

St Paul's Circular

December 2021

Volume 16 Issue 3 "Blessing"

Blessing - the act or words of a person who blesses;
a benediction;
a special favour, mercy, or benefit; a favour or gift bestowed by God, thereby bringing happiness; approval or good wishes; prayer said before a meal

From the desk of the Interim Dean

Advent Blessings

Each morning as I wake up and take my dogs for a walk, I do my prayers and thanksgivings. It is quiet at 6:00 am and walking along the river is so beautiful at that time of the morning. In the darkness of these winter mornings before the world has awoken to start the day, I witness so many early morning blessings. There is the restlessness of the geese in the river as darkness turns to light. The birds that stay for the winter start to rustle in the trees. I have seen bears in the morning looking for food to help them through their long winter's sleep. Dedicated early morning joggers run in the early morning before the dawn. You can hear them chatting as they jog through the park planning for the day ahead or just gossiping about what happened in their lives. Feeling the cool crisp winter wind in your face that startles you awake and shocks you in to being wide awake. The sights, sounds and wind of the early morning is such a blessing. It reminds me always of what it means to be alive in this wonderful place.

These early morning walks are part of my prayer life, a quiet time to spend time thinking about all the Blessings I have in this life. I am so grateful for my children, grandchildren and my two dogs that bring so much joy in to my life. I feel so blessed for my friends, for family and extended family. I am so

grateful for those people I have met in my life that have enriched my life. Life is full of blessings even if I don't recognize them. We are blessed in so many ways when we think of those people we know, sending them a blessing over the miles. One of the Jewish traditions is to first Bless God before they say a prayer or Blessing. For me life's journey would not be the same without God walking by my side and catching me when I stumble. This Advent season I am very aware of the Blessings I have in this life and the gratitude I feel for those people around me who have enriched my life. May God the Creator, Redeemer and Sustainer be with you all this Advent season.

Blessings
Rev Len

Lizzy's Bit

Blessing

"Count your blessings
Name them one by one"
John Oatman

Blessings, defined as special favour or gift bestowed by God, come in many forms. A blessing could also be defined as something for which we are grateful.

Blessings can be the people in our lives, the talents we have, the place where we live, the things we have. Good health is definitely a blessing. So often we take our blessings for granted. How many of us think about what a blessing it is to have safe drinking water, and that said safe water is delivered to multiple faucets in our homes? Considering the number of people in the world suffering some sort of abuse at the hands of those who are supposed to be caring for them, those of us who had/have good, loving parents and spouses are blessed. We are blessed to live in a country governed by the rule of law and order, where despite the recent ranting of a

few we enjoy a great many rights and freedoms denied others. Even the freedom to do that ranting is a blessing. Material things can also be blessings as they make our lives easy and comfortable.

I gave up years ago trying to count my many blessing -- I can't count that high, but they certainly include family, friends, house and home, enough food to eat, country, enough money to meet my needs with some left over for the fun stuff, health, life in a free country, the ability to read and write, glasses (blind as a bat without them).

Sometimes blessings are disguised as tribulations. Twice I was laid off from my job, and while it hurt at the time, I later saw that each was a blessing. It was God's way of telling me He was finished with me in those places and that He was preparing me for the next stage of my life which would be an advancement. The mix up over my admission to grad school also turned out to be a blessing.

Over the years St. Paul's Circular has been blessed by the contributions of many talented people.

Book review

by Mary Dove

Original Blessing by Matthew Fox

This book, originally written in 1983 and revised in 2000, is acclaimed a best seller and considered one of those "20 books that changed the world".

In this ground-breaking book, Fox questions why the Church puts so much emphasis on Original Sin rather than Original Blessing. For the first four centuries as the Church proclaimed the GOSPEL the emphasis was on the goodness of God and the goodness of the world that God created. Blessing, he says, is just a theological word for goodness. After God created, God saw that "It was good". Fox explains how Christianity once celebrated beauty, compassion, justice for all and a path of positive knowledge and a spiritual connection to all creation.

In the fourth century, when the Church became more institutionalized and more powerful in the secular

world, there became more emphasis on Original Sin and that people needed to be saved from their basic flawed nature.

Fox outlines four paths back to a healthy concept of being:

- Befriending creation
- Befriending darkness, letting go and letting be
- Befriending creativity and our divinity
- Befriending new creation of compassion, justice and celebration

Some of the book is quite challenging but one of the treasures of this book, I found, was the many quotes, throughout the book and in the appendix, of many people, down through the ages, both religious and secular, who have helped us keep our eyes on the spiritual goodness of all creation.

Mathew Fox has been called "a visionary activist and one of the most important religious thinkers and teachers of our time. He has devoted his career to learning the suppressed mystical and live-action traditions with Christianity and other faiths. "He is an Anglican priest and works out of the University of Creation Spirituality in Oakland California.



What a Blessing

by Jon Buckle

One of the unique things about the last 18 months has been that the whole world has shared in the adversity, the sufferings and the challenges. Very few folks could avoid the impact the pandemic inflicted on their lives. Millions suffered the loss of loved ones or went through much trauma with the virus, and virtually all of us saw dramatic changes in the way we lived, worked, worshipped and socialized. These changes were hard and often went against the grain of our natural way of living and doing things. Yet in the midst of this difficulty, inconvenience and pain one couldn't help but

notice things that were good and positive blessings shining like sunbeams through black moisture laden storm clouds.

Our family is spread out with a son and his family in Switzerland and a daughter and her gang in Australia. Another daughter and her family moved back to Kamloops from Ontario in the middle of the pandemic, but that's another story. We also have a son and daughter and their families in Kamloops. Not seeing overseas children and grandchildren for almost 3 years has been hard. Yet we have managed to keep up with their lives and feel connected through the miracles of communications technology ... what a blessing!

Not being able to connect with friends and neighbours in the usual way has been difficult. Walking around with a mask that hides half our face, and waving from a distance indeed does not encourage the fellowship many crave. Yet, showing respect for those around us, and acting with kindness and consideration in our socially distanced connections has in my view brought out some of the best examples of loving our neighbour ... what a blessing!

Our household haven't been going out on the town much in the last while, and certainly less than we used to do. Some might think our life has been a bit boring even. However, yours truly has been putting in more time in the kitchen, and learning to become a better cook. My household seems to have appreciated it, and I am starting to look forward to trying new concoctions. Irene might say "its about time"! But I think she would also add ... finally, what a blessing!

Our travel by vehicle (and air) has been down dramatically from what it has been in past years. Holidays, visiting, shopping and work are now all constrained with the result that our kilometers driven is 25-30% of what it was 2-3 years ago. Yes, we miss many of these trips yet I have a real sense that our planet is breathing a big thank you for cutting our vehicle emissions by 3 or 4 times ... better late than never but still ... what a blessing!

I could go on, but hopefully these examples reflect that out of the pandemic's adversity have emerged serendipitous blessings, God's rainbows of grace amidst the raging covid19 tempest. For this we can truly say thanks be to God!

Blessings

by Leslie Hall

Caring for the small garden on Nicola Street alongside St. Paul's Cathedral is a manifold blessing. First of all, for the opportunity to garden where there is plenty of sunshine and a good watering system. Other blessings are gardening with friends, feeling the presence of those who have lovingly tended the spot before us and, from this July onwards, having our efforts graced by a beautiful array of coloured feathers.

This article is about the cleanup. We made a start on a very cold Tuesday morning. (Cathy Shether had already deposited a load of lovely evergreens for the winter cover, so there was no excuse for delay.) We being, Nora Bennet and Hands in the Dirt volunteer, Lynn Snook and myself. Nora and Lynn dug up the gladiola corms as I was removing the self-seeded 4 o'clocks that had actually done quite well this year. We arranged to meet again the following week – in the afternoon, hoping for warmth and maybe even sunshine. We got both. Roger Bennett came to help out as he has so many times before. He and Lynn did the shovel work, while Nora and I clipped. An overflowing bucket full of dahlia tubers were dug out and 2 large bags filled with roots and clippings. My job was taking off the blossoms and arranging them in makeshift vases. Pretty soon there was a dozen of not bad looking bouquets. Then the fun began. Each of us in turn passed off bouquets to passersby: Laura from across the street, mothers and children, a man on his way home with a cart, another fellow on his way to the Y. The few flowers that were left were laid out as in the photo. When Roger checked the next morning there were only 3 left.



A top dressing of bone meal was added to encourage the daffodils and tulips to perform their annual spring show. Lastly, the evergreens were laid out, concluding our two hours of joyful work!

Examining Blessing in the Bible and Daily Life

by David Lidster

The topic of blessing is clearly important to God. There are numerous references to blessing in the Old and New Testament. In Genesis 1:28 God created Adam and Eve and then blessed them: "...God blessed them, and said to them, 'Be fruitful and increase in number...'

Jacob pronounced blessings on his sons. His blessing of his son Joseph is recorded in Genesis 49:23-26. Moses pronounced blessings on the tribes of Israel in Dt. 33. Scripture points to the duty of the priests to bless the people in the name of the Lord, referred to as benediction. In Numbers (6:23-26), the Lord said to Moses: "Speak to Aaron and his sons and tell them: This is how you shall bless the Israelites. 'The Lord bless you and keep you!.....'"

Jesus blessed the little children in Mark 10:16: "And he took the children in His arms, put His hands on them and blessed them." Through word and touch Jesus made a deep life-changing connection with those children. Do we as Christ's hands, voice, and feet have the potential to have this same impact on others by bestowing on them a blessing?

Perhaps a discussion on what is a blessing is warranted. Some of the definitions of blessing include "approval; encouragement; benediction; praise; and honor. To bless a person is to "speak well of them or to speak approvingly of them." To bless them is to see God's goodness in them.

Blessings can speak to "our dry bones" (see Ezekial 37), and invite them to come to life. We all need uplifting and encouragement. Something real and life-giving is transmitted through simple words of blessing. Imagine how people may be impacted if we bestowed upon them the words of Psalm 129 "...*The blessing of the Lord be upon you; we bless you in the name of the Lord.*"

All that would remain is for the receiver of the blessing to "gather it in, accept it, and welcome it." Consider the blessing as a gift and all you have to do is open it and say thank you.

At the close of the Sunday worship service, we sometimes hear the words: "Let us go forth to love and serve the Lord and each other." We can do both by bestowing blessings on each other.

Take a Moment to 'Count your Blessings'

by David Lidster

'Counting your blessings' is a phrase we often use when we think about all the things that make us happy or bring us joy, or for what we are grateful for. When we step back and think about what St. Paul's Cathedral offers to the community and to its parishioners, we can surely 'count many blessings.' Here are a few that come immediately to my mind and no doubt you can think of others that I didn't mention:

1. The thrift shop makes a wonderful contribution to "recycle and re-use" as well as contribute money into the church coffers.
2. The Soup Ministry gives parishioners an opportunity to provide for the needy and of course the recipients of the soup are very grateful.
3. The Lenten lectures are a terrific gift to the community and bring people together for a wonderful lunch after an informative talk.
4. Food, Friends, and Fellowship Fridays is an "outreach" program that gets families and individuals into the building who might not have regular food on the table at home and who may not enter the church for Sunday worship.
5. Soul Friends feeds participants with "spiritual nourishment."
6. Our wonderful and diverse clergy who give thoughtful and inspiring sermons

7. Our “hard working and dedicated” wardens.
8. The Out of The Cold program that brings warmth, food, and loving kindness to those living on the streets.

Others that come to mind are:

- (a). the music ministry (b). the greeters (c).
 Friendship Friday (d). prayer ministry
 (e). the altar guild and the altar servers (f). the
 prayer bowl (g).-----
 (h).----- (i).-----

Now it is time for you to fill in the blanks for what you identify as a “blessing” at St. Paul’s and what you are grateful for. You can tell us in the next Circular. And of course, the Circular is a “blessing to all” who read it.

Blessings

by Gina Rose

Bowen was running on his almost three year old little legs down the hall through the kitchen and around the corner, hotly pursued by his one year old cousin Jasper assisted by granny. Squeals of Joy permeated the House. Oscar the golden retriever and Lola the little French bulldog did their doggy best to join in the fun. And remarkably, the excitement did not end in tears as it often will in such joyful pursuits. After all that spent energy it was time for lunch and birthday cake for grandma, our daughter, for her 55 years. Bowen had assisted putting the candles on the cake and was going to help blow them out. He was also anxious to help with the opening of granny’s presents!

What a joy it was to be great grandparents to sit enjoying the happy birthday party and not having to lift a finger. As a matter of fact we were placed by the table next to Jasper in her high chair so we were restricted in any attempt at “helping” being blocked in on both sides.

Soon it became nap time for the little ones and to be quite honest that part of the afternoon for me tootime to leave. Our grandson had thoughtfully cleared a path for us across the snowy lawn so we didn’t have to walk down the steep, slippery drive way. Barking dogs and waiving family cheered us off down the hill and home. What a delightful afternoon

it had been and when we went to bed and turned the light out we felt so completely blessed .

What a blessing it is to have healthy, happy, considerate family. And what a joy to share blessing.

Blessings

by Alison Mckinnon

Some of the greatest blessings in my life are grandchildren, four grandsons to be precise. When I was a child, my maternal grandmother lived with my family and I knew I wanted to be a grandmother one day and to be a part of my grandchildren's lives. There is an optional part in the Anglican wedding ceremony where prayers can be asked, "that they may be blessed in the procreation, care and upbringing of children". At the wedding rehearsal of my daughter and now son-in-law, the priest asked if they would like them included in the service. I was nodding my head enthusiastically and fortunately the bridal couple did want them in their wedding service. Just under two years later, we were presented with our first grandson, followed by his brother almost 3 years later. The following year our son and daughter in law gave us a third grandson and 21 months later his brother arrived. Holding each newly born grandson brought tears of joy.

We moved to Kamloops when our third grandson was almost a year old, and many visits were made to Kamloops and Kelowna prior to our actual move. We have been privileged to be part of their growing up and although they are not as excited as they once were to see the grandparents, they still seem to enjoy spending time with us. We were enthusiastic assistant Lego builders, car racers, play park companions, concert and sports game visitors and proud graduation attendees, to name but a few. We have enjoyed many family dinners, special events and holidays together. Seeing the world through the eyes of young grandchildren is exciting!

On occasion, we would look after small boys when parents were away and we would be in bed shortly after the grandsons. The energy levels were high! One of the many joys of grandparenthood is not being responsible for things like toilet training, food

issues and curfews. And the occasional smirk when a grandson misbehaved in much the same way as his parent is priceless.

We have been privileged to watch our grandsons, now aged 25, 22, 21 and 19 grow from babies to the interesting and thoughtful young men they are today.

Blessings include Grandmothers

by Bob Hunter

Growing up, I had a close relationship with my two grandmothers. Nettie Hunter on my father's side who I called "Dran" (short for "Grandma"!) was born in Astoria , Oregon in or about 1878 and Jane Clegg who was my Grandmother Jane was born in Cheshire, England in 1892. They met each other in the middle 1920's in Vancouver. Their love expressed to me and my younger brother Alan was immense and long standing and extended from my birth in 1935 until their deaths in the late 1960's.

The space available in the Circular for this story does not permit me to tell the whole of this amazing experience. So here is a short version.

When I refer to "we" I mean my brother Alan and me. Home for us was mostly with "Dran" in Vancouver. It included the time of the 2nd World War, 1939 to 1945. Our father was in the army, our parents were divorced soon after Alan was born in August of 1937 and from that time we pretty much lived with Dran except when we were away attending Anglican private school which for me covered 6 years and for brother Alan probably 9 years. We boarded at these private schools in all these years and so we were away from home for approximately 9 and a half months in each year.

Much of our home time was spent with our grandmother Dran. Her husband Bert, (my grandfather) died in 1941. At Christmas time and the two and a half months of summer holidays, we spent time with each grandmother. Holidays with Dran (Hunter) were at Comox, Hornby Island and on Okanagan lake, a car trip to San Francisco (I was three!), one of my favourite aunts, Virginia, joined us for that trip and then there was time with Dran at her

home in Vancouver in the summers and at Christmas time.

Holidays also with g-m Jane in the summer and at Christmas included a cruise from Vancouver up the Pacific coast to Ketchikan, Alaska on a vessel of the Union Steamship Co. in 1948. Just Alan and I with g-m Jane on that amazing trip, even though we had many cousins, this was our special trip! We also went with g-m Jane to her seaside property at Sechelt Inlet and on horseback riding holidays at a ranch near Clinton in the Cariboo,(at Egan Lake). My brother Alan, who practiced law for many years in Calgary, died there in April of 2010.

Both grandmothers had strong personalities - not exercised against one another however. They seemed ready for any challenge. Grandmother Jane was often up to adventure. In June of 1939 (her husband, my grandfather Bernulf, had died in 1931) she hired a guide and two of his male friends from Portland Ore. to take her in two 14 ' rowboats with outboard engines from Astoria at the mouth of the Columbia river across the northern USA on a continuous string of 15 rivers ending up in the Hudson river at New York city in early September. This trip took 3 months - with many hardships - often including cooking meals on wood fires set on sandbars and some strenuous portaging of boats and gear. Grandmother Jane insisted on bearing part of the daily workload.

My life growing up with the love and affection of my two grandmothers for the remainder of their lives was indeed a blessing. I have been rewarded with the reminiscing I have experienced in gathering together the information for these stories.

I wish you all a blessed Christmas and better times in the new year.

Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes of which all men have some. *Charles Dickens*

‘The World’s Most Beautiful Purses’,

by Lance Weisser

"Oh my, but what a lovely clutch, Sally--is that silk?"

"What? This old thing? Well, believe it or not, Marge, it's actually a female pig's ear. I made it myself--and trust me, it took all my patience and effort, and a very very long time."

One of the more helpful quotes comes from M. Scott Peck's book, 'The Road Less Travelled' :

"Life is difficult. This is a great truth, one of the greatest truths. It is a great truth because once we truly know that life is difficult--once we truly understand and accept it--then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters."

Helpful as this quote is, accepting--fully accepting--that life is difficult is itself rather difficult, at least for me, because of one other great truth: I really really don't want, nor on most days, *expect* life to be difficult. That's not how I recall being raised. Born in the USA, I instead was schooled to believe that life should be spent pursuing happiness and be full of blessings.

Complete nonsense. Often life experience reveals that any soul-touching blessing almost always happens once life's nettles are grasped, and that sow's ear starts looking like the silk purse we must wrestle into being. The well-received book by Andrew Solomon, 'Far From The Tree: Parents, Children, and the Search for Identity' [Scribner, 2012], delves in depth into the lives of those having given birth to, and those who are born Deaf, or with Dwarfism, Down Syndrome, Autism, Schizophrenia, and/or are Gay or Transgendered. Often, but not always, what begins as a catastrophic diagnosis is also the slow germination of mothers and fathers becoming people they didn't know they could ever be.

"The mother of little Dylan, born with Down Syndrome, was at first devastated and even carried her newborn into her apartment building through the back door in order to avoid having anyone know. "It was like I was trying to get FM on an AM radio in

my old life. In a weird way, it was like this happened so I could see what I was capable of. Every single trait that I wasn't good at, I've had to develop because of Dylan. I was living superficially and attached to my ego and my stuff and my image. I was very judgemental, critical--and how can I be judgemental of anything now? We're supposed to share all of our talents and gifts, but we have to know what they are first. Now, I have to help people instead of just using my talents to make money. She looks down at her son. "My grandmother got this little puppy, and Dylan was trying to figure this puppy out. He had his favourite puzzle piece in his hand, and he gave it to the puppy. He gives his favourite things away. He's heart spontaneous."

Andrew Solomon's book is full of the personal stories like this, of the making of silk purses, of the making of lots of lemonade. We can spend much of life wrestling over why life is difficult before it becomes apparent that--like the story of Jacob and the Angel--without the struggling, there aren't the blessings--just ask Dylan's mother.

Greetings

by Jim Waldie

As Advent is here, I would like to share that the Advent Wreaths have been placed in the chapel and the Cathedral...

As I prepare for Christmas, I am always thankful for so much. I am thankful for the wonderful country I live in, my wife and family and extended family near and far and the abundance of food, fresh water and a roof over my head. We take all these things for granted when every day people in troubled parts of the world struggle for most of these necessities of life.

I wish to share with you a few examples of prayers to receive many blessings which I discovered in a book entitled Prayers for Planetary Pilgrim.

I lift up my heart to you in gratitude, O god, for this gift of a hot shower that refreshes me.

I lift up my heart to you in gratitude for the deep and fertile smell of rain-soaked earth.

I lift up my heart to you in gratitude for the gift of music that delights my ear, my heart and my soul.

*I lift up my heart to you in gratitude for the present
pain I feel, which frames with greater joy the
pleasures of my life.*

There are many more blessings used in this format.
but the list is very long. I have found and believe in a
much shorter method for blessings/thanksgiving for
the ritual of gratitude, which Jesus practices as we
find it in the Gospels. He simply raised his eyes to
heaven, pronounced a blessing and gave thanks.
Whenever you experience the giftedness of life, you
could raise your head and simply say "Thank you."
This only takes a moment and I am sure you will feel
the gratitude.

I wish everyone a Christmas filled with blessings!

Ode to my Mother

by Mary Dove

Mother, O Mother, dear Mother of mine
from whence came your strength and your vision so
fine?

Your early life with parents and family at home was
filled with such death and great sorrow.

But the wonderful presence of His abiding Love
prepared you in so many ways for your love filled
tomorrow.

You trusted in goodness and your loving God. You
forgave and always looked to what was right.

Your many friendships and kindnesses, they grew
and they grew and from your energy and love you
nurtured great insight.

A very skilled, happy and caring teacher as you grew
out of your early life and unending dreams.

As a very special and loving wife and mother you
guided us all on our way, so it now seems.

I thank you dear Mother with all of my being that I
was blessed with your love and a strong role model
for my living.



Winter and Us Old Guys

by Mary Dove

Today as I watch the snow slide from the eaves,
and cover all the beautiful autumn leaves,
I know seasonal cycles are turning again.
We're moving to cold from the warmth that has been.

But I need not fear as winter draws near,
for there is so much in this season to hold very dear.
The beauty, the challenge, the thrill of the cold.
It all beckons the skiers and skaters so bold.

The essence of winter is so gloriously great.
The beauty of a snow laden landscape we can't
hate.
The joy of Christmas, New Years and Valentines too
allow us to embrace the best of Love in all that we
do.

This season of winter has much to offer the bold,
as well as great gifts to those of us growing old.
The wonderful sights from behind a pane of glass
and the memories of when we also enjoyed cold with
class.

This season, our old friends, remind us today
that as life moves forward, our beauty will stay.
We have so much to be thankful for as the snow
reappears,
so much joy to remember and celebrations we still
hold dear.

So, buck up, my friends, and greet winter with glee,
We need to give thanks that we continue to be.
Like winter, we can show to the world, a great season
of beauty and challenge and joy beyond reason.

Happy winter

The Blessing of Joy

by Barb Liotskos

Each morning I find in my email a short message
from Spirituality and Practice. Today's message was:

*"I think we need a new word — "comjoyment" — as
a companion to "compassion" to remind us that our*

greatest gift to the world may be in sharing what gives us the greatest joy.

- Sam Keen in 'Learning to Fly'

To Practice This Thought:

Tell a friend about one thing that gives you great joy"

So here goes....

The Wednesday Eucharist in the chapel gives me great joy.

Familiar friends, a different mix each week, sit in a circle around a small table, with bread and wine set out. Familiar prayer book words are spoken together, many of them known by heart. Around the circle, passages from the Bible are read aloud, and then anyone who wishes, shares their thoughts, feelings, or questions about them. We share in Communion, and then head out into the rest of our day.

It sounds simple, and it is: a short weekly reunion that gives me great joy. Presence. Peace. Love. Jesus' invitation comes to mind...

Two persons were following him one day. (I think they wanted to get to know him.) And he asked them 'what do you want?' They asked him, 'Teacher, where are you staying?' Jesus said: 'Come and see'. Come and see Wednesdays at 10.



Newshound

The Resource Centre book cart is again available.

St. Paul's own little library is finally available again. It is now located outside of Claire's office. The old rules apply -- sign your name and phone number on the card in the book along with the date you are borrowing the book and place the card in the nearby box.

Gordon and Mary Dove are retiring from the Resource Centre in the new year. This is an opportunity for all you budding librarians.

A Letter from Rev Canon Len Fraser

A lot has been happening throughout the Territory this past year with the COVID-19 pandemic, the resignation of our bishop, the wildfires, and now the flooding, devastation of our highways and the interruption of the supply of goods and services. The trauma of these events has had a tremendous impact on our communities, our people, and the Territory - physically, mentally and emotionally.

At it's meeting on November 20th the Territory's Coordinating Council had a long and serious discussion with Archbishop Lynne McNaughton, our Metropolitan and current presiding bishop about whether or not the Territory is ready to proceed with an episcopal electoral assembly in 2022. As a result of this discussion, Coordinating Council passed the following motion which was carried unanimously: **BE IT RESOLVED THAT:** Coordinating Council direct Archbishop Lynne McNaughton to appoint an Assistant Bishop as an interim until the election of a new bishop for the Territory of the People

The rationale for this decision is to give us all time and space to recover and heal. The leadership of a seasoned, retired Bishop can lead us through this process of recovery until we feel the time is right to proceed with an election for a new bishop. With fewer people in leadership roles to deal with some of the challenges we are facing, having an Assistant Bishop in place for the short term will give us all some breathing room, will remove the time constraints and immediacy for the Electoral Committee, for the delegates and for us all; it will give us time to continue the process of an election at a later date without these time constraints. The feeling from many is we need to be diligent in the election process and not feel rushed in any way.

The assistant Bishop will work with Archbishop Lynne in the leadership of the Territory, and I stress, this is for the short term only, until such time as we

all feel ready to proceed with an episcopal electoral assembly. Archbishop Lynne will keep us informed about her search for a retired Bishop who is suitable to the needs of the Territory.

If you have any questions or need any more information, please contact me at Territory Office. Thank you, and please keep the Territory in your prayers as we continue to deal with the diverse needs of all those affected by these disastrous events, and the communities.

Yours in Christ

Rev Canon Len Fraser

Administrator, Territory of the People



ST. PAUL'S THRIFT SHOP UPDATE

by Elaine Parkes

St Paul's Thrift Shop has been closed since March 2020 due to COVID.

Early in the fall we reviewed the COVID protocols from government as well as St. Paul's protocols. After looking at these protocols and trying to figure out how we could open and be safe both for our customers and our staff, we have determined that we **CANNOT REOPEN** at this time.

In mid to late January, we will again review the possibility of reopening. Whether or not we reopen will be dependent on COVID numbers, protocols and the number of volunteers we will have available.

If you are interested in volunteering, please contact Elaine Parkes or Elizabeth Kavanagh or leave a message at the office.

Until further notice, we are unable to accept any donations. For the current time, please consider taking your donations to another charitable thrift shop.



Looking Back

Return to more normal services

Beginning on September 12 we were once again able to receive Holy Communion although in one kind only

The 8:00 service moved back to the chapel
September 19

Season of Creation

Sessions 1 and 2

by Joy Gothard

September 8

A small group gathered in the Chapter Room of St. Paul's Cathedral, Kamloops to pray, learn through stories and videos, and reflect on the topic of "Season of Creation – Gathered at the Table of God's Abundance"

September 11

Our follow up action was a visit to Notch Hill Community Growers farm. Owners, Jennifer & Ron Ste. Marie, took us on a tour of a portion of the 126 acres where they have begun regenerative agriculture.

Supported by many volunteer helping hands ("social equity"), they have expanded production of fruit and vegetables to sell at three local farmers markets as well as at their farm gate.



Cattle grazed on the upper fields, while the chickens found grasses beneath the fruit trees and rested in their "chickshaw" mobile roost.

Ron and Jennifer shared their Notch Hill Community Growers vision to regenerate the land and create a community at the farm. They share life on the farm on Facebook including pictures from our visit and are supported in prayer by people from St. Paul's community and beyond.



Under sunny skies, the farm was the perfect setting to celebrate the Eucharist with a service written by Rev. Barbara Liotcos and officiated by Bishop Gordon Light. Verna Albright assisted during the service reading the

Gospel: Luke 12:16-34, 48b (Peterson's "the Message" version) and included the closing prayer from the PWRDF-Season of Creation. A prayer of

"Thankfulness for Water" was shared as we gathered around the font. The font originated at St. Paul's Cathedral and has rested in several shared gardens belonging to members of St.



Paul's Cathedral "Hands in the Dirt Gang". Place-mats from PWRDF were distributed for use at home and at Thanksgiving. *photos from Joy Gothard*

Session 3

by Jennifer and Ron St Marie

September 13

Choosing a date for the Perennial Planting Potluck Party was not an easy thing to do since we had to find a time on the farm that was not busy with harvesting and markets but wasn't too late to put perennials in the ground. We were able to collect about 100 perennials from a friend's garden in Rayleigh 10 days prior and hold them in a temporary planting till Sept 13/2021. At 10:00 am that day, Sue C., our WWOOFers Jon and Sixian and Ron and Jennifer met to put those plants and some contributions from Sue's garden into the ground with a little compost and a lot of water, to compensate for this year's drought. It was a very productive day. 80 plants were installed where we want to establish a

windbreak for the Market Garden and 8 more rows of strawberries were transplanted from the runners from this year's growth. We now have the start of a windbreak, which still needs the trees, and the start of a strawberry patch which we hope will eventually become a U pick. We will need to expand with June bearing plants next year. It is a small patch, but a start.

We were able to break for lunch to enjoy each others company, but Sue was very conscientious about getting us all back to work! And the job got done! Very satisfying.

Session 4

by Lynn Snook

September 18

A group gathered to reflect on "*All my relations*". An article explaining this understanding was written by Richard Wagamese & published in Kamloops Daily News on June 11, 2013.

Many, many thanks to Gordon Light for crafting this day with it's myriad of words, images & songs which provided new anchors [light, glimpses, resources] upon which to draw: new musings & new blessings for living each day. Our time together was set against the backdrop of the horrendous discovery of unmarked graves.

The rhythm of our time together provided structure which allowed us to sink into the experience of the day. The blessings came through songs, words, quiet times and sharing. Here's a brief summary of our day of Blessing

Address #1 *All my Relations*

Like a Rock

Richard Wagamese

Article: *All my Relations*

Desmond Tutu

"We belong to the bundle of life"

"Everything that is empty is full of the angels of God"

**How do I experience All my Relations?
Appreciate them?**

Time to reflect Blessing

Address #2 Ache for Belonging

Wind upon the Water

Words from Henri Nouwen,
Jan Richardson, etc.

**Where is the dust in my life? The water? the
healing rain? Am I living my life small?**

Time to reflect Blessing

Address #3 Names

I have Called you by Your Name

Jan Richardson Poem: *Beloved is
where We Begin*

**What names have been mine over my lifetime?
What did they mean to me? Affect me?**

Time to reflect Blessing

Address #4 One Word

For the Fruit of all Creation

Jan Richardson "One Wild Word" – in
"The Sanctuary of Women"

We come to worship / to the church
every 7 days because in 6 days we
can forget who we are

Awe, Praise, Woe, Save, Grace.
Thanks, Care, Life, Love, Peace.
Joy, Home

**What is my one word? Is there one? What is
one word that I hope people use to describe
me?**

Time to reflect Blessing

God of the Sparrow

We concluded by gathering [safely] around the Table
to share thanksgivings, prayers, communion and a
Blessing.

I commend to you the songs, reading, questions and
time for reflecting noted above. You will be blessed.

Sunday October 3



The St Francis Award
was presented to Rev.
Ken Gray at the 10:00
service



photos by Rae Long



The blessing of pets
took place at Pioneer
Park at 2:00pm



photos by Barb Litoscas

October 16

On Saturday from 10:00 am to 4:00 pm Archbishop
Lynne hosted, from St. Paul's Cathedral Kamloops,
three Regional Gatherings in the Territory which
were live streamed to the other deanery locations of
Ashcroft and Quesnel. Archbishop Mark MacDonald
and Bishop Mary Irwin Gibson from our companion

Diocese of Montreal also participated the live stream. These Regional Gatherings provided an opportunity for our people in the Territory to gather together for a time of open conversation, to check in on how people are doing, to journey together through the healing process. It was a time for connecting the Territory to itself and an opportunity for small groups to gather face to face. Group discussions were facilitated in each of the three locations

October 17

Archbishop Lynne McNaughton remained in Kamloops over Sunday to participate in the 8:00 and 10:00 services.

December 5

Once again St Paul's hosted the first Sunday in December P.I.T. Stop dinner. Due to continuing COVID restrictions it was again a bag lunch prepared at Kamloops United Church.

November 28 and December

A nonperishable food drive was held to collect food for flood victims.

Looking Ahead

Sunday December 12

Bake sale for parishioners only after the 10:00 am service

Friday December 24

Family Service 4:00 pm

Christmas Eve Service 7:00 pm

Saturday December 25

Christmas Day Service 10:00 am

Sunday December 26

Lessons and Carols 10:00 am

Registration required for all services

Masks and social distancing also required

Watch the parish email for Lenten Lectures Schedules



Financial statement

	Actual	Budget
Revenues Oct 2021	\$24,093.98	\$22,767.00
Expenses Oct 2021	\$18,536.78	\$21,176.00
Net Income Oct 2021	\$5,557.20	\$1,591.00
Revenues Jan - Oct 2021	\$225,690.43	\$220,281.00
Expenses Jan - Oct 2021	\$194,413.46	\$223,616.00
Net Income YTD	\$31,276.97	\$3,335.00

Tax efficient way

Donating stocks or other "capital property" in kind makes good tax sense. It offers two advantages. One is the underlying tax benefit of charitable donation. The other is not having to pay Capital Gains Tax. This works best for stocks that have significantly appreciated. If you think this would work for you, do get reliable financial advice before proceeding.

Anglican Cathedral St Paul's

parish founded 1884

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joyful -rooted - responsive - hospitable

Interim

Rector & Dean

Assisting Clergy Member

Assisting Clergy Member

Assisting Clergy Member

Assisting Clergy Member

Rector's Warden

People's Warden

Youth Coordinator

Acting Music Director

Office Coordinator

Treasurers

The Rev. Canon Len Fraser

The Rt. Rev. Gordon Light

The Rev. Barbara Liotskos

The Rev. Dan Hines

The Rev. Bob Purdy

Jon Buckle

Jim Waldie

Melissa Green

Gail Ovington

Claire Tosoff

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:

March 2, 2022

theme for the next issue:

Wonders of God's Creation

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

When you practice counting your blessings, you will be amazed how many there are. As you are riding on the bus, or walking through the zoo, or shopping for groceries, there are countless blessings that are in full view for you to recognize and acknowledge.

Catherine Pulsifer,

"Count your blessings" is such a common expression that it has become a catchphrase. Yet it contains powerful truth and meaning: Be grateful for what you have - and for what you don't have.

Robert W. Bly

Count your blessings and give God praise for the great and wonderful things he has done, for what He is doing right now and for the great things he has in store for you in the future.

Bob Richardson