

St. Paul's Circular

November, 2015

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Tradition! Tradition! A Word of Blessing and Curse!

by Bishop Barbara

As I pondered the word tradition, two very different emotions surface for me. I have always loved the opening number for the Broadway musical "*Fiddler on the Roof*", which is called "*Tradition*". In it Tevye, the main character, explains the roles of fathers, mothers, sons and daughters in the village and how the traditional roles of people like the matchmaker, the beggar, and the rabbi contribute to the village. The song also mentions the constable, the priest and the other non-Jews whom they rarely interact with. It's the kind of song that helps us feel safe in the community and families we belong to. We all know our role and that understanding helps some of us to feel safe and know what is expected of us.

Later in the song, Tevye sings about an argument between two men about the issue of selling the other person a horse and delivering a mule that creates a ruckus in the village. Overall, the song sets up the major theme of the villagers trying to continue their traditions and keep their society running as the world around them changes.

I hear this song, "*Tradition*", and I am always transported to life within our churches and it reminds me how hard we try to continue the traditions of our faith communities as the world around us is changing. Yet, we all know that, as Christians, our whole way of be-

ing followers of Christ is about challenging the status quo we find ourselves in. We do not only worship a mighty king that comes to save us, but, a tiny baby born in the most humble of places, inviting us to journey with him. In fact, Jesus uses the word tradition eight times in scripture and in all cases he is challenging traditions. Jesus always wants us to look for what is best for the individuals involved and not just at the tradition that often holds people from the benefits of the community. Jesus calls us to love the person in spite of the traditions of the community that we tend hold fast to. That "*holding fast to traditions*" is often what will become our curse - the shadow side of all that is good about tradition.

As we ponder this word *tradition* this Advent season, it up to us to determine in our own lives and the life of the church what has become blessings for us, and what we might wish to leave behind that has now become a curse. As we prepare to welcome a new spiritual leader into our midst with the coming of a new Dean of the Anglican Parishes of the Central Interior and Rector of St. Paul's, what do we need to let go? What are the traditions we want to hold onto in the life of our community?

Tradition! Tradition! Blessing or Curse?

APCI Designated a Territory

At a meeting of the Council of General Synod (CoGS), on November 14, 2015, the Anglican Parishes of the Central Interior (APCI) was officially designated a territory. Chancellor David Jones brought forward a motion for APCI to become a recognized territory, recounting how APCI came into being after the Diocese of Cariboo ceased to operate during the litigation about the residential schools. The parishes involved continued to operate and eventually became known as APCI. Under the terms of the resolution, the former territory of the Diocese of Cariboo would be transferred to APCI, which would then be able to elect delegates to General Synod. Following Jones' presentation, CoGS adopted the resolution by consensus, officially designating APCI a recognized territory. (See page 2 for more information about CoGS.)

"Highlights from the Council of General Synod" posted November 14, 2015, on the Anglican Church of Canada website.

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

Traditions of Christmas

by David Sinclair

"So then, brothers and sisters, stand firm and hold fast to the traditions that you were taught by us, either by word of mouth or by our letter." (2 Thessalonians 2:15)

Perhaps as early as the mid-first century (the letters to the Thessalonians are thought to be among the first written documents of the church), there was a concern over handing on the Good News of God's love in Christ fully, correctly and intact. In more recent times in the church there is a somewhat humorous saying about tradition, what is handed down to us: *"If something in church is done the same way at least twice, it becomes tradition. If it is done a third time the tradition becomes sacred!"*

Having served in ministry for 50 years in Eastern Canada, where some parish churches date from the 1700s, all sorts of ideas of how things should be done are held to be sacred tradition. I have learned to be cautious about inflicting my own interpretation of what might or might not be especially pleasing to God. Mercifully, extreme views of 'churchmanship' have moderated over the years, from the time when some would hold the use of candles and colored vestments an abomination to the Almighty while others would worry that to forget to don a maniple (a strip of brocade worn on the wrist to represent the towel used by Jesus at the Last Supper) might make the worship offered unworthy of God's glory. There are still debates over whether

prayer offered in 16th Century English is more likely to be answered than petitions in modern prose.

A tradition that has almost sacred status in our family is that all four of Georgia's children and her eight grandchildren will spend Christmas Eve and some of the morning at *Evensong*, our home in the Laurentians north of Montreal. (My two girls and their children have traditions of their own in Hamilton and Ottawa. Grandpa visits sometime in the season.) There will be worship in our summer church by the Lake, specially heated for the occasion. Once home, Georgia will light real candles on the tree, inherited from her mother, while I stand by with a fire extinguisher. After a riotous morning around the tree and brunch and departures of those who have other commitments, preparations ensue and Christmas dinner is shared with whoever might be left. We know that change is coming as the grandchildren grow towards becoming the next generation, but for now the tradition holds firm.

What is the core tradition handed down to us as families and as the church? Simply this, as the birth stories heard once again affirm, that God has come into the world in Jesus and hope is born that the message of Peace and goodwill to all will ring joyously forth and the world will hear.

CoGS

Editor's note: The executive body of General Synod is called the Council of General Synod (CoGS).

CoGS membership is made up of the Primate, the Prolocutor, the Deputy Prolocutor, the Chancellor, bishops, clerical and lay members of General Synod elected by the General Synod on the nomination of the Provincial Caucuses, one youth member of the General Synod from each ecclesiastical province elected by General Synod on the nomination of the Provincial Caucuses, one member nominated by the Evangelical Lutheran Church in Canada and two members nominated by the Anglican Council of Indigenous Peoples. The General Secretary of the General Synod is an ex officio member of the Council of General Synod without voting privileges.

Anglican Church of Canada.

Expectancy is the atmosphere for miracles.

Edwin Louis Cole, Christian writer, 1922-2002.

A Christmas Prayer

Loving Father, help us remember the birth of Jesus that we may share in the song of the angels, the gladness of the shepherds and worship of the wise men. Close the door of hate and open the door of love all over the world. Let kindness come with every gift and good desires with every greeting. Deliver us from evil by the blessing which Christ brings, and teach us to be merry with clear hearts. May the Christmas morning make us happy to be thy children, and Christmas evening bring us to our beds with grateful thoughts, forgiving and forgiven, for Jesus' sake. Amen.

Robert Louis Stevenson, novelist, 1850-1894.

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 Ray Beal, Miriam Baskin, Mary Dove, Claire Tosoff and Chuck Kalnin.

Thanksgiving at the Cathedral



There was a lot happening at St. Paul's during the Thanksgiving weekend. Our Altar Guild were busy decorating for Harvest Festival. Thank you to them and to those who donated produce from their gardens. **Right:** Tony was among those who helped decorate.

Photos: Miriam Baskin.

St. Paul's was also the site for the annual fall conference of the British Columbia and Yukon Anglican Youth Movement (BCYAYM). A delightful group of engaged and energetic youth descended upon us, surrounding us with their energy, their lively music and their love. We thank them for sharing their joy with us. **Right:** The youth gathered around an altar laden with cupcakes.

Photo at right: Joy Gothard.



St Paul's Cathedral 2015 Fund Raising Campaign

by Elaine Parkes

Why are we having a Fund Raising Campaign?

Early this year we undertook to refurbish the Chapel and to buy a new sound system for the Cathedral and a new computer for Claire's office. We would also like to buy a 'hard of hearing' component for the sound system. The total we need to raise to cover the costs of these items is \$50,600.

As expenses for these projects were completed, funds were borrowed from St. Paul's trust accounts to pay for them, on the understanding that: 1) a fund raising campaign would be held to repay the trust accounts and 2) if the goal of \$50,600 is reached, a 'hard of hearing' component would be purchased.

The Chapel looks very good following the refurbishment, the sound system is working well and Claire appreciates the new updated computer. When the new sound system was installed, Dean Louise commented it saved her a half hour of testing and adjusting the system prior to each service.

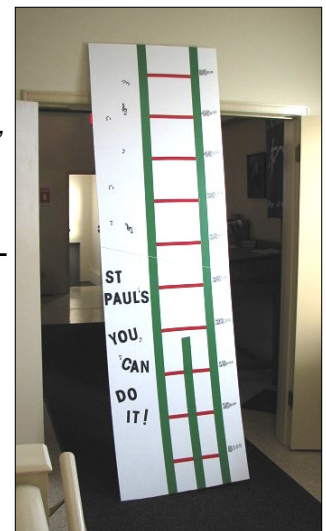
Some funds had been donated toward the Chapel refurbishment before it began and the fund raising began in early September with a 'gigantic garage sale' which raised over \$3200. It was followed by a 'spaghetti dinner and silent art auction', then an 'Italian cooking class'. By the time you read this, the last fund raiser for this year will have happened – an the art show titled "Remains: First Nation Churches of BC" on Saturday, November 21st, featuring the photography of Brian Kipp.

The fund raising thermometer, at the main door to the Cathedral was updated Sunday, November 15th, showing that we have now raised \$18,959.59, which is 37.5% of our total.

An application has been submitted to Anglican Parishes of the Central Interior (APCI) for a grant toward a portion of the 'hard of hearing' component.

People also have the option of contributing to the fund raising campaign by way of a financial donation – for which you will receive a tax receipt at the end of the year. I have been disappointed in the response to this option. I had hoped/dreamed that the fund raising campaign would be over by the end of 2015, but at this point it does not look like that will happen. You may feel that you cannot make a donation big enough to make a difference, but, all donations add up and do make a difference. Please don't hesitate to send in a series of post-dated cheques or send in a pledge for a future donation. We have received a pledge of a donation from St. Paul's Thrift Shop.

I am hoping that others will come forward to plan and organize more fund raising events in the New Year, possibly in conjunction with the youth's plans to raise funds for the Youth Trust Fund which assists youth in attending leadership development courses.



Angels arrive in a burst of light. They are bearers of breakthrough, the mystical helmet. Angels are thoughts of God. They deliver to the mind profane understanding.

Marianne Williamson, American author.

Feeding Youth

Energetic youth need to be fed. Joy Gothard's team provided many nourishing meals for those attending BCYAYM's conference at St. Paul's. Many others, including some of the youth, helped with food prep, set-up, serving and clean-up. **Clockwise from top left:** Joan, Jo-Lynn, John (from Kitimat), David and Joy are ready for the banquet; setting the table; cupcakes on the altar; Kaitlyn and Sophie helped grandma Rae bake the cupcakes; Pat Burton sliced vegetables; the breakfast cooks - Bud, Dwight, Ken and Reid - also ate breakfast; Jim and Carol made sandwiches; Jo-Lynn modeled a new t-shirt. Photos: Joy Gothard & Rae Long.



Spaghetti and Art

Over 90 parishioners gathered in the parish hall, Sunday evening, October 18th, for a fund raising event organized by the fundraising committee. Rae Long and her team served up a spaghetti dinner with all the trimmings.



Above left: Jim Edwards and Trish Steenson served up the pasta. **Above right:** Trish also helped Carol Edwards toss the salad.

Elaine Parkes oversaw a silent art auction also held during the evening. Parishioners had donated several art pieces which generated lots of bidding. Overall, the event raised about \$2000.

Photos: Rae Long.

New Books on the Cart

by Elizabeth Kavanagh

Here we are well into Fall with Winter fast approaching. It is time to curl up under a warm blanket with a hot drink and a good book. There is a new selection on the book cart of the Anglican Parishes of the Central Interior (APCI) Resource Centre, for your enjoyment. This time we are featuring Advent. Since before we know it we will be into Lent, there are also some Lenten titles.

It is also time to search through those piles on the bedside and the coffee tables to uncover those forgotten books borrowed during the Summer, and return or renew them.

A quick review for first time borrowers: On the pink card in the front of the book, give us your name and telephone number and the date you borrowed the book. Please place the card in the envelope provided.

If you have questions or requests please phone Elizabeth (250 282 1211) or you can email her at lizkavanagh123@gmail.com, or contact Gordon or Mary Dove at the Resource Centre:

apciresourcecentre@shaw.ca.

A Special Breakfast

On the fourth Saturday of each month, a team of men gather to cook a hearty breakfast for others. This ministry began as means of providing a time of fellowship for the men of the parish. It has grown and evolved into a time of sharing and learning not only for men, but for all who wish. The cooks have provided hearty and nourishing meals and invited guests have spoken on a variety of topics.



Right: On October 24th, during Georgia Sinclair's first visit to Kamloops, she and David were welcomed to the monthly *Men's Breakfast* by Dwight Oatway.

Photo: Rae Long.

Hands in the Dirt Gang

by Chuck Kalnin

The garden beds are cleared and dug over. Harvesting is complete. The frost has come. Leeks, onions, and collards were amongst the last to be pulled. A few lonely bunching-onions and kale plants remain. This year's harvest totaled just over 900 pounds.

During the summer and fall, lots of veggies and herbs were processed into frozen soup bases. Tomatoes were frozen whole as well, to be processed later. Squash, carrots, turnips and leeks were put into cold storage. All will be used for the Out of the Cold and frozen soup ministries.

We shared lots of veggies - with parishioners, family members, friends, neighbours, the Kamloops Food Bank and others. Everyone who dropped in for a visit received veggies. Some produce was used to help decorate St. Paul's altar for the Harvest Festival.

Overall It's been a rewarding summer for the '*Hands in the Dirt Gang*'. As well as producing an abundance of vegetables and herbs, there was a lot of laughter and fun; and the fellowship was tremendous. We did have a lot of visitors during the season - parishioners, family members, friends, etc. Andre Forget from the Anglican Journal dropped by and also wrote about us.

I wish to acknowledge this year's wonderful team. First, congratulations to Miriam Baskin who has officially become a master gardener. We thank her and Jo-Lynn again, for sharing their wisdom and guiding us. Other members of the gang were Bud, Barry, Tony, Elliot, Mary, Gordon, Thelma, Reid, Sue, Joy and Keith who travelled from Ontario to help. Thank you to all of them for their time and energy.

Canons ~ Sandra and Tom

We extend deep and warm congratulations to Sandra and Tom Sugden on becoming Canons of the Anglican Parishes of the Central Interior (APCI). Bishop Barbara, assisted by David Sinclair, installed Sandra and Tom as Canons, during a worship service at the Cathedral on All Saints Day, November 1st.



Sandra and Tom join a distinguished list of APCI Canons. The other APCI Clergy Canons are:

Dan Krausert	Al McLeod
Beth-Marie Murphy	Lois Petty
Margot Rose	Thelma Sharkey
Trev Whiting	Neil Vant.

Lay Canons from St. Paul's are:

Mary Dove	Bob Hunter
Margaret Mitchell	Ken Munro
Dwight Oatway	Bud Smith.

Other APCI Lay Canons are:

Judy Beale	Terry Bepple
John Boss	Norma Boss
Betty-May Gore	Rhoda LeChappellain
Jan Ullstrom.	

Ministry at Sun Peaks

Worship services are again being offered in the Chapel at Sun Peaks, Sundays during the skiing season. These services which last about twenty minutes are a ministry of St. Paul's Cathedral. The congregation comes from all over the world. The liturgy currently being used was written specifically for these services, by Louise Peters.

A story about this ministry, by André Forget, is now posted on the Anglican Journal website. For more information about this ministry, please speak with Dwight Oatway.

Out of the Cold Starts Up Again

by Bud Forbes

St. Paul's Cathedral's *Out of the Cold* program is getting ready to open its doors for another season. This is the second year that it is the responsibility of St. Paul's to run the program. One big difference this year is that we will now be open on Sundays as well as Wednesdays. Thanks to very kind donations from the *Stollery Foundation*, *100 Women Who Care*, *New Gold*, a grant from the *City of Kamloops*, plus numerous individual donations, we are able to open the extra night. This year we will receive donations of bread and buns from Safeway, delivered to us every Wednesday morning by the Salvation Army. We receive donations of vegetables, juice, tea and coffee, cakes and other goodies from the Food Bank. Dominos Pizza will donate pizzas a few times during the winter. We also have received vegetables from the Hands in the Dirt Gang, for making soup. All of these donations really reduce our expenses.

The program operates under the guidance of our Board of Directors, consisting of Chair Bud Forbes and Directors Reid Albright, Cindy Darwin, Gordon Dove, Mark Hyslop, David Lidster, and Rae Long. Our Program Director, Sasha Smode, has moved to Calgary, so, Bud Forbes has agreed to act as program coordinator for the year. Our Volunteer Coordinator is Christine Jeffrey.



Jo-Lynn Forbes and David Lidster at the *Homeless Fair*.

Photo: Bud Forbes.

On October 17th, David Lidster and Jo-Lynn Forbes took the Out of the Cold display to Spirit Square for the *Homeless Fair*. Many of the organizations that work with the homeless were in attendance. On October 29th, a volunteer orientation night was held in the church hall, with 24 new and old volunteers attending. On November 1st, we treated the congregation to a sample of the breakfast that is served to our guests. A big thank you goes to Rae Long for organizing that breakfast event.

The shelter opened on November 5th, with 36 guests visiting the shelter and 24 sleeping over. On Thursday morning, our interim Dean David Sinclair was seen in the early hours of the morning helping the cleanup crew. On Sunday, November 26th, we

had 26 visitors with 15 sleeping over. So we are off to a good start.

So you can see that we have a busy year ahead of us. If you would like to help in any way, it would be very much appreciated. If you would like to donate clothing for the shelter, please drop it off at the Cathedral, Wednesday to Friday, 10:00 a.m. to 1:00 p.m. After November 5th, clothing can also be dropped off at the shelter on Wednesday or Sunday nights from 6:00 to 9:00 p.m.

If you would like to make a donation, cheques should be made payable to St. Paul's Cathedral Out of the Cold Program. To volunteer, please contact Christine Jeffrey (250-318-0236). For more information, please contact Bud Forbes (250-573-3430).

Ordinary Time Art

Several parish artists have gathered to create and display images related to the church's season of *Ordinary Time*. The artwork is being hung in our Sanctuary, in a two-phase event during the seasons of *Ordinary Time*. Phase one occurred in October and November. Phase two will occur in January and February. The artwork explores the holy in the everyday and everywhere.

All are invited to view the upcoming phase two of the exhibit, and are invited to consider life between the highs and lows and how it is that we find God in those spaces. For more information please contact Jennifer Ste Marie.

A Prayer for Advent

Shout for joy
the whole earth,
and everything within.
Rejoice!
For Light has come into the world

The mountains sing,
the seas resound
to the praise of your name.
Salvation
once promised is here on earth

The angels' song
rings in the air,
a child has been born.
Hallelujah!
The Saviour of the world is

Faith and Worship.com.

Nutrition and Income for Refugees

Refugees at the Kakuma refugee camp in northwestern Kenya who escaped conflict or persecution face a hard-scrabble existence adapting to new surroundings. For one group of refugees primarily comprised of women and girls, a source of income and nourishment has come in the unlikely form of peanut butter.

An estimated 180,000 refugees from Sudan, South Sudan, Ethiopia, Burundi, Uganda, Rwanda and Somalia live in the camp, administered by the United Nations High Commissioner for Refugees and falls under the jurisdiction of the Kenyan government.

Confined to the camp, unable to seek education or employment outside of it, the refugees are almost entirely dependent on international humanitarian aid for food and other resources. The semi-arid desert environment can make growing crops difficult for those attempting to create a new life. In an endeavor to improve the living conditions for families in the camp, a Lutheran World Foundation and Primate's World Relief and Development Fund (PWRDF) partnership helps refugees produce peanut butter for financial support and to provide nourishment.

Approximately 20 refugees participate in the program, which takes advantage of the dry climate since peanut plants are one of the few crops that actually grow better in such conditions. Participants first buy peanuts at the market before roasting them, removing the shells, grinding them, and finally packaging, labelling and selling the peanut butter.

Income from selling the peanut butter allows the refugees to buy more food and improve their nutrition by consuming more protein. They are also able to buy other resources such as school supplies.

The full story may be viewed on the website of the Anglican Church of Canada. Through the 2015 "*Gifts for Mission*" gift guide, you can make a \$25 donation enabling the group to produce 500 jars of peanut butter that provide nutrition and income for refugees across Kenya.

From "*Gifts for Mission: Nutrition and Income for Refugees*", by Matt Gardner, posted by the Anglican Church of Canada, October 30th.

A Prayer for Refugees

Heavenly Father, you are the source of goodness, generosity and love. We thank you for opening the hearts of many, to those who are fleeing for their lives. Help us now to open our arms in welcome and reach out our hands in support, that the desperate may find new hope and that lives torn apart be restored. We ask this in the name of Jesus Christ Your Son, Our Lord, who fled persecution at His birth and at His last triumphed over death. Amen.

Church of England.

PWRDF Christmas Cards

PWRDF offers two cards this year for you to choose from. These beautiful Christmas cards are a wonderful way to spread the word about The Primate's World Relief and Development Fund's (PWRDF) important work and to support their relief and development partners' around the world at the same time.



There are two designs to choose from: "*Holy Family*" and "*Nativity Play*". Packs of 12 cards and envelopes are yours with our blessings. A recommended donation of \$20 per pack to support our work is invited.

Cards may be ordered directly from PWRDF:

phone: 1-866-308-7973 OR
416-924-9199, ext. 318
email Ricky de Castro at:
rdecastro@pwrdf.org

R.A.F.T. Update

We are pleased to announce that *Refugees and Friends Together (RAFT)* is sponsoring four families locally. We have yet to hear arrival dates, but are working hard to prepare. For those of you who have offered financial support, thank you! For those of you who have volunteered, thank you and we look forward to working with you.

Our sponsorships are all refugees from Syria and include:

- * A family of five: parents and three children.
- * A family of four: parents, a teen and a young adult daughter.
- * A family of three: parents with a toddler, who will live in Clearwater.
- * A family: a couple expecting their first child.

As our financial capacity grows, so too will the opportunity to sponsor more refugees. We have the human resources capacity (volunteers) to work with more refugee sponsorships, but must also have the financial resources in place (either money in hand or pledges) before we can make any further '*expressions of interest*' (the term for requesting sponsorship).

Thank you for your participation in this humanitarian response.

Information provided by Patricia, a member of the Kamloops Refugee Resettlement Group of RAFT.

Praying for Paris and for Peace

In response to the outcome of terrorist attacks in Paris, France, many throughout the world have been praying as a way of responding to these horrific events. Indeed, church leaders throughout the world have been leaders in these efforts.

Through social media, the Anglican Church of Canada posted the following prayer on November 13th.

God of peace,
we pray for the people of Paris, France:
may your peace break through violence,
may your love conquer fear,
and may your justice prevail . . .

Calls for peace have been with us throughout history. Peace Pilgrim, Mildred Lisette Norman (1908-1981), walked over 25,000 miles between 1953 and 1981, spreading her message of world, group and individual inner peace. Her words continue to caution us: *"We who work for peace must not falter. We must continue to pray for peace and to act for peace in whatever way we can. We must continue to speak for peace and to live the way of peace: to inspire others, we must continue to think of peace and to know peace is possible."*

There have been many others who have added their voices to Peace Pilgrim's call. Among them, Indian peace activist, Satish Kumar, has offered a *Universal Prayer for Peace*:

Lead me from death to life, from falsehood to truth.
Lead me from despair to hope, from fear to trust.
Lead me from hate to love, from war to peace.
Let peace fill our hearts, our world, our universe.
Amen.

Peace in Communities

Gracious God, we pray for peace in our communities this day.

We commit to you all who work for peace and an end to tensions, and all who work to uphold law and justice.

We pray for an end to fear, for comfort and support to those who suffer, for calm in our streets and cities, that people may go about their lives in safety and peace.

In your mercy, hear our prayers, now and always.
Amen.

Church of England.

O Living God, draw all the fragments of my life into the bright mosaic of your love; weave all the tangled threads of my desires into the tapestry you are spreading, like a rainbow, on the loom of the world; and help me celebrate the many facets and the dazzling colours of your peace.

Julie M. Hulme, English author.

Remembrance Day Memories

by Roger Parkes

It has become a tradition at St. Paul's to remember veterans with an annual dinner. On Sunday evening, November 8th, there was a very successful *Remembrance Day Memories* dinner in the parish hall which filled up completely with parishioners and friends who enjoyed the delicious meal of ham, scalloped potatoes, squash and more. The Rev. Canon David Sinclair, assisted by John Plowman, emceed the evening.

Local historian Jeff Lodge gave an interesting talk about some of the soldiers named on our *Roll of Honour*, who had lost their lives during World War I. He also talked about some who lost their lives during World War II and in Afghanistan. (For more about the War Memorial Scroll, see page 10.)

John Plowman read about the origins of "Taps". Rita Plowman recited *"In Flanders Field"*. Canon Sandra Sugden presented John and Rita with a plaque for their service to the Church, the Commonwealth and the community. The evening ended with a sing-a-long of war songs, which was led by Norm and Grace Atkinson.

Photo: Roger Parkes.

Remains: First Nation Churches of BC

During a brisk Saturday afternoon in November, St. Paul's parish hall experience a steady flow as people took advantage of viewing an exhibit by local photographer, Brian Kipp.

Brian's beautiful photos were of twenty churches built on First Native lands. They are scattered throughout the Kamloops Cariboo area and are among the oldest buildings in the province. Some were built as early as 1860.

In most cases, these churches were constructed in a simple wood-frame style and remain as the sole evidence of an earlier time.

Prints of the photos were available for purchase, with proceeds being donated to our current fund raising campaign. Members of the fund raising committee were on hand too with refreshments, available for a donation.

Photo: Chuck Kalnin.



Friendship Friday with Margaret and Mark Hyslop *The Ebert Kakua School for the Deaf in Sierra Leone*

During Friendship Friday on November 20th, many filled the parish hall to listen to a wonderful presentation by Margaret and Mark Hyslop about their connection with the *Ebert Kakua School for the Deaf* in West Africa.

The *Ebert Kakua School for the Deaf* was founded in 2002 by American missionaries, Patricia and Walters Ebert. However, they left Sierra Leone shortly afterward, leaving behind many unfinished projects. The school project was handed over to Sylvester Bob Deen, a traditional chief. He is currently a proprietor of the school. Although the school is registered with the government, it does not receive financial support from them, due to financial constraints. Therefore, the school is supported by donations from friends and well wishers.

Below are some of the photos of students from the *Ebert Kakua School for the Deaf* and comments from Sylvester Bob Deen, taken from a request for contributions towards providing Christmas for the children this year.

Some parishioners have made donations to help make this happen. The funds are being forwarded to Sylvester Bob Deen by the Hyslops, who have offered to do so.



Margaret and Mark Hyslop.
Photo: Jo-Lynn Forbes.



We remain thankful to Margaret and Dr. Mark for your concerns for the deaf communities in Sierra Leone.



My name is Zalika. I want to stay at the dormitory. I lost my father five years ago.



We are poor deaf students. You have helped us to stay in the campus. Thank you.



We are very proud of your prayer support. We hope you continue praying.



This is our compound. We have to interact with others.



My name is Mamudo Koroma. I love you all.

This day, Lord, may I . . .

This day, Lord, may I dream my dreams.
This day, Lord, may I reflect your love.
This day, Lord, may I do your work.
This day, Lord, may I taste your peace.

Angela Ashwin, writer.

Lord Jesus Christ, fill us, we pray, with your light that we may reflect your wondrous glory. So fill us with your love that we may count nothing too small to do for you. Nothing too much to give, and nothing too hard to bear.

St. Ignatius Loyola, 1491-1556.

St. Paul's Memorial Scroll

by Alison McKinnon

Jeff Lodge, a local historian who has done extensive research on the Kamloops War memorial, spoke after our recent Remembrance Day Memories Dinner, about the refurbished WWI scroll that hangs at the back of the Cathedral. Not all of the men whose names are listed on the scroll died in the Great War. The names highlighted in yellow are those who were casualties, but others who were casualties do not have their names highlighted. On the side and bottom of the scroll are flowers representing Britain: the English rose, the Scottish thistle and the Irish clover. The number 172 on the lower right represents the 172nd Battalion Rocky Mountain Rangers, a unit that is still active today. The number 31 on the bottom left refers to the 31st BC Horse, which was in Kamloops until the 1930s. A number of those listed on the scroll also have memorial plaques in their honor at the back of the Cathedral.

Jeff brought a copy of a photograph of the scroll taken outside the Cathedral before the scroll was hung. It is slightly different from the one we see today. Jeff photocopied that original photograph and highlighted in red where names had been added later. That explains why the names are sometimes not in correct alphabetical order. He has given us copies of both of these. Jeff feels that the scroll was an ongoing project that was never finished. There are still unanswered questions about the scroll. Were all of these men parishioners of St. Paul's? Who organized the making of the scroll? Who was the artist? When was the scroll made? When were the names added? There may be answers in the archives in the lower mainland, but that is a future research project for a historian.

Jeff has done extensive research on the Kamloops War Memorial on Battle Street, and has compiled binders of photographs of and information about those whose names are there. He has discovered some names that should not be there, as they did not die in battle. Other names of men who did die are missing, and there are a number of misspelt names or wrong initials. He continues to do work on this project.

Information is from Jeff's talk and from an article about him in *Kamloops This Week*.

PIT Stop at St. Paul's

PIT Stop is a program of Kamloops United Church (KUC) that serves hot, nutritious, weekly dinners to those who are less fortunate. Due to scheduling concerns at KUC, it has become a tradition to hold it here at St. Paul's once a year. This year, it will happen on December 6th, from 1:00 to 5:00 p.m.

For more information, please contact Kathy Moore at: kathymoore@telus.net.

Sunday School Christmas Bags

Our Cathedral Sunday School children will be assembling Christmas gift bags for local Kamloops children through the Kamloops Boys and Girls Club's PowerStart program. We are inviting our Sunday School families and members of the parish to bring items to help fill the gift bags for boys and girls between the ages of 5 and 12 years. We will be filling the boxes Sunday, December 13th, during Sunday School classes, and welcome items to be dropped off at the Cathedral prior to then. So, while you are shopping, please keep an eye out for items that you can contribute!

Suggested items for Christmas Bags

toiletries such as bubble bath, gels
creams, mitts, card games, chocolates
sweets, gum, slippers, toques, art kits
anything hockey or NHL, lip gloss
markers & pencil crayons, scarves
books, nail polish, comics, barrettes
hair clips, cozy & funny socks, crafts
photo frames, wallets, stickers, stationary
note cards, diary or journal, Lego mini
kazoo, noise makers, maracas, puzzles
play dough, silly putty, jewelry kits
colouring books, glow sticks, small toys
funky erasers, coffee & tea mug warmers
swim goggles, crazy straws, post-it notes
small stuffed animals,

If you have questions, please talk with Melissa Green (250-682-4866) or contact her at:
stpaulscathedralyouth@gmail.com

A Note from the Boys and Girls Club The PowerStart Program

We will be giving the gift bags from St. Paul's Sunday School to our PowerStart children.

PowerStart is an early morning breakfast program where we pick children up at their homes, drive them to school, feed them breakfast, help them brush their teeth and then give them a recess snack. PowerStart serves some of the most vulnerable children in our community. We currently serve 100 children each morning.

Some items that may be beneficial in the gift bags: arts, crafts, socks, bath soaps for girls, games, nail polish, nice shampoos/conditioners, hot wheel cars. Lego is a big hit.

Christmas is not as much about opening presents
as opening our hearts.

Janice Maeditere, author.

Simplicity and a Joyful Christmas

by Darni Prentiss

Simplicity is hard. That is to say, finding our way home to a simpler way of life is hard. Much easier is returning there once we've discovered the peace of living an authentic life, simply being who and what God has created us to be. The joyful wholeness we discover in simplicity gives us courage to keep returning, despite being drawn away over and over again by the temptations of consumerism, distraction, competitiveness, insecurity, and a host of other fear-driven behaviors.

The season of Advent calls us to claim a counter cultural life pattern of simplicity, recognizing "Emmanuel" - God is with us. The scandal of Christ's incarnation - God's outrageous choice to take on the flesh of a first-century Jewish peasant - reminds us that God chose a life of deep simplicity, lived on the margins. Sometimes that choice, to live simply, means that we too find ourselves on the margins. The Christmas celebrations I remember most fondly are those when my family had chosen a simpler path - giving homemade gifts, or waiting until Epiphany to exchange gifts among the family, or spending Christmas Day serving free chicken-fried steaks to the lonely, displaced, and homeless. None of those were mainstream choices.

Simplifying our Christmas customs requires intentionality, mutual support and collaboration, and patient incrementalism. Trying out one or two small, achievable shifts in behavior as a family project can become a holiday custom. The conversations that prepare for and implement those changes can be transformational in themselves, helping each family member claim most-treasured memories and let go of things that are less meaningful. Exploring boundaries and making new customs together can bring the joy of shared experiments and new discoveries.

In "My Grandfather's Blessings", Dr. Rachel Naomi Remen recalls hearing the story of the Israelites crossing the Red Sea, told by her grandfather, a rabbi. He explained why the people were fearful, saying, "*The choice people have to make is never between slavery and freedom. We will always have to choose between slavery and the unknown.*"

The freedom of leaving behind the frantic routines of Christmas preparations can be unnerving and may seem impossible. The good news is, as Remen's grandfather gently told her, "*Whenever anyone moves toward freedom, God Himself is there.*" A transformative Christmas discovery!

Darni Prentiss is the Ministry Developer & Stewardship Officer, Diocese of Fort Worth. Posted November 26, 2014 on the website of the Episcopal Network for Stewardship.

from the Treasurer's desk **Summary of Revenue and Expense** **for the ten months ending October 31, 2015**

	Actual	Budget
Revenue		
Offering	\$182,865	\$193,830
Rental Income	30,800	34,250
Other Income	<u>26,123</u>	<u>30,492</u>
Total Revenue	<u>\$239,788</u>	<u>\$258,572</u>
Expense		
Salaries & Benefits	\$ 48,311	\$ 70,155
Premises & Office	28,614	30,425
Programs & Other	92,700	103,485
Christian Sharing	<u>57,885</u>	<u>61,270</u>
Total Expenses	<u>\$227,510</u>	<u>\$265,335</u>
Operating Surplus	<u>\$ 12,278</u>	<u>\$ - 6,763</u>

Gifts as Part of God's Abundance

We have what we have to use well. Gifts that seem ordinary to some people may seem priceless to others. Your gift with children is not accidental. Why do you have it? Your ability to inspire and lead others is more than a family trait - it's a gift. Your imagination, your ability to see past the obvious, these are gifts. Your willingness to work, persevere, and change with the times are gifts, too. Why do you speak so well or write so well? Why do you work so hard to build up the church? These gifts are part of God's abundance, given to you and to your community. John L. Golv, author.

Charity begins today. Today somebody is suffering; somebody is in the street; somebody is hungry. Our work is for today; yesterday has gone; tomorrow has not yet come.

Mother Teresa, 1910-1997.

Stewardship is the faithful and effective use of the gifts of time, skill and money entrusted to us by God. It is our partnership with God as we thankfully share life's abundant blessings and live out our ministries.

Ven. Peter Hobbs, Christ Church, Bell's Corners, Ottawa.

Questions to Ponder

What does it mean to be fully "*who and what God has created us to be?*"

What traditions do you find restricting? Which ones are freeing?

What new or unfamiliar customs or what small shifts might your family explore or adopt in order to provide more joy this Christmas?

Glancing Back: Wardens at St. Paul's

People's Warden

1950	S. F. Davies
1951	Ian Clark
1952-1955	Nat Nye
1956-1962	Derek Parkes
1963	Michael Elston
1964	Ken Haughton
1965-1973	George Garlick
1974	Dr. Haakon Murray
1975	Bud Forbes
1976-1977	Jack Wetmore
1978-1979	Chuck Kalnin
1980-1981	Elaine Brown
1982-1983	Dwight Oatway
1984	Bill Crossan
1985	Les Batchelor
1986	Rae Long
1987	Al Miller
1988	Sue Cooper
1989-1990	Ron Morrow
1991	Bernie Kent
1992-1993	Dwight Oatway
1994	Marie Saunders
1995-1996	Rod Salem
1997-1998	Joan Lukow
1999-2000	Ken Munro
2001-2003	Carol Patch
2004	Nancy Mutrie
2005	Nancy Mutrie & Chris Rose
2006	Chris Rose
2007	Thelma Allen
2008-2010	Elaine Parkes
2011-2015	Verna Albright

Rector's Warden

1950	Bob Chisholm
1951	Nat Nye
1952-1953	Ian Clark
1954-1964	Perry Richards
1965-1968	Walter Long
1969-1971	Dr. Orm Weir
1972	John Clarke
1973	John Clarke & Aubrey Tanner
1974-1976	Alf Bawtree
1977-1978	Jim Freathy
1979-1980	Warwick Parker
1981-1982	John Pickrem
1983-1985	Chris Rose
1986	Les Batchelor
1987	Rae Long
1988	Rae Long & Al Miller
1989	Sue Cooper
1990-1991	Thelma Allen
1992-1994	Chuck Kalnin
1995-1996	Marie Saunders
1997-1998	Rod Salem
1999-2000	Joan Lukow
2001-2004	Ken Munro
2005-2006	Jon Buckle
2007	Chris Rose
2008-2015	Alison McKinnon

Traditions are guide posts driven deep in our conscious minds. The most powerful ones are those we can't even describe, aren't even aware of. Author unknown.

"The Way the Fairies Went"

There are two magical fairy trails in the southwest of Ireland, in County Kerry. Both of these wonderful family fun activities are located in the woodlands situated near Derrynane and Sneem.

Sneem is a pretty village located along the Iveragh Peninsula in County Kerry in the most southwestern region of Ireland. Sneem's Irish name is *An Snaidhm*, pronounced ahn tsneem and translated as 'the knot'. An explanation for its name is the knot-like swirl that appears where the Sneem River meets the currents in the estuary below the town.

The village boasts several attractive sculptures, including "*The Way the Fairies Went*", a project of the Sneem Arts Council. It's a series of 'fairy buildings' created in an ancient Celtic style, by sculptor James Scanlon. The exhibition is particularly popular with small children, who like to explore the fairy huts built by local stoneworkers.

Joy Gothard has kindly shared these photos of that community's art project. She tells us that "*The Way the Fairies Went*" is located in "*a beautiful natural setting for meditation, had we not been on a bus tour!*"



What's in a Tree?

by Chuck Kalnin

After a lot of debate several years ago, we bought an artificial Christmas tree - *"making Christmas a little simpler!"* This wonderful tree came with lights and a folding stand already attached. I still needed to read some rather unclear instructions. Yet, it was simpler to set up and did not need to be watered! Isn't that wonderful!

Some believe that we shouldn't chop down live trees anymore just to decorate our home. My argument was that making plastic trees affected the environment too. The rebuttal was that you only buy one or two plastic trees ever, as opposed to cutting down 50 or so live trees. I tried to rationalize that a real tree was part of who I am - my connection to nature, and that the trees in the lots were already cut down. However, I lost the debate and home-ward we carried the plastic tree.

Part of the reason that I wanted a real tree was due to the kind of tree I always got. I'd wait for a while after the lots first appeared so that selection would be easier. I was after that *'Charlie Brown tree'* - sparse branches, maybe two tops or at least a bent top, and maybe a curved trunk. There had to **always** be a hole - an empty space - the kind my Dad tried to eliminate by drilling in extra branches. My tree retained that empty space. For some reason, these trees seemed to be left to the last. My wife, Elaine, was never impressed with my selections. Our kids liked them and our neighbours visited to *marvel* at them. I loved these trees because they were created by God and were perfect just the way they were! Having such trees were a tradition.

After Elaine died, I didn't much enjoy decorating the house by myself - even with *'lights were already attached'*. Most years I had no tree. Then one year, my children gave me a *'real'* Charlie Brown tree - obtained from Walmart! Okay, it was plastic, but it had no lights, only a few sparse branches and only one bulb. It's only a couple feet tall and I just have to pull it out of a box. It's now it's my Christmas tree every year, and it is *"making Christmas a little simpler!"*

There's something else of interest to me here. This little piece of sparse and bent plastic has re-established a tradition!



Photo: Chuck Kalnin.

An East Coast Tradition

There's a unique tradition that is available for all who travel to Newfoundland. Those willing have an opportunity to drink down a shot of local raw rum called Screech, then kiss a cod's mouth. Those who do so are *'screeched'*. While in that province last summer, Bud Forbes *'kissed the cod!'*

Photo: Jo-Lynn Forbes.



The Weight of a Snowflake

"Tell me the weight of a snowflake." a robin asked a wild dove.

"Nothing more than nothing." was the answer.

"In that case I must tell you a marvelous story," the robin said. *"I sat on the branch of a fir, close to its trunk, when it began to snow - not heavily, not a raging blizzard, no, just like in a dream, without any violence. Since I didn't have anything better to do, I counted the snowflakes settling on the twigs and needles of my branch. The number was exactly 3,741,952. When the next snowflake dropped onto the branch - nothing more than nothing - the branch broke off."*

Having said that, the robin flew away.

The dove, since Noah's time an authority on the matter, thought about the story for a while and finally said to herself, *"Perhaps there is only one person's voice lacking for peace to come about in the world."*

Author unknown.

Lighting Candles as Prayer

Lighting a candle is a prayer. When we have gone, it remains alight, kindling in the hearts and minds of others the prayers we have already offered for them and for others, for the sad, the sick, and the suffering - the prayers of thankfulness too.

Lighting a candle is a parable. Burning itself out, it gives light to others. Christ gives himself to others and calls us to give ourselves.

Lighting a candle is a symbol of love and hope, of light and warmth. Our world needs them all.

Author unknown.

Our hearts grow tender with childhood memories and love kindred, and we are better throughout the year for having, in spirit, become a child again at Christmas time.

Laura Ingalls Wilder, author, 1867-1957.

Fire Procedure

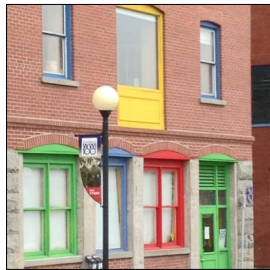
When the fire alarm sounds at St. Paul's, this is the procedure to be followed:

- ♦ **Evacuate** the building via the nearest safe exit.
- ♦ **Assist** persons requiring assistance.
- ♦ **Children in Sunday school** will evacuate from the basement with their instructors and gather in front of the YMCA at 4th and Battle. Parents will meet them there.
- ♦ **All other adults** will assemble kitty-corner from the Cathedral in front of The Windsor at 411 Nicola Street.

Phone 911 to report a fire in the building.

About Doorways

Of all Circular themes that we have used, 'doors' has generated the most responses; and we are still getting responses. Jo-Lynn Forbes shares this photo of colourful doors and windows seen in last summer in St. John's, Newfoundland & Labrador. Photo: Jo-Lynn Forbes.



Opportunities for Ministry

Out of the Cold: The Out of the Cold shelter will be open both Sunday and Wednesday nights. More volunteers are needed in the following areas: making beds, cooking, making breakfast, morning clean up and more! If you are interested, please contact Bud Forbes (250-573-3430) or Christine Jefferies (250-318- 0236).

Peace & Justice: Add your voice to the discussion and action regarding peace and justice issues, and outreach concerns. Monthly meetings are held in the Chapel at a time and day to be designated. Please talk with Joy Gothard.

PIT Stop: This Kamloops United program provides hot, nutritious meals for those in need. Once a year it is held at St. Paul's, and this year will be on December 6th. If you can help with preparation, set-up, serving or clean-up, please email Kathy Moore at: kathymoore@telus.net.

Soup needed: Our need for visitors who require soup has not lessened. Please help us keep the freezer full. There are empty yoghurt containers in the kitchen. Thank you to all of our soup makers.

Chatter (cont'd from page16): women are now being ordained. There's been other changes as well, and we appear to be facing more in the future.

Some of our traditions at the Cathedral have evolved due to technological advances, societal attitudes and other influences, and will undoubtedly continue to do so. However, we have only reached where we are presently, with much reflection and discussion and the guidance of the Holy Spirit. As we continue the process of changes in leadership and as we face an unknown but hopeful future, may we earnestly continue going forward - with the guidance of the Spirit. May our future pathways truly fulfill God's will for St. Paul's. Amen.

Interesting Internet . . .

Anglican Journal: on-line news releases and updates. www.anglicanjournal.com/

Church of England: news and resources for the worldwide Anglican communion. www.anglicanjournal.com/

Ebert Kukua School for the Deaf: a document about the school, written by Sylvester Bob Deen. Xa.yimg.com/kq/groups/948069/.../Sylvester+and+Deaf+School.doc

Nutrition & Income for Refugees: a PWRDF story and information about a program that provides money and nutrition to people in a refugee camp in Kenya. <http://www.anglican.ca/news/gifts-for-mission-nutrition-and-income-for-refugees/30012678/>

PIT Stop: information and news about PIT Stop, the hot meal program of the Kamloops United Church. <http://kamloopsunited.ca/pit-stop/>

Tens: resources for stewardship from The Episcopal Network for Stewardship website; the Episcopal Church of the US. <http://www.tens.org/>

St. Paul's Theological Lecture

"Seniors in Ministry"

January 24th, 7:00 p.m. in the Cathedral

The Rev. Canon David Sinclair

watch for further details

2016 Anglican Church Calendars

available at the Office - cost: \$5.00

There has been only one Christmas - the rest are anniversaries. W. J. Cameron, barrister/politician, 1879-1953.

Love is what's in the room with you at Christmas if you stop opening presents and listen.

Attributed to a 7-year old named Bobby.

Special Upcoming Dates for St. Paul's

December	5	Saturday	9:30 a.m.	Chant, Chart, Converse	Parish Hall
	6	Sunday	1:00 p.m.	PIT Stop at St. Paul's	Parish Hall
	12	Saturday	1:30 p.m.	Christmas Tea and Bake Sale	Parish Hall
	24	Thursday	4:00 p.m.	Family Eucharist	Cathedral
	24	Thursday	7:00 p.m.	Service of Lessons and Carols	Cathedral
	24	Thursday	10:00 p.m.	Holy Eucharist	Cathedral
	25	Friday	10:00 a.m.	Holy Eucharist	Cathedral
January	27	Sunday	10:00 a.m.	Lessons and Carols	Cathedral
	11	Monday	—	Art in Ordinary Time, till February 9 th	Sanctuary
	24	Sunday	7:00 p.m.	Faith Lecture: "Seniors in Ministry" The Rev. Canon David Sinclair	Cathedral
	30	Saturday	tba	Annual Men's Dinner	Parish Hall
February	9	Tuesday	5:00 p.m.	Shrove Tuesday Pancakes	Parish Hall
	10	Wednesday	10:00 a.m.	Imposition of Ashes	Chapel
	10	Wednesday	7:00 p.m.	Imposition of Ashes	Cathedral
	14	Sunday	after service	Annual Vestry Meeting	Parish Hall

Dates and times may change.

Chant, Chart, Converse

"Behold who you are . . .

Become what you receive."

December 5th, 9:30 a.m. to 1:30 p.m., parish hall

David Lidster, Jennifer Betuzzi, David Darwin

limited to 25 - please preregister at the Office
no charge - lunch supplied

watch for more information

St. Paul's Christmas Tea

Saturday, December 12th

1:30 p.m. to 3:30 p.m. in the parish hall

Join us for tea, goodies and fellowship.
There will be baked items to purchase.

The Thrift Shop open will be open.

Inmates at the Women's Jail in the Fraser
Valley create items from donated fabrics,
including fabric from St. Paul's. Mollie
Both visits these inmates regularly and
will have some of their pieces for sale.

St. Paul's Christmas Services

December 24	4:00 p.m.	Family Eucharist
	7:00 p.m.	Holy Eucharist
	10:00 p.m.	Holy Eucharist
December 25	10:00 a.m.	Holy Eucharist
December 27	8:00 a.m.	Holy Communion
	10:00 a.m.	Lessons and Carols

Art in Ordinary Time

"exploring the holy -

everyday and everywhere"

phase two of the exhibit - in the Sanctuary
January 11th until February 9th

Please stop by and view this wonderful exhibit.

Annual Vestry Meeting

Sunday, February 14, 2016

In the parish hall after the 10:00 a.m. service

St. Paul's Thrift Shop

Fridays: 9:30 a.m. - 1:30 p.m.

Visit - Fill a Need - Find a Treasure

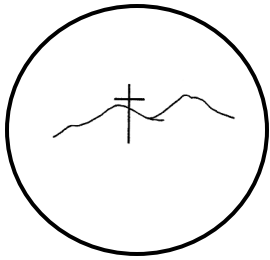
Your donations are appreciated and may be left
in the foyer to the parish hall during office hours.
Items needed include:

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

Please take time to toss the clothing in your washer
and dryer and wash up dishes and pots and pans.
Thank you.

Annual Men's Dinner

January 30th in the parish hall
save the date - details to come



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

joyful - rooted - responsive - hospitable

Bishop:	The Rt. Rev. Barbara Andrews
Interim Priest:	The Rev. Canon David Sinclair
Honourary Assistant:	The Rev. Canon Sandra Sugden
Honourary Assistant:	The Rev. Canon Tom Sugden
Honourary Assistant:	The Rev. Viktor Gundel
Rector's Warden:	Alison McKinnon
People's Warden:	Verna Albright
Youth Coordinator:	Melissa Green
Music Directors:	Heather & Norris Berg
Office Coordinator:	Claire Tosoff

visit our blog
stpaulscathedral.blogspot.com/

follow us on Facebook

submission deadline for next issue:
January 27, 2016

theme for next issue: roads

Chuck's Chatter . . .

Maybe Christmas, the Grinch thought, doesn't come from a store.
Dr. Seuss, 1904-1991.

Where I grew up, the night before Halloween was called '*damage night*'. It was a time for teenagers to carry out pranks - a teacher's desk up the flagpole - the principal's Volkswagen deposited atop the steep high school steps. Once, a stretch of wooden sidewalk over a swampy area was torn up. However, the next day, workers arrived with forms to pour cement! Each year a renewing bunch of pranksters created new distractions within a continuing tradition.

Growing up outside the Church, our family traditions were rooted around cultural influences, general societal observations and even the availability of natural resources. We shared a common practice of many immigrants - eking a living out of an unfamiliar yet rich landscape. Dead jack pine offered winter warmth. Wild berries and other fruit became preserves, jams and jellies. Wild rice was bartered from First Nation peoples who harvested nearby lakes. Geese and fish supplemented our meat diet. A desired prize was the Winnipeg gold-eye, a fish caught in the summer, frozen till fall, then slow-smoked to become a delicious Christmas delicacy. Utilizing these natural resources was a tradition.

Holidays were centered around culturally influenced feasts. Easter - ham glazed with sweet raisin sauce. Thanksgiving - roasted turkey, stuffing, sprouts and pumpkin pie. Halloween - popcorn balls, candied apples and our favourite cookies. A box of Macintosh apples was bought to give out along with the candy. With four boys in the family, we always ended up with two boxes of apples.

The end of the year was the highlight of our family celebrations, beginning well before Christmas and lasting right through the New Year. There was an

abundance of cakes, cookies and pastries, special pickles and relishes, smoked fish, sausages, and more - almost all influenced by the Ukrainian and Latvian cultures. Christmas dinner included roasted turkey, stuffing, yams, Mom's Christmas cake, and much more. Dinner on January 1st was baked ham with all the trimmings. With plenty of leftovers and the many delicacies, this time of the year resulted in at least some over-eating. However, this was time, especially, of rejoicing in life and in the world that we live in. This rejoicing, in fact, became a tradition.

As I married, two traditions merged, then slowly evolved as our family grew. This was the time that I became a Christian. Traditions took on extra significance for me. Holidays became Feast days. Easter became centered in spiritual significance, and was preceded by Lenten reflections. At Halloween, we still handed out treats to children in costumes, but, All-Souls and All-Saints added richer depth to that time of the year. Other traditions were similarly affected. Family traditions were influenced by our personal characteristics, beliefs and experiences.

Is this not true also within the Church and parish to some degree? There's everlasting '*Church tradition*' and '*Anglican tradition*' that continue to influence our communal liturgy and worship. However, since the 1970s, we have witnessed many changes, here at St. Paul's and throughout the Anglican Communion. Our pulpit vanished in the mid-1980s; also a time when the '*high altar*' relocated to the front of the Sanctuary. The Book of Common Praise (BCP) now shares space in our pews with the Book of Alternative Services (BAS). Laity are more involved in the worship services; and of course, (See page 14.)