

St Paul's Circular

March 2021

Word - a single unit of language that has meaning and can be spoken or written.

Wonder -

noun - a feeling of surprise mingled with admiration, caused by something beautiful, unexpected, unfamiliar, or inexplicable.

verb - desire or be curious to know something.

From the desk of the Dean

Shy and Retiring

In my case, both are absolutely true. As a child when my parents would welcome visitors, I would often lock myself in the bathroom hoping to avoid the inevitable “come on out and say hello to Auntie Doris” which admittedly was much better than “Auntie Doris needs to use the bathroom” (we had only one in those days). In the end, Auntie Doris left me a large amount of money in her will, so I must have emerged at some point.

And yes, I am retiring, for reasons already shared. Enough of the *why*; now some of the *what*. What will I do with my newly acquired unstructured time. I am still haunted by Paul Tillich's injunction named in his classic book *The Courage to Be* (1952). Still relevant after all these years, we continue in our day to be so outcome driven--do something interesting; create, advance a cause, and the most dangerous of all: Optimize! Everything!

Unfortunately, I have taken such baggage into parish ministry, here and elsewhere. I am so very sorry. That said, it is hard not to be driven by expectations self-imposed or externally commended. One wants to do one's best for sure. But in the end, life is life, and we came from dust and to dust we shall return—this is not an expression of futility; it is simply the way things are. We will leave a legacy, but even that will wane over time. There is something beautiful about

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savouring the present moment, and *wasting time*, alone or with others.

On my good days I can sit at home and say to myself “the afternoon is mine to enjoy” and sometimes I do, before and after of course, a lovely snooze. From May 1, 2021 onwards, I can simply extend this pursuit of being for longer periods. We shall see how it goes. I have however made some commitments to Kathie, to our two adult children, to myself and in time to Bishop Lincoln and others. Here is a rough list:

- By the time you read these notes I will have assumed the presidency of the Kamloops Photo Arts Club. I can even say this is my “new parish” as believe me, there are organizational, pastoral, motivational, programmatic, communication and operational needs for which I feel well prepared—and they come at a necessary time for the club.
- I will continue to support and engage more deeply with national ecological initiatives such as *For the Love of Creation*, The *Primate's Fund Environmental Initiative*, the *Kamloops and Area Transition Group* and most recently working with Councillor Arjun Singh on *Kamloops cycling infrastructure development*.
- Concerning the latter I am exploring with greater confidence cycling opportunities in Kamloops with the assistance of guides such as David Lidster.
- I hope to continue writing, arranging and possibly publishing the music I have recently produced.
- Obviously when safe to do so Kathie and I look forward to visiting with our two children in Nelson and Victoria. We also hope to visit close friends in Ireland in 2022 or 2023.

If the above is all positive, life-giving and joyful I must add a caveat regarding Kathie's and my

connection with St. Paul's. We will for a time be absent from our marvellous Church family. For my good and for that of both interim and permanent clergy successors, I must move off-radar, out of the building, and apart from the community.

The length of this disconnection will be determined in conversation with Bishop Lincoln and Territory policy and experience. It will feel very weird for both Kathie and I as we learn of births, deaths and other events in the lives of those we know and love but having decided to remain in Kamloops at least for a time, it is a necessary sacrifice. There will be more to say about this in the weeks to come but I thought it best to begin this important conversation now.

Shy and retiring, being and doing, it all sounds like a lot of work . . . So I am now going to take a nap. Blessings to all, Ken+

Lizzy's Bit

"In the beginning was the Word and the Word was with God and the Word was God" *John 1:1* (KJV)

The Word comes to us in many ways. Most obviously through Holy Scripture and the works of religious thinkers and writers. Sometime God speaks to us through family and friends or complete strangers. Other times it is a still small voice speaking to our hearts. Once in awhile God speaks to us with a clear voice (that sounds suspiciously like our own) in a wow sort of moment so there is no question "THAT WAS GOD".

The Word uplifts us, encourages us, strengthens us, sustains us during trials. It also convicts, but never condemns us. It is often the guiding principle of our lives.

We use words to describe the works of God, but they are inadequate to express the wonder of God. We look about us in awe and wonder at Creation and maybe even wonder "why?" From the incomprehensible smallness of sub-atomic particles to the infinite vastness of outer-space and everything in between, one feels the wonder of the universe. There

is so much that is wondrous and wonderful in our world - the beauty of a starry night, the tiny fingernails of a newborn, a Mozart symphony, a Beethoven concerto, the fact no two people have the same finger prints, that the bumble bee is aerodynamically incapable of flight but flies anyway.



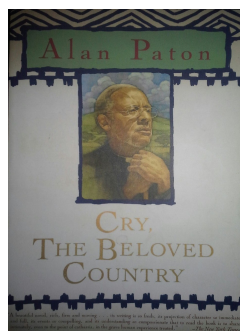
Book Reviews

by Mary Dove

As an avid reader, I know that words are a medium that I go to often. I can get deeply engrossed in words which will lead me down many different paths, one of which can be wonder and that wonder can be either questioning or awe. Both books I have chosen to review are ones that have presented the qualities of questioning and awe, but in very different ways and I enjoyed each of them tremendously.

CRY, THE BELOVED COUNTRY

by Alan Paton



This book, a classic novel from 1948, is the deeply moving story of a Zulu pastor Stephen Kumalo and his son Absalom, set against the background of a beloved land and a people riven with racial injustice. It is a story about a black man's country under white man's law.

Reverent Kumalo lives with his family in Ndotsheni where the land that used to be lush and productive is gradually eroding on the hillsides and the people are leaving and finding their way into the big distant city of Johannesburg. Stephen's sister, his brother and then his only son at different times go to the city to find their future and Stephen and his wife never hear from them. Stephen finally makes the fearful trip into the city, where he has never been, to find them. What he finds and how he reacts, the kindness and cruelty which he encounters and his perseverance and courage are a testament to his faith and convictions of goodness. This book is remarkable for its beautiful descriptions of the land, its depiction of deep and raw emotion of the humans involved and an incredible

ability in storytelling. It is a story that has stood the test of time and is still a classic work of love and hope, courage and endurance, born of the dignity of humans.

It is a book that speaks very much to our present day as we struggle with racism. As I worked my way through the WORDS of this book, I WONDERED why I hadn't read it 60 years ago!

A CONTINUAL FEAST

by Jan Karon

This book is for all of you who have enjoyed the Mitford series of the stories of Father Tim, the aging priest who cares so thoughtfully for his parishioners and is not afraid to take on challenges or to talk about his own faith. It would be a good book for the bedside or coffee table.

"A Continual Feast contains lively ideas, common sense, profound wisdom and plain good humour" from many sources from both the sacred and the secular world. It is an entertaining and useful quote journal that helps us visit again with Father Tim and contains "provocative insight into everything from the righteous to the ridiculous."

And most of it is done in Father Tim's handwriting.

Samples: There is one thing stronger than all the armies in the world, and that is an idea whose time has come. Victor Hugo

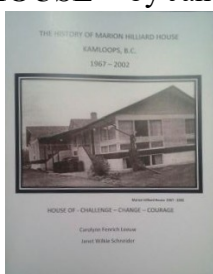
Everywhere I have sought rest and not found it, except sitting in a corner by myself with a little book. Thomas a Kemp

Middle age is when you've met so many people that every new person you meet reminds you of someone else. Ogden Nash

New Book Releases

THE HISTORY OF MARION HILLIARD

HOUSE - by Janet Schneider and Carolynne Leeuw



This book has just been released and is a wonderful meander through the years 1967 to 2002 when the Anglican Church had an active ministry for pregnant, unmarried girls. The Church of

Cleopas was particularly involved in this ministry, but volunteers came from a wider area as well. The book includes a history of the place, documentation, letters of appreciation, newspaper articles, pictures and even an explanation of how Marion Hilliard House got its name.

Betty Gore and the Resource Centre both have a supply of books which are selling for \$20 each and the money from each book sale will be donated to the parish of the buyer. How's that for a unique deal?

Herbie O'Driscoll is launching a new book called **I WILL ARISE AND GO NOW - REFLECTONS ON THE MEANING OF PLACES AND PEOPLE**

I don't know anything about it yet but am sure it will be great. Stay tuned.



Words

by Barry Baskin

Beginning school, words were learned and understood gradually, one by one. Later in life, I saw words as in the words of God calling me into service, and to love. The wonder of that love has always been a part of my life. Even as a baby coming into church I was aware of God's love for me. As words penetrate our brain, wonder clicks in, either in amazement or questioning the meaning of the world.

Growing in person hood, fostered by word and often in wonder leading to understanding, I continue to learn.

Our own word vocabulary develops. The wonder of word continues to intrigue us as our lifetime learning evolves and enriches in so many wonderful ways.

WORD AND WONDER

by Ken Gray

So I take full responsibility: The title for this issue of The Circular (which frustrated more than one contributor) is "Word and Wonder." In "Word" I imagined the things we know, things that we have

heard spoken, the text of books canonical and otherwise, the hard data of our lives, our traditions, and negatively our prejudices and ideological captivity.

In “Wonder” I turned to that which we call mystery in our lived experience: Things such as the origins of the world, the details and design of our future, the miracle of creation, things about ourselves who lean on phrases from Psalm 139 which say we are “fearfully and wonderfully made.” I likewise recall the Christmas Carol “I wonder as I wander” which I often get mixed up as I wander about wondering what will happen next.

I further believe that word and wonder combine well in these pandemic times. We so very much want to return to our memory of normal, which frankly will never happen. Too much has changed, as some may recall before and after World War Two, or the social revolutions of the 1960s, and more recently as we, and I continue to learn of my personal collusion with a colonial agenda which continues via systemic racism to wreak physical, social and ecological havoc.

Life goes on, and in Christian understanding never ends though interrupted by physical death and resurrection. For Anglicans, the two combine brilliantly as we embrace in tradition and current practice things known and those hoped for while still not fully known.

I presided at a graveside service recently where we recalled the dear woman’s first experience of life on a farm in southwest Saskatchewan in the depression era 30, how her life evolved over time and through space, in times easy and very hard, to bring her here to Kamloops where her ninety-four years recently ended. That was the word. Yet she through Grace, enters the eternal realm, a state of which we can but wonder until our time comes, when wonder becomes word for all those who seek God’s Grace.

It has been a pleasure to share over five years now in the text of various Circular newsletters, giving many thanks to Elizabeth and Mary for their present labours, and to the late Chuck Kalnin before them. Elsewhere in this issue I have reflected on retirement

and personal word and wonder as I complete my story in your midst. May all our storytelling continue to inspire us all.

Word and Wonder

by Lynn Snook

Words [in no particular order] that have influenced my life and, in some cases, coloured it with Wonder:

“Your children are not your children; they are the sons and daughters of Life’s longing for itself...”

“You may strive to be like them, but seek not to make them like you. For life goes not backward nor tarries with yesterday”

The Prophet - Of children Kahlil Gibran

“Development is not a race. Rather it is akin to petals opening within a nurturing environment of water, soil & sunlight”

UBC Summer Institute Infant Development Program Dana Brynelsen

“Watch your head” [?? How??] “Rule of thumb” [I’ll *never* use that expression again!]

Red Herrings and White Elephants Albert Jack

“Come alongside your children”

Discipline Without Damage Dr. Vanessa Lapointe

“Owning our story and loving ourselves through that process is the bravest thing that we will ever do”

The Gifts of Imperfection Brené Brown

“Woman, behold, your son!” Then he said to the disciple “Behold, your mother!”

John 19:26-27

“Fresh air and exercise, getting into the backcountry to slow down and sit awhile with feet in a creek, or lie atop a grassy hill, or observe waterfowl from behind a screen of bullrushes, or to just be still listening and daydreaming, can have long ranging benefits for body, mind and spirit.”

Kamloops Backcountry Hikes Mairi Budreau

“Cancer, Seizure, Dementia, Palliative,
Cardioversion”

Various medical doctors

“I am convinced that [nothing] can separate [me]
from the love of God in Christ Jesus...”

Romans 8: 38-39

“The more you read, the more things you will know.
The more that you learn, the more places you’ll go”

*Seuss-isms: Wise & witty prescriptions for
Living from the Good Doctor* from “I can
read with my eyes shut”

Reading brings unknown words: “Antimacassar”
Oxford Dictionary; “colcannon, fictive, carom” not
in *Oxford Dictionary*

Thanks to Sue Cane for engaging in our texts of
“I’ve found a new word!”

“Enfold me now in your presence;
restore me to your peace;
renew me through your power;
and ground me in your grace.”
Guerrillas of Grace -Prayers for the Battle
Ted Loder & Ted Kerns

“There are no answers, say the wise, not much light
to fill my eyes,

But let the music in me rise, and I’ll go singing in
the night”

From the song *Singing in the Night*,
Gordon Light, (c) Common Cup Company

“Be kind. Be calm. Be safe”

COVID-19 Briefings March 2020-present
Dr. Bonnie Henry

“...silence remains indispensable today as
it was in the past. The Word of God is born
out of the eternal silence of God, and it is
to this Word out of silence that we want to
be witnesses.”

— *Henri J.M. Nouwen*,

Words

by Miriam Baskin

I grew up around words.. Our family loved words.
Mum and Dad both read, a lot. Dad did not
discriminate when it came to reading. We had every
religious magazine and book coming to our house. I
remember the Anglican, United and Roman Catholic
all hitting our box #720 in Courtenay BC. Our family
was impressed with words. I grew up with a good
sized library on a vast array of subjects. I still have
some of them. When I went to school reading was
the one subject I was good at. Speaking not so
much!!

I was also aware of the power of words. When I
heard, "Miriam a word please", I knew there was
trouble and an issue that needed to be squared away.
Of course it was never only just one word but usually
many.

A few years ago I went to a Buddhist monastery in
Pemberton. There were six of us visiting. There was
time for questions. One of the questions was "do you
read?" A monk answered "yes we do read at times. I
will read a word and spend the rest of the day
meditating on that one word. Other times I will read
a whole sentence." At the time I thought "oh my
gosh that is incredible." I have since considered the
parables, just living with them not trying to solve
them or discover their meaning but just living with
them. Jesus' words carry much weight and to
consider and reconsider for me is helpful.

My Dad was in World War I and spent time in a
Buddhist monastery following his 10 years in the
army. I was blessed to not only learn the power of
words but also the power of silence. What comes
with being quiet. This offered up opportunities to
spend in contemplation with the world around me
and the wonder of it all. My Dad, Mum, and I had
some fantastic times out in the forest of Vancouver
Island as well and the sea shore. We always found
something to connect us to the wonder of the natural
world; a plant, a flower, a bird. Always there was
something.

I do believe I have been given the best. I was
exposed to the beauty and brutalities of words which

can transport us to wherever and show us the wonder the world has to offer in spirit that contributes to the soul beyond ones understanding.

No words needed

by Sue Cane

When sadness overwhelms me
Send caring thoughts my way.
No words needed.
You do not understand
How could you?
Sit quietly with me
It's perfect where you are
And simply pray.

How can you understand or
Think the way I do?
There is no need.
Don't try; nor ask me how
To fix this.
Sit quietly with me
My spirit in your heart
And simply pray.

Words said aloud can't be unheard
Speak only blessings.

Small scale farming is "wonder-ful"

by Jennifer and Ron Ste Marie
Notch Hill Community Farm

As newly-minted small-scale farmers, we've taken a lot of guidance and inspiration from those who have gone before us and shown the way. For about a decade now, we've been studying the techniques of small-scale regenerative farming and putting what we've learned to use at our former home in Rayleigh as well as serving as volunteers on other people's properties including the Sorrento Centre farm. Some of what we've learned can be summarized in the following quotes from some of the farmers whose techniques and philosophies we've studied. Now that we are living and working on Notch Hill Community Farm, we are in position to really put these ideas to the test.

'Why not replace mass agriculture with agriculture by the masses?' This powerful rhetorical question is from J.M. Fortier, a farmer in Quebec who makes a very good living from a couple of acres which he farms intensively with relatively small tools suitable for the human scale. Done properly, intensive agriculture should be able to feed a hundred people on an acre of land. One of the keys is to focus on building the healthiest, most organically rich soil possible. The quality of all food is directly related to the quality of the soil it grows in. Rich soil will produce rich, delicious, satisfying food. That's the way God planned it. If more land were devoted to small-scale farmers who can produce healthy food without chemicals, the world would be a healthier place. After all, who was the guy that decided it would be a great idea to spray the land with poisons. Mmmmm.

A second quote comes from the Australian permaculturalist Geoff Lawton. He is well known for projects where he has contributed to building rich humus soil and creating food forests in the desert, most notably a patch of the Jordan River valley near the Dead Sea, one of the most inhospitable places on earth. The video on the Jordan River project ends with the words **'You can fix all of your supply-line problems in a garden. You can solve all of the world's problems in a garden'.**

How appropriate to invoke a garden as the goal since it is from a garden that we all came.

A final quote comes from a rancher/farmer in North Dakota. In his book 'Dirt to Soil', Gabe Brown relates the story of how he and his family learned to replace chemical based, heavy plow agriculture with no-till regenerative ranching and farming. The thesis of the book is that chemical-based and deep plow agriculture turn perfectly good, rich soil into nutrient-poor dirt. His job was to reverse this process. He ends his book with the statement **'I realized why God put me on the journey of dirt to soil: God created you, so do something!'**

Regenerative agriculture minimizes or eliminates tillage, thereby allowing the soil to maintain healthy structure and keep the carbon in the ground rather than in the atmosphere. The proper use of ruminants, such as cattle and sheep, along with pigs and

chickens allows land to develop as it was created to do with animals, plants, fungi, and a hundred other natural components working together to create soil.

So, in the light of this wisdom and, faced with the climate crisis before us, we have decided to buy a farm and **do something!** These three regenerative farmers, among many others, have awakened in us a real sense of wonder about how the world can be fed and the land renewed by using proper techniques, based on nature-friendly philosophy.

Word and Wonder

by Claire Tosoff

As many of you know I am a pretty social person. I like people and I LOVE to talk. Close to 50% of my job at the church is to talk to people. Checking in, helping, directing and communicating with the congregation. The isolation of the pandemic has been especially difficult for me in this respect. I miss people and I have so much to say and no one to say it to!

Even though I live with my family and have worked through the pandemic every day, I have struggled with the lack of social opportunities. One of the things that has helped keep me happy is my daily walk with the dog. I usually listen to a Podcast or I talk to my parents/family on the phone. It helps to be outside and I enjoy learning about random people and events I had never heard of before. One of my favorite podcasts is “Stuff you missed in History class”. It can be found on Apple Podcasts, Spotify or wherever you get your podcasts from. Listening to something makes the hills of Juniper a little less steep and my walk just a little more enjoyable.

My younger son, Henry, will appear in a Podcast on June 1 of this year. The Anglican Foundation was looking for children between the ages of 5-12 to talk a little about the subject of generosity. The Foundation has released a children’s book called “Generous People are everywhere”, and they sent Henry a copy and asked him to speak about what generosity means to him. He, unlike me, is not much of a talker, but he bravely gave a couple of reasons why it is so important to be generous both to the community and in his case to the Donkey Refuge.

The book is a lovely way to teach children about different types of generosity and why it is so important to be generous with your time, talents and funds. If you are looking for something to do while you are walking, sitting or even driving (but do it safely please). Check out the Foundation Podcast. <https://www.anglicanfoundation.org/podcast/> Know that when we can meet again I have been storing interesting facts about, people, places and things, and I would LOVE to tell you all about it!

Community

by Barb Liotskos

“Community” is the word that fills me with wonder – wonder that we as humans have that divine capacity to be in a relationship where the whole is greater than the sum of the parts, generating love. Like ‘democracy’, ‘community’ is a word we may take somewhat for granted, and we may tend to forget that we share responsibility in continuing to cultivate it. One of the deep losses in the COVID pandemic restrictions was the sudden prolonged absence of the sensory reinforcement of our knowing that we are in community with one another at St Paul’s. As we do in the seasons of Advent and Lent, waiting and preparing ourselves spiritually for the celebration of Christmas and Easter, so in this COVID season, we anticipate a great celebration of being together, after a long period of waiting and preparation.

We have begun to ‘tune’ ourselves to different expressions of community, using the tools available to us: livestream, Zoom, greeting cards, telephone calls. We continue to listen to the gospel together, to pray and to care for one another, and to look beyond ourselves to the wider community and how we might serve its wellbeing.

One of the wondrous capacities the Creator has given us is the ability to imagine and hope, and to orient ourselves towards the coming of what we hope for. Take the heavenly banquet as an example. I have always delighted in that symbol of our communion in God the Holy Trinity fulfilled. Sitting at table together, at home, in restaurants, at church potlucks, as families, as couples, as friends, is something easily done, or so we thought until the pandemic put up barriers. But during COVID, and for some, even at

the best of times, such an experience of 'community', being at table together, may be a rare, elusive glimpse of a different reality.

I find myself dreaming of a large community dinner to celebrate the end of COVID restrictions, as an earthly manifestation of 'thy kingdom come'. A large colourfully decorated banqueting hall, filled with long rows of tables and chairs, and a warm welcome at the door, with no tickets or admission fee required. With lots of food and music and laughter, to which all in the neighbourhood are invited and welcome. And behind the scenes: teams of volunteers - many hands making labour light, and donations from local businesses/farms who wish to participate.

Can you imagine how wonderful that will feel, to walk in and sit down at one of the places at the table prepared for you? And to take your turn at serving food, or welcoming at the door, or laughing with others as you load the kitchen dishwasher?

"The trumpet sounds, the angels sing, the feast is ready to begin; the gates of heaven are open wide and Jesus welcomes you inside. Tables are laden with good things; O taste the peace and joy he brings; he'll fill you up with love divine, he'll turn your water into wine. The hungry heart he satisfies, offers the poor his paradise; now hear all heaven and earth applaud the amazing goodness of the Lord. Sing with thankfulness songs of pure delight, come and revel in heaven's love and light; take your place at the table of the King, the feast is ready to begin, the feast is ready to begin."

(Common Praise 404, Graham Kendrick)

Word and Wonder

by Kathie Gray

I signed up for a zoom watercolour class the other day just after Ken had suggested I might like to write something for the next Circular which has a theme of "Word and Wonder."



Now anyone who knows me well, should know that as a person who values and functions well within clearly defined life structures that this would be a tall order as for me the topic is somewhat obscure. "What do you mean by Word and Wonder" I said . . . He said, "I don't know; what does it mean to you?" Grrr.

So back to the watercolour class. The topic for this week was "Word Inspired Art." As I was playing with my paints along with the inspiring words provided, Ken asked what I was doing. He said, "that's perfect: Word and Wonder!!!" I felt a certain sense of relief that I was possibly going to be able to get my head around this obscure phrase.

We were given directions to draw an enclosed space (already there is ambiguity of shape), then seven straight lines, three arcs, a curvy line, three spirals, 25 little marks, a few more marks, a square, and finally a square somewhere else. Of course, the variations amongst the group were significant. I stayed within my circle; others strayed out of their shape. I drew thin lines; other participants filled in sections.

The differences were delightful, and we enjoyed sharing our "doodle" with the others in the group. None of the drawings were wrong; they were all just right as we saw them in our mind's eye. I guess the "wonder" for me with this exercise is that we interpret the words that we hear; these words influence our creativity and take us to a place that is unique to ourselves. Truly God given!!

PS: Try this little drawing activity and see where you end up!

Claire's Covid Capers Word & Wonder

Welcome to another edition of Claire's Covid Capers. We remain busy around the Cathedral and are starting to tackle new projects. Ron has started stripping and waxing the floors in the basement – mainly the Mark and Luke Room. It has a different kind of flooring that has proven to be extremely stubborn to strip the wax off. He likens it to peeling

off wallpaper 2 cm at a time. So far I have not heard any cursing from the basement so I assume he is making progress. I think he stays far away so that I don't come up with a new "project" for us to do. He can't hide forever.....

Ken continues to delight both in his upcoming retirement and the challenge of on line worship. He really enjoys the creative visual and spiritual experience that online worship provides. Gail, who is connected to many organists and services across Canada, has told us, that the Sunday service we provide is one of the best she has seen. Melissa continues to be both in front of and behind the camera on Sundays. When you read this she will have been at every Sunday service for an entire year! That girl needs a break. I volunteered to learn the behind the camera part and soon will be able to give Melissa a couple of Sundays off. I can't promise it will run as smoothly as when she is in charge but I can promise I will try. We meet as a staff via Zoom every two weeks to touch base about the upcoming church season, events and tasks we need to complete. It is nice to see everyone's face and to see what we all have on the go. We are a small but mighty team and we like to stay connected.

Ken has upgraded the internet connection at great personal sacrifice (or so he says). This allows a strong Sunday connection without freezing or dropped signals. We are so thankful for Pat from Kamloops Pro Video Services. He upgrades the service to gold star levels and he is nice to work with! Now if we only get my internet in the office to work consistently then life would be grand!

As for the theme of the latest edition – Word and Wonder. I wonder when we will be all together again. I miss you all and cannot wait to be back together. In the meantime, stay safe and take care of yourselves.

Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit. *e. e. Cummings*

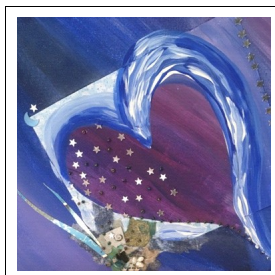
The WORDS of conversation may lead to the WONDER of relationship *Mary Dove*

Sapience Spiritual Direction

by Louise Peters, BA MDiv.

Director, Sapience Spiritual Direction

“Wonder is the beginning of wisdom.” – Socrates



The name Sapience was chosen for the ministry work of spiritual direction as it means wisdom, and the quote from Socrates about wonder as the foundation for wisdom, simply speaks a truth that resonates with my experience.

In one's spiritual life, it is the wondering that leads to wisdom. In relationships, when we wonder about the other, and ourselves in relationship with them, we discover so much that leads to understanding, compassion, love and self-awareness. This is true in human relationship and is equally true in our relationship with the Divine. When we wonder about God in our lives, we engage in discernment, healing, revelation and blessing. Spiritual direction is about wondering aloud about God with a trusted spiritual friend.

Spiritual Direction is an ancient practice in the Christian tradition. Many find it a helpful way to reflect, grow, explore faith, prayer practices, navigate and discern a life change or decision. Having another person with whom you can openly share your deepest questions in the context of prayer, can provide the crucible for the Spirit's voice to be heard. Spiritual Direction is one method for this holy discernment work.

What exactly is Spiritual Direction? I believe at its best, it is a safe space held and created by a person who possesses the gift of an open heart and an ability for holy listening. Into this space a person, a seeker, a pilgrim can lay down their life in order to find it again. Speaking one's deepest truths, fears, questions and experiences, in the context of holy listening and prayer can create a time of discernment for the seeker where God's voice can be heard within their own life. At times the spiritual director can hear the Voice when the seeker cannot, and is able to translate, or amplify this Wisdom to the seeker so that they are able to hear it and embrace it for

themselves. Most important in this holy work, is an environment of trust and safety. It is the director's responsibility to create an environment of trust and openness, of hospitality and deep listening for the other. It is the vocation of the director to pray for the seeker and pray with them as they explore and search for God in their life.

Spiritual Direction is where deep questions can be safely asked and explored, where the hard and difficult spiritual questions can be posed without fear or judgement. It involves being heard at the heart level. This is achieved by providing and holding a safe space for the seeker to allow them to share freely and honestly. The Director's role is to listen. Listen for the Holy in the narrative of the seeker's faith questions and story, and then affirm and amplify how God may be speaking to and through them. "To help them recognize and follow the inspiration of grace in their life." (Merton).

Sapience Spiritual Direction is an online practice offering one on one sessions to those who want to explore their faith life in a trusted and safe context of holy listening and prayer. For more information go to the Sapience website at <https://sapiencespiritualdirection.wordpress.com> or email: sapiencespiritualdirection@gmail.com



Newshound Reports



Newshound is happy to be back to work. She reports the following: -

1) Lance and Raul are the proud parents to a new fur-baby. Ashton, all three pounds of him, arrived February 19 from Abbotsford. He is settling in nicely.



2) The PWRDF has developed a 3 year education focus called Creation Care: Climate Action which launched with a January 28 webinar featuring an opening presentation by our own Dean Ken. It can be found at [pwrdf.org/planting the seeds of education focus](http://pwrdf.org/planting-the-seeds-of-education-focus)

3) Out of the Cold

by Kathy Moore

It has been even busier in February, particularly during the cold snap.

OOTC has handed out over 500 sandwiches, thanks to the hard work of the volunteers and generous donations from Gary's deli.

We have distributed a lot of winter clothing especially the first week of March.

Dina attends weekly Communication Action Team meetings to monitor the shelter options available for homeless persons in Kamloops. The CMHC and the City opened the Memorial Arena and the Curling Rink downtown to offer some beds, but there have been some significant problems and the CMHC has called Dina to ask her to provide overnight shelter for homeless individuals who could not be accommodated in these shelters.

We have a practicum student from TRU to help continue the Policy and Procedure Manual. The student is Secwepemec and will be focusing on client rights and quality improvement.

Dina has been doing interviews with local media outlets including Kamloops This Week and the CBC.

4) Selection committee for the new Dean

by Kathryn Brisco

As chair of St Paul's Search Committee, I am pleased to share that the Search Committee work is now well underway. One of the main tasks we have embarked upon involves updating the St. Paul's Parish Profile.

Some of you may recall that the previous parish profile was developed in 2015. Since that time, some things have stayed the same, however, much has

changed, particularly in the last year. With this in mind, there are many things to consider as we develop the 2021 parish profile, but ultimately there are three main goals:

- The profile serves as a detailed description of who we are as a community of faith
- The profile identifies the key areas that we should be focusing on in the search for a new dean
- Once complete, the profile will help appeal to potential candidates and help them discern whether they are interested in joining our wonderful parish community

In our work updating the parish profile, we have been looking for ways to ensure that we hear from as many parishioners as possible. The challenge of course, is that we are unable to meet in-person with individuals or various church groups as we did in 2015. Therefore, our initial focus is developing a survey that will allow us to gather information and feedback from the church community. The survey will be set up on-line, however, there will be paper options for those who prefer to submit handwritten responses. Further details will be shared both during the on-line services and by parish email once the survey is up and ready to go. We ask members of the parish to keep an eye out for the survey and to take the time to respond. We want to do our best to represent the church community. Every voice is important! **Deadline March 27!**

At this point, you may be wondering how we will be able to make progress with this important work during a pandemic. It is true that church committee work looks vastly different under these conditions, but despite these challenges, we are finding ways to work together virtually. We have a very dedicated group connecting by email, shared platforms, and Zoom meetings. We are committed to listen faithfully and reflect prayerfully upon who we are as a congregation, what we hope for in a new dean and what we need to consider as we look broadly to the future.

We ask that you hold the committee members and the work we are doing in your prayers.

Looking back

SOUL FRIENDS

by David Lidster

Soul Friends is a group that gathers on the third Thursday of the month from January to June, to share in deep conversations about our faith life, how to love our neighbor, how to love ourselves, how to relate in a loving way with other people, and how to put into action our call to be Good Samaritans. This group is open to any member of St. Paul's Cathedral who is willing to be a good listener, and who is willing to enter into a depth of sharing that is frank, open, and from the "heart."

Soul Friends recognize that Jesus is the "word" and that the "word" was made flesh, and therefore Jesus is alive and among us. Jesus in his capacity as the "word made flesh," calls us to transform ourselves and others. What does that mean for Christians and for the common good of society. In part, it means that Jesus came for the sake of the whole world and that he wants "believers" to have a commitment to live an authentic life of love and care for the needs of others and the environment. We as followers of Jesus are to be catalysts of change and let our "faith" shape our engagement in politics and social justice.

Who we think Jesus is will determine the kind of Christianity we live. If we accept and live out Jesus' message about changing the world then our lives will reflect that message. Imagine and "wonder" what a powerful impact Christians could have if we united and worked together as a "spiritual force" for the common good.

Vestry Meeting

The annual Vestry meeting was held via Zoom on February 14 immediately following the 10:00 am virtual service.

Lenten Lectures

This year's lectures held from February 18 to March 25 were conducted online. The sessions were recorded and links to the individual lectures can be found on [St. Paul's web page](#) under Learning Resources

February 18 - Ken Gray

From The Map Maker to The Map that changed the World. Maps, Geography and the life cycle

February 25 - Kathy Sinclair

Mapping our Community Differently Cycling:
Another Road to Wellness

March 4 Michael - Shapcott

Mapping Canada in a new and powerful way. How justice, maps and history collude, not always helpfully

March 11 - Barb Liotskos

Maps, Knapsacks and Our Common Journey. How to figure out where to go next, and how to get there

March 18 - Dan Hines

I am a Wayfaring Stranger. Where is my map anyway?

March 25 - Kenthen Thomas

Mapping a Local Route. Indigenous stories about a familiar route – Kamloops to the Shuswap re-imagined

World Day of Prayer March 5

by Joy Gothard

World Day of Prayer is an international, inter-church event that began 99 years ago bridging social, geographic, and political barriers in over 170 countries. The weekend of prayer begins in Samoa and then travels in many languages throughout the world --- through Asia, Africa, the Middle East, Europe, Australia, and the Americas. Together we pursue justice, peace, and reconciliation by standing together in prayer and action.

This year the 2021 World Day of Prayer service was written by the women of Vanuatu with the theme: Build on a Firm Foundation (Matt 7). The writing team has shared the injustice obstacles that the women of Vanuatu have met, and the hopes they have for the future.

I accepted on behalf of St. Paul's Cathedral to host this year's service not knowing how we would or

could deliver it. Dean Ken Gray enthusiastically agreed that we could host a service via zoom. We could not have done this without his encouragement, computer and technical editing savvy. The planning committee met via Zoom meetings with participants from St. Alban's Ashcroft, St. Peter's Monty Creek, Holy Family, Sacred Heart Cathedral, Hills of Peace Lutheran, Kamloops United and St. Andrews Presbyterian church. We were pleased to have 56 participants this year as this was our first online-Zoom event. These experiences unite us all in prayer and solidarity.

Offerings received through the World Day of Prayer transform our prayers into action in the form of project grants empowering women and children in our own country and throughout the world. All regions share in the grants, with consideration given to greatest need. Through WDP offerings, Women Inter-church Council of Canada (WICC) has distributed over 2.5 million dollars in the past 35 years. The vision is to restore hope to women and children touched by injustice. New Life dental clinic, Elizabeth Fry second stage housing and the Y Women's Resource Centre art therapy program are local organizations that have received funding in the past.

If you were unable to join our afternoon Zoom service there are other options: The Women's Inter-Church Council of Canada (WICC) invites you, your friends and family to watch a one-hour WDP service video prepared by WICC that features participants from across Canada. This video will be available on www.wicc.org until September 30, 2021.

There is also the original service by the women of Vanuatu available on <https://www.youtube.com/watch?v=edQMgNFdRdo>

Next year's service, March 4, 2022 will be written by WDP committees in England, Wales and Northern Ireland.. We look forward to an in person service at Sacred Heart Cathedral.

Bishop Lincoln Meet & Greet (virtually)

On March 17 there was a one hour virtual get together with Bishop Lincoln in which he shared his life journey that brought him to us. It was thoroughly entertaining and informative evening.

Looking ahead

Farewell for Dean Ken

Our Dean Ken will be retiring on Apr 30, 2021. St Paul's is now in the planning stages for farewell events to honour and give thanks for the ministry of our Dean Ken and his wife Kathie.

Two important dates to note :

Sunday Apr 25

Ken's last Sunday Service at 10 AM

Friday Apr 30

A virtual (Zoom) Celebration at 7 PM.

Some details will follow for these two mostly virtual occasions. While it will be hard not to be there in person, the virtual medium has the benefit of being able to beam in family and friends from near and far for the occasion.

Should you require more information, or wish to offer input or resources, please contact Warden Jon Buckle at (250) 571-0675 or email at jonbuckle7@gmail.com.

Ultreya

A zoom Ultreya will be held on Friday, May 14, 2021 starting at 7:00 pm. Bishop Lincoln will give the Witness talk.

We have watched men and women expend the whole of their lives brilliantly form-fitting the Word of God to the ever-changing contour of the culture. Yet, true brilliance is found in recognizing that the 'ever-changing' contour of the culture is a result of the fact that we've refused to form-fit it to the 'never-changing' contour of scripture. And anything less than that is brilliance brilliantly faked."

— Craig D. Lounsbrough

Financial Statement

	Actual	Budget
Revenues Feb 2021	\$16,671.25	\$21,887.00
Expenses Feb 2021	\$20,151.87	\$23,802.00
Net Income Feb 2021	\$(3,480.62)	\$(1,915.00)
Revenues Jan-Feb 2021	\$41,593.42	\$60,190.00
Expenses Jan-Feb 2021	\$44,429.20	\$60,451.00
Net Income YTD	\$(2,835.78)	\$(261.00)

St Paul's Anglican Cathedral

parish founded 1884

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e-mail: stpaulscathedral@shawbiz.ca

joyful -rooted - responsive - hospitable

Bishop	The Rt. Rev. Lincoln McKeon
Rector & Dean	The Very Rev. Ken Gray
Assisting Clergy Member	The Rt. Rev. Gordon Light
Assisting Clergy Member	The Rev. Barbara Liotskos
Assisting Clergy Member	The Rev. Dan Hines
Assisting Clergy Member	The Rev. Bob Purdy
Rector's Warden	Jon Buckle
People's Warden	Jim Waldie
Youth Coordinator	Melissa Green
Acting Music Director	Gail Ovington
Office Coordinator	Claire Tosoff
Treasurers	Dr. David Ritenburg/Gordon Dove

St Paul's Cathedral website
www.kamloopsanglicancathedral.com

follow us on Facebook

Territory of the people website
www.territoryofthepeople.ca

submission deadline for the Next issue:

Friday June 18

theme for the next issue:

Joys of Summer

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, Mary Dove, Claire Tosoff and Elizabeth Kavanagh
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