

# *The St. Paul's Circular*

*May, 2016*

*Volume 11, Issue 2 - "dancing with God"*

*From the Dean's desk . . .*

## *Spirit Dancing*

*by Ken Gray*

I don't like dancing; not sure why; possibly because I'm a heavy sweater. To watch me polka is to follow a river of water on the dance floor.

That said, dancing seems to me a fitting metaphor for God's presence in creation. One-time moderator of the United Church of Canada and lifelong minister in Saltcotes, Saskatchewan, Walter Farquharson, wrote these words some years ago (which I arranged for inclusion in Voices United #388):

*Spirit dancing on the waters  
Sun reflecting song of grace  
Calling life to all the creatures  
Giving life to human race*

To dance is to float or fly through life. It represents a joyful motion which is constant, both predictable and unpredictable, communal, and grounded. To dance is to touch the earth and in many cases your partner. In English country dancing or North American square dancing it is disciplined, orchestrated and a thing of visual beauty.

While missioning in Fort Nelson BC in the mid-eighties, I joined a folk dancing group which rehearsed and presented ethnic dances from both the Middle East and Balkan countries. Tuesday nights, upstairs in the rec center were a weekly highlight; that said, sweating was an uncomfortable partner.

When I trudged across Northern England in 1979 as part of Northern Cross, an ancient pilgrimage route, we carried our packs by day and relaxed our sore limbs at night by dancing.

I often consult a book by the American educator Gertrud Mueller Nelson titled *To Dance with God*. She frames her commentary on the liturgical year through reference to the metaphor of dancing. For Gertrud, to dance is to live, in partnership with God, celebrating our connections, rituals, beliefs and questions.

For sure, we may not know where or how the dance will go; we do however know who does the leading. Remember Sydney Carter:

*Dance, dance, wherever you may be  
I am the lord of the dance, said he  
And I lead you all, wherever you may be  
And I lead you all in the dance, said he*

## *A Dancer's Prayer*

Lord God,  
With every movement I make  
I long to be close to you.  
May I leap with your joy,  
May I stretch with your passion,  
May I balance with your strength.  
I give you my dance, as prayer,  
As praise,  
And as a testimony.

May my dancing tell of your love  
And always point the way to you.  
Amen.

Source: Living Prayers web page.

## *Worship at St. Paul's Cathedral*

Chapel, Sunday, 8:00 a.m. ~ Holy Communion

Cathedral, Sunday, 10:00 a.m. ~ Holy Eucharist

Chapel, Wednesday, 10:00 a.m. ~ Holy Communion

## Welcome Ken & Kathie



We are really happy to welcome our New Dean and Rector, The Very Rev. Ken Gray, and his wife Kathie to our St. Paul's family. It's somewhat of a return for them as they have some previous connections with Kamloops and the area. Ken has already been busy connecting with parishioners and the various ministry groups at the Cathedral. Photo: Elaine Parkes.

**We walk together with all God's people,**  
journeying into a new creation,  
and trusting with faith and courage  
in the guidance of the Holy Spirit.

We love as Jesus loves,  
living with integrity and openness,  
and are committed stewards of God's world.

Reprinted from the service leaflet for the Installation Service  
for The Very Rev. Ken Gray, St. Paul's Anglican Cathedral,  
Kamloops, BC, Sunday, May 1, 2016.

Only when you drink from the river of silence  
shall you indeed sing. And when you have  
reached the mountain top, then you shall  
begin to climb. And when the earth shall  
claim your limbs, then shall you truly dance.

Khalil Gibran, 1883-1931.

## Cathedral Committee

2016-2017

**Dean & Rector:** The Very Rev. Ken Gray

**Rector's Warden:** Lee Emery

**People's Warden:** Joan Lukow

**Treasurer:** Gordon Dove

**Secretary:** Tammy Davis

**Staff Representative:** Melissa Green

**Other Members:**

Barry Baskin  
Evelyn Brisco  
Kathryn Brisco  
Dale Drozda  
Margaret Hyslop  
Kathy Moore  
Elaine Parkes  
Rose Roy  
Cathy Shether  
Lynn Snook

Human beings, vegetables, or cosmic dust - we all dance  
to a mysterious tune intoned in the distance by an invis-  
ible player.

Albert Einstein, 1879-1955.

## St. Paul's Thrift Shop

**The Shop closes for the summer on June 24<sup>th</sup>**  
**The Shop will reopen on September 9<sup>th</sup>**

**Please Visit Us - Fill a Need - Find a Treasure**

CLOTHING - SHOES - LINENS - MATERIAL  
KITCHEN ITEMS - POTTERY - CRAFTS - YARN  
PICTURES - JEWELRY - GREETING CARDS  
BOOKS - MAGAZINES - JIGSAW PUZZLES  
KNICK-KNACKS - TOYS - GAMES - MUSIC

Your donations are appreciated and may be left in the  
foyer of the upper parish hall during office hours.

When spring cleaning, if you find something useful that  
you don't need, we would love to have it. China and  
kitchenware are two things we are short of right now.  
Clothing is always welcome - mended and stain-free.  
Please take the time to wash and dry all clothing and to  
wash up the pots, pans and dishes.

**The St. Paul's Circular** is the parish newsletter of St. Paul's Anglican Cathedral, Kamloops, BC. Four issues are  
published annually: Lent/Easter; Pentecost; Fall; Advent/Christmas. Our aim is to glorify God by sharing stories about  
the ministries of our parish, both within and beyond our physical boundaries. The editorial board currently includes Dean  
Ken Gray, Miriam Baskin, Mary Dove, Claire Tosoff and Chuck Kalnin.

## Maintaining St. Paul's



How we do maintenance at the Cathedral changed to some degree during 2015. A committee was formed which allows members to volunteer for specific tasks, as their skills and time allow. At the left, Jim Edwards does some work at the rear of the facility.

Photo: Rae Long.

Several projects were completed during 2015:

- \* The fire alarm system, the heating and cooling units, thermostats and sprinklers were inspected to ensure good working condition.
- \* Chapel refurbishments were completed.
- \* Work was done to eliminate a water infiltration problem in the basement.
- \* The large tree was lifting the sidewalk on 4<sup>th</sup> Avenue and was removed. The sidewalk is to be repaired by the city.

Adapted from a report to St. Paul's Annual Vestry Meeting February 14, 2016, written by Jim Edwards.

## Our Property at 566 ~ 4<sup>th</sup> Avenue

Our house that we own next to the Cathedral is indeed painted blue. It is currently leased to the *Blue House Society*. (See page 4 for more about the Society.) Income from them in 2015 was for rent and property taxes only. In 2016, rent will include payment for property insurance and city utilities too.

The house has been painted with St. Paul's renting the equipment to reach high areas and hiring one of the residents to do the painting, done over two years.

At a meeting with the Society last fall, they were requested to provide three things: a functional board, a business plan and charitable status. They are progressing towards these goals, working with several well-qualified individuals from social agencies who are advising on various matters. One matter is that of obtaining charitable status since many grants are available only to groups that have such status. Though a time-consuming process, it is essential to have charitable status.

The initial Cathedral liaison group with the Society included Verna Albright, Sally Mowbray, David Ritenburg and Alison McKinnon. Last fall, David Sinclair, Gordon Dove and Tom Sugden joined this oversight group.

Adapted from a report to St. Paul's Annual Vestry Meeting February 14, 2016, written by Alison McKinnon.

## Dedicated Canons



When our transition period began a year ago, Sandra and Tom Sugden generously agreed to be part of our leadership team. Along with Bishop Barbara and David Sinclair, they have provided pastoral care and worship at St. Paul's.

We have been very fortunate for their involvement and are extremely thankful for their loving care and guidance.

On the Sunday we welcomed Ken and Kathie Gray to the Cathedral, April 10<sup>th</sup>, we also expressed our appreciation to Sandra and Tom - both verbally and with cake. Thank you.

Photo: Chuck Kalnin.

## APCI Resource Cart

by Elizabeth Kavanagh

Here we are well into another Spring and what a Spring it has been!

We do have a new selection of materials on the Anglican Parishes of the Central Interior (APCI) Resource Centre cart for your enjoyment. The cart is located in our parish hall on Sundays and outside the Sacristy for the rest of the week. It is available to all parishioners.

To borrow an item, please sign your name and phone number and the date you are borrowing the item on the pink card in the front of the book. Place the card in the brown envelop on the cart. When you return an item remove the card from the envelop, place it back in the front of the book and return the book to the cart.

Happy reading.

Dancing faces you towards Heaven, whichever direction you turn.

Terri Guillemets, creator of quotegarden.com.

## *Out of the Cold Shelter Doors closed for the Season*

by Bud Forbes

St. Paul's Cathedral's Out of the Cold Program has finished our second season operating the shelter for the homeless people in Kamloops. This year the shelter operated on Wednesday and Sunday - from November 1<sup>st</sup> to March 31<sup>st</sup>. We were open for 43 nights during that time. Even though it was a fairly easy winter, the shelter has never had a busier year. Over the winter, 1995 guests come to the shelter with 1230 sleeping over. We served 1995 dinners and 1230 breakfasts. March was our busiest month with more than 60 people per night. Our beds were full every night except one. We noticed that there was a much younger group visiting the shelter during March.

The Board would like to thank all who helped make the shelter such a great success for our homeless neighbours. St. Paul's provided 21 volunteers to help run the shelter. Overall it took 7224 volunteer hours to operate the shelter this winter. A highlight of the year was having Primate Fred Hiltz work the registration desk one evening. We also had Interim Priest, David Sinclair, working Thursday mornings with the cleanup gang.

Our doors will open again next November.

Adapted from the Year-End Report of Out of the Cold to St. Paul's Cathedral Committee, written by Bud Forbes.

## *Blue House Society*

The Blue House Society provides transitional housing for men recovering from addiction who are over 25 and have successfully undergone a minimum of 30 days in a recognized treatment facility. They are provided safe comfortable housing for up to two years, so that they may continue their recovery and make the transition back into society. No drugs or alcohol are allowed. The men are subject to random testing, are expected to attend meetings, and progress towards full recovery. Any transgression against the Society's rules or against others living in the house results in immediate dismissal.

Although the Society faced some financial challenges in 2015 due to being not fully occupied, they now have connections with more referring agencies, and are currently full with a waiting list.

Adapted from [ewaykamloops.ca](http://ewaykamloops.ca) and from a report to St. Paul's Annual Vestry Meeting February 14, 2016, written by Alison McKinnon.

Life isn't about waiting for the storm to pass. It is about learning to dance in the rain.

Vivien Greene, widow of novelist Graham Greene, 1904-2003.

## *Prayer Vigil for Fort McMurray*

Residents of Kamloops gathered at St. Paul's for a *Vigil of Support and Concern* for the community and residents of Fort McMurray in light of the tragic fire which has engulfed the city, uprooted thousands and destroyed homes and livelihoods of many. The vigil on Friday, May 6<sup>th</sup>, did not seek financial support, but rather was an opportunity for prayerful support.

Focus texts and sample prayers were provided for those present. During an extended period of silence, former resident, Bishop Barbara Andrews, shared brief reflections about Fort McMurray, and Dean Ken Gray provided some piano improvisations.

## *Boys & Girls Club*

Our designated monthly outreach for May is the Boys & Girls Club of Kamloops, which has been providing valuable social recreational programming for children, youth and families in our community since 1955. Their high quality programs address a wide variety of needs in the region.

Boys and Girls Club programs help ensure that children and youth develop into strong, responsible, confident, caring and active citizens of tomorrow. They have many community partnerships and, through joint efforts, provide services for hundreds of children, youth and families in the Kamloops area.

Adapted from : <http://www.bgckamloops.com/>

## *ASK Wellness*

Our designated monthly outreach for July is the ASK Wellness (Aids Society of Kamloops), which believes that everybody has worth and potential - a belief that drives them to make a difference in the Kamloops community.

ASK Wellness provides a continuum of services which help individuals on a journey to wellness. Individuals are supported by providing them with the opportunities and resources needed to change their current situations. It's about reaching out to those who are homeless and battling addictions - helping them find housing and medical care, addressing their addictions, stabilizing mental health issues and ultimately, providing them with the skills to re-enter the work force.

ASK Wellness administers an unconditional sense of hope to those who believe that they are incapable of ever achieving a stable and meaningful life.

Adapted from: <http://www.askwellness.ca/>



## *Cleaning the Cathedral*



Saturday, April 23<sup>rd</sup>, was the day for our annual spring cleaning at the Cathedral. Parishioners gathered both inside and outside to help clean and tidy the facility. Along with all of the hard work, it was a wonderful time for fellowship too.

**Clockwise from top left:** Chris and Giné Rose worked in the kitchen; Fay Walton, Kathie Gray and Alison McKinnon shared time in the parish hall; Jo-Lynn Forbes and Diane Freathy weeded the flower beds, while Jim Freathy did some vacuuming and Bud Forbes wiped down pews.

Photos: Rae Long.

## *Responding to the Fort McMurray Wildfires*

### *A Call to Prayer*

Bishop Barbara has invited us to pray for the residents of Fort McMurray and for those who are working to control the fires and protect the city. She asks that we gather friends to pray; that we be in touch with those with family in Fort McMurray, ensuring them of our support.

Bishop Barbara also asks that we remain mindful of those in our communities who have experienced wildfires and loss in the past. Images seen on television will trigger memories for some, so, please ensure them too - that we remember all who have a difficult time remembering.

Primate, Archbishop Hiltz has called the whole Anglican Church to pray, *"As wildfires ravage the City of Fort McMurray, I ask for the prayers of the whole church. This is a terrifying time for the residents, all of whom have had to evacuate. I think particularly of how stressful this is for those who are critically ill and those who tend them under these very difficult circumstances."*

Please pray for:

- those evacuated due to wildfires,
- those who welcome evacuees into shelters,
- those who battle the blazes,
- all firefighters, police and emergency workers,
- all facing loss of home, business or livelihood.

### *A Call to Action*

In the days ahead, there will be need for our financial support. Bishop Barbara is making her *Bishop's Discretionary Fund* available to assist the Bishop of Athabasca with direct help to individuals. Donations to this fund may be made through the offices of the Anglican Parishes of the Central Interior (APCI), and will be issued with a tax receipt. Please make cheques payable to APCI - on the memo line please indicate for Bishop's Discretionary Fund for Fort McMurray.

Donations may also be made to the Primate's World Relief & Development Fund (PWRDF) as it responds to these wildfires. Donations may be made through your parish church, identified for PWRDF Fort McMurray Fires. Donations to PWRDF may be as follows.

Online donations designated Fort McMurray Wildfire. Do not send your credit card number by email or fax.

Credit card donations by phone. Please contact Jennifer Brown at 416-924-9192 ext. 355 or toll-free at 1-866-308-7973.

By mail. Please make cheques payable to PWRDF, identified as for Fort McMurray Wild Fire, and send to:

**The Primate's World Relief and Development Fund  
The Anglican Church of Canada  
80 Hayden Street  
Toronto, Ontario M4Y 3G2**

## *Jerusalem Sunday*

The fourth Jerusalem Sunday was celebrated May 8, 2016, by Anglican parishes from coast to coast to coast. As we become aware of our deep roots with Jerusalem and renew our companionship with the Episcopal Diocese of Jerusalem, we are being encouraged to visit the resources webpage where materials are added as available at: <http://www.anglican.ca/resources/jerusalem-sunday-resources/>

More information is available from: <http://www.anglican.ca/gr/provinces/jerusalem/companions/>

Please visit the new Facebook page at: [www.facebook.com/canadiancompanionsofjerusalem/timeline](http://www.facebook.com/canadiancompanionsofjerusalem/timeline)

Adapted from Bishop Barbara's Bulletin, dated April 14, 2016.

## *National Aboriginal Day*

The Primate has asked us to become aware of the importance of the *Truth and Reconciliation Final Report* and to share in the work of reconciliation. In his statement of March 19<sup>th</sup>, he has asked all congregations to read, print or post documents relating to the recommendations and the *UN Declaration on the Rights of Indigenous Peoples* during June as we mark National Aboriginal Day on June 21<sup>st</sup>. Further details are available at: [www.anglican.ca/news](http://www.anglican.ca/news)

Adapted from Bishop Barbara's Bulletin, dated April 14, 2016.

## *APCI now a Territory*

Wide consultations has taken place over the winter and the Anglican Parishes of the Central Interior (APCI) are now to be called the ***Territory of The People***.

About 30 names for the new territory were submitted to the Administration Committee, which met along with the Pastoral Elders on April 17<sup>th</sup> to review them and to consider whether the name should reflect our geographical area or the relational and covenant way we function. Many pros and cons were considered on both sides of the debate.

Meeting in the arbor at Shulus, the Pastoral Elders helped us decide. Following a time of storytelling and sharing, then one of silent prayer with a gentle breeze surrounding the group, consensus on a name was arrived at by all in attendance. Territory of The People will be the name which we will move into the future under.

In the upcoming issue of the LINK there will be a full story behind the meaning of the new name.

Adapted from Bishop Barbara's Bulletin, dated April 28, 2016.

## *A Prayer for Jerusalem*

by Primate Fred Hiltz

O God, we give thanks that your dear Son has gathered us in the embrace of his redeeming love and sent us to make that love known to the ends of the earth. We pray your continued blessings on the steadfast witness of the Church in Jerusalem and throughout the Middle East.

Give your deep joy to those who welcome the pilgrims seeking to know this land and its many peoples. Grace those who proclaim the gospel. Guide all who teach a new generation of young people. Draw near to those who are sick and bless those who tend them.

Sustain the hope of all who long and labour for a just and lasting peace in the land of The Holy One. And may the companions of Jerusalem be many and faithful. We pray in the name of our merciful Saviour, Friend, and Brother, our Lord Jesus Christ.

Amen.

Reprinted from Bishop Barbara's Bulletin, dated April 14, 2016.

## *5 A's of Food Security*

During the first two years, the Primate's World Relief & Development Fund's (PWRDF) Food Security Campaign has featured our partners and projects that focus on food security - an integral component in all of PWRDF's programming.

During the third year of the Fred Says Campaign, we are digging deeper to broaden our understanding of food security and food sovereignty. There are five basic principles of food security, which we like to call the 5 A's. They help educate people on the complexities and the simplicities that are involved in addressing the barriers to food that exist for many people in the world today. People experience food security when their food needs meet the following criteria:

- **Availability:** Food is available to people at all times.
- **Accessibility:** People have economic and physical access to food.
- **Acceptability:** Food is culturally acceptable.
- **Appropriateness:** Food is nutritious and free from harmful chemicals.
- **Agency:** People are able to influence policies and processes that affect their lives.

Adapted from "Fred Says—the 5 A's of Food Security", posted at <http://pwrdf.org/2016/fred-says-the-5-as-of-food-security/>

To watch us dance is to hear our hearts speak.

Hopi saying.



## Worshipping on Easter Sunday



As well as the regular Easter Sunday services held at the Cathedral, some of us attended two other services. In preparation for the sunrise service, Bud Forbes again oversaw a team to erect the three large crosses on the beach at the confluence of the North and South Thompson Rivers, just off Schubert Drive

Early Easter Sunday morning, a crackling fire welcomed about two dozen parishioners for a misty morning service. Canon David celebrated the Eucharist with musical accompaniment by a choir of robins. During the service, some old altar cloths were ceremonially burned on the fire. After the service, congregants helped dismantle and remove the crosses.

During the skiing season, prayer services are regularly held at the Sun Peaks Chapel. The service on Easter Sunday was the last one scheduled for this season. Dwight Oatway led the worship with about 30 local and visiting skiers in attendance. Above right, the congregation arrived on skis for the service.



Photos: Sue Cane & Dwight Oatway.

## Thank You David, Au Revoir

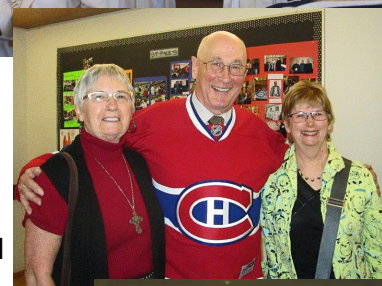


Last September, we welcomed the Rev. Canon Dr. David Sinclair into our midst as part of the leadership team during the transitional period. He arrived in time to ring the Cathedral bell to celebrate the Diamond Jubilee of Queen Elizabeth II, and he quickly became involved with our various ministries and activities: leading worship and education opportunities,

chairing meetings, writing articles for the Circular, and doing much more. He helped feed Anglican youth at their conference here in October and assisted with the Out of the Cold program during the winter. David visited many parishioners and in fact, was an integral part of our community.

With some sadness on April 3<sup>rd</sup>, we bid au revoir to David. His wife Georgia and her sister Mary were in Kamloops for David's last service. They added their wonderful voices as part of the choir. After the service, we all gathered in the hall for a potluck luncheon, and, of course, a Rae Long cake. Lee Emery and Joan Lukow made presentations. It was a glorious celebration of David's ministry amongst us.

David says this may well have been his last job and is looking forward to retirement. David, we are truly happy to have been part of your career. Thank you so very much and all the best wherever your journey leads.



## *Sounds of God Dancing* by Miriam Baskin

My dance with God takes many forms, such as the happy dance when a great celebration takes place at St. Paul's, like on the night of May 1<sup>st</sup>. It was very easy to dance with God that night. There are more subtle times when the dance is very private and reflective. During times of prayer or quiet reading, the silent awareness of the dance is keenly felt. Sometimes though the dance with God can be painful, full of agony and sorrow, but still dancing, keep on dancing.

One of my favorite times to dance with God is early in the morning when I dance on God's good earth as I walk dog.

I generally give thanks while out, "*Thank You God, for letting me walk on your earth*".

Often while out with my dog, I am accompanied by an orchestra - oh not one from my phone or in my head, not even a tune that would be recognized. It generally begins with the melodies of the wee birds and their sweet tunes raised in unison for all to hear. This is accompanied by the raspy daring calls of the crows and magpies - quite naturally not fitting in with the wee birds tender sounds, but challenging and bold.

As dog and I trod along, a new sound is added to the mix, the rhythm of the traffic on the highway as folk in many and varied vehicles make their way up and down the highway - frantically it seems by the tone - to wherever their life is taking them. That sound is not predominate in my head though, as my attention is drawn to yet another new sound, the beat of the helicopter overhead on its way to the hospital and I offer up a prayer for those who are affected by this trip from wherever to the roof top of the hospital. Soon that sound is stilled.

Back down on the city street, a final sound joins in with the rest of what is being heard, the life giving water sprinklers. As I walk down the lane to home one lovely sound adds to my orchestral walk - that of some chickens and their quiet muttering between themselves as they search out their breakfast.

Once back home and in the house, there is perhaps one last sound to end the feast of noises for that morning - the sound of snoring still wafting its way from the bedroom.

I will dance the rest of the day with God, but it won't be quite the same as my walk, nor should it be; and I offer up a quick prayer that whatever happens today, whatever I am doing or encountering, I will remember that I am still dancing and not on my own.

## *My Dance with God* by Bud Forbes

Ever since I was a young boy I have always felt that God has been dancing with me, that God is controlling the dance and the kind of dance it will be. I am reminded of this whenever I hear the words, "*Dance, dance where ever you may be/I am the Lord of the Dance said He/I will lead you on where ever you may be/I will lead you on in the dance said He.*"

There have been times when the dance has been very slow and sad in my life. However, there have been times when it has been very fast and exciting. God has given me a chance to have a great dance with my wife Jo-Lynn and my two daughters Barbara and Wendy and their families - a dance started fifty years ago—a dance that continues today each time I see my granddaughter Pyper. Also, God has given me a chance to have a great dance with a wonderful group of friends.

However, I think the greatest dances I have ever had are the dances I have had with Him. These dances started eight years ago when I attended a Cursillo weekend. That weekend had to be a Jive, full of excitement, very much like the first school dance you went to as a teenager. Since that three day weekend, my fourth day has been filled with some great dances with God.

I danced with Him when I had the opportunity to become a Lay Minister. I dance with Him every time I do the service at Berwick, or a server or lay administrator at St Paul's. One of my greatest dances happened May 1<sup>st</sup> as I set the table for the Eucharist at the 10:00 a.m. service. That really was a Jive.

I also dance with God when I work the registration table at our Out of the Cold Program, which is a much different dance. The dances are never the same. So as my fourth day continues, I haven't any idea what the band's next number will be or what kind of dance I am going to have with God.

You can dance anywhere, even if only in your heart.  
Author unknown.

## *Altar Guild 2016 Executive*

At their recent annual meeting, the St. Paul's Altar Guild elected their Executive for the coming year:

|                   |                 |
|-------------------|-----------------|
| Coordinator       | Miriam Baskin   |
| Co-coordinator    | Verna Albright  |
| Secretary         | Pat King        |
| Treasurer         | Mary Rolston    |
| Flowers           | Joy Fudge       |
| Sunshine          | Alison McKinnon |
| Bread Coordinator | Marg Pearson    |



## *The Installation of the Very Reverend Kenneth John Gray* *Welcome Ken and Kathie to St Paul's*

by Miriam Baskin & Mary Dove



With cross held high, leading, the procession sprang to life, as voices rose to the familiar hymn *"Christ is made the sure foundation"* filling the Cathedral.

Hospitality abundantly poured out in many forms - from a feast of finger food before the service - to the

warm welcome of the folk who gathered. There were Ecumenical leaders, C.N.I.B. representatives and, especially, the people of our new Territory witnessing a new ministry.

The liturgy flowed like honey on a warm day with our new Dean leading the psalm, and by the way Dean Ken introduced hymns, making the music more meaningful. Two of the hymns had been written by Herbie O'Driscoll especially for this service - placing the history and setting of St. Paul's into music.



During the installation, Bishop Barbara dressed the Very Rev. Ken Grey with a beautiful cope made by Bishop Jim Cowan.

We still look to wise men from the east - the sermon was delivered by the Very Rev. Paul Kennington, Rector of Christ Church Cathedral, Montreal, and Dean of the Diocese of Montreal, our sister diocese. During his sermon, he reminded us, especially, not to use religion as a weapon for abuse.

### *Appreciative Neighbours*

As we give out frozen soup, our neighbors tell us how grateful they are. Here are some comments:

- "You never have a bad meal here."
- "You're sunflowers in a field of thorns."
- "It is so nice to come in and get soup and be able to eat it where I live in peace instead of having to eat it at the New Life Mission with everyone and the noise."
- "What is an artichoke?" Then later, "I still don't know what it was except good."
- "Your little old ladies make good soup." When told that little old men make it too: "Well your little old men make good soup too!"

Adapted from a report to St. Paul's Annual Vestry Meeting February 14, 2016, written by Claire Tosoff.

Bishop Barbara Andrews installed the Dean, with these words:

*"As Bishop of the Territory of the People, I install you as Dean of the Anglican Parishes of the Central Interior with the rights and responsibilities belonging to that office. May the power and presence of God be with you in all that you do."*



After Dean Ken greeted and addressed the Territory, gifts of welcome and hospitality were presented by the members of the Cathedral, representing various ministries.

The prayer used for the Eucharist was one based on an ecumenical prayer from St. Basil's liturgy, cited in *"Celebrating Eucharist"* by Bosco Peters and adapted for this occasion, by Ken.

An overall feeling of inclusion and joyful anticipation filled the Cathedral; and it overflowed into the parish hall for a second opportunity to visit and where more refreshments were laid out.

It truly was a grand beginning for a new ministry and a great party. Thanks be to God.

Photos: Rae Long.



### *Soup To Go ~ 2015*

We aim to feed anyone seeking food, whatever their circumstance. During 2015, we handed out soup to 529 people. The busiest months were March (55), October (58), November (54) and December (59). There were an average of ten visitors per week.

Our entire parish supports this program, often using veggies grown in our own gardens. We are blessed, too, to partner with Sorrento Centre, who bring us leftover meal items which supplement our soup.

Thank you to all who have made soup. Your support is truly appreciated. The need continues through the summer. If you can make soup now, it will be really welcomed.

Adapted from a report to St. Paul's Annual Vestry Meeting February 14, 2016, written by Claire Tosoff.

## *Pastoral Care Ministries*

Pastoral care is an ancient model of emotional and spiritual support which exists in all cultures and traditions. In modern context, it is often expressed as individual and corporate means of supporting people in their pain, loss and anxiety, as well as in their triumphs, joys and victories.

The roots of pastoral care lie in shepherding the flock, by tending to needs, protecting, feeding and making the weak stronger - skills that easily translate into the Christian model of comforting people and guiding them in pursuing holiness.

Within the church, much of this care is provided by priests, who also support those who assist in this care. In the Central Interior, we have the **Lay Ministers of Word and Sacrament (LMWS)** who are licensed by the Bishop to carry out certain functions:

- presiding during services in care homes, taking the Reserved Sacrament for the residents;
- taking the Reserved Sacrament to shut-ins in their homes;
- reading the gospel and other scripture during worship services;
- leading the prayers of the people during worship services.

LMWS attend scheduled training sessions. At St. Paul's, they also undergo further training that improves their skills; and they meet regularly for a book study. Our LMWS join Deacon Tom Sugden in servicing Kamloops Seniors Village, Berwick on the Park, and Chartwell Residence in North Kamloops. They are a valuable resource, one that gives St. Paul's a valuable presence in the community.

St. Paul's also has a dedicated **hospital visitation team** who visit the Royal Inland Hospital (RIH) weekly. This is a very fulfilling ministry. It not only meets the needs of those who are visited, but, is also a valuable line of contact for the clergy who often are the last to hear that someone is ill. If you might be interested in this ministry please speak to the clergy.

Adapted from a report to St. Paul's Annual Vestry Meeting February 14, 2016, written by The Rev. Canon Sandra Sugden.

### *Lay Ministers of Word & Sacrament*

**The following Lay Ministers of Word & Sacrament were approved by Vestry and have been licensed by Bishop Barbara:**

Verna Albright  
Bud Forbes  
Alan Leake  
Margaret Mitchell

## *Youth Ministry Trust Account*

Since 2012, generous donations to St. Paul's Youth Trust Fund have supported our youth, young adults and youth leaders, that they might attend retreats, conferences and leadership development programs, such as:

- British Columbia and Yukon Anglican Youth Movement Fall Conferences
- February Winter Retreats at Sorrento Centre
- Young Sojourners Weekends at Sorrento Centre
- Ask and Imagine leadership program in London
- Leadership, Experience and Adventure Program (LEAP) at Sorrento Centre.
- Canadian Lutheran and Anglican Youth (CLAY) Gathering, held across Canada every two years.

Youth leaders are largely volunteers at post-secondary school, so this fund makes it possible for young people and youth to attend these important events without the cost being a burden. It is also an indication that St. Paul's seriously supports learning opportunities and faith experiences.

All are invited to donate to this important fund, allowing it to continue supporting our young people. Donations may be made to the Cathedral Office, clearly marked for the Youth Trust Fund. For more information about the fund or youth programming, please contact our Youth Coordinator, Melissa Green (stpaulscathedralyouth@gmail.com or 250-682-4866.). Thank you for your continued support.

## *Upcoming Youth Activities*

**Monday, May 16 - Architecture Night.** Noodles, marshmallows, etc. for your building projects.

**Friday, May 20 to Monday, May 23 – Young Sojourners Weekend at Sorrento Centre.** Open to all youth and young adults. The Cathedral is offering to cover half of the registration fee. After registering online, please contact Melissa so arrangements can be made.

**Monday, May 30 - Movie Night.** Join us in the Cathedral at 6:30 p.m. for the movie and snacks.

**Saturday, June 4 – Picnic and Hike.** Time and location will be announced closer to the date, but please plan to join us.

**Monday, June 13 – Riverside Park & Ice Cream.** We'll walk to the park for the evening, stopping at Scoops. Bring about \$5.00 for your ice cream.

**Monday, June 20 – Year End Celebration.** What did you enjoy most about the past year? Bring your favourite memories of games & activities, and we'll see how many of them we can play.

## Stitching in the Light

by Elizabeth Rechter

A great gift I once received was when someone taught me how to needlepoint. At thirty years old, I was just beginning my ordained ministry. I thought needlepoint was for grandmothers, not young professionals. I was wrong. Needlepoint was for me, and for the past twenty years needlepointing has been a creative, contemplative art that restores my soul. This year I am working on this magnificent piece by Erdman Designs titled Day 1: Light. It is the first in a series of the six days of Creation from Genesis. It will take me a year to complete it. Day one of creation brought forth the Light of the World; light that is not the sun or any other external source. Light that is from God and that is God. It emerges out of the formless void and no darkness can overcome it. Light that is the Creator's immeasurable love for creation and which brings forth all life.

Working on this piece is a spiritual experience. I imagine God weaving the Creation into being in the depths of the earth. Each time I look at it my heart delights in its beauty, whether it is in my hand or resting in my study waiting for me to return to it, to pick up my needle and begin sewing the light of the world into being. As I work with it, I know this: God invites me to stitch with her to bring the light into the darkness with the needle and thread God has provided for me.

It was in seminary, a few years before I was educated in needlepoint, that I was given probably the greatest gift of my life: the revelation that God asks me to give back to God. Mentors taught me that the practice of the tithe, giving ten percent of

one's income, was a concrete way to give from God's light within. This is not a demand, rather it must be a free will offering, motivated by love.

This revelation appears many times in scripture, but one that is particularly beautiful to me comes from Exodus when God is giving instruction on how to build the Ark of the Covenant: *"Tell the Israelites to take for me an offering; from all whose hearts prompt them to give you shall receive the offering for me. This is the offering that you shall receive from them: gold, silver, and bronze, blue, purple, and crimson yarns and fine linen, goats' hair, tanned rams' skins, fine leather, acacia wood, oil for the lamps, spices for the anointing oil and for the fragrant incense, onyx stones and gems to be set in the ephod and for the breastpiece. And have them make me a sanctuary, so that I may dwell among them."* (Exodus 25:2-8)

God asks us to give. What a lovely gift. God wants me to offer something of my life. Sometimes it's gold, sometimes other gems, sometimes crimson yarns from the abundance of my life. It is how I get to stitch light for the world with God.

Rev. Elizabeth I. Rechter is Rector of St. Mary's Episcopal Church, Laguna Beach, California, Diocese of Los Angeles; her article was posted, January 13, 2012, on the website of the Episcopal Church of the USA.

## Questions to Ponder

In Exodus 25:2-8, God asked the Israelites for an offering from items found in their lives. What might such a list look like in today's world?

What might you offer God from your own life?

How might you purposely bring light to darkness?

## Cathedral Knitters

by Geri King

Five of the Prayer Shawl Group went on a field trip to the Falkland General Store where there is a large selection of wool. Radiating wool. Many thanks to Shirley Henderson for drawing this to our attention. My heart sure whirled around as I ambled thru the aisle. Following our shopping spree, a delectable lunch then homeward beyond with a lively conversation. The trip was as close as I'll get to dancing with the angels.

*"You are embraced by the arms of the Mystery of God."* (Hildegard of Bingen)

God is God of all creatures. We are not the only ones that matter; God cares for the sparrows and the lilies.

Sallie McFague, author and theologian.

## from the Treasurer's desk

### Summary of Revenue and Expense for the three months ending March 31, 2016

|                          | Actual           | Budget            |
|--------------------------|------------------|-------------------|
| <b>Revenue</b>           |                  |                   |
| Offering                 | \$ 58,610        | \$ 55,677         |
| Rental Income            | 10,827           | 10,155            |
| Other Income             | <u>12,272</u>    | <u>8,805</u>      |
| Total Revenue            | <u>\$ 81,709</u> | <u>\$ 74,637</u>  |
| <b>Expense</b>           |                  |                   |
| Salaries & Benefits      | \$ 36,156        | \$ 37,185         |
| Premises & Office        | 11,971           | 12,558            |
| Programs & Other         | 9,452            | 10,695            |
| Christian Sharing        | <u>20,048</u>    | <u>17,670</u>     |
| Total Expenses           | <u>\$ 77,627</u> | <u>\$ 78,108</u>  |
| <b>Operating Surplus</b> | <u>\$ 4,082</u>  | <u>\$ - 3,471</u> |



## Remembering Bishop Jim



In addition to the memorial service for Bishop Jim Cruickshank which was held January 16<sup>th</sup> at Christ Church Cathedral, Vancouver, a memorial service was also held at St. Paul's Cathedral on February 12<sup>th</sup>. Many from throughout the Anglican Parishes of the Central Interior (APCI) were in attendance for this joyous tribute to Bishop Jim's legacy in the Diocese of Cariboo and APCI.

**Clockwise from upper left:** The Most Rev. Bishop Barbara, the Rev. Canon David Sinclair, our Primate Archbishop Fred Hiltz and the Rev. Sandra Sugden enter the Cathedral; a display of Bishop Jim's and the Diocese of Cariboo's memorabilia; APCI drummers provided a beat; Metropolitan, the Most Rev. John Privett and the Rev. Sandra; servers Rae Long, Lee Emery and Bud Forbes; those who processed assembled in the Chapel prior to the service.

On a date yet to be determined, a service of internment will be held during the summer at St. Mary's, Sorrento.

Photos: Jo-Lynn Forbes and Rae Long

## Equip 2016

### *Listening with the Ear of our Hearts: The Art of Engaged Leadership in the Parish*

**May 27 - May 29, 2016 at St. Paul's Cathedral, Kamloops**

Equip 2016 will be held at St. Paul's Cathedral starting with registration at 6:00 p.m., Friday, May 27<sup>th</sup>, ending Sunday, May 29<sup>th</sup>, around noon.

Bishop Melissa Skelton from the Diocese of New Westminster is our guest speaker. Bishop Skelton has many years experience in Congregational Development in both the Episcopal Church in Maine and the Anglican Church in Canada, and for four years was the Director for the Diocesan School for Leadership for the Diocese of New Westminster.

The theme focus is on congregation development from our Anglican Benedictine heritage, assessing our parishes around our core purpose, and how we begin the work of inviting others to join us.

Weekend workshops will include:

- Dialogue on the Marriage Canon
- Stewardship
- Lay Ministers of Word and Sacrament.

We encourage family participation. There will be programs designed for children and youth. Plan to attend this important educational event.

All the information you will need is on the Equip 2016 website:

**<https://apciequipgathering.wordpress.com>**

Adapted from information posted on the Equip 2016 website and from Bishop Barbara's Bulletin, dated April 14, 2016.

## *I love it when we waltz*

by Nancy C. Reeves

I love it when we waltz.  
Held securely in your embrace,  
swirling down and in.  
Easiest for me to let go into you.

Then you begin to foxtrot.  
I don't know this dance.  
Let's go back to waltzing.  
What if I step wrong?

How feeing, though, to know that if I follow,  
I don't need to know where we are going  
You danced all into creation,  
You will dance me if I let you.

Then, I read about the rhumba.  
Some swear it is the best dance to dance with you.  
So I start to rhumba, but you don't follow.  
Don't you want me to have this experience?

I feel your love stroking me, but I turn from you and pout.  
Being wallflower is so lonely though,  
I turn back and you dance your delight to rock and roll.  
How often I forget, you always want what's best for me.

Sometimes you start a folk dance.  
And I feel all the dancers as one  
And I greet you in each new partner,  
colourful diversity in joyful abandon.

Then my ego decides that you have all the good moves.  
And I want to lead.

You move with me into the waltz,  
and don't complain as I step on my own feet and yours.

There are many dances left to learn,  
And you will teach me the ones I need,  
to be the dancer I was meant to be.  
Although the waltz is still my favourite.

Your Love makes my dancing lovely  
Your Grace makes my dancing graceful  
Thanks be to you, Holy Dancer.

Submitted by Mary Dove; by Nancy C. Reeves; from: *"I'd Say Yes, God if I Knew What You Wanted"*, 2001; Northstone Publishing..

Every child has known God,  
Not the God of names,  
Not the God of don'ts,  
Not the God who ever does anything weird,  
But the God who knows only four words,  
And keeps repeating them, saying,  
**"Come dance with me, come dance."**

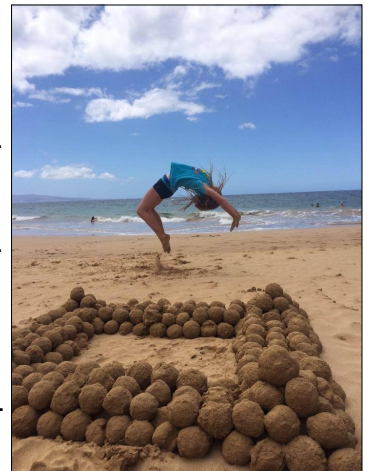
Hafiz, 14<sup>th</sup> Century Persian poet.

Timing has a lot to do with a rain dance. Author unknown.

## *Dancing at the Beach*

While Bud and Jo-Lynn Forbes vacationed with their daughter's family in Hawaii, they spent a lot of time at the beach.

One day, grand-daughter Pyper was doing one-handed cartwheels. Each time, she would grab a handful of sand with her free hand and form it into a ball. Soon several such balls formed a castle. With it was completed, Pyper proceeded to do back flips along the beach - the one above caught on her mother's camera.



When one is free and willing to *dance with God*, life becomes creative and exciting.

Photo: Wendy Magnef.

Kids dance before they learn there's anything that is not music.  
William Stafford, poet, 1914-1993.

## *God, You & I Dance*

When I meditated on the word Guidance, I kept seeing 'dance' at the end of the word. I remember reading that doing God's will is a lot like dancing. When two people try to lead, nothing feels right. The movement doesn't flow with the music, and everything is quite uncomfortable and jerky. When one person realizes that, and lets the other lead, both bodies begin to flow with the music. One gives gentle cues, perhaps with a nudge to the back or by pressing lightly in one direction or another. It's as if two become one body, moving beautifully.

Dance takes surrender, willingness and attentiveness from one person and gentle guidance and skill from the other.

My eyes drew back to the word, Guidance. When I saw the "G", I thought of God, followed by "u" and "I". **God, you and I dance.**

As I lowered my head, I became willing to trust that I would get guidance about my life, once I was willing to let God lead.

May God's blessings and mercies be with you on this day and every day. May you abide in God as God abides in you. Dance with God, trusting God to lead and guide you.

Author unknown.

## *The Circular Bookshelf ~ Theology of Dancing*

Dance is defined as moving rhythmically to music, typically following a set sequence of steps, but has also been defined as to move in a quick and lively way. Theologians and others have written books exploring dance and theology. We've dug out some of such books. Most of these are available on loan from the Resource Center of the Anglican Parishes of the Central Interior's (APCI).

***"To Dance with God: Family Ritual and Community Celebration"*; Gertrud Mueller Nelson; 1986; Paulist Press.**

Gertrud examines the meaning of ritual and ceremony in a fresh way, making relevant for the reader the importance of ritual for connecting us to the meaning and flow of life.

***"Dancing with God: Anglican Christianity and the Practice of Hope"*; Jay Emerson Johnson; 2005; Morehouse Publishing.**

*"More than a few people probably assume dancing and theology have at least one thing in common - other people do them. The good news of Christian faith suggests something different. Each and every one of us is invited to dance with God. Each of us can dance. Each of us can do theology."*

***"Dancing on the Edge: Faith in a Post-Christian Age"*; Richard Holloway; 1997; Fount Paperbacks.**

Bishop Holloway, a leading prelate in the Anglican Church, has long been fascinated by doubt and uncertainty. He explores fundamental Christian beliefs, ranging from God's existence the authority of the Bible to sexuality, suffering and a society growing ever distant from daily church life. He takes a *"daring, challenging and at times controversial journey through the signs of today and the relevance of the Christian faith at the end of the century."*

***"Dancing with Dinosaurs: Ministry in a Hostile & Hurting World"*; William Easum; 1993; Abingdon Press.**

*"William Easum argues that a radical shift in culture makes it necessary for the church to change the way it proclaims the gospel, accounting for the anti-Christian climate in which we live while maintaining the and integrity of the Christian message."*

***"May I Have This Dance?"*; Joyce Rupp; 1992; Ave Maria Press.**

Joyce Rupp draws on her experiences to offer readers *"a unique invitation to join with God in the dance*

*of life, an invitation to experience God in the daily and seasonal rhythms of life."*

***"The Cosmic Dance: An Invitation to Experience our Oneness"*; Joyce Rupp; 2002; Orbis Books.**

*"Joyce helps us to know our unity with each other and all of life. She calls us to live compassionately with each person and particle of creation. She challenges us to hear the pain of the planet and to care for the earth and its inhabitants. Most of all, she draws us to fuller enjoyment and appreciation of life and its unbreakable goodness in ourselves and in everyone and everything around us."*

## *Interesting Internet*

**APCI Resource Centre:** Mary and Gordon Dove may be contacted at the Resource Centre of the Anglican Parishes of the Central Interior (APCI) at: [apciresourcecentre@shaw.ca](mailto:apciresourcecentre@shaw.ca)

**ASK Wellness:** information and news about the Aids Society of Kamloops. <http://www.askwellness.ca/>

**Boys & Girls Club of Kamloops:** news and programs available in Kamloops. <http://www.bgckamloops.com/>

**CLAY 2016:** news, information and registration for the Canadian Lutheran & Anglican Youth gathering in Charlottetown, PEI. <http://claygathering.ca/>

**Equip 2016:** information and registration for a gathering of the Anglican Parishes of the Central Interior. <https://apciequipgathering.wordpress.com>

**General Synod:** information and news about the 41<sup>st</sup> General Synod of the Anglican Church of Canada. <http://www.anglican.ca/gs2016/>

**Primate's World Relief & Development Fund (PWRDF):** information and news. <http://pwrdf.org/>

**Sorrento Centre:** information about the programs and facilities at the Centre. <http://sorrento-centre.bc.ca/>

May the God who dances in creation, who embraces us with human love, who shakes our lives like thunder, bless us and drive us out with power to fill the world with her justice. Amen.

Janet Morley, British writer and trainer.

The thing to do, it seems to me, is to prepare yourself so you can be a rainbow in somebody else's cloud. Somebody who may not look like you. May not call God the same name you call God - if they call God at all. I may not dance your dances or speak your language. But be a blessing to somebody. That's what I think.

Maya Angelou, American poet & activist, 1928-2014.



## *Upcoming Special Dates*

|           |                |                            |   |  |   |
|-----------|----------------|----------------------------|---|--|---|
| May       | 20-23<br>27-29 | Fri-Mon<br>Fri-Sun         | —<br>—                                  | Young Sojourners Weekend<br>Equip: 2016                              | Sorrento Centre<br>St. Paul's                 |
| June      | 5<br>17<br>24  | Sunday<br>Friday<br>Friday | after service<br>1:30 p.m.<br>1:30 p.m. | Parish Picnic<br>Strawberry Tea<br>Thrift Shop closes for the Summer | Pr. Charles Park<br>Parish Hall<br>Lower Hall |
| July      | 7-12           | Thur-Tue                   | —                                       | General Synod  | Toronto                                       |
| August    | 17-21          | Wed-Mon                    | —                                       | CLAY Assembly 2016   | Charlottetown                                 |
| September | 9              | Friday                     | 9:30 a.m.                               | Thrift Shop reopens  | Lower Hall                                    |
| October   | 7-10           | Fri-Mon                    | —                                       | BCYAYM Annual Conference   | to be announced                               |

Dates and times may change.

## *Opportunities for Ministry*

**Education Committee:** This group plans and organizes Christian education opportunities for our community to grow in faith. The meetings are always stimulating. New members are welcome. Parishioners are also invited to suggest ideas and topics for the future events. Please contact a member of the committee or the Cathedral Office.

**Frozen Soup:** The need continues throughout the summer. If you can, we would love for you to make some soup. Please remember that our neighbors often have dietary issues and prefer simple fare, so, no spices or large chunks. Please mark containers as to type and date made, and bring them to the Cathedral Office.

**Hands in the Dirt Gang:** Do you know how to use a shovel or a hoe? Do you like to have your hands in the dirt? Please consider joining the 'Hands in the Dirt Gang'. We grow veggies and give them away and can use your help. It's wonderful having your hands in the dirt while amongst friends. Please speak to Miriam Baskin, Jo-Lynn Forbes or Chuck Kalnin.

**Lay Administrators:** Lay Administrators assist with communion during worship services. More members would be welcome, especially for the 10:00 a.m. services. Commitment would be for approximately once a month. Please speak to Grace Lister.

**Sorrento Centre Farm:** Volunteers are welcome to help plant crops, etc. Please contact Clay Foard (sorrentocentrefarm@gmail.com or phone 250 803 3098 and leave your name and number). They will set you up for a lovely time at the farm.

**Strawberry Tea:** Help is needed to look after purchasing and slicing the strawberries for the Strawberry Tea on Friday, June 17<sup>th</sup>. Please contact Rae Long (250-372-7582) or Roger Parkes (250-374-2316).

## *Chuck's Chatter (cont'd from page 16):*

As we journey in life, whether *strolling along south street*, or growing in faith through worship, or being of service to others, there too are often guidelines to follow, steps to learn. We may not get it correct right from the start, but learn through repetition. In our spiritual life, unlike the dance floor, we need not lead. God invites us to this dance and we need only follow. If I miss a step or two, I believe that God will easily lift me over my stumble. With divine guidance, I too might dance on. Thanks be to God.

*I will lead you all, wherever you may be.*

### *St. Paul's Parish Picnic*

**Sunday, June 5<sup>th</sup>  
after the 10:00 a.m. service  
Prince Charles Park**

an afternoon of fellowship at the park  
bring your own lawn chairs, blanket, etc.  
burgers, hot dogs, ice cream & water are supplied  
please bring finger-food appetizers to share

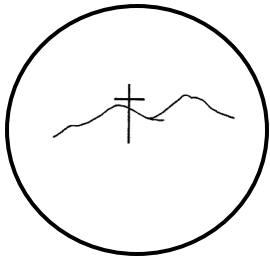
*come and join the fun*

### *St. Paul's Strawberry Tea*

**Friday, June 17<sup>th</sup>  
1:30 to 3:30 p.m. in the parish hall  
strawberry shortcake - tea & coffee**

We learn by practice. Whether it means to learn to dance by dancing or to learn to live by living, the principles are the same. One becomes in some area an athlete of God.

Martha Graham, American dancer, 1894-1991.



# St. Paul's Anglican Cathedral

Parish Founded 1884

360 Nicola Street, Kamloops, B.C. V2C 2P5

phone: 250-372-3912

e-mail: [stpaulscathedral@shawbiz.ca](mailto:stpaulscathedral@shawbiz.ca)

*joyful - rooted - responsive - hospitable*

|                      |                              |
|----------------------|------------------------------|
| Bishop:              | The Rt. Rev. Barbara Andrews |
| Dean & Rector:       | The Very Rev. Ken Gray       |
| Honourary Assistant: | The Rev. Canon Sandra Sugden |
| Honourary Assistant: | The Rev. Canon Tom Sugden    |
| Honourary Assistant: | The Rev. Viktor Gundel       |
| Rector's Warden:     | Lee Emery                    |
| People's Warden:     | Joan Lukow                   |
| Youth Coordinator:   | Melissa Green                |
| Music Directors:     | Heather & Norris Berg        |
| Office Coordinator:  | Claire Tosoff                |

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[stpaulscathedral.blogspot.com/](http://stpaulscathedral.blogspot.com/)

follow us on Facebook

submission deadline for next issue:  
September 14, 2016

theme for next issue: Sabbath

## Chuck's Chatter . . .

There are shortcuts to happiness, and dancing is one of them.  
Vicki Baum, Austrian writer, 1888-1960.

In our teens, my friends and I made our way to the girls' gym at noon for the daily sock-hop, where we tried to jive. Not wanting to look ridiculous, we sought out and attended dance classes which were being offered at a local service club.

However, these classes were organized by teenage girls who already knew how to jive, who really wanted to learn and perfect other popular dances. We did the twist, cha cha and stroll - at least to some degree of proficiency. We were also introduced to the hully-gully, south street, the locomotion, the mashed potatoes and the watusi. We did learn to jive reasonably well (my own opinion).

By the time I married, I was comfortable on the dance floor, doing the jive, polka and waltz. (My version of the waltz was really a very, very slow one-two polka step without much of the bouncing.) Elaine, though, loved to dance. Her goal was to respond to my lead so that we would float effortlessly and elegantly around the room. So there were classes in ball room dance and even country line dance, in an effort to get some rhythm into me. However, I still struggled a lot. After hearing critiques and directions for a while, I became quite frustrated. My desire to dance waned somewhat.

Like many others, I really like Sydney Carter's hymn, "Lord of the Dance", which opens "I danced in the morning when the world was begun", and "I came down from Heaven and I danced on Earth." We are invited, "Dance then, wherever you may be."

While we do this dance with God, this dance of life, we are to follow God's lead. There still are steps to learn. As with the dance floor, if we follow them we will be float easily along on our journey.

Gertrud Mueller Nelson writes in "To Dance with God" about her four-year old daughter sitting on the grass attaching scraps of fabric to a long pole with great sticky wads of tape. The daughter explains "I'm making a banner for a procession. I need a procession so that God will come down and dance with us." For Nelson, it's about transcendence, of the art of living and of celebration. To dance with God is to explore church rituals, to celebrate the seasons and festivals. She reminds us that there are many ways of "connecting us to the meaning and flow of life."

K.D. Miller in "Holy Writ" shares something of her spiritual life, "I've made good friends at my church, and I've learned to avoid committee work. Besides, I'm as lazy spiritually as I am physically. I won't exercise unless I join a class with an instructor beating time, and I'll neglect my spiritual self unless I take it to church once a week. Which means, I guess, that I'm a practicing Christian. The phrase makes me smile. Practicing sounds as if I'm going over and over the same few notes or dance steps, trying to get them right. I stand, sit or kneel on the same cues, then eat a tiny, symbolic meal. Though I'm not sure if I'm 'getting it right', the repetition is reassuring." (See page 15.)