



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

### ***A Message from the Rev John Holgate***

**Hello!**

Some of us have been at St. Helen's for a long time, while others have joined only recently. And some show up for the first time, curious about what goes on in that big building on Prestone Drive. We all are coming together as part of Christ's body, although some may not realize that yet or even know what that means.

Our congregation is a community of individuals who have come to love each other, through good times and bad. That intimate setting is an extension of God's love. But that intimacy can sometimes accidentally exclude newcomers or those who come to church occasionally.

Jesus reminds us of the fundamental value of hospitality when he talks about being a stranger and being welcomed, fed, and clothed (Matthew 25:31–46). We need to remember that everyone here, both people we know and those we don't, are in this together, because "[we] are no longer strangers and aliens, but ... are citizens with the saints and also members of the household of God" (Ephesians 2:19). So, we are called to a ministry of hospitality towards those who are perhaps just starting out with us or who are unsure of their commitment. They are perhaps searching for faith after undergoing a period of change in their lives. Or maybe they are testing us, to see if we are a welcoming community with an attitude of inclusion and a willingness to accommodate their life circumstances.

Interestingly, newcomers often make the decision about whether to return within minutes of their first visit. So, we need to be welcoming from the start.

If you see someone you don't know at church, please say hello and introduce yourself to them. And don't worry about introducing yourself to someone who is a long-time member at St. Helen's: we are a big church with lots of members. You might make a new friend or two along the way.

### ***Worship Schedule Changes***

- **Sunday, February 5 – 5<sup>th</sup>Sunday after Epiphany – Three Services @ 8, 9:15 & 11 am Holy Eucharist**
- **Sunday, February 12 – 6<sup>th</sup>Sunday after Epiphany – Three Services @ 8, 9:15 & 11 am Holy Eucharist**
- **Sunday, February 19 – Transfiguration Sunday– Three Services @ 8, 9:15 & 11 am Holy Eucharist**
- **Sunday, February 26 – First Sunday in Lent – Two Services @ 8 & 10 am Holy Eucharist followed by Vestry after the 10:00 service**

**Reminder:** Our music schedule changes for February! St. Helen's choir will lead our music at 9:15 and Emmaus will lead at 11:00 am. On **February 26**, we will return to two services on Sunday at 8:00 and 10:00.

**Annual Vestry** – Please note that the annual Vestry meeting will occur on February 26 after the 10 am service. **Annual reports are due not later than February 12.**

**Honorary Assistants Appointed** Honorary Assistants are volunteer clergy, either retired or engaged in ministries outside of parishes. As they are able, they share their experience and skills with the parish and provide much appreciated support and friendship to the clergy on staff. *Honoraries* are appointed by the incumbent with the permission of the bishop – which means that when an incumbent leaves, the appointment ends.

With great joy, Rhonda has **re-appointed the Rev. Kay Richardson** who is well-known and well-loved at St. Helen's. We look forward to her return from Florida!

Rhonda has also received permission to **appoint the Rev. Canon Hilary Murray** as an honorary assistant at St. Helen's. Hilary brings with her a wealth of experience as a priest, a social worker, and, in her current position, Clinical Chaplain at Cornerstone Housing for Women. Learn a little more about Hilary (and the rest of our clergy team) [on our website](#).

### **Looking ahead to Lent**

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

#### **Ash Wednesday Services, Feb. 22<sup>nd</sup>**

- 11:00am – Said Eucharist with Imposition of Ashes (no music, no sermon)
- 7:30 – Sung Eucharist with Imposition of Ashes (both music and sermon)

#### **Renewing our Liturgical Ministries**

Each Sunday in Lent (except Vestry Sunday and Palm Sunday), after the 10am service, we will hold a one-hour session on a different liturgical ministry. If you currently serve in this area, you are **very strongly** encouraged to attend but, if you don't, you are also encouraged to attend. The liturgy is our shared work and this is an opportunity to deepen our practice and our understanding.

- March 5 – Praying the Prayers of the People: intercessors and all who pray with them
- March 12 – Gathering God's People: sidespersons and welcomers
- March 19 - Proclaiming Scripture in the Assembly: readers and hearers
- March 26 – Serving at the Altar: servers, altar guild, and lay ministrants

#### **Renewing our Baptismal Ministry**

This 5 week course will prepare you to be baptized or to reaffirm your baptism at Easter. We will explore some of the basics of Anglican beliefs and practices, drawing in part on the book *To Love and Serve: Anglican Beliefs and Practices*. You do not need to purchase the book but, if you are interested, it is available as an e-book from Amazon (\$10) or in hardcopy from the Anglican Church book store. If you want to purchase a hardcopy, let Rhonda know and she will arrange for the group rate of \$25/book. Dates and times to be determined but contact Rhonda with questions or requests.

#### **Thursday Morning Prayer and Chat during Lent**

During the season of Lent, we are invited to take the time to reflect and pray about the world and about ourselves, both corporately – as a group – and individually. Starting February 24, on Thursday mornings during Lent we will hold a gentle short service of Morning Prayer at St. Helen's in the church at 9:00 AM. The service includes Scripture readings and prayer and is a good way to focus our thoughts and to perhaps experience some insights. You are invited to join in, bringing your cares and concerns or simply your desire for some quiet reflective time.

Also on Thursdays from 9:30 until 11:00 AM, there will be a chance to have coffee or tea and to chat with each other and with John, our Assistant Curate, about whatever is on our minds. You can stay after the service or drop by whenever you can.

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>.

**Ministry with Children** - Join a working group to pray, dream, and plan about how St. Helen's can best minister with children. Contact Rhonda to sign up or for more information: [rhonda@sthelens.ca](mailto:rhonda@sthelens.ca)

**Bible Study** – Now twice on Tuesdays, 9:30 – 11:00 am or 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: Jeff McRae

### ***Stewardship***

**SMTV Upkeep Option** Beginning in January of 2023, parishioners who wish to direct their donations to the upkeep of the St. Mary's properties can do so by marking "SMTV Upkeep" on their donation envelopes. You will also be able to carry out this direction via PAR (by sending a note to [finance@st.helens.ca](mailto:finance@st.helens.ca)) or via Canada Helps where you will be able to choose the SMTV Upkeep fund. If you have any questions, please contact us at [finance@st.helens.ca](mailto:finance@st.helens.ca).

**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 [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.

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. Please reach out to Colin Taylor at [colinangelataylor@gmail.com](mailto:colinangelataylor@gmail.com), for this great opportunity.

Chair of Stewardship: Colin Taylor

### ***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 The Well, St. Luke's, and Centre 454. Muffins Made with

Love for The Well is ongoing and VERY well received by the participants there! Thank you, bakers, and to Arch for deliveries!

**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:** Pasta & Pasta sauces

**Bells Corners Hollyer House** Our contributions to the Bells Corners Hollyer House affordable housing project have passed our goal of \$1000 – but that's not reason to stop!

**Pancake Supper – Shrove Tuesday- 21 February - Proceeds to go to St. Margaret's Community**



**Meal Program** - The Sunday Community Meal is a core feature of St. Margaret's parish ministry; it is an extension of God's hospitality experienced in worship around the Eucharistic table, bringing parishioners and neighbours together in fellowship around food at tables in the parish hall. As an Inuit-led feature of the parish ministry, it embodies the leadership, gifts, and cultural hospitality of the St. Margaret's Inuit congregation. The St Margaret's Sunday Community Meal Team is composed of volunteers, clergy, and contracted support workers, including a Community Host - a newly created contract position. The purpose of the Community Host is to support and enhance the hospitality offered by parishioners with valuable frontline skills to welcome,

inform, engage, and respond if needed to escalating behaviors with appropriate de-escalation skills. The Sunday Community Meal is offered regularly from September to June.

Chairs of Outreach: Sharon Tremaine & Barb Porter

### ***Community***

**Queenswood Heights Winter Festival** Join our neighbours on Sunday, Feb 12 from 1-4 in Queenswood Ridge Park to enjoy some winter activities including snow carving and painting, skating, toboggan races, the Vezina eye test, aka accuracy shooting on ice, and more. There will also be a hot chocolate cook-off, and you might even see the Orleans Dinosaurs and Friends! Please note that it is highly recommended to wear a helmet when on the ice and toboggan hill.



I am pleased to announce a new program for the 2023 Art Fair called **Young Artists Initiative (YAI)**.

The YAI will give young, budding artists (those under 20) the opportunity to talk, on an informal basis, to the established artists at the Fair to hear what inspired them to become an artist in the hope that they will be encouraged to pursue their own creative aspirations.

A number of the artists have readily agreed to participate in the program so the Art Fair's next big step is to promote the YAI program across as many youth-oriented social media platforms as possible. **For this to happen effectively, a volunteer is needed who is familiar with these platforms.**

All of the other promotional material for CrossTalk, the Orleans Star, community brochures and of course Facebook will also carry the message. Those interested in helping to promote the Art Fair and in particular, the YAI program, please contact me.

Brian Glenn, Art Fair 2023 Coordinator

[sthelensartfair@gmail.com](mailto:sthelensartfair@gmail.com)

613-327-9384

**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.

**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, Maggie Lorimer. To request prayer support please e-mail either the church office at [office@sthelens.ca](mailto:office@sthelens.ca) or Maggie Lorimer directly at: [mlorimer@rogers.com](mailto:mlorimer@rogers.com)

Chair of Community: Lorna Ponting

### ***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)
- Peter - [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 (Terry) - [office@sthelens.ca](mailto:office@sthelens.ca)

Please also note that the previous email address [st.helen@on.aibn.com](mailto:st.helen@on.aibn.com) is *no longer in service*.