



The Vine November 2022
St. Helen's Anglican Church
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Clergy: The Ven. Rhonda Waters

A Message from the Venerable Rhonda Waters

According to the teaching of the Rule of St. Benedict, the spiritual life consists of constant movement through three stages: stability, obedience, and transformation of life. In stability, we achieve a kind of clarity and acceptance about where and who we are, able to see God's presence in this time and place without comparing it to a beloved past or imagined future.

When we achieve this stability, we are ready for obedience – a word that may cause some to bristle. It may be helpful to know that it comes from the Latin *ob audire*, or *to hear in the direction of*. The obedience Benedict taught was not a mindless following but rather a practice of careful listening to the community and to God so that one could direct their life accordingly. From a state of stability, we are able to listen well and respond with care and discernment – we are ready to practice obedience.

When we practice obedience to God, we are bound to experience a transformation in our lives. That transformation may be big and dramatic, obvious to all, or it may be quiet and internal and known only to ourselves but there is transformation...which brings us back to the work of achieving a new stability and the process continues.

On Saturday, November 26th from 9am-3pm, we are going to work on achieving some stability by gathering together to tell St. Helen's story. We will explore our history, our material culture, the community around us, and the spiritual practices that feed us. We will name some of who we are and where we are, right now. We will draw our attention to God's activity in our midst, right now. And we will prepare ourselves for a time of listening in God's direction over the season of Advent.

Whether you are new to St. Helen's or remember when St. Helen's was just a twinkle in someone's eye, I hope you will come. Lunch will be provided and registration is required by Nov. 20th, via the event page on our website or by calling the office.

(Full disclosure: you will also be helping me with my research for my contextual study assignment! Rest assured, I will not use your name without permission.)

Worship

- **Sunday, November 6 - All Saints Day - 8 & 10** Holy Eucharist;
- **Sunday, November 13 - Remembrance Sunday - 8 & 10** Holy Eucharist;
- **Sunday, November 20 - Feast of the Reign of Christ - 8 & 10** Holy Eucharist; and
- **Sunday, November 27 - First Sunday of Advent - 8 & 10** Holy Eucharist.

Appointment of an Assistant Curate at St. Helen's On Sunday, Oct 23rd, it was announced that Bishop Shane has appointed John Holgate to the position of assistant curate at St. Helen's, starting on January 1st. John will be ordained to the transitional diaconate on November 19th at 11am at Christ Church Cathedral, and we are looking forward to receiving his gifts for pastoral ministry, administration and community building.

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 – Tuesdays, 9:30 – 11:00: Has now resumed with an informal time of conversation on the coming Sunday's Gospel reading, led by our priest, Rhonda+.

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 are also available in the Church office at a cost of \$6.00 each.

Chair of Discipleship: Jeff McRae

Stewardship

Finances - Pre Authorized Remittance Even with the cuts to the budget this year we are still substantially behind in income. Please consider PAR. A call to the church office (613-824-2010) or an e-mail to st.helen@on.aibn.com 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.

Property Special thanks to Dan Boehner and Peter Garrahan who have continued to keep our property in good shape, with outside yard and parking island cleanups and inside repairs.

Chair of Stewardship: Colin Taylor

Outreach

The Well "Muffins Made with Love" for The Well's Breakfast Program has resumed. Please bring your muffins to the church on Sundays and place them in the freezer. Thanks to Arch Campbell for his ongoing delivery ministry.

Thank you for your generous contributions to October's Outreach collection of Pasta & Pasta Sauces!

November Collections We are collecting for St. Luke's: men's toiletries, underwear and socks as well as \$10 gift cards for *Tim Horton's*, *Macdonald's*, *Giant Tiger*, and *Metro*.

The Mission Thrift store on 10th Line has invited St. Helen's to join its church partnership program. If people approach us in need of help with clothes or household goods, our co-chairs of outreach or our clergy will be able to accompany them to Mission Thrift to receive the items they need as a gift.

We also hope to set up free library and pantry boxes next year outside the church for anyone in the community to access to donate or take what they need. We will be looking for someone in the congregation who may be interested in building these boxes over the winter.

Barb Porter has been welcomed to the Outreach Ministry to work alongside Sharon Tremaine.

Chairs of Outreach: Sharon Tremaine & Barb Porter

Community

The **Ladies' Craft Group** is ongoing 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.

Pastoral Care

Prayer Chain We understand that our God walks with us on every step of Life's journey, in relationship with us whether we are aware of the presence of the Holy One or not! St. Helen's 'prayer warriors' are prepared to offer intercessions on behalf of others for God's blessing upon any number of concerns, needs or issues. Often we pray for healing; we can do that for you and your loved ones, *if you let us know!* To request prayer support please e-mail the church office at office@sthelens.ca or Maggie Lorimer at: mlorimer@rogers.com

The Ottawa Pastoral Care Training Program is offering a **Continuing Education Event** via ZOOM on November 15 from 7pm to 9pm (please register by November 7). The topic is HELP (Healthy End of Life Project) Ottawa. For more information about the event and how to register, please see the Fall 2022 Continuing Education Event brochure on the OPCTP website.

'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.

Chair of Community: Lorna Ponting

**St. Helen's Christmas Bazaar
November 12, 2022**



Mark the date on your calendars, share the event on social media and tell all your friends and neighbours about our wonderful sale. Tables will include the ever-popular baking, preserves and preloved jewelry as well as crafts, knitting, Attic Treasures and children's activities. Le Cafe will serve coffee, cake and cookies throughout the day. We will continue the one point payment system introduced last year, payment will be by cash, cheque or credit. Paper bags will be provided or bring your own reusable bag or buy one at the craft table. *Le Cafe* will be by donation.

There are still opportunities to help on the day see the sign-up sheets in the church hall. Donations can be dropped off in the spare church office on Sundays or during office hours. Baking can be dropped off on Friday November 11th between 9.30 am and 7 pm. Thank you to the 30 people who came out to the Apple pie making day, we have 50 pies in the freezer ready to bake.

For any questions or suggestions, please contact us - Bazaar Coordinators:

Helen Giroux (hlgiroux@rogers.com) and Sandra Clark (sandraleeclark@hotmail.com)

Coming for Advent

Our Advent Theme – ***Discernment – how do we listen to God?*** (starting with the Parish Day “The Story of St. Helen’s” on Nov 26) plus:

- **Celebration of New Ministry** - Tuesday, Dec 6 @ 7:00 pm
- **Christmas Stories & Song** – Sunday, Dec 18 @ 4:00 pm
- **Quiet Christmas** – Tuesday, Dec 20 @ 7:00 pm
- **Christmas Eve** – Services @ 4:00, 7:00 and 10:00pm
- **Christmas Day** – One service @ 10:00 am only

Administration

Please note the following email addresses for contact purposes:

- Rhonda+ - rhonda@sthelens.ca
- Terry - office@sthelens.ca
- Peter - rectorswarden@sthelens.ca
- Jeffrey - peopleswarden@sthelens.ca

Please also note that the previous email address st.helen@on.aibn.com is ***no longer in service.***