



SUMMER  
2012

THE NEWSLETTER OF  
THE PEOPLE OF  
ST. GEORGE'S OF FOREST HILL  
ANGLICAN CHURCH

www.stgeorgesofforesthill.com

# THE DRAGON FLYER



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## FROM FATHER DON



**As I find myself engaging in that all too familiar struggle to control the weeds in my rose garden, I know that the season of Easter is rapidly coming to a close, and the hot days of summer days lie just around the corner.**

Our parish has enjoyed an extremely busy and wonderful year filled with good programming, exceptional worship, and many exciting celebrations. We have seen both Margaret

Walker and Laura Lightfoot grow into their ministry and begin serving as priests in their own parishes. You did a great job preparing both of them for the needs of the church in the world. I know they both view their time at St. George's as a time of blessing.

Rev. Marita has now returned from the sunny south. For the next few weeks she will be providing supply ministry around the Deanery in places where there are vacancies. Fear not! She will be back in our midst as soon as possible.

Conversely, Brother Mark will soon be heading away to enjoy his busy summer camping schedule.

As summer approaches, I wish to remind you that we will once again be moving to a single service with a worship time of 9:00 am, starting on Sunday June 24 and running until the Labour Day weekend. Although our numbers are smaller as people head to cottages or are away on

vacation, the energy of our worship is still high. Please come and join us in worship whenever you are in town.

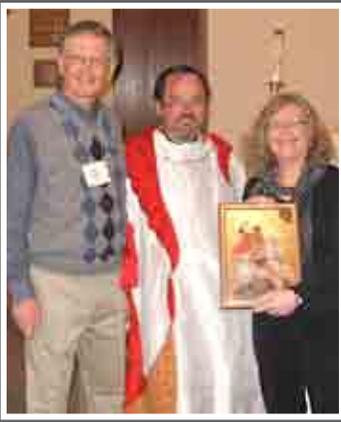
And just as the summer will soon be upon us, we also know that September will quickly follow, and all the busy-ness of fall will rapidly fill our calendars. Before that happens, I want to remind you of a great day for the family of the Diocese of Huron. On September 8th, our Diocesan Golf Tournament will be held at Cobble Hills Golf Club in Thamesford. St. George's fielded a team for the first time last year, and we had a great day, and an excellent meal. All the proceeds of the Golf Tournament go to outreach ministries. While the monies are for use throughout the Diocese, I can tell you that last year a large portion went to fund the chaplaincy at St. Monica House and the breakfast program at Holy Trinity here in Kitchener. If you are interested in participating in the tournament, please call the church office.

I pray that you will all have a great summer. As you are off enjoying the incredible beauty and all the blessings that God has given us in this great land, please also remember that God's work continues to be done here at St. George's... and that ongoing work requires your support to succeed. When we consider all the blessings with which God surrounds us, it is important to offer our thanks back to God by sharing those blessings with others.

Faithfully,  
Don+

**YOU'RE INVITED...**

**to our annual T-SHIRT SUNDAY & BBQ on Sunday, June 17 !!** Wear your favourite t-shirt and join us at 10:00 a.m. BBQ lunch following the service.



Alison Olmsted (right) displays the plaque of St. George she received for her many years of service maintaining and updating the church website. Marc Mennel (left), chairman of the Stewardship Committee and Father Don presented the plaque on behalf of the congregation.



## STARS CAMPAIGN

Paul Thomas, Chairman of the STARS Campaign cuts a cake to celebrate raising \$50,000 by the end of April and completing many of our objectives. Only \$15,000 in donations is needed to achieve our year-end goal of \$65,000. Replacing the church boiler and refurbishing Thompson Hall are next on the "To-Do" List.

# FROM YOUR WARDENS

**Greetings from your Wardens as we enter the summer season at St. George's! We have had a busy spring and a very full Easter season! The following items bear additional mention:**

**PALM SUNDAY & EASTER:** The Easter Season was filled with many opportunities for praise, worship and prayer as we walked with our Lord through the darkness and into the light. In addition to our clergy, a sincere thank you is extended to the many who made this journey so significant once again for the St. George's community.

**STARS:** In late April, the STARS fundraising initiative reached the \$50,000 mark on our way to \$65,000 by the end of the year! Congratulations to all of our supporters and **THANK YOU!** We are well on the way to completing our objectives and are busy getting quotes for the replacement of the boiler in the original church as well as for the refurbishment of Thompson Hall at the end of the summer. Recall that STARS is an acronym for the Steam Boiler Replacement Fund, Thompson Hall refurbishment, Audio/Accessibility upgrades, Repairs to the Church/Rectory, and a new Sign for our Church on Fischer-Hallman Road.

**T-SHIRT SUNDAY & BBQ:** Plan on joining us on T-shirt Sunday (June 17) to show your gratitude to our Sunday School volunteers and Youth Leaders for their dedication and work throughout the year! We are truly blessed to have such vibrant and significant weekly programs for our children and youth!

**PRIESTHOOD:** Rev. Margaret Walker and Rev. Laura Lightfoot will have been ordained as Priests by the time of publication of this newsletter. Congratulations to both of them in attaining this significant milestone in their ministerial careers! We wish them both the best of God's blessings in their respective parishes.

**WEBSITE SUBMISSIONS:** Our website is a critical avenue of information for "visitors" to our parish. Just a reminder that we need news items, latest events, recent pictures etc. from all our parishioners on an ongoing basis to keep the website fresh and exciting. Please send your submissions to Parish Administrator, Val O'Reilly.

**TREASURER:** Steve Lipkowski, our Church Treasurer, has indicated to us that he will be completing his treasury duties with us at the next Vestry Meeting after a tenure extending back quite a few years. If you or someone you know has skills

in this area and would be interested in meeting to discuss this opportunity further, please speak to Father Don. (Having someone work with Steve for the remainder of the calendar year would be very beneficial!)

**WARDEN:** Reta Risto, one of our Wardens, is now in her second year of "additional service" past the normal four-year commitment. We are very thankful that she has continued in this regard. However, we do need to have new people step into this role and have been unable to find a volunteer who is willing to do so. Again, if you or someone you know has skills in this area and would be interested in discussing this opportunity further, please speak to Father Don.

**OFFERINGS:** (a) Our treasurer, Steve Lipkowski, has reported that we are behind budget in our regular givings – monies needed for the general operation, maintenance, payroll etc. of our Church. Please give this your prayerful and immediate attention. (b) Further, throughout the summer, please do not forget about regular givings to St. George's as we still have all of the bills, etc. to pay. (c) A very convenient way to give regularly without having to remember is through an auto-debit program. We have about 40 families in our parish who donate to St. George's in this manner. It helps significantly to stabilize the church's income on a monthly basis as our bills don't stop just because it's summer! Please contact Val O'Reilly in the Church Office or Nelson Cuthbert, our Envelope Secretary, for more information and/or to setup a pre-authorized auto-debit program tailored to your offering wishes.

Finally, a huge thank-you to the entire congregation for your continued support, work and service. There are so many people who are involved in running programs and/or performing the many tasks that make St. George's such a wonderful place to belong. We are truly blessed! Have a great summer!

Yours in Christ,  
The Wardens (Susan Butt, Nelson Cuthbert,  
Vivian Harris, and Reta Risto)

# CHARITABLE PLANNED GIVING CAN BENEFIT YOU AND ST. GEORGE'S!

**What is planned giving? Planned giving is when you arrange now to make a charitable donation but it is not paid until a future date.**

A Charitable Gift Annuity (CGA) is a wonderful planned giving tool that enables you to create a legacy for charity and also receive a guaranteed, tax-efficient income for life.

A CGA is an arrangement under which you make a donation to a church or charity and receive, in return, guaranteed payments for life. The amount of these payments depends on your age and the size of your contribution. You will also benefit from after-tax rates of return that are significantly better than GICs or Canada Savings Bonds.

Your gift annuity brings you a special bonus at tax time: a sizeable portion of your payments will be tax-free. How much of the income will be tax free depends on your age and life expectancy. In addition to receiving tax-efficient income, part of the original gift may also be tax deductible as a charitable contribution.

**Here is an example of tax-efficient income:** A 70-year-old female with a \$35,000 annuity would receive about \$2,500 of annual income payable for life, which would equal a GIC yield of just over 7% return. The taxable portion would only be about \$335 instead of the full \$2,500.

A CGA can benefit you and St. George's.

Depending on your age, a CGA will enable you to give a gift, save tax and increase your income. Your donation can be directed as you desire... it can be used to support the many on-going programs of our church or given to support a specific cause, such as the current STARS campaign.

Donors are usually age 65 or older (with an optimum age of between 75 and 90 years). Annuities may be established with modest amounts of capital, usually \$10,000 or more.

Here's an opportunity to make a generous gift to your Church and do yourself a favour at the same time! To learn more about how a CGA might benefit you, please contact Fr. Don or Paul Thomas.

## FROM THE DEACON'S BENCH



Brother Mark, S.B.

### Christian Meditation

Some have asked, "Do you meditate?" My answer is yes. This simple act fostered and nourished by Father John Main, O.S.B. has been a fundamental discipline in my religious life for sometime now. I find it helpful and refreshing and you might too.

and other words. Don't fight your distractions either, but let them go by saying Ma-ra-na-tha gently and attentively and returning to it immediately when you realise your attention is wandering.

Silence means letting go of thoughts. Stillness means letting go of desire. Simplicity means letting go of self-analysis.

Meditate every day if you can. This daily practice may take you some time to develop. Be patient. Start with ten minutes and build to thirty. When you find yourself giving up – start again.

Here is a prayer written by Father Main to get you started: "Heavenly Father, open my heart to the silent presence of the spirit of your Son. Lead me into that mysterious silence where your love is revealed to all who call, Maranatha... Come. Lord Jesus."

To start, sit down. Sit still with your back straight. Close your eyes lightly. Then silently begin to recite this prayer mantra: "Ma-ra-na-tha".

Say it as four equal syllables. Ma-ra-na-tha. Maranatha is an Aramaic word which is the language that Jesus spoke and it means Come, Lord (Jesus). It is found in the Scriptures and is one of the earliest prayers of our Christian faith.

Breathe normally and give your full attention to the word as you say it; silently, gently, faithfully and above all – simply. The essence of meditation is simplicity. Stay with the same word during the whole meditation and from day to day. Don't visualise but listen to the word as you say it. Let go of all your thoughts, even the good ones, as well as the images

**CHECK IT OUT!** For Active Anglican Youth

Get to know more about our global family. **CHECK IT OUT!** The Anglican Communion Official Website. We are bigger than big.

Brother Mark †

# GETTING TO KNOW YOU

## *The story behind familiar faces at St. George's*



**Valerie O'Reilly, Parish Administrator**

As Parish Administrator, Val O'Reilly has her finger on the pulse of St. George's. Whatever you need to know or whomever you need to contact within our congregation, Val can direct you.

For nearly nine years, Val has been working 20 hours a week in the church office. Her duties include typing Sunday bulletins and the order of service, answering phone calls and emails, receiving visitors, bookkeeping, and booking meeting rooms for groups inside and outside the congregation. At this time of year, she devotes considerable time to registrations for Camp Little Dragon.

When asked what she likes most about her job, she quickly responded, "The people! I told my family the day I started, 'They're the nicest people at St. George's!'" Her role allows her to get to know a variety of people within the congregation: the priests and deacons, the wardens and many other church leaders and volunteers.

Val's family includes her husband, Kevin, who is a vice-principal at Southwood Secondary School in Cambridge, and their three children. Her daughter, a French specialist, has just finished teacher's college. Her eldest son is in his third year of chemistry studies at Royal Military College in Kingston, ON. And her youngest son is completing Grade 12 at Forest Heights Collegiate. He will be heading to the University of Ottawa in September to study Accounting.

When she's not looking after St. George's or her family, Val enjoys reading fiction and visiting her parents.

– Helen Hickman

## OUR CONGREGATION HELPS THOSE IN NEED

Outreach is a vital part of St. George's ministry. Reaching out to others is what Jesus calls us to do. Here are the programs our congregation has supported since last September:

**St. Monica House** – offered Chaplaincy Program; supplied toiletries for expectant moms

**St. John's Kitchen** – provided Christmas season meal; financial support; will purchase and serve ice cream during the summer

**Mary's Place** – provided towels, bedding and dishes

**Food Bank** – donations are on-going

**Cancer turbans** – made at St. George's and given to patients of Grand River Cancer Clinic

**Anselma House** – sold chocolate hearts for Valentine's Day

**Share the Warmth** – donated used winter outer wear for children and adults

**PWRDF** – financially supported Primate World's Relief Development Fund

**Central America** – knitted pneumonia vests for infants

**Third world countries** – donated eye glasses

**Camp Little Dragon** – operate inexpensive summer day camp; provide bursaries to low income families

Your on-going gifts of time, talent and money, will enable us to continue our Outreach ministry to these organizations. Thank you for your support!

– Your Outreach Committee

# CAMP LITTLE DRAGON AIDS LOCAL FAMILIES

St. George's summer day camp is 100% not-for-profit. We keep our costs as low as possible to enable all children to enjoy fun-filled days in a Christian environment. We also provide bursaries to families who are experiencing financial difficulty.

For many families, before and after school programs from September to June are usually affordable. But in summer, the cost of camps can be too expensive. Parents tell us they often face a dilemma of where to cut costs: do they feed their children three meals a day or do they provide them with a safe summer camp while they, the parents, are at work? Nobody really wants their children to be latch-key kids—staying home alone while their parents hope and pray that nothing bad will happen.

We believe that parents should not have to make that decision, that their children deserve both a safe place to play during the summer and appropriate nourishment for their growing bodies and minds. Wouldn't you agree?

## *Comments from parents:*

- I couldn't afford to work without the support of Little Dragon Day Camp.
- My daughter has cancer and not many camps will take her.
- It is hard to leave my son who has some special needs, but your camp even provides a support person to help him fit in.
- I am a single mother and can hardly afford to feed my children let alone pay for camp. With your help, I can do both. My kids are safe and fed.
- My child loves Little Dragon Camp and wants to come back next summer.
- The staff are wonderful, and I feel safe leaving my children there in the mornings. Then they don't want to come home when I pick them up.
- My children have learned to take care of others from being at your camp. The morals and values taught are important.

This year, we need to raise \$40,000.00 for our camp to break even. This amount will provide summer employment for nine camp counsellors as well as Co-Directors Helen Protopapas and Alex Couzens. It will enable us to purchase any supplies not donated. And it will help fund bursaries of \$135 which does not cover the total cost per child. To date, we have received approximately \$10,000.00 from individuals and various service clubs. That leaves \$30,000.00 more to raise!! Can you help?

Jesus said; "Let the little children come to me; do not stop them; for it is to such of these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it." And he took them up in his arms, laid his hands on them, and blessed them. (Luke 10: 14-16)  
What better way to show the love of God than by helping the youngest of His children? Camp Little Dragon needs your financial support! Please donate today! And remember, your donations are tax deductible.

— MaryLynn Forrest, Susan Butt, Vivian Harris, Reta Risto and Father Don, Camp Committee

## St. George's Summer Schedule

### Sunday Services

Starting Sunday, June 24 and continuing until Sunday, September 2, we will have one service at 9:00 a.m. We will start with the BAS and alternate throughout the summer with the BCP. We will resume holding two services on September 9.

### Sunday School

"T-shirt Sunday" (June 17) is the last day for Sunday School. Our children's program will resume September 9. Watch for registration details in your bulletin.

### Summer Office Hours

Val will be in the office Tuesdays and Wednesdays from 8:30 a.m. to noon, and Thursdays from 8:30 a.m. to 11:30 a.m.

## CONSIDER JOINING OUR PASTORAL CARE TEAM!

I wouldn't be surprised if most of you have never heard of the St. George's Pastoral Care Team or have only a vague idea of what we do. So let me briefly introduce you. . .

Our team is composed of 10 lay people who meet every two or three months with clerical leaders Brother Mark and Reverend Marita. Our basic technique is creative listening as we visit the elderly and sick in seniors' residences as well as "shut-ins" in their houses. Some team members are licensed to give Holy Communion. Another member writes cards and messages of hope and Christ's love to the sick, the bereaved and the distressed.

Ours is a helping ministry attracting people from various backgrounds. Formal and informal training in pastoral care is available. In fact, several members of our team just completed a course at Renison College. As well, Brother Mark generously shares his wealth of knowledge and experience. We also exchange information at our meetings on various aspects of the lay visitor's calling.

The opportunities for caring ministry are limitless. The number of people needing help is enormous. To learn more about this important volunteer opportunity, call me at 519-743-4975 or email: [jhorne@jubilation.uwaterloo.ca](mailto:jhorne@jubilation.uwaterloo.ca). Alternatively, call the church office. We would truly love to hear from you!

—Jean Horne



## ANNUAL SPRING TEA A JOY-FILLED EVENT!

On April 26, Thompson Hall was transformed into an elegant tea room. Each table was beautifully decorated for the occasion. Delicious desserts beckoned.

Inspiring speaker Bonnie Simonato, a “JOYologist”, spoke about how to “Bloom where you are planted.” We laughed and cried during the evening and left with the feeling that we need to live in “the precious present”. Bonnie reminded us that we cannot change the past or predict the future, but we can learn to appreciate and enJOY the present.

Encouraged by Bonnie, everyone enJOYed the mouth-watering desserts,

leaving only empty plates for the hostesses to take home.

Our team of four elegantly dressed servers added a touch of elegance to the evening. Sincere thanks to Fred Cressman, Ray Finnie, Paul Brown and Wayne Matheson for volunteering their time (they missed the hockey game!).

As Bonnie said: “Give thanks in all circumstances” . . . develop an “attitude of gratitude”. Many thanks to everyone who supported the annual Spring Tea!

– Roberta Finnie, Reta Risto, Organizing Committee

## FAREWELL FROM MARGARET WALKER

It seems like only yesterday when I first stepped foot inside St George’s of Forest Hill, but the calendar tells me that it was nearly 8 ½ years ago. I am really excited about the opportunities of being priest-in-charge at St. George’s, New Hamburg, and also being chaplain at St Monica House. As I prepare to leave, I have an image of a chick standing on the edge of the nest before its first flight.

I am sad to leave St George’s of Forest Hill . . . I have had so many opportunities to try new things, to grow, to work and play with so many people who all exhibit a desire to bring God’s kingdom into the present. I have been part of developing the parish vision; building a house with Habitat for Humanity; giving new life to a refugee family; feeding the disadvantaged at St. John’s Kitchen (both Christmas dinner and ice cream during the summer); swimming with Little Dragon Day Camp; remembering at the Interfaith AIDs Requiem; praying with neighbours at the World Day of Prayer; cleaning in the spring and fall, and washing dishes for many fun events – to name but a few. All of these activities

have stretched both me and many others in the parish. They show what we can achieve when we set out to bring God’s kingdom here now; what can be achieved through prayer and through faith that God has given us the necessary resources to get the job done.

Thank you for being a brother and sister in Christ to me: for welcoming me, caring for me, encouraging me to stretch my wings a little further each time and letting me know how I might do better next time. My prayer for you is that you continue together to spread the good news of Christ to all through actions and by taking those bold, big steps. May the Lord’s face continue to shine upon you.

In Christ,  
Margaret +

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