



The Empty Tomb by Rick Berry

**The Vine
April 2023
St. Helen's Anglican Church
1234 Prestone Drive, Orleans, Ontario K1E 3X6
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Holy Week and Easter

A Message from Rhonda Waters

Common Prayer

As Anglicans, we belong to a tradition of “common prayer”. This is why we draw from a set selection of resources for our services; why we use one Bible translation in our services; and why we dress our ministers and our altar in particular ways. We belong to a wider communion that seeks to prayer together.

This does mean that, sometimes, we don't get to do things just the way we want to, giving up our preferences for the discipline of being part of something bigger than ourselves. I won't pretend that I never chafe against this discipline but I also know that there is something profoundly beautiful about learning to pray or sing or move in ways that are meaningful to other people. And, when I find myself in seasons of doubt or spiritual dryness, I am comforted by the knowledge that I can count on the worship of the whole church to carry me.

Parish Council has decided to keep to the Sunday worship schedule of 8am and 10am until such time as the parish can reflect on its whole ministry in a future strategic planning process. 10am was the most requested time for Sunday services in the questionnaire. This schedule allows us to better rebuild our community as we find a new balance after the pandemic lock-downs. It allows for a more fulsome coffee hour and for a lighter demand on volunteers and staff. It allows us all a chance to worship with both of our wonderful music groups. Emmaus will lead our music on the 1st and 3rd Sundays at 10am. St. Helen's Choir will lead our music on the 2nd and 4th Sundays at 10am.

I hope that, even if you had a different preference, you allow yourself to be stretched and strengthened by the discipline of common prayer. I look forward to continuing to worship with you, whether at 8am or at 10am!



Worship

HOLY WEEK & EASTER SCHEDULE

- **April 2- Palm Sunday** 8:00 am & 10:00 am - Holy Eucharist
- **April 3- Holy Monday** 7:00 pm - Evening Prayer at St. Mary the Virgin Church, 2750 Navan Rd.
- **April 4- Holy Tuesday** 7:00 pm - Evening Prayer
- **April 5- Holy Wednesday** 7:00 pm - Evening Prayer
- **April 6- Maundy Thursday** 6:30 pm - We will share a simple soup supper as we hear the story of the Maundy Thursday before sharing in foot washing (optional), Eucharist, and stripping the altar

- **April 7- Good Friday** 10:00 am - Love is Stronger: the Story of the Cross a short service specially designed for people of all ages
11:00 am - Solemn Liturgy of Good Friday
- **April 8- Easter Vigil** 8:00 pm - Join us in the most dramatic service of the Christian year as we pass through death and into the risen life of Jesus Christ
- **April 9- Easter Sunday** 8:00 am & 10 am- Holy Eucharist

April 16 Easter 2 Sunday: 8:00 am & 10 am – Holy Eucharist

April 23 Easter 3 Sunday: 8:00 am & 10 am – Holy Eucharist

April 30 Easter 4 Sunday: 8:00 am & 10 am – Holy Eucharist

The Ordination of the Rev John Holgate - May 9th 7:00 pm - It is Bishop Shane's intention, God willing, to ordain the Reverend John Holgate as a priest of the Church at St. Helen's on this date. Mark your calendars and watch for more information to come after Easter!

Discipleship

Tuesday Bible Study - Gather at St. Helen's for prayer and informal conversation on the upcoming Sunday's Gospel reading at either **9:30-11am** or **7-8:30pm**. **All are welcome!**

The Story at Home - You can also subscribe to Rhonda's weekly Bible reflection e-newsletter.

Chair of Stewardship: 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 office@sthelens.ca will help you to set that up or increase your giving for 2023.

Spring Clean-ups - With Spring on the way and the world opening up provides a great opportunity for us, as a congregation, to get to know each other again. A perfect time for friendly gathering is as we join together cleaning up the around our churches and cemetery. Many hands make light of work for which refreshments will be provided for those who assist. **St Mary the Virgin Cemetery Cleanup** is **April 22nd, 2023**, from 9am till 12pm (with a rain date of April 29th, 2023, from 9am till 12pm). **St Helen's Garden and Yard Cleanup** is **May 6th, 2023**, from 9am till 12pm (with a rain date of May 13th, 2023, from 9am till 12pm).



Lawn Care Volunteers? - Looking for a way for your high-schooler 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 "new" tractor, guiding the self-propelled lawn mower, or saving the planet with electric weed trimmers. Please reach out to Allan Whetter at 1234preston@gmail.com, for this great opportunity.

Thank You! – A special thank you to Derek Reid, Kim Jones and Andrew Sloan for the installation of the acoustic panels in Trinity Hall (see photo to the right).

Chair of Stewardship: Allan Whetter



Outreach

We would like to thank Sharon Tremaine for serving as co-chair of the Outreach Committee for over eight years. Barb Porter and Lisee Kiar will serve as co-chairs for 2023. Sharon Tremaine and Glenda Farstad-Clark will serve as committee members.

Simnel Cakes - The Outreach Committee sold Simnel Cakes for Easter in support of the Norman Johnston School Project. This is a project that has been supported by SMTV in the past. More information about this project will be available in future months.

Bells Corners Housing Project - We have surpassed our target with donations of \$ 2,200.00. Thank you to everyone who donated to this project!

The Anglican Day Programs (The Well, St Luke's Table and Centre 454) - These have now been consolidated into one new ministry named **Belong Ottawa**. We continue our collections for this ministry including travel sized toiletries and Muffins Made With Love. Muffins can be left in in the freezer in the kitchen. Food items for the food bank and items for Belong Ottawa can be left in the bins at the front entrance.

The Big Give - On the first Saturday of June each year, churches of all denominations under the umbrella of The Big Give host a local customized community event where everything is offered free, asking nothing in return. This year it is on June 3rd. We plan to participate this year with a plant give away. We will ask everyone to bring plants to the church to be given away to folks in the community. When doing spring gardening and splitting plants we will have a good opportunity to have something of value to give to our neighbours. We can also collect pots and gardening supplies. You can get information about The Big Give from their website [The Big Give 2023](https://www.thebiggive.ca/). Start thinking about creative ideas to make this event a great way to get to know our neighbours.

Foodbank Outreach Collection - Thank you for your generous donations to the Food Bank. April's Outreach collection has not been specified – any / all items are welcome!

Chairs of Outreach: Barbara Porter & Lisee Kiar

Community

Coffee hour - Have you been enjoying the opportunity to socialize over a cup of coffee after church? Fantastic! It's a great time to meet our new family from St. Mary's, Blackburn Hamlet. If making coffee for a large group is daunting, please do not let that stop you from signing up to host the coffee hour. We will walk you through everything and welcome new hosts with open arms. The signup list is located on the counter in the Trinity Hall during the coffee social time. If you have any questions, please let us know.

Games Night - April 21, 7pm - Back by popular demand! Bring snacks and games and friends to this all-ages evening of fun!

Planned Seniors' Lunch - It has been decided to hold a Picnic Lunch for those seniors who would like to engage in a visit to the past. The date would be the second or third Monday in June and would be dependent on the number of volunteers who are still able to carry out the many tasks involved. The past three years have definitely had an effect on the physical abilities of our wonderful team. Any member of our parish who can help with this lunch is invited to contact Liz Whidden at the following NEW e-mail (ewhiddc254@gmail.com) or through the church office. Please respond before or by April 15th.

St. Helen's Art Fair



May 27, 2023

With a full complement of artists exhibiting over 100 works of fine art and less than two months to go before the Fair, it's time to start the call for volunteers. Volunteers will be needed over three or four days as follows:

Thursday, May 25:

- ✓ Morning: 1 or 2 volunteers with pickup trucks or trailers to pick-up the 60 display grids from Kanata;
- ✓ Afternoon (1-4PM): assembling the display grids for the 15 display stations in Trinity Hall.

Friday, May 26:

- ✓ Two shifts: 1:00pm-3:00pm and 7:00pm-9:00pm
- ✓ Assisting the artists with their setup;
- ✓ Receiving & recording the entry fees from the artists using The Square for debit & credit transactions.

Saturday, May 27:

- ✓ 9:30am – 3:30PM (Art Fair open between 10am & 3pm)
- ✓ Welcoming and assisting guests;
- ✓ Assisting artists if requested (lunch breaks etc.);
- ✓ Wrapping purchased art;
- ✓ Receiving & recording the purchases using The Square for debit & credit transactions;
- ✓ Display station disassembly and clean-up.

Saturday, Sunday or Monday

- ✓ Returning the 60 display grids to Kanata

Sign-up sheets will be available in the Narthex or Trinity Hall. Names of those who have already volunteered may find their names printed on the sheets and can change the volunteer slot if they prefer. Brian Glenn, Art Fair Coordinator sthelensartfair@gmail.com 613-327-9384

Co-Chairs of Community: Kevin Piccott & Shelley Yerburgh

Pastoral Care Ministries

Important 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. Maggie Lorimer has been the coordinator of these ministries for many years, providing support, guidance, and loving care to those involved. After a period of prayerful, careful discernment, Maggie has decided to step down from this role. We at St. Helen's owe Maggie many thanks for the dedication she has shown in her ministry!

While we intend to fill the coordinator positions with other lay persons, Rev. John will assume these responsibilities in the interim, effective immediately.

To request a visit from the Pastoral Care team, please send an email to pastoralcare@sthelens.ca. To request prayers by the Prayer Chain team, please send an email to prayerchain@sthelens.ca. Rev. John monitors both email boxes. Alternatively, you can always speak with either of our clergypersons: Rhonda or John.

Governance

Church Office Hours: The church administration office hours are normally limited to Monday, Wednesday & Thursday from 8:00 am until 12:00 pm.

New e-mail addresses In addition to [**office@sthelens.ca**](mailto:office@sthelens.ca) please note that the following email addresses have now been added:

The Venerable Rhonda Waters: rhonda@sthelens.ca
The Rev John Holgate: john@sthelens.ca
Debbie Tweedle: rectorswarden@sthelens.ca
Jeffrey McRae: peopleswarden@sthelens.ca
Janet Hope: deputywarden@sthelens.ca
Audrey Lawrence: discipleship@sthelens.ca
Barbara Porter & Lisee Kiar: outreach@sthelens.ca
Kevin Piccott & Shelley Yerburgh: community@sthelens.ca
Allan Whetter: stewardship@sthelens.ca / 1234preston@gmail.com
Earl Roberts & Gwyn Nicolson: cemetery@sthelens.ca
Derek Reid: emmausdirector@sthelens.ca
Peter Humphries: choirdirector@sthelens.ca
John Leech: quietgarden@sthelens.ca