



ST. CATHERINE'S NEWSLETTER

Advent/Christmas 2015

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Message from our Priest in Charge Reverend Gord Dominey

Well, we are moving into that time of year again!! Those days when the Christmas Crazies take over all of us!! So much to do - things to buy - baking and cooking to plan - invitations to send out and respond to - just so many things going on.

It is so easy to get too busy at this time of year. To get so over-whelmed at all the expectations that we miss why we have this time of year. Please, this year take time to observe Advent - to use it as a time to prepare our selves for the great celebration that is coming. Spend time with family and friends, enjoy concerts and special events, find those times and things that feed your soul - but avoid the frantic nature that traps us so easily.

It is almost three months since I joined this community. I am still enjoying getting to know a number of you, and so appreciate your courtesy in wearing your nametags for me. I will say that there is much about this place that is good and very good. But there are also some growing edges, some things that need to change for the long-term health of the place, some new ways of being community. You will begin to hear more about all of these in a very short time. For now, may I simply say thank you for your welcome, for including me in this community. Please pray for St. Catherine's, for me and for the Wardens, for your whole leadership team, and for

Cont....

Next Newsletter Deadline

January 15, 2016

Please send news items to
Susan Kimm-Jones at
sekj@shaw.ca or
Heather Luccock at
hjluccock@shaw.ca

Services at St. Catherine's
Sunday, 8:00 a.m. and 10:00 a.m. Eucharist
Mid-week - Wednesday Contemplative Eucharist 10:00 a.m.

Cont. from page 1 - **Message from Gord**

the challenges that the days to come will bring. And be assured of my daily prayers for each of you and for this place - a holy place - where God's grace is discovered and celebrated

May God bless this community as we grow into the place God wants us to be!

I wish each of you Blessed Advent, and a very Merry Christmas.



Advent/Christmas Services

**November 29 - Advent I - 8:00 a.m. Eucharist
10:00 a.m. Eucharist**

**December 6 - Advent II - 8:00 a.m. Eucharist
10:00 am Eucharist**

**December 13 - Advent III- 8:00 a.m. Eucharist
10:00 a.m. Eucharist**

**December 20 - Advent IV - 8:00 a.m. Eucharist
10:00 a.m. Lessons & Carols**

**December 24 - Christmas Eve
3:00 p.m. Children's Christmas Service
5:00 p.m. Family Christmas Eucharist
10:30 p.m. Carols
11:00 p.m. Festival Eucharist**

Christmas Day - Regional Service at St. John the Evangelist, North Vancouver 10:30 a.m.

Deck the Halls with Boughs of Holly

Want to come and get into the Christmas Spirit? You are invited to come on **Saturday, December 5th** to help brighten our lobby for the Christmas season.

Some strong young people would also be appreciated to help put the star up at the front of the Church. **Meet at 10:00 am** in the lobby. Cookies, coffee and good cheer provided. All welcome!"

Christmas Flowers

If you would like to contribute to the flowers in the Church for Christmas, perhaps for a remembrance or an anniversary please speak to Molly Koning or email mollykoning@shaw.ca

Ride Needed for 10 a.m. Christmas Day Service

Linda Kilby is in need of a ride to and from the Church on Christmas Day. Please call Linda at 604-980-1051 if you can help out.



The Halls Were Alive with the Sound of Music Peggy Trendell-Jensen

Many thanks to all who came out to enjoy an evening of melodic merriment, and provided food and drink, at the recent Sound of Music Sing-a-Long.

Nearly 100 people (including various nuns, Marias and Georgs) gathered to watch the classic movie, which is 50 years old this year. Along with a meal break for European wieners, sauerkraut and strudel, there were trivia questions, waltz lessons and door prizes (including freshly delivered pretzels from Munich!)

Most important, however, was a (very!) long paper rendition of the Alps stuck to the wall, with a laminated von Trapp family attempting to cross from Austria to Switzerland. With each \$100 that was raised over the course of the evening for our soon-to-be sponsored North Van Region refugees, the von Trapps were able to scale another mountain peak. By the time the credits were rolling at movie's end, they had made it across the border - and we had raised over \$2,100 for the cause!

The identity of one of our refugees has been confirmed - Ali, a 24-year-old blind man from Somalia. We are awaiting details about the family group we will be sponsoring, and look forward to sharing the news with you soon.



Photos by Heather Luccock





Save the Date!

World Day of Prayer March 5, 2016

St. Catherine's will be hosting the World Day of Prayer for 2016. It has been 20 years since St. Catherine's has hosted this ecumenical event. The theme is "Receive Children, Receive Me" and the service has been prepared by the women of Cuba. Janet Morris and Elizabeth Barratt are assisting me in organizing this, but it is quite an undertaking and we will need to have volunteers to help with refreshments, setting up the tables and chairs and participating in the service.

Since there is an emphasis on children, I have been in touch with Gaynor Stone, to see about having the children in the Messy Church program work on some decorations for the church.

I am looking forward to this event. More news to come in the new year.

Heather Luccock, coordinator

Cookies for the Homeless Phyllis Mittlestead

"Homeless Cookies History"

In 2006 the "Outlook Society" opened our homeless shelter in North Vancouver. Once a month for ten years St. Catherine's has delivered home-baked cookies, made by a few of our parishioners, to the residents. Sometimes we have many dozens, other times just a few, but they are always gratefully received. We have one neighbour who heard of this ministry and with her five year old daughter bakes for us regularly. At present our donor circle is shrinking. Do you have time to contribute monthly or occasionally? All donations are left in the church kitchen the morning of the fourth Tuesday.

No Cookies for December.

We welcome your contributions.

Craft Fair in Support of On Eagle's Wings Bev London & Phyllis Mittlestead

Following the principles for succinct reporting:

WHO: Phyllis and Bev and helpful friends...Nancy, Judith, Sandra, Susan, Joan, Heather, Mary, Linda.

WHAT: Craft Fair in support of On Eagle's Wings

WHERE: West Van Senior's Centre

WHEN: November 15th. 10:00 a.m. - 4:00 p.m.

WHY: a desire to help needy children in Canada's northland

OUTCOME: \$856.00 raised. Warm feelings from being a small part of the solution to the problem.



St. Catherine's Music Program - Heather Luccock, Choir Member

In the next few weeks the Choir will be preparing for the Advent and Christmas services. Siiri continues to provide us with new and challenging music pieces suitable for our size Choir. The men's section continues to rehearse on Wednesday mornings. Most Sundays we are able to sing an anthem in the services and at special services such as Thanksgiving and All Saints. The Choir seems to be in a good place with a full complement of singers, bass, tenor, alto and soprano.

The Bell Choir is pleased to have added two new members. They enjoy their practice time together and are looking forward to preparing music for the Christmas season.



Christmas Postage Stamps - A Recycling Opportunity

Lois Macgregor

As the Christmas mail starts arriving, please keep in mind that the interesting array of Canadian and international stamps on the envelopes and packages have value for the Canadian Bible Society. The stamps are sold to collectors and the money received is used for the publication and distribution of bibles.

When cutting the stamps from envelopes and packages, please leave at least 1/4 inch of paper around the stamps. Your envelopes and bags of used stamps may be left in the box in the bottom drawer of the small wooden cabinet outside of the church office. The stamps are collected and delivered to the Bible Society on a regular basis. This is a recycling project that continues throughout the year. Thank you. Your participation is appreciated.

Refugee Program - Heather Peacock

The Deanery of North Vancouver along with the parishes of Gloria Dei and Mt. Olivet Lutheran have banded together to sponsor three refugee families. St. Catherine's, St. Clements, St Agnes and Gloria Dei have formed a committee which has met with interested parishioners to short list the refugee families. The available families change every few days so it has been a challenge choosing families but we have settled on one, a blind young man from Somalia who has been in a refugee camp for some time and whose medical certificate runs out at the end of November. The group felt he deserved a chance for a new life and his sponsorship had been approved. We await his arrival date. The two other families are being worked on daily.

St. Catherine's hosted the Sound of Music sing-along which raised over \$2000.00 for the refugee fund. There will also be a big band concert at the church which will support the refugee fund. All of the parishes will pool their refugee funds to help raise the approximately \$70,000 that will be needed to sponsor the refugees. If you would like to help, you can send your donation to the church marked "Refugee Fund". Thank you to all who contribute.



Turning Point Recovery Society – Brenda Stenson

Turning Point Recovery Society is one of BC's leading residential support recovery service providers and we are fortunate to have one of their Recovery Houses in the District of North Vancouver. In the fall of 2014, the Turning Point, North Shore Women's House was opened at the foot of Lloyd Avenue, two blocks away from Gloria Dei Lutheran Church.

The program is typically 3-5 months in duration and is open to adults aged 19 and older who are wanting help. The North Shore House can accommodate nine women.

The days are quite structured for the women with yoga, nutrition, budgeting and counseling sessions as well as several twelve step meetings each week. They do not leave the house until they have a place to live and money to support themselves, and there is always follow up to ensure they are doing well.

Gloria Dei and St. Catherine's have partnered to support this Recovery Home for Women by providing Welcome Baskets to new residents on their arrival. Parishioners donate new items including a journal, note cards, crossword/Sudoku book, soap, lotion, lip balm, mug, water bottle, individual hot chocolate and coffee, tea bags, gum, Kleenex. These personal items are arranged in the basket and the basket is wrapped in cellophane and tied with ribbon. A tag is attached that lets the women know we are supporting them.

Members of St. Catherine's and Gloria Dei have generously and enthusiastically donated money and/or the items for these Welcome Baskets six times. We have been able to deliver ten baskets each time. This is a total of sixty (60) Welcome Baskets.

Here is a bit of feedback from a former resident:

"I received my basket and was completely overwhelmed that someone would do this for me"

Thank you to the amazing, generous people of St. Catherine's and Gloria Dei. You have definitely made a difference for 60 women.

Order of the Diocese of New Westminster

Congratulations to Maggie Kerr-Wilson who received the Order of the Diocese of New Westminster. The award was presented on November 1. Congratulations to Robb Watt who was also presented with the Order, which was bestowed in 2014 but he was unable to receive it at that time.

Coffee & Conversation

The next Coffee & Conversation will be on **Tuesday, January 19** at 10:30 a.m. in the Mary Pellatt Room. **Everyone welcome!**

Next Dates:

February 16
March 15





Pastoral Care - Tony Dodd

The Pastoral Care met October 21, with reports of home visits or phone calls. There were reports on visits to Lions Gate Hospital ICU ward and an emergency for one of our parishioners, who is now at home. I report that all is well, but if anyone knows of a parishioner who is ill, or wanting a call or home visit, please let us know.

Tony Dodd email ajdodd@shaw.ca. Confidentiality is maintained between the Pastoral Care Team and parishioners involved.

News from The Preschool

Marion Porter, Developmental Resource Teacher

September came alive with little voices in all three classrooms, the gym, outdoors, the music room and the hallways. Our Rainbow Room teachers welcomed our Discovery 2's. This year we have twelve children Monday and Wednesday and sixteen children Tuesday and Thursday. Our 3's are excited to be in the Treehouse Room. Twenty attend Monday, Wednesday and Friday mornings and twenty attend Tuesday and Thursday mornings. We also have twenty children who attend our extended program 9:00 a.m. - 1:00 p.m. three days per week. We also run an afternoon program for 3's and 4's and they can attend up to five afternoons if they wish to.

This year we have welcomed a new music teacher, Rachel Buttress. She is delightful and brings music to life with her guitar, creativity and beautiful singing voice. The children are very excited when it is their turn to go to music class. Our Christmas Preschool Services will be on December 9 and 10 in the evenings.

Last year it was suggested that we offer Sunday School for preschoolers during the 10 a.m. service. Any young children attending the service with families are welcome. Drop off is in the Rainbow Room at 9:45 a.m. One of our teachers, Gabriella Pasek, and her daughter Rebecca offer short stories, songs, crafts and a light snack. "Charlie the Church Mouse" loves to visit with the children.

Several of our preschoolers have attended our Messy Church evenings. It is usually the last Thursday of each month from 5:00 to 6:30 p.m. We begin with a welcoming song and a group circle. An Arts & Crafts activity is planned followed by a story and a sit down meal with friends. Great family fun!



St Catherine's Church Messy Church - Gaynor Stone

In October, St Catherine's Church welcomed children from our pre-school, their families, young members of our own church family to our first Messy Church since the summer break.

Messy Church is a form of church for children and adults that involve creativity, celebration and hospitality. We meet on the 4th Thursday of each month from 5.00 until 6.30 pm to sing songs, have fun with messy crafts, scripture based story and dinner. Each month we have a new theme and in November we are celebrating Lighting up the world and Advent.

In December, the Messy Church sheep trail will be part of a community project with the local businesses in Edgemont Village, culminating in the family Nativity Service on Christmas eve. The aim is for a wonderful **Knit-i-vity! where knitted sheep can bring Jesus baaaaa...ck into our local stores!**

We will not hold a session in December but will meet again on January 28th 2016.

Further details can be found in the link to the Messy Church website below.

<http://www.messychurch.org.uk>



Photo by Gaynor Stone

Newsletter Mailing

If you would rather receive this newsletter by email or wish to be taken off our mailing list, please let us know at sekj@shaw.ca or hjluccock@shaw.ca