The conference was so meaningful and transformative to the participants that it is likely we will see conferences hosting more locally, in order to make them more accessible.

Feel free to ask me questions about this time away. I would love to share more with you!

St. Helen's Ministry Fair by the Ven. Rhonda Waters

It was wonderful to see such a wide range of activities and groups represented at the Ministry Fair on Sunday, April 29th! Thank you to everyone who took the time to share their ministries with us and a particular thank you to Lorna Ponting and Bev Hatt who coordinated the event. I continue to be in awe of the talent with which God has blessed this community and grateful for the way in which those blessings are so freely shared with others.







New Volunteer Opportunity

One of the priorities identified in our Mission Action Plan is to *discern gifts and develop leaders*. In order accomplish that priority, we are creating a new working group that will guide a **Talent Stewardship Campaign**. Peter Humphries has agreed to co-chair and you have the opportunity to volunteer to make it an actual group!

God has given each of us talents, some of which are even better when they are shared. People volunteer their talents because they want to help, because they want to use their skills, because their friends volunteer and because they get more out of volunteering than they put in (amongst many other reasons!). Perhaps, helping to figure out how to best help others share their talents is what would give you joy. If so - join the Talent Stewardship Campaign Working Group!

Update on SMTV

by Janet Hope

A small working committee is envisioning ways to share St. Mary the Virgin church and grounds with the wider community through small gatherings and events.

In preparation, a parking pad addition is slated in this year's St. Helen's budget, and Janet Hope has met with city councilors to share preliminary plans and gather feedback and support.

We've been exploring adaptations to the interior that do not change the structure or integrity of SMTV, such as how to display art, create floor space, and use the beautiful outdoor areas. Some envisioned activities include small art exhibitions, drumming circles, author readings, storytelling sessions, musical performances, and weaving demonstrations.

Our hope is to offer a few evening or Saturday events in the fall of 2024, so if you have a suggestion or would like to be involved in the ongoing planning process, please reach out to Janet Hope via the church office at office@sthelens.ca.

Young and strong volunteers by Allan Whetter

Looking for a way for your highschooler to fulfill their 40-hour community service commitment? We could certainly use some young blood (figuratively, not literally!) working on grounds

maintenance next spring/ summer! Starting in May we would love to have some young people riding the tractor, guiding the self-propelled lawn mower, or saving the planet with electric weed trimmers. Soil will soon be delivered for the island gardens. Please reach out to Allan Whetter at allan.whetter@gmail.com for this great opportunity.

Community Partnership Collections by Lisee Kiar and Barbara Porter

May collection for the Foodbank

Canned salmon, canned chicken, canned fruit and canned chickpeas

Cornerstone Housing for Women

They have just moved the women's shelter and we are collecting women's underwear in all sizes for May and June.

Cornerstone Golf Tournament

June 6 at The Meadows Gold and Country Club \$135 per player
Includes 18 holes, golf cart and meal. www.cornerstonewomen.ca

Pastoral Care by Rev. John Holgate

Please contact the teams at pastoralcare@sthelens.ca
For the prayer chain please contact prayerchain@sthelens.ca



May 10 - Games Night 7pm – bring snacks and friends! Or share the ones you already have.

May 9 - 7pm - Ascension Day Service

May 11- 9am - St. Helen's Grounds Clean-Up

May 25 – 4pm – Orleans Bowling – Family Youth Bowling and Pizza (register by the 16th)

NEW **May 27** - 1-3pm – Social Drop in - Trinity Hall – great company, tea, coffee and games, puzzles and conversations!

May 29 - 7pm - Prayers for Healing Service

June 1 - 8:30 am – The Big Give Garden Giveaway



June 1 St. Helen's Art Fair

The 2024 edition of the Art Fair will be held Saturday June 1st. 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!

by **Brian Glenn, Art Fair 2024 Co-ordinator**

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June 2 – the Rev. Jonathan Askwith's first Sunday at St. Helen's

June 8 - 3:30 pm - Children's Planting Party – stories, songs, crafts and planting native flowers with dinner at 5 pm

June 24 – First day of Pedalheads - Monday to Friday 8am to 5pm (no parking until the end of August during these times with the exception of July 1st and August 5th)

July 28: John's last Sunday at St. Helen's