

St Paul's Circular

September 2021

Volume 16 Issue 2 "Summer"

Summer - the season between spring and autumn comprising in the northern hemisphere usually the months of June, July, and August or as reckoned astronomically extending from the June solstice to the September equinox

From the desk of the Interim Dean

Summer 2021

In Charles Dickens novel *A Tale of Two Cities*, he opens the novel up with the line "it was the best of time and the worst of times". I feel like that is what this summer has been like. We are dealing with COVID, wildfires and the finding of unmarked graves on the Kamloops Residential school grounds. If that were not enough we are in the midst of a national election on the last day of summer. To say it feels the worst of times would be understandable. In many ways it has been a time of gratitude, for the first responders, firefighters, hospital staff and the support for the Residential School survivors. It would be completely understandable for the stress of the situation to touch people much more this year than others. All these things add stress to our lives whether we recognize it or not. I can honestly admit it has added undue stress in my life. One of the things I do to relief my stress is focus on what I am grateful for.

I am so grateful for my two dogs George and Sophie they are good friends, they take me on long walks, which is good for my stress and my health. They love to discover new things and interesting smells. Walking with of them iis almost always an adventure; usually they both go in different directions pulling me along with them. So not only am I getting a walk but I am also getting my yoga stretching in at the same time. We run into other dog walkers and people just out for a walk. We spend

time chatting and an opportunity to ask how they are doing.

The past few summers have taught me so much about what is truly important in life and in our community. How God's grace touches us through the people in our community and our world. I think it was Mr. Rogers who said if you want to see God work in the world look to see who are the helpers. Those people who are committed to helping in our community to make life better for all of us. I am so grateful for all those people in our community that are our helpers, the grocery store clerk, the people who cut and style our hair, the first responders, and the health workers, the support workers and the firefighters. Summer has taught me how much God's grace has touched our community and how thankful I am for them and all the people who have made our community such a wonderful place to call home. We are so Blessed to live in such a wonderful and resilient place.

Blessings
Rev Len

Lizzy's Bit

Summer

The lazy, hazy, crazy days of summer when the living is easy (supposedly). The days are long and warm, with every moment possible spent outdoors. The evenings are warm and depending where one is there are fireflies, crickets, and the calls of night birds to be enjoyed from the quiet of the backyard.

The golf course calls, the fishing lake lures, the campsite/cottage awaits, the open road beckons.

Summer for many meant and still means a "vacation" somewhere -- the beach (anywhere but at home), a visit to distant relatives. a road trip to a different part of the country, an excursion to Europe.

Summer is the height of the gardening season. Only another gardener can truly appreciate the relaxation and satisfaction from the sometimes backbreaking work of the garden. Aah, but the joy of harvest, be it the perfect tomato, a juicy strawberry, or an exquisite flower.

I don't know about children today, but when I was young summer meant release from school -- there was so much playing to be done. Romping in the snow, playing pond hockey and skating on backyard rinks may have been great fun, but to be able to run outdoors without having to don layers of clothing was so much better. There was swimming in the river, making mud pies, picnics, lazing under a tree with a favourite book, lying in the grass watching clouds or ants.

For me, as a child, summer was long days in my playhouse and long evenings on the front porch watching the neighbours sitting on their front porches. Then there was the long, exciting train ride to granny's place and too short a time to roam the fields, soaking up the Northern Ontario wilderness. As an adult summer was and is the garden



Book review

by Mary Dove

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants by Robin Wall Kimmerer

“As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In *Braiding Sweetgrass*, she brings these lenses of knowledge together to show that the awakening of a wider ecological consciousness requires the acknowledgement and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of

other beings are we capable of understanding the generosity of the earth and learning to give our own gifts in return.” (Information from cover)

"Robin Wall Kimmerer writes about the natural world from a place of such abundant passion that one can never quite see the world the same way after having seen it through her eyes. In *Braiding Sweetgrass*, she takes us on a journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise." (Elizabeth Gilbert, author of *Eat, Pray, Love*)

I found this book intriguing and informative as it led me to much reflection about my own appreciation of nature. Her stories are homespun and interesting and her scientific knowledge is factual and fascinating.

Each chapter winds around an aspect of sweetgrass, a foundational plant to our world and her perspective. Her underlying philosophy of the balance between scientific knowledge and mythical meaning is constant throughout the book. She speaks of the importance of ceremony and says "ceremony focuses attention so that attention becomes intention." Good thought.

This book is a good read for our times.



Help for Lytton

by Mary and Gordon Dove

We have all heard of the devastation of the Lytton fire in our midst and how much was lost by so very many. Soon after, people from the Territory and beyond began sending donations to be put toward the support and restoration for the town. Presently, about \$8,000 has been collected. If you are still wanting to donate, you can make a cheque to St. Paul's and mark it for the Lytton fire or on St. Paul's website, there is a Donate icon and follow the guides marking the money for the Lytton fire.

Gord and I had one of those serendipity moments in

August as we were travelling back to Kamloops from the Coast and stopped at a restaurant in Chilliwack. While there, we saw Peggy Chute from Lytton, whom we have known for years, come in and sit in the booth next to ours. She had escaped from the fire as she watched her place begin to burn and had gone to her daughter's home at the Coast. What a wonderful reunion it was for us to find her visiting with relatives and seeing how well she looked after all she had been through.

We have since had an email from Peggy telling us that two of her very precious books were lost in the fire. One is "Reflections" by Dorothy Dodge and the other is "A Steady Lens" telling the story of Mary Spencer, a well-known photographer there in the '90's. Both books give important history of the town. If you find either of these books, please let us know at the Resource Centre.

Out of the Cold

by Kathie Moore

We want to thank David Ritenburg and Gordon Dove for all their work and support which they have given to Out of the Cold. Thank you St Paul's for continuing to house our belongings. We are so appreciative.

Just a bit of an update. Our new Executive Director, Dina Lambright started work in April 2020. Dina was able to secure a location for OOTC operations (The Mustard Seed in downtown Kamloops). As a result, OOTC was able to operate a drop in centre (Out of the Heat) in downtown Kamloops in the summer of 2020. Unfortunately, use of the site was not possible for winter operations, but as of mid-November we were able to relocate to the Loop on Tranquille Avenue. Between December 12 and March 31, we were able to accept overnight guests on Saturday nights. At the request of the City, we were able to offer additional overnight shelter on an emergency basis when weather conditions were severe.

For both the summer and winter programs, emphasis was placed on offering traditional food choices for our guests (the majority of whom are aboriginal), as

well as traditional medicine, drumming, and visits from community elders. The average number of daytime guests in the winter was 40 to 50, and we consistently filled all of the available space for overnight guests (9 - 14 persons). OOTC distributed approximately 110 meals (to be eaten on site, or take-away) each day of operation.

Thanks to additional funding directed for this purpose, we were able to operate in compliance with COVID-19 requirements of both Worksafe BC and Interior Health. However the pandemic had significant impact on operations, including significantly limiting our capacity to shelter guests overnight.

OOTC obtained funding support from the following agencies : United Way, BC Housing, City of Kamloops, Highland Valley Copper, and from private donors.

We wish to thank our tireless Executive Director and the paid staff, the volunteers, many of whom came to us through St Paul's, who have welcomed homeless people throughout this year.

At this time we have been able to attend Farmers Market to sell t-shirts and hats in a pay it forward type of structure. People buy a shirt or hat and we give one away to some one on the street.

Dean Search Committee

by Kathryn Brisco

This is an update to inform the congregation about the search committee work that started in February of 2021. The parish survey completed in the spring helped tremendously in the development of the St. Paul's profile.

The parish profile is a key part of the process of attracting a new priest to the church, and to the wider community. A prospective candidate may base their decision to take the application further after reading the profile, and therefore is an important component in the search process. The profile was shared by email with parishioners in June (and is

available by request through the church office). Thanks to everyone who participated!

The search community members have worked diligently and thoughtfully to represent the St. Paul's congregation at every step of this process. We are blessed to have support of church leadership, staff, and parishioners with this ongoing work. The search efforts have been supported by Archbishop Lynne McNaughton since June. At this time, the search process for a new dean and rector continues and the position has been re-posted within the territory and nationally.

We invite your prayers for our committee, our leadership and potential candidates.



Volunteer Work Summer 2021

by Catherina Miller

Forest fires started early this summer and really became a nightmare after a very hot heat dome settled over most of the province at the end of June. Then the devastation of the village of Lytton being over 90% consumed by a fire believed to have been started by a spark from a passing train. People had to evacuate and I heard many went to Chilliwack. At least one came to the pow wow grounds on the Kamloops Residential school grounds.

With more fires and more evacuees and a call for more firefighters, there was also a need for more volunteers. The group providing services at the pow wow grounds asked our church, among others, if there were people willing to help out with meal prep and other tasks.

COVID changed my life to a pretty passive time other than helping care for my 5 year old granddaughter. We weren't initially able to get out and do much. With some restrictions being eased, and being retired, I thought I would volunteer with

meal prep. The hardest shift to get covered was breakfast, served by 6 am.

I am a morning gal and had worked before at Tim Horton's starting at 3am to be fully ready to serve by 5am. That is not the case today with a shortage of workers. Many do not like to start their day so early.

I would be there about 5:45 am. Coffee was started right away. Initially firefighter teams of 5 would leave about 7am. They liked hot breakfasts like scrambled egg wraps, french toast, pancakes but when continental breakfasts were started and they did not go over well. Cold cereal, hard boiled eggs, muffins, scones and other pastries were added to the menu. Some of these were also on snack tables around the site. With Food Safe rules, we had to handle the food in safe ways. Nothing past expiry date was allowed to be served.

Three gals were paid staff. One ordered food and planned menus based on what was on hand. Donations were accepted. One evening meal was pork mofias, another pizza, donated by others. There was also pop and Gatorade, the latter mainly for firefighters to keep their electrolytes up. Lunches were usually sandwiches and lots of snacks including fruits and raw veggies, prepared the evening before. One day not enough were prepared and other volunteers were on days off, so two of us served breakfast and put together over 40 lunches as needed.

Some issues occurred like there not being enough meat and cheese in the sandwiches. Many leftovers could not be served later, especially egg items. A lady showed up one day and led us to believe she was a leader but her meddling led to her not being allowed on the grounds. There was some misunderstanding between staff but turned out the issues were created by the meddler.

Another staff coordinated and worked to get volunteers. The third I believe was in charge of doing the meal preps.

There were mostly tents around the grounds with washrooms, showers, laundry machines, Disorderly

conduct and being drunk was not tolerated. A few had campers. There was entertainment like WIFI, games, toys for children.

Lunch and supper prep was done at the big kitchen in one of the residential buildings and was driven down. Two reefer trailers served as large frigs. Breakfast had from 10 to 50 served. Helped with one lunch which was mostly evacuees and some suppers were over 200 with the firemen back for their rest.

I helped out for 3 weeks. Previous volunteers had moved on. The homeless lady was asked to move on. She has a vehicle. Then the firemen started leaving before breakfast could be served. Many of the evacuees slept in and later those, mostly from Skeetchestn, were able to go home the week following BC day weekend. And the firemen were moved to bigger camps so they could partake of work related meetings. The fires continued, as did the evacuees but I was not asked to return. The days passed quickly and the smoky skies affected so many of us with breathing issues especially. I would get irritated eyes. I enjoyed helping out, meeting new people, hearing their stories. Some hung out at our concession area just to chat.



Newshound Reports.

Melissa Green went above and beyond to serve through out the pandemic. She assisted with or conducted the online worship services every Sunday without missing a one. Thank you Melissa.

Congratulations are also in order as she has finished her teacher training and will be moving into the classroom this fall.

Spring being a tough act to follow, God created June. *Al Bernstein*

Deep summer is when laziness finds respectability. *Sam Keen*

Looking Back

Dean Ken Retired

Dean Ken's last service, April 25, was marked by a car parade and a small retirement cake from Rae. His official last day was April 30 when he was given a Zoom farewell accompanied by about 400 wooden penguins on the lawn, a take out dinner from their favourite Greek restaurant and gifts

Margaret Mitchell retired at the end of May also with a Zoom farewell party. It proved to be a very short retirement. Her successor did not work out and Margaret graciously returned until a new person could be found.

Bishop Lincoln resigned in mid June.

Despite heat and smoke two successful parish picnics were held in Prince Charles Park – one in July and one in August.

In person worship returned July 4 for the 8:00 am services and July 25 for the 10:00 am service.

Walking each other home

by Barb Liotskos



Do you have a memory of walking a friend home? For me, it's a memory of walking my girlfriend halfway through the woods separating our homes and then staying in vocal contact until we made it back to our own backyards. Walking each other halfway meant that neither of us had to go the whole way alone in the dark. Accompaniment gives us strength and courage that we might not have on our own.

Do you remember the Emmaus Road story? Two disciples were returning home after Passover weekend in Jerusalem, talking about the impact of Jesus' death on them, when they were joined in conversation along the way by a stranger, whose presence, and understanding of the scriptures, warmed their hearts, and who they suddenly recognized was Jesus when he joined them at supper and broke the bread, as he said the blessing, in the familiar way he always did. Jesus is present when we are together and break open and share our lives with each other.

When we spoke with one another about the impact of the last 18 months on our lives, there was a sense of relief at being with each other again, in a safe place, where we could give voice to the challenges we faced, and have a burden lifted by hearing our own concerns named.

Seventeen participants joined the three facilitators (Jon Buckle, David Lidster, Barb Liotskos): 11 at the morning session, 3 at the evening session and 3 via zoom the next morning. The time in the 'in person' gatherings was divided between the large group and triads. In the small groups, each person had opportunity to respond to the following:

The last 17 months have given us an unprecedented disruption in our lives. The Pandemic continues to have lingering effects (eg. cabin fever, isolation, anxiety about others not maintaining social distance), the residential school tragedy, the bishop's resignation, and the impact of the wildfires have resulted in enormous loss, grief, heartache, suffering, and worry. Where are you now? What is the most challenging issue for you? What concerns you now, going forward?

And in the second triad:

We now have an opportunity to reflect and examine who we are and who we want to become in this new normal; an opportunity to share with and connect with others and help in getting practical ideas to process anxiety, compassion fatigue, loss, grief, and assist in calming re-entry anxiety; an opportunity to explore who you have been, what has impacted you, and who you wish to become. What was helpful in navigating through the many issues that have occurred in the last 17 months? What do you need?

What do you want to take forward with you from these past 17 months?

In the large circle that followed each set of triads, we were able to reflect on what caught our attention in the small group sharing, and what we learned. For example, to name the grief we were feeling, and also the gifts we had received during COVID.

Session 2 on Thursday September 9 will focus on another set of questions: how has St Paul's been impacted as a community? What would you like to see happen as we move forward? What do you discern God is calling us at St Paul's to do?

All are welcome. We'll meet in the hall and wear masks this time. It helps if you register ahead, but that isn't a requirement.

A big thank you to Rae Long who organized refreshments, and to her helpers!

Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds.
Regina Brett

Summer has a flavor like no other. Always fresh and simmered in sunshine. *Oprah Winfrey*

Aaah, summer - that long anticipated stretch of lazy, lingering days, free of responsibility and rife with possibility. It's a time to hunt for insects, master handstands, practice swimming strokes, conquer trees, explore nooks and crannies, and make new friends.
Darell Hammond

Looking Ahead

Season of Creation

Wednesday, September 8, 2021 at 7 PM, St. Paul's Cathedral Chapter Room
PWRDF Creation Care - Climate Action

Saturday, September 11, 2021 at 2PM
Notch Hill Community Growers Farm with
Ron and Jennifer Ste Marie (carpooling from St.
Paul's Cathedral at 1pm) To register contact: Joy
Gothard at gotjo@telus.net or email/call the Office
at 250-372-3912, stpaulscathedral@shawbiz.ca by
September 9th.

Monday, September 13, 2021 from 10AM –
4PM with Potluck Lunch

Perennial Planting Potluck Party at Notch Hill
Community Growers
No registration, contact the office if you'd like to
carpool or need directions!

Saturday, September 18, 2021 from 9AM –
4PM, St Paul's Cathedral

Season of Creation Retreat: "Reflecting on the
wisdom of 'all my relations' - drawing on the
writings of Richard Wagamese"

Register with the Office: 250-372-3912,

stpaulscathedral@shawbiz.ca

Please let the office know if you would like to
participate using ZOOM.

Tuesday, September 21, 2021 from 10AM
to 12 PM Qua'about Lodge, Little Shuswap
Lake, "Walking the Land Ethnobotany Tour"
followed by (optional) lunch in the Lodge
restaurant.

*Car pooling available from Cathedral departing
9:15 am sharp.

Register with the Office: 250-372-3912,

stpaulscathedral@shawbiz.ca

Sunday, October 3, 2021 at 10AM

The Feast of St Francis of Assisi marks the end of
the Season of Creation

Soul Friends: "Pilgrims Walking with each other in mutual support and listening to each other's Faith Stories"

Would you like to walk a spiritual path with fellow
pilgrims to mutually support each other in living an
authentic, genuine, balanced, and faith filled
life-----one that helps you grow emotionally and
spiritually? Would you like to be part of a
discussion group of "soul friends" who are willing
to share the challenges and joys of their pilgrim
journey? "Soul friends" derives its meaning from
the Celtic spiritual phrase, "Anam Cara," which
describes a union of true friendship.

This discussion group is open to anyone who is
willing to be a good listener and who is willing to
"tell their story," and enter into a depth of sharing
that is open, frank, honest, and from the heart.
Stories can and do "teach." Stories empower and
heal both the speaker and the listener. Above all,
stories create community. What is profoundly true
of community is that we need it because it
"connects," it "embraces," it "supports," it
"inspires," and it "challenges," us all.

Friendship Friday remains on hold.

The **Thrift Shop** remains closed until the province
fully reopens from the pandemic.

Financial Statement

	Actual	Budget
Revenues July 2021	\$20,006.88	\$21,420.00
Expenses July 2021	\$13,466.67	\$21,656.00
Net Income July 2021	\$6,540.21	\$(236.00)
Revenues Jan-July 2021	\$159,560.77	\$157,065.00
Expenses Jan-July 2021	\$138,261.81	\$162,706.00
Net Income YTD	\$21,298.96	\$(5,641.00)

SOUL FRIENDS

Soul friends has 'a new look' for the fall season
starting Thursday Sept 16, 10-11:45 a.m. in the
Chapter Room.

Beatitudes for the Kamloops Summer, 2021

by Barb Liotskos

Blessed are you little ones whose lives were stolen and who lie buried in the earth; your silent witness has revealed the truth of our blindness; may it lead us now into a season of repentance and new beginnings; to you is given a home in the loving hands of the Creator.

Blessed are you nurses and doctors, and all who work in service of our health in mind, body and spirit; yours is our undying gratitude;

Blessed are you who teach in our schools and universities, who care deeply about the learning and safety of our children and youth; your students will remember all you have given and your hearts shall be full;

Blessed are you paramedics and ambulance drivers who risk perils of road and weather to save lives; the mercy you offer will flow back upon you.

Blessed are you who are checkout clerks in grocery stores, who have laboured in difficult times that all may be nourished; your patience and good cheer is not forgotten and will feed your souls with goodness;

Blessed are you who clean and sanitize washrooms, hospital wards, classrooms, or places of worship that all may be safe; your souls are filled with a wonderful fragrance of grace.

Blessed are you firefighters on land and in the air, all you who seek to protect lands and forests and properties; your efforts will be rewarded as the land heals and lives are renewed;

Blessed are you who serve in care homes, in shelters, in foodbanks, who give of yourselves in service of the most frail among us; your names are written on the palm of God's hand;

Blessed are you when you are reviled, cursed, and falsely accused for seeking the truth and the well being of others; rejoice in knowing that your courage stands as a light in the world.

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

Interim	
Rector & Dean	The Rev. Canon Len Fraser
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:

December 10

theme for the next issue:

Blessings

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 Interim Dean Len Fraser, Mary Dove, Claire Tosoff and Elizabeth Kavanagh email address: stpaulscathedralcircular@gmail.com