



FALL  
2018

THE NEWSLETTER OF  
THE PEOPLE OF  
ST. GEORGE'S OF FOREST HILL  
ANGLICAN CHURCH  
[www.stgeorgesofforesthill.com](http://www.stgeorgesofforesthill.com)

# THE DRAGON FLYER



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## Rector's Corner

I pray that this letter finds you in good spirits as the summer season comes to a close. We are on the edge of the fall season with all the events and activities planned at St. George's.

As you well know, I have been preaching about personal well-being all summer. As we acknowledge our bodies as the 'temple of God' we are reminded that good food, exercise, and rest are priorities. Not only during the relaxing summer when we talk about the 'theology of leisure', but also, when we prepare for the many obligations and responsibilities of the fall season. Our goal is to be gentle with ourselves.

We begin our season with **Return to Church Sunday** on September 9th returning to two services at 8:15 and 10 am. There is a luncheon planned after the 10 am communion service. We will be celebrating the ministry of our deacons during the liturgy on that day. After the service we will gather to enjoy a meal of hamburgs, hotdogs, salad and dessert. All families are welcome.

Our children and youth ministries begin on September 9th at 10 am. **Messy Church** gathers for the first time this fall on September 29th at 4:00 pm. This is an excellent event for families to gather for crafts, games, story time, worship, music, and dinner. There is no cost associated with this experience.

Another special event is the **Turkey Dinner** on October 2nd at 5:30 pm. Tickets will be available in the office. Adults \$15. Children \$7 (under the age of 5 are free).

St. George's is hosting **Tia and Tommy** in concert

on October 13th. Please join us for an amazing night of music. This is a free will offering event. The concert is a perfect opportunity for you to invite friends and family to St. George's to hear these award winning artists. If you missed them last time, mark your calendar for this opportunity to be inspired.

Spiritual vitality is a priority at St. George's and small group ministries are the key to the success of those relationships. Please consider joining a **bible study** group. We begin September 12th and 13th. Join us at the rectory on Wednesday nights at 7 pm. Thursday afternoons are in the Fireside room at 1:30pm. You can also expect to hear more about an Advent Quiet Day December 8th at 9:30 am. Stay tuned for more information.

Healthy relationships are essential in a church community. It is healthy for all of us to get better acquainted with the people who sit near us in the pews on Sunday. **Dinner Club** is a delightful way to build healthy relationships. Joyce and I will be hosting the first one on September 29th. We are looking forward to hearing from others willing to host dinner club dinners as well. The model is simple. Each host family hosts two or three couples (or individuals). It can be pizza or as elegant as the host family chooses. What is important is the conversation. It is a wonderful opportunity for people to share their faith journeys in this relaxed group setting.

May God continue to bless you as we share this exciting ministry together.

*Father Stephen +*

# Our Anglican Refugee Committee Update

13 local congregations. 25-40 committed Anglicans sharing ideas, expertise, connections, time, and resources. \$86,600+ in donations, \$8,618 in grants for dental care. 2 1/2 years of committee work and support for five families – 4 Syrian, 1 Ethiopian; 10 adults, 10 children (+ 2 babies born as Canadians). 38 productive meetings at 5 different churches since December 2015. Endless fun and fruitful conversations with the families to convey the complexities and subtleties of local schools, stores, parks, credit unions, ATMs, buses and bus routes, regional and provincial bureaucracies, Ontario laws, federal grants and policies, North American technologies (e.g. microwave ovens) . . . and the list goes on.

As of the end of November, our responsibility for our fifth family will end. Our financial resources are likely to be down to less than \$6,000. Since we have calculated that it takes roughly \$24,000 for us to support a refugee family for a year, we will need to make a decision as to whether we take on a sixth family, or determine that we have completed our work. If we sponsor another family, we will need more money, which will mean asking all of our congregations for additional contributions to our international outreach. We will also need to find a way to renew and rejuvenate the committee.

The work has been deeply satisfying; if that were not true, the committee would have run out of steam a long time ago. What we have probably valued the most is getting to know Anglicans from twelve other local churches, all with varying talents, personalities, passions, and insights. To our own parish's credit, our contribution has been substantial: Wendy Sherlock and Jim Stirling as primary contacts for two of the five families, Ruth Ann Boos as a transportation volunteer, the church itself as a host for a number of the committee meetings, plus monies and various practical household items to establish and sustain the five families. Lastly, having come to know three of the five families fairly well, I have a much broader perspective when I see or encounter local citizens in our city who clearly have heritages that derive from African or Middle Eastern countries. I don't see them as 'foreigners' (as I used to) but as integral members of our community and our country.

*John Ryrie, Waterloo Deanery Anglican Refugee Committee*



## Welcome & Welcome Back from the Wardens!



We hope everyone was able to take time this summer to rest, rejuvenate, and spend special time with family and friends.

Many thanks are extended to the Camp Staff and Committee who ran a successful, fun, and Christian experience for all of the Little Dragon Day Campers. That was a significant undertaking! Well done!

Our grounds and gardens look wonderful considering the hot, dry summer we had until the rains finally came. Thank you to the many hands working in God's garden!

Welcome to our new members to the parish! Each Sunday, there is a team of Greeters (red badge) in the Narthex to assist you with the service, the church facility, and any other questions that you may have. Our Sidespeople will provide you with a service bulletin and seating.

We have a Nursery and Sunday school during the 10am service. Coffee hours are held after each Sunday service in Thompson Hall. Please join us for a time of fellowship.

Also, inside the Sanctuary (left back corner), we have a children's table and chairs with books, puzzles, and stuffed animals for play during the service. If your little one needs to move around and head to that area, they are most welcome to do so.

We have a wide variety of committees, groups, and choirs in our church. On the "sign-up" bulletin board in the Narthex, there is a poster with contact names and the assigned church warden. If you are interested in more information regarding any of these, please ask - don't be shy!

Our office administrator, Valerie, keeps our many functions, meetings, and special events organized on the master parish calendar located in the Office. Please speak directly to Val if you have any activity to be added.

Finally, if you have any questions or concerns, please speak to Fr. Stephen, Rev. MaryLynn, and/or any of the Wardens or Parish Council Members. We sincerely hope that you have a great startup at St. George's this fall!

*Mike, Mary Ann, Nelson, Fr. Stephen and Jim*

# Getting to Know You

## Stephanie and Ben Goodyear

It is refreshing and certainly uplifting to interview a young couple who are just now embarking on their careers; enjoying, while accepting the challenges of parenthood; making their first house a home; and modeling the importance of faith, family and friends.

Stephanie grew up in the Forest Heights area of Kitchener and attended local elementary schools before moving on and graduating from Forest Heights C.I. She was baptized at St. George's and in her early years was among the many young regulars at Sunday School. Starting at age four, Stephanie was into dancing which led to competitions throughout Ontario and the USA. She enrolled and successfully completed a degree in Kinesiology/Biology at the University of Waterloo and decided to pursue her passion for teaching by obtaining her teaching credentials from Nipissing University in North Bay. She has just recently stepped away from her role as a dance instructor to spend more time with family and to focus her efforts on her career as an elementary school teacher. Yoga and slo-pitch are enough to keep her active.

Ben meanwhile was raised in a heritage home within the Bridgeport neighbourhood of Kitchener. As is the case with Stephanie, Ben also has Anglican roots as his extended family attended services at both St. John's the Evangelist and St. Andrew's Memorial in Kitchener. He also attended local public schools before stepping through the doors of Bluevale Collegiate. In grade nine, Ben chose Machine Shop as one of his optional courses which he liked so much he continued to take these courses throughout his high

school years. The Ontario Youth Apprenticeship Program (OYAP) and the 3-level Machinist Apprentice Program at Conestoga College allowed Ben to get his trade ticket in the high demand employment sector of tool, dye and custom work. After several years with local manufacturing firms, in the past year and since he loves the outdoors, Ben has opted to use his skills in construction work which he finds quite rewarding. Ben has a '69 Camaro which he has restored and enjoys taking for a ride out on the country roads. He still plays some baseball but most values the time he spends with Stephanie, Charles and his extended family at social gatherings.

Stephanie and Ben were introduced by friends at a private

function put on by one of Ben's employers. It didn't take long for these two young people to realize they had similar hopes and dreams and a commitment to share life's journey together. Son Charles was baptized by Christopher Pratt at St. George's and Fr. Stephen officiated at their marriage ceremony this past April. This young couple find St. George's to be a welcoming, relaxed and friendly parish and Ben especially appreciates the enthusiasm of those sharing the peace during our services. As Stephanie stated, she and Ben feel a connectivity with the spoken word and the direction the parish is moving including the number of young families joining our congregation.

Our hope is that we can continue to build the long-term health of St. George's on young families such as the Goodyears. Welcome to our journey of faith and friendship.



## Health Minute -By Melanie Mitchell

Establishing a daily routine of healthy habits can have beneficial effects on your overall health. The following are some basic tips that may help you to lead a healthier lifestyle.

- Eat vegetables at every feeding opportunity—both meals and snacks—as they are high in antioxidants which help remove damaging free radicals from the blood stream
- If you have trouble eating vegetables you might want to think about taking a Veggie Greens supplement which contains 8 servings of vegetables per scoop
- Eat every 2-4 hours to help stimulate your metabolism, balance blood sugar levels and avoid overeating driven by hunger
- Drink lots of water especially before meals as it aids in digestion and helps break down food so the body can absorb nutrients more easily



*Messy Church - The Bread of Life*



*Scoops & Sprinkles!!  
St. John's Kitchen Ice Cream Outreach*

# Parish Profile: Marc and Shirley Mennel

You quickly realise when you have the chance to interview individuals or couples that have been long-time parishioners at St. Georges that there are many interesting stories to be learned. Such is the case with the Mennels who have been attending St. Georges for 40 years. Their meeting as a couple was in fact an accident - let me (them) explain!

Shirley, born and raised in Regina, graduated from the Nursing Program at the University of Saskatchewan in Saskatoon in 1962. Along with 3 friends, Shirley packed up and headed to London, Ontario in a 1949 Plymouth purchased from her father for \$25. Arriving safely and then sharing an apartment with her friends on Grand Avenue, she started a career at the War Memorial Children's Hospital. Meanwhile Marc, a London boy who attended Beck Collegiate, had started his own career at London Life progressing from a position in the mail room to become a Section Head in the General Sales Division. Here's the neat part of their story. While skiing at a small ski hill in Byron, just west of London, Shirley, a novice skier, literally ran into Marc who was standing at the bottom of the hill with a group of his friends. That readers, was the start of a relationship which led to marriage in 1964. Son Paul was born in 1966 and Peter in 1968. Marc was transferred to K-W in 1978 by what was then Prudential Assurance and headed up projects in communication, marketing and product



development. After a brief hiatus, Marc joined Manulife from which he retired in 2010. When the family moved to K-W, Shirley continued her nursing career at K-W (Grand River) Hospital, retiring in 2000.

Marc and Shirley have always given back both to our parish and the broader community. Shirley has been heavily involved with the Canadian Cancer Society using her nursing skills to train students and others in the compassionate care needed by those requiring outpatient chemotherapy. She has also been a strong supporter of the Children's Wish Foundation and is often an early sign-up for outreach and other parish initiatives.

Marc has basically done it all at, and for, St. George's. - -- a Warden, Lay Administrator, Counter, Chair of past Stewardship committees and a long-term contributor and editor of our parish newsletter, the Dragon Flyer. In the community he has helped raise over \$3 million dollars for the Canadian Cancer Society as a committee member and Past-President of the Ride & Stride fundraiser. He also coached minor soccer for a number of years and regularly volunteers at our local Food Bank.

Who would have thought that a skiing accident would bring together two young people who have ended up contributing so much to our parish and local community?

## A Note from the Sunday School Team...

We are looking forward to an exciting new curriculum, "**Holy Moly**" for the younger children and "**Connect**" for the older group. It is a curriculum used by other Anglican Church Sunday schools so we have decided to give it a try.

Join us each Sunday, junior kindergarten to gr. 6. All are welcome. Typically, there will be Sunday school each week, with very occasional exceptions. Several times a year we prepare and deliver a family service where the Sunday school children have worked to prepare the service.

The children will begin church sitting with family, coming to the front of the church for the children's focus then making their way to Sunday school. The children will come back upstairs to sit with their families to participate in communion.

We are welcoming to our team this fall, Jennifer Poolton who comes with lots of experience and enthusiasm for Sunday school. We extend an invitation for others to join our team and share their interest in guiding our young people in exploring a path with Jesus.

*Blessings, Susan Hipperson and Sue MacKellar*



*Jenn Poolton*

## Your Parish Library is Open For Business

In the Fireside Hallway is a cabinet full of newly donated books and gems that were hidden away.

Grab your coffee on a Sunday Morning and browse the many books available. The Library is always open!

Sign out and enjoy your selections and return when you have finished it

If you really enjoyed a book please write a "Review" in the weekly bulletin so others can enjoy it.

Donations of Faith, Spiritual and Uplifting Books are always welcome. Drop them off in the church office.

*"We read to know we are not alone" C.S. Lewis*

*Mary Ann Millar  
Librarian*



# Outreach Committee Initiatives

## **Monica Place Gala** – *Heather Murphy, Deacon MaryLynn*

Held on June 27th at Knox Presbyterian Church in Uptown Waterloo, many volunteers from the various churches in the dioceses worked together to celebrate and acknowledge the accomplishments of the young women at Monica Place. Last minute cancellations saw fewer people at the event, but family and friends—and children!—enthusiastically and proudly assembled to honour these young women. St. George's own Mike Duboulay piped them into the reception in full regalia which made the opening ceremonies extra special. Lots of laughter and a few happy tears shed marked the occasion. It was a time of good fellowship and good food as photos were taken and hugs exchanged. We look forward to doing this again next year.

## **Innisfree Donations** – *Katherine MacLean*

Due to the generosity of St George's parish, four full SUV loads of dry goods and baking supplies were delivered by Jack Nahrgang and Katherine MacLean to Innisfree House. Jack quipped that he has noticed an UPSWING in bags of sugar. He's looking to steer next year's donations to cake mixes!!

## **Camp Little Dragon** – *Reta Risto*

By the time the Dragon Flyer is in your hands, the camp will have wrapped up another great year in operation. We cannot run the camp without the

support of our camp organizers, leaders, staff and volunteers. The Kitchener West Optimists donated the proceeds from the spaghetti dinner held in our own Thompson Hall in the amount of \$2053. Many members of the congregation also ear-marked donations to help finance the camp. One of the most memorable donations came from Judy Sheppard and Dave Nunnikhoven who personally delivered a cheque in the amount of \$660 from the second annual bike ride held in memory of Kevin, son of parishioners Val and Mike Weidner. The money was used for camp bursaries.

## **Coming October 27th...Children's**

## **Community Closet** – *Dianne MaCandless, Debra Zanon-Barclay*

Please check your closets and ask family and friends for gently used children and youth clothing items for this growing community initiative. Our last event was held in April and was an enormous success. Heart-felt thanks to all of those people who showed up on Thursday and Friday evenings to set up the tables in Thompson Hall for our Saturday give-away! In addition to clothing, we happily accept cribs, play pens, toys and games—whatever you think a growing child can make use of.

*Donations can be dropped off at the church (bottom of the stairs in the basement). Please indicate CCC on the bag or box.*

## FROM THE DEACON'S BENCH



This summer we experienced a time of unpredictable weather. Within twenty minutes we could go from extreme sun and heat to dark storm clouds and downpours of rain. This happened to us while on holidays and instead of becoming disappointed, we would just laugh as we knew all we had to do was to wait for a few minutes and the weather would change. During my prayer and reflection time, I often thank God for all the small blessings in life that we often overlook. I make a point of stopping to notice all the simple things in life that mean so much. Nature---just sitting in the quiet and noticing the beauty of the flowers, watching the wind blow the leaves on the trees, listening to the waves roll in and out, just being present. Family---we spent a lot of time together this summer and I am so thankful for having each one of them in my life. We played games, went for homemade fries and ice cream, talked together and watched movies, just being fully present with each other. We need to take a step back from the fast pace of life and realize what is truly important to us, and give thanks to God for the blessings we have, each and every day.

*Deacon MaryLynn*



*Judy Sheppard, Dave Nunnikhoven with Val and Mike Weidner*

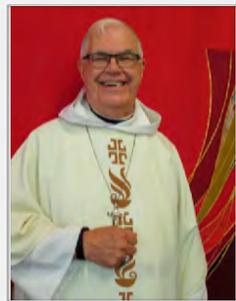


*The Dinner Club at the Rectory*

## Our Heartfelt Thanks, Br Mark!

As announced by Fr. Stephen at Sunday services in June, effective Sept. 9th, Brother Mark is moving with grace into retirement. We have so much to thank him for, not just his contribution to St. George's, but to our broader community as well. We know that he will, of course, not sit still. Retirement does provide an opportunity to pursue projects and goals that may have been on the back burner while he has been in active service.

The good news for our church is that Brother Mark and Donna have decided that St. George's will be their home parish, so we hope to see them on a regular basis. Let us not forget that while Brother Mark often had a prominent and visible role in our parish life, Donna has been very active behind the scenes serving in a number of capacities including the Altar Guild. Both of them deserve our heartfelt thanks and we look forward to many more years of friendship and shared devotion in our faith family here at St. George's.



Br. Mark



## Parish Potpourri - Prizes!!!

Answer this question: Who takes pride in showing a team of Belgian horses? Place your answer in the Basket at the back of the church. Prizes for the first 3 correct answers!!

### An Open invitation to join the Dragon Flyer Team

· Speak to *Catherine Carlson, Jim Fox, Fr Stephen or Allan Lee* if you are interested!!

## Reminders & Save the Dates

- |                         |  |
|-------------------------|--|
| <b>Sept 6</b>           | <b>Chair Yoga Starts - 9:15 am</b> - Thompson Hall                       |
| <b>Sept 9</b>           | <b>Start Up Sunday; 8:15 &amp; 10:00</b> services; BarBQ after 10        |
| <b>Sept 9</b>           | <b>Blessing of the Backpacks - 10:00</b> service during Children's Focus |
| <b>Sept 12 &amp; 13</b> | <b>Bible Study Resumes</b>   |
| <b>Sept 29</b>          | <b>Messy Church - Saturday 4:00 - 6:00</b> -Thompson Hall                |
| <b>Sept 29</b>          | <b>Dinner Club &amp; Stewardship- Saturday 5:30pm-</b> Rectory           |
| <b>Oct 2</b>            | <b>Turkey Dinner -</b> Thompson Hall                                     |
| <b>Oct 13</b>           | <b>Tia &amp; Tommy Concert - 7:00pm</b> - Free Will Offering             |
| <b>Oct 27</b>           | <b>Children's Community Closet - 9:00am - 11:00am-</b> Thompson Hall     |
| <b>Nov 10</b>           | <b>Messy Church - 4:00 - 6:00</b> Thompson Hall                          |
| <b>Nov 17</b>           | <b>Christmas Market - 9:00 am - 1:00 pm</b>                              |
| <b>Dec 8</b>            | <b>Advent Quiet Day -</b> Details TBA                                    |

*Blessing of the Backpacks*



### Weekly/ Monthly Activities

- |                       |  |
|-----------------------|--|
| <b>Bible Study -</b>  | <b>7:00</b> - Wed evenings at the Rectory ; 1:30pm Thurs in Fireside Room                                  |
| <b>Senior Choir</b>   | <b>8:00 pm - 9:30pm</b> Thursday evenings  |
| <b>Youth Choir</b>    | <b>7:00pm - 8:00pm</b> Thursday Evenings   |
| <b>Messy Church</b>   | <b>4:00 - 6:00pm</b> - Sept 29, November 10, January 19  |
| <b>Chair Yoga</b>     | <b>9:15 am</b> - Thursdays in Thompson Hall  |
| <b>Book Club</b>      | <b>7:30 pm</b> - 3rd Wed of each month - Fireside Room   |
| <b>Christmas Club</b> | Crafts for Christmas Market:<br>Sept 10 & 24; Oct 1 & 15 -afternoons<br>Sept 5 & 19, Oct 10 & 24 -evenings |

### CLAY-Canadian Lutheran & Anglican Youth

**Conference** was held in August 15-19. Stay tuned for a report from St. George's Youth. Without your generous support this could not have happened.

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

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