

# *St Paul's Circular*

*June 2018*

*Volume 13, Issue 2 "Courage"*

**Courage** -- mental or moral strength to venture, persevere, and withstand danger, fear or difficulty; the ability to control fear in a dangerous or difficult situation

## *From the Desk of the Dean*

Our Godly worship occurs through action, speech and song, and to the third in this trinity I have some thoughts. As we left church a few weeks ago we sang Harry Emerson Fosdick's text *God of Grace and God of Glory* (577 in Common Praise). Specific to the theme of this newsletter is the repeating variable refrain,

Grant us wisdom, grant us courage,  
For the facing of this hour,  
For the facing of this hour,

I do wonder, what in our present hour requires special wisdom and courage? Feel free to add your own concerns and challenges. Elsewhere in the four short stanzas, some connect immediately to the words:

Cure your children's warring madness,  
bend our pride to your control.

The great thing about hymns or songs is that a dialogue ensues, between the text and the singer, between the circumstances around the composition of the text and its performance which occurs often centuries later.

Harry E. Fosdick (1878-1969) was a well-known and controversial preacher in the early twentieth century. John D. Rockefeller asked him to become pastor of Park Avenue Baptist Church in New York City, but Fosdick thought the church was too wealthy, and agreed only on condition that a new church would be built in a less fashionable place and under a new ecumenical formation. The site selected for the new Riverside Church was on the banks of the Hudson, not

far from Harlem. Fosdick wrote this hymn in 1930 for the opening service of Riverside Church that fall. Now the placement of a wealthy and extremely well-endowed church near a poor neighbourhood is a poor candidate for a socially engaged project. That said, Fosdick's text speaks to wealth and the wealthy alike, with at times a subtle though stinging rebuke.

Concerning Fosdick's own "hour" we should note that he served as a chaplain during World War I. Additionally the hymn was written while the United States was in the throes of the Great Depression between the two World Wars. Fosdick was a champion of the social gospel, a movement that recognized the plight of the poor, especially in the urban Northeast during the Industrial Revolution. Fosdick was perhaps the most vocal proponent of the social gospel of his time—a position that brought both wide acclaim and broad disdain.

The stirring and popular Welsh tune *Cwm Rhondda* (a coupling to which Fosdick strenuously objected) demands an appropriately stately tempo (think "processional," not "horse race" writes one commentator) that gives the congregation time to absorb the challenges offered by the poet.

If you missed our most recent rendition, fear not, we shall sing it again, and soon.

*Ken Gray*

"When we trust God, we find the strength, courage, and clarity needed to move beyond the people and situations that challenge what we know to be true and right in our hearts." *Iyanla Vanzant*

Courage is not the absence of fear. It is going forward with the face of face  
*Abraham Lincoln*

## *Lizzy's Bit*

Courage is not the absence of fear but the ability to do it afraid whatever "it" may be, to keep going in the face of fear.

Courage has many faces. There is courage in the face of danger, or adversity, or embarrassment, courage to fight injustice and courage to fight for rights.

The epitome of courage may be young soldiers spilling out of landing craft and racing across the beaches of France in a hail of machine gun and mortar fire; the shopper at the open air market in a war torn country where a suicide bomber might pick that time and place to make their deadly statement. None of us, however, has enough fingers and toes to count the examples of quiet courage we encounter in our daily lives.

For some facing each new day requires tremendous courage.-- those dealing with life changing or life threatening illness, those raising a severely physically or mentally challenged child, those living in war zones or coping with natural disasters. Almost every day there is a story on the news about families or individuals coping with hardships that make many of us wonder how do they cope. We wonder would we survive emotionally in the same situation while at the same time knowing that one need only trust God to see one through and carry on doing what one must. People in the middle of difficult or trying circumstances don't necessarily see themselves as brave -- their life is what it is and they are just getting on with it. The cop who disarmed the van driver in the Toronto massacre we see as courageous he says he was just doing his job.

Sometimes it is hard to know whether more courage is required to stay or to leave; to carry on or to start over. Stepping out into a new job, moving to a new place takes courage, letting go of the old without really being able to see the new takes courage. It takes courage to go out on the fourth floor balcony when you are afraid of heights. It takes courage to admit you are wrong when your face is going to be very red. Of course what is one person's courageous act is another person's great adventure.

Standing up for and speaking out for a belief or cause takes another kind of courage. Here we can think of people like Martin Luther King Jr. or the early twentieth century suffragettes such as Emily Murphy or Dr. Emily Howard Stowe, one of Canada's first women doctors.

## *Book Review*

The Way of Courage  
Being God's People in a Broken World  
by Christopher Page

Christopher Page is a Canadian priest from Vancouver Island who has been involved in parish work. He has authored several books on our faith journey and leads many retreats in workshops. He also wrote a regular column in the Diocesan Paper for 14 years. The way of courage shines through the book.

"In its humanness the church is often flawed, broken, confused, and even chaotic. How do God's people respond to challenging situations? Do we choose confrontation and wounding, or reconciliation and healing?"

By being the people we are, we create the community we belong to. Through prayerfully embracing the challenges of personal relationship and healing, leadership and ministry, spirituality and refreshment of God's people, we can help the world open to God's presence and love, empowering all people.

Suggestions for personal exploration and group study accompany each reflection." (quote from cover)

About this book Herbie O'Driscoll has said " reading Christopher Page, I am not given glib answers, easy solutions or cheap grace. I discover a Christian spirituality that is mature, insightful and very real."

I found this book, which was written 12 years ago, to be very thought provoking as we face our human foibles within the church and within the world. From this perspective we can still know that with God's help, we can be an integral part of his plan with the

courage to speak of and live out His love wherever we are.

A good read either individually or as a group study.  
*Mary Dove*

## Courage

As we go through life, from time to time, we are asked to step outside of our comfort zone to do something which we think we are incapable of. How do we respond? Do we step up to the challenge or do we say no, I can't. Some of the younger generation might say, "suck it up and do your best". Whatever the response, we have a responsibility to challenge ourselves to be the best God created us to be.

Is this having courage? Courage is defined as mental or moral strength to venture, persevere and withstand danger, fear or difficulty. To that end a pilgrimage walk on the Camino France in Spain of 900 kilometres and 36 days may fall under this definition. How do you take yourself out of a comfort zone and move to an adventure like this? For me it was something that had been in the back of my mind for eight or nine years. With a significant birthday approaching I made the decision to leave my comfort zone and mustered up the courage to embark on this challenge. Much planning, advice from friends, purchase of equipment and guide books, time tables studied, air flights and hotels booked and with all that in place I left on March 14 for an adventure of a life time.

I can only give you a small taste of what it was like. I would be up early in the morning, walk two to five kilometres before having breakfast and then carrying on for an average of 25 kilometres each day. I would arrive at my destination, have a shower and a rest, sight see and then look for a place to eat. I then did this all over again the next day.

Meeting other pilgrims along the way was one of the highlights. It was interesting to find out why they were walking and to learn where they found the courage to embark on a pilgrimage of "The Way of St. James". Weather could vary from light rain to down pours. I encountered strong head winds, sunshine and in one area a foot of fresh snow. Temperatures varied

but overall it averaged around eight to ten degrees, a nice temperature for walking.

Like most things we do we set out with a goal. Mine was to walk the eight hundred kilometres from St. Jean Pier de Port, France to Santiago de Compostela, Spain, where St. James the Apostle is buried. I then carried on to Finisterre another ninety kilometres. The earliest of pilgrims called this place the "End of the World". At that time they did not know what lay beyond this point of land other than the ocean.

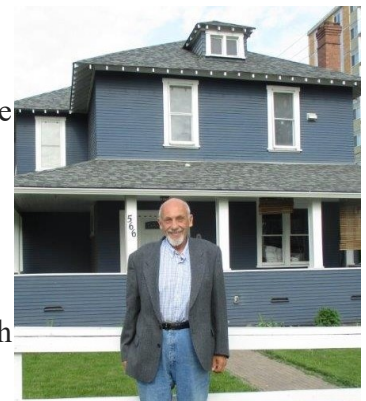
When I look back on it, courage played a big part in my decision to make this pilgrimage. Family and friends were also a part of the decision process. I can't help but think of all the early pilgrims that went before me. They did not find nice accommodations with showers, food and a comfortable bed. They were treated badly, robbed and even killed for their convictions. What courage they had! What courage Christopher Columbus must of had to venture out from the shores of Spain into the unknown to find the new world. My adventure is pale in comparison but was made possible by all of the pilgrims that had gone before. As people would say as you walk "Buen Camino" the voice of encouragement!

*Dwight Oatway*



Reports that

The Blue House renovations are complete and the house is now in the hands of ASK Wellness. Mel Stasiuk contributed many hours to interior repairs for which we owe him much thanks.



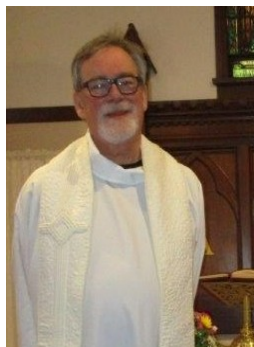
"Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently." *Maya Angelou*

## LOOKING BACK

The annual spring clean up took place April 7 when 25 people turned out to rub, scrub and polish our beautiful cathedral.



On Sunday May 6 we welcomed the Venerable Michael Thompson, General Secretary for the Anglican Church of Canada, who preached at both the 8:00 am and 10:00 am services.



"To be courageous requires no exceptional qualifications, no magic formula, no special combination of time, place, and circumstance. It is an opportunity that sooner or later is presented to us all." *John F. Kennedy*

## Soup Troop

The Soup Troop met March 27 and April 30 for fun



and soup making. In April 104 containers were filled with soup, chili, and shepherd's pie

## Hands in the Dirt Gang

The Hands in the Dirt Gang, left dirt less with the passing of Chuck Kalnin and the sale of his house are once again digging 'til their hearts are content. Ron and Jennifer Ste. Marie have generously offered the gang a home at their place on Puett Ranch Road in Rayleigh.



## Friendship Fridays

The guest speaker April 20 for Friendship Friday was Mary Baker from the CanGo Grannies. She had recently travelled to Uganda and Tanzania to attend a granny gathering. She was one of seven who attended from Canada. She was so articulate in her presentation and her passion towards the Grannies who are often caring for many motherless children was





evident. She shared an amazing power point presentation which complimented her talk. (thanks to Jim Waldie for his technical skills). Mary and Gine displayed and sold some of the amazing home made crafts which showed the skills of these grandmothers. A total of \$158.00 was raised for the Grannies. Forty-four of us really enjoyed our educational and friendship morning.

May 18 was a Royal Surprise in honour of the wedding of Harry and Meghan. Fifty people were present to hear Jack Jones, Kamloops Poet Laureate tell of his brushes with Royalty and to present some of his



poems. Afterwards, the Queen (Phil Churchill) and Prince Philip (Jack

Jones) lead a procession into the cathedral to hear a recital by Gail Ovington of some possible musical selections for the royal wedding.



They heard Clarke's, *The Prince of Denmark March*, Mendelssohn's *Wedding March*, Wagner's *Here Comes the Bride* and Elgar's *Pomp and Circumstance*.

This was followed by a strawberry tea.

"When life seems hard, the courageous do not lie down and accept defeat; instead, they are all the more determined to struggle for a better future." *Queen Elizabeth II*

## Profile



Rachael Long has been a stalwart of our church for many years and although she won't say how long she has been doing it, it is thanks to Rae that we have the Christmas tea, the strawberry tea, and Friendship Friday. She has spent countless hours providing meals for Out of the Cold, catering funerals and making cakes for birthdays, baptisms, anniversaries and other special events in the lives of parishioners. She was also involved with Cursillo. Rae is always ready to help someone in need with shopping or errands, rides to appointments or the hospital.

Thank you Rae for all that you do for us.

## Book Cart

Summer is just around the corner, so it is time for some light inspirational reading. Once again there is a new selection of books on the APCI cart for your enjoyment and enlightenment. I would like to take a moment to remind everyone the book cart is located in the hall on Sunday mornings during the coffee hour for your perusal, and outside the Sacristy during the rest of the week. The materials there are for everyone, 8:00 o'clock people too. Requests for materials can be directed to me at 250 828 1222 or Gordan and Mary Dove at 778 471 4451.

Also a reminder when borrowing materials to sign the card in the front of the book with your name, telephone number and the date you borrowed it.

A few books have strayed far from home, so I am asking everyone who has borrowed items over the winter and spring to check their book shelves, nightstands and other nooks and crannies where books hide before they head out for the summer for any items that might have been forgotten.

Have a fun summer in the great outdoors, be safe and come back to us in the fall.

### ***St Paul's Thrift Shop***

We are now heading into summer when we will be featuring cool weather clothing.

At this time of year we are especially looking for light weight garments, but we are happy to take fall and winter wear. We ask always that it be ***clean and gently used.***

Please take time to pop clothing and linens in the washer, and kitchenware in the dish-washer before dropping them off. It would help us such a lot.

The following items are always useful -CLOTHING - SHOES- LINENS-CHINA- KITCHENWARE - POTTERY- KNICK-KNACKS - PUZZLES - GAMES - TOYS - GREETING CARDS - MUSIC - BOOKS - MAGAZINES - VIDEOS

We also encourage shoppers to be environmentally conscious and bring their own shopping bags. However to help out those who don't have their own bags we would appreciate the donation of unwanted plastic bags -- all sizes are welcome

**Thrift shop is open Fridays 9:30 a.m. to 1:30 p.m. September through June**

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

*Reinhold Niebuhr*

### ***LOOKING AHEAD***

June 1 - ? - Cathedral art Exhibition - some 40 pieces of artwork in various formats by parish artists.

June 10 - The parish picnic at Prince Charles Park after the 10:00 am service.

June 15 - The strawberry tea. Thrift shop open.

June 17 - Ecumenical service at McDonald Park at 10:30 am. Will be held at Kamloops United Church in the event of rain.

June 17 - 20 - Transitions: Your journey of transformation through grief and loss. Registration is required.

June 23 - Kamloops Peace Walk from the Farmers Market to Riverside Park. Dean Ken will MC the music

July 8 - Indigenous Bishop Mark MacDonald will preside.

August ? - Kamloops Gay Parade. Stay tuned for further information.

You will never do anything in this world without courage. It is the greatest quality of the mind next to honour. *Aristotle*

Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that you are wrong.

*Ralph Waldo Emerson*

All our dreams can come true if we have the courage to pursue them.

*Walt Disney*

### *Ongoing at St Paul's*

Sunday	8:00 a.m.	Holy Communion: Book of Common Prayer	Chapel
Sunday	10:00 a.m.	Holy Eucharist: Book of Alternative Services	Cathedral
Sunday	10:00 a.m.	Sunday School: September to June	Lower Parish Hall
Sunday	1:00 p.m.	Prayer Service: during ski season at Sun Peaks	Mid-Mountain
Chapel			
Sunday	2:00 p.m.	Holy Eucharist: second Sunday of the month	The Renaissance
Sunday	6:00 p.m.	Young Adults	Parish Hall
Sunday	6:00 p.m.	Out of the Cold Shelter: November to March	Lower Parish Hall
Monday	7:00 p.m.	Contemplative Prayer: second and fourth Mondays	Cathedral
Tuesday	11:00 a.m.	Frozen soup available	Cathedral Office
Tuesday	1:00 p.m.	Prayer Shawl Ministry: third Tuesday of the month	Chapel
Tuesday	2:00 p.m.	Eucharist: second Tuesday of the month	Seniors Village
Tuesday	7:00 p.m.	Cathedral Committee: fourth Tuesday of the month	Cathedral
Wednesday	10:00 a.m.	Holy Communion: Book of Common Prayer	Chapel
Wednesday	11:00 a.m.	Frozen soup available	Cathedral Office
Wednesday	12:00 noon	Lectionary Bible Study	Cathedral Chancel
Wednesday	6:00 p.m.	Out of the Cold Shelter: November to March	Lower Parish Hall
Thursday	11:00 a.m.	Frozen soup available	Cathedral Office
Thursday	2:00 p.m.	Holy Eucharist: fourth Thursday of the month	Berwick on the Park
Thursday	7:00 p.m.	Choir Practice	Cathedral
Friday	10:00 a.m.	Friendship Friday: third Friday of the month	Parish Hall
Friday	9:30 a.m.	Thrift Shop open: September to June	Lower Parish Hall
Friday	7:00 p.m.	Youth Group: grades 4 to 12	Parish Hall

### *Treasurer's Report*

	<b>Actual</b>	<b>Budget</b>
Revenues April 2018	20,718.45	21,806.00
Expences April 2018	22,167.40	22,381.50
Net Revenues April 2018	\$(448.95)	\$(575.50)
End of April YTD		
Revenues Jan - April 2018	91,047.41	95,260.00
Expences Jan - April 2018	98,222.29	104,017.00
<b>Net Income YTD</b>	<b>\$(7,174.88)</b>	<b>\$(8,757.00)</b>

Courage is fear that has said its prayers and decided to go forward anyway  
*Joyce Meyer*

Real courage is being afraid but doing it anyway. *Oprah Winfrey*

## St Paul's Anglican Cathedral

parish founded 1884

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*joyful - rooted - responsive - hospitable*

Bishop	The Rt. Rev. Barbara Andrews	St Paul's Cathedral website
Rector & Dean	The Very Rev. Ken Gray	<a href="http://www.kamloopsanglicancathedral.com">www.kamloopsanglicancathedral.com</a>
Assisting Clergy Member	The Rt. Rev. Gordon Light	follow us on Facebook
Assisting Clergy Member	The Rev. Barbara Liotskos	Territory of the people website
Assisting Clergy Member	The Rev. Dan Hines	<a href="http://www.territoryofthepeople.ca">www.territoryofthepeople.ca</a>
Rector's Warden	Cathy Shether	submission deadline for the Next issue:
Deputy Rector's Warden	Jon Buckle	Friday, <b>September 14, 2018</b>
People's Warden	Kathy Moore	theme for the next issue:
Deputy People's Warden	Lynn Snook	<b>Gratitude</b>
Youth Coordinator	Melissa Green	
Music Directors	Heather & Norris Berg	
Office Coordinator	Claire Tosoff	
Treasurer	Dr. David Ritenburg	

## Worship at St Paul's Cathedral

Chapel, Sunday, 8:00 a.m. - Holy Communion Cathedral, Sunday, 10:00 - Holy Eucharist

Chapel, Wednesday, 10:00 a.m.

The St. Paul's Circular is the parish newsletter of St. Paul's Anglican Cathedral, Kamloops, B.C. 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 Elizabeth Kavanagh  
email address: [stpaulscathedralcircular@gmail.com](mailto:stpaulscathedralcircular@gmail.com)