



NEWSLETTER WINTER 2019

Message from our Vicar The Rev. Dr. Sharon Smith

As we enter into Advent, I am mindful of the appropriate words of the writer Madeleine L'Engle:

*This is the irrational season
When love blooms bright and wild;
Had Mary been filled with reason
There'd have been no room for the
child.*



Madeleine L' Engle

Like many of you, I am entering Advent with a lot of uncertainty.

Thank you to each one of you who have expressed your care and concern regarding the health of my Dad.

When so much of life seems unreasonable, I am still surprised by the rays of Christ's light and love that penetrate the darkest, dark night.

Let us keep awake and open to the light.

You are in my prayers,

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Next Newsletter
Deadline - **March 20,**
2020

Please send items to
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.

Advent/Christmas Services

QUIET EXPECTATIONS - December 1 at 4:30 pm

A reflective service with music and readings and time walking the labyrinth or prayer stations. A Potluck Supper will follow.

SATURDAY DECEMBER 7th 10:00 am - 12 noon

MINI RETREAT Praying the Scriptures With Lectio Divina

SATURDAY DECEMBER 14th 10 am - 12 noon

MINI RETREAT Imagining the Scriptures With Saint Ignatius

CHRISTMAS EVE - December 24

- ❖ *3:00 pm - Children's Service with story and song*
- ❖ *5:00 pm - Family Service with choir music, candlelight and Holy Communion*
- ❖ *11:00 pm - Reflective Christmas Eucharist in the Chapel with string instruments*



What is a Labyrinth?

The labyrinth is a walking meditation. It is a tool that enables us, in the midst of the busyness of life, to be still and focus our thoughts and feelings. Labyrinths can be found in cathedrals all over Europe and have been used by Christians for hundreds of years as a means of meditation and experience of the Divine Presence.

Holy Trinity Labyrinth Guild

In Memory of John Hadrill

John Hadrill passed away on November 3, 2019 at Evergreen House where he had been living for the past 2 ½ years. John was an enthusiastic member of St. Catherine's Choir, and Handbells; he wrote a book on British Railways; loved to organize an impromptu croquet game. He also produced a video and booklet on the last Canadian air craft, carrier the HMCS Bonaventure, on which he served. He was a loyal friend and a faithful Christian. His Memorial Service was held on November 22nd.

Message of Thanks - Julia Hadrill

What a wonderful, caring community we have at St. Catherine's. I have been overwhelmed by all the cards and emails with such kind words and memories of John. Your sympathy is helping me so much. The service was perfect, led brilliantly by Sharon. As soon as Siiri and the Choir started to sing my tears began to flow, thinking that John should be there with them and I was so glad the Handbells were able to play as well. I was also pleased that Andres read the Prayers, it made a special link between St. Catherine's and Evergreen. I know John would have loved the whole service. Many thanks to you all for making it so special. Thank you to all who visited John in Evergreen, especially Tony Dodd who came every Tuesday. Julia.



In Memory of Bonnie Patricia Lougheed

Bonnie Lougheed was a long time member of St. Catherine's, attending the 8:00 a.m. service. Her Memorial Service was held on Sunday, October 27th, in St. Catherine's Chapel. Bonnie's Testimony:

My life is a simple one THY WILL BE
DONE. Troubles overcome and left behind
And now, only love and peace
of mind.

GOD is my strength and shield
AND I AM HEALED

His abiding love enfolds me
He's always there to guide me
Gratitude will e'er sustain me
AND THAT'S MY TESTIMONY

CHRISTMAS HAMPERS

We will be sponsoring our usual 10-12 people for gift hampers from the Family Services Christmas Bureau. A list of requests will be posted in the church lobby as soon as received, so you may select to purchase, or donate funds towards fulfilling these wishes. Any questions? Please see Penny Zuk or Phyllis Mittlestead

Epiphany Retreat with Sister Amy, SSJD

January 10 - 12, 2020

Friday Supper and socializing 6:00 p.m.

Saturday, 10:00 am - 3:00 pm.

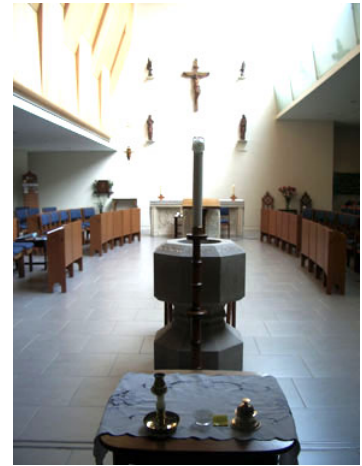
Theme: Let Us Not Forget Hospitality

- Friday - Introductory evening and first address
- Saturday morning - 2nd Address and lunch
- Saturday afternoon - third address
- Sunday conclusion

We live in the midst of so many difficulties and tensions, when mistrust seems to be gaining ground - will we have the courage, all together, to live lives of hospitality and so allow trust to grow?

- Discovering the source of hospitality in God (Luke 15:20) What does this parable teach me about god's hospitality? (Luke 15: 11-32)
- Being attentive to Christ's presence in our lives (Revelation 3:20) God awaits our hospitality. What helps me hear God's voice and what does it mean to open the door to God?
- Welcome our gifts and our limitations too (Matthew 11:28-30) God welcomes everything in us, in our turn, we can accept ourselves just as we are. That is the beginning of a healing that is so necessary for us all.
- Find in the Church a place of friendship (John 19: 25-27) To share our trust in God with others, we need a place where we can find not just a few friends we know well, but a friendship which is wide enough to include those who are different from us. At the foot of the cross, a new family was born by Jesus' own wish. How can we live today as sisters and brothers?

"The Sisterhood of St. John the Divine is a contemporary expression of the religious life for women within the Anglican Church of Canada. We were founded in Toronto on September 8th, 1884. We are a prayer- and gospel-centred monastic community, bound together by the call to live out our baptismal covenant through the vows of poverty, chastity, and obedience."



Convent Chapel



Angel Glass Windows



Labyrinth

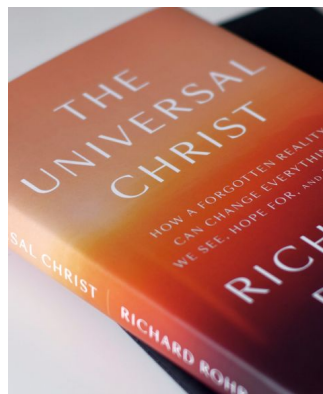
Contemplative Exploration with Richard Rohr – Linda K. Robertson

Over eight Friday evenings, in September and October, a group of eight parishioners plus Sharon gathered in various homes to discuss Richard Rohr's latest book "The Universal Christ". <https://universalchrist.cac.org> Many of us receive his daily or weekly mediations from his excellent website. <https://cac.org> Sharon, Anne Crosthwait and Deborah Foster took turns leading the group.

In this new book, Rohr argues that God has incarnated in every living thing not just in Jesus. He identifies the Christ Mystery as "the indwelling of the Divine Presence in everyone and everything since the beginning of time." Drawing on scripture, history and spiritual practice, Rohr articulates a larger and more transformative view of Jesus Christ as a portrait of God's constant, unfolding work in the world. He asks, "What if Christ is a name for the transcendent within every 'thing' in the universe?" In other words, Christ is not Jesus' last name but a name encompassing everything unfolding out of God. I found Rohr's ideas to be a very expansive and liberating view of God working in the world.

The book was easy to read as we only read two to three short chapters each week. The discussion followed guidelines set out in an accompanying handbook and used contemplative practices including silence, reflective listening, journaling and Lectio Divina. This type of discussion was new to some of us. We took turns reading passages set out in the Handbook and then reflected on the passage quietly on our own or discussed them with a partner. We used a Talking Stick in group discussions so that only one person spoke at a time. There was no pressure on anyone to speak if they did not wish to do so. It was a very quiet and reflective approach to spiritual discussion.

The most powerful part of this experience for me was the creation of a safe and welcoming space amongst eight people to discuss and experience spiritual matters. While I found the Lectio Divina style somewhat limiting for me, as it is more reflective and contemplative rather than a more robust discussion, the creation of an intimate group allowed for an easy sharing of spiritual ideas. I have been waiting all my church life to find such a place. At our final meeting, our group concluded that we need to continue to explore ways like this to deepen our spiritual experience at St Catherine's. We are grateful to Sharon for starting this process.



Coffee & Conversation

Tuesday, December 17

2020

Tuesday, January 20

Tuesday, February 18



Welcoming the Light

By Joy Wee

In gentleness does Advent begin each year
warmly welcoming our Light eternal,
as Deeply loving is our Maker
So loving each other becomes our goal.

As we travel, meeting the stranger
Gathering histories into ourselves
We shoulder life's burdens with each other
Members of One Body, assuming our role

When our hearts are filled with sadness
When life's buffetings wear us down,
We come to rest at the Spring of gladness
Cool refreshing waters make us whole.

God's Light illumines the paths we tread
As we encounter what comes to be
The Loving Vine ensures we are fed
Bread for the journey, drink for the soul.

November 2019 ©

People in the News - Heather Luccock

Tony Dodd was featured in *The Pulse*, the Fall 2019 Newsletter of the Lions Gate Hospital Foundation. The article was titled "A Class Act". The article states that Tony goes a way back with involvement in the hospital remembering that he had his tonsils out back in the 1950's and that his parents required treatment. His appreciation for the hospital grew as he saw first hand the dedication and care shown to his parents by LGH staff. For the past 10 years he's been a regular visitor to Evergreen House.

We at St. Catherine's know and appreciate his ministry in Pastoral Care, chairing the Pastoral Care Committee, and endless hours visiting the sick and shutins.

You are indeed a "Class Act".

Robert Watt was awarded the City of Vancouver Book Prize for his book on the work of artist Susan Point entitled "People Among the People". Congratulations to Robb. The book itself is a work of art.

Introduction of Hunter William Garton.

Congratulations to Grandparents
Rhonda and Billy Garton

Born in Auckland, NZ, November 19, 2019
to Kelly and Ben. 8lbs.5oz. eight days early!

ST. CATHERINE'S TEA – Brenda Stenson



What a great afternoon! St. Catherine's Tea was enjoyed by over 50 people. It was so good to just come together and connect with each other!

The big old gym was transformed into a tearoom with tables creatively decorated and set for six.

The food was amazing with open face cucumber sandwiches, which validated it as a traditional tea!



The Craft table was full of knitting, quilting, bookmarks, candles, notecards and jewelry. The Home Baking table was packed full of jams, jellies, cookies, nuts, chocolates, and snacks.



The *Remembrance Angel* project was an opportunity to sponsor an Angel and tag it with the name of someone or some cause you hold in your heart. The Angels were then hung on our Christmas Tree.

The Pink Sisters Take Tea will be donated to one of our annual Christmas Hamper families. Just imagine a young girl's face when she opens this on Christmas morning! We would like to raise some Outreach money for this and already have \$100.00. Can we make it to \$500.00?



Kim Mead, Heather Peacock and Brenda Stenson would like to send a huge THANK YOU to all who donated, volunteered and supported the St. Catherine's Tea.

Photos by Heather Peacock



The Primate's World Relief and Development Fund

THE ANGLICAN CHURCH OF CANADA

The P. W. R. D. F. (Primate's World Relief and Development Fund) may just have the most meaningful gifts you could give to those on your list!

From many of the world wide projects they are involved in they have chosen gift items that are able to make a real difference in someone's life.

Perhaps maternal care, mosquito nets, chickens, these are that gifts could be overseas or right here in Canada.

Aboriginal topics... Have a look at the gift guide found in the *Topic* Newsletter or ask for a copy at Church.

No shopping, or wrapping.

Good for the environment!

Gifts at all price levels. Order online or mail in order.

A meaningful way to share the Spirit of Christmas.

Monica Macdonald

P.W.R.D.F. REP.

Used Postage Stamps - Always Appreciated - Lois MacGregor

The amount of Christmas mail received may be in decline but it still comes with an interesting colourful assortment of Canadian and international postage stamps. These used stamps are of use to the Canadian Bible Society who sell them to serious collectors. Bags or envelopes of used stamps, which have at least a 1/4 inch of paper left around each stamp, may be left in the bottom drawer of the small wooden cabinet outside of the church office. The collection of used stamps continues throughout the year. Your participation is welcomed and appreciated. Thank you.

Moment for Reflection

I think this beautiful song (below) by Hillsong reinforces the past weeks we have been focusing on creation and also speaks to the mysteries of Advent .

So Will I (100 Billion X) (vs 1 – 4)

God of creation
There at the start
Before the beginning of time
With no point of reference
You spoke to the dark
And fleshed out the wonder of light

And as You speak
A hundred billion galaxies are born
In the vapor of Your breath the planets form
If the stars were made to worship so will I
I can see Your heart in everything You've made
Every burning star
A signal fire of grace
If creation sings Your praises so will I

God of Your promise
You don't speak in vain
No syllable empty or void
For once You have spoken
All nature and science
Follow the sound of Your voice

And as You speak
A hundred billion creatures catch Your breath
Evolving in pursuit of what You said
If it all reveals Your nature so will I
I can see Your heart in everything You say
Every painted sky
A canvas of Your grace
If creation still obeys You so will I.

Rev. Sharon's Birthday

Photo by Gillian Holland

Our Servers – Lynn Spence

On special Sundays at St Catherines we are now lucky to have one, two or three of our acolytes or servers, Ethan Spence, Jessica Wee or Cody Spence carry out duties assigned to them by our vicar, Rev. Sharon Smith.

Photo by Lynn Spence



Music, Music, Music – Heather Luccock

The Choir is now preparing the music for the Advent and Christmas services. As peoples' lives change, we now rehearse on Wednesday morning at 11:00 a.m. instead of Thursday evening. If you like to sing contact Siiri.

Although John Hadrill has not been able to sing in the Choir for a long time, we are sad that he has passed away – a fine chorister gone from us.

The Book Nook – Bev London

Thanks to the efforts of Linda Robertson, Lori Burns and Bev London the "spruced -up" Book Nook is once again ready for your reading pleasure.

The books are assembled according to the LLB system (Linda, Lori and Bev) ...Not even remotely related to the Dewey system. However we think it is user friendly and hope that you will enjoy some good reads! The Book Nook is located to the right of the main entrance to the church.



"You can never get a cup of tea large enough or a book long enough to suit me."

— C.S. Lewis

Oak Chalice and Paten for Amica Services



The Oak chalice and paten was custom made for St Catherine's services at AMICA. Rev Laurel Dahill, a priest in our Diocese, is a wood turner, and created the set from a single piece of wood. It is cured and sealed and food safe. The Eucharist at AMICA is really special, please join us on the first Sunday of the month at 8 am and the fourth Tuesday of the month at 1:30 pm.

Preschool News

Marion Porter, Developmental Resource Teacher

When school started in September, the classroom themes were all about our families and friendships. We held our Annual General Meeting on September 19th and elected this year's Board of Directors, chaired by Gillian Holland. The 4s teachers have introduced our adopted killer whale to the children. Echo (A55) is part of the Northern Resident Community of Whales and was adopted in 2013 through Coastal Ocean Research Institute. Every school year the children have an opportunity to take a little stuffed Echo home for a weekend. The children can write and draw about their weekend visitor and what they did with him. Autumn is an explosion of colour in our hallways. We talked about Thanksgiving and being thankful for the gifts we have. There is a great documentation of the children having fun with clay on one of our bulletin boards, please come down and check it out. Our Pizza night was very well attended and thank you to everyone who donated cakes and cookies for our desserts and the Cake Walk.

Tiffany has put together a lovely program for our Christmas Services, which will be held on December 11th & 12th at 6 pm. This year we have decided to donate all our donations from our Food/Toy & Clothing drive and add them to the Church's donations. St. Nicholas will be in attendance at our Services to receive donations. Last day of preschool will be December 20th and classes will resume January 6th, 2020. Merry Christmas and Happy New Year from all the staff and children in the preschool.

Marion Porter, Developmental Resource Teacher/Admin

Invitation to Dinner

You are invited to our Refugee, Honada's, dinner of delicious, non-spicy Syrian cooking.

Date: December 14th. 5:30 pm Doors open - Dinner 6.00 pm

Tickets: \$35 at the door

St Catherine's Anglican Church,

1058 Ridgewood Drive, North Vancouver BC

Contact person... Lynn Spence. 604. 929. 4817

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 hjlucckock@shaw.ca. Office hours Monday - Friday 9:00 a.m -1:00 p.m. Phone: 604-985-0666
Parish Administrator, Natasha Stegeman, Address: 1058 Ridgewood Drive, North Vancouver
www.saint-catherines.org.
