



WINTER
2018

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

THE DRAGON FLYER



this issue

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From the Rector

I recently came across a photograph of a Christmas celebration when I was 7 years old. What was most memorable was the huge yellow bike in front of the Christmas tree. As I reflect back on my childhood

memories it was interesting that my wife also received a bike that year, just like mine,...almost... Her bike had a banana seat with a high back bar and cliff hanger handle bars. My bike shared all of those features except for one. Her bike was our favourite colour – blue. Mine was the brightest yellow you have ever seen in your life. My parents were always extremely generous at Christmas. As a matter of fact Christmas was always about food, friends, family and fellowship. I have fond memories of my grandparents arriving every Christmas Eve in time for our entire family to watch Lawrence Welk's Christmas Special. The house was filled with laughter and music. What I don't remember is a real emphasis on Jesus. There was some general conversation about Christmas being the birth of Christ. And yet, I don't remember our family going to church for most of our childhood. Please understand that this is not a critique of my parents. Actually it's a rather respectful recollection of two adults doing their very best to raise three children on a very limited budget. They worked hard and were clearly devoted to us.

I would imagine that you too have some memories about your childhood Christmas celebrations. Some of your memories would lead you to happy tears and I would guess that some memories would lead you to sadness. Your mind filters your memories. I hope that many of yours make you smile. I think it's important for us to have a nostalgic view of Christmas past. But Christmas is not about memories alone. It's about deciding what the future Christmases will be for you.

This year I want to invite you to deliberately put Christ at the centre of your Christmas celebration. I appreciate the fact that my parents taught me that Christmas is about food, friends, family and fellowship. But I must admit that I wonder how Christmas might have been different if Christ had been at the centre of our celebrations.

Years later I recall many Christmas celebrations with our own children. I openly admit that conversation about Jesus at Christmas was often one that contained the least amount of enthusiasm. Our children always wanted us to focus on their "list". If I remember correctly we always tried to get the top three or four selections from each of their lists. We also tried to remind them that the exchange of gifts was symbolic of the gifts that the wise men brought to Jesus in celebration of his birth. We also reminded them that Jesus was the ultimate gift at Christmas and that we needed to remember that indeed Jesus was the reason for the season.

So let me get to my questions for this Christmas season. "What is on your spiritual Christmas list this year? What do you hope to experience during the Christmas season? How will you know that it was a "successful" Christmas for you?"

May I make a few suggestions? First, we need to be quite deliberate about making Jesus the reason for the season. That includes finding a worship service to attend on Christmas Eve. It may even include reading the Christmas story (Luke 1:26-56) from the bible to your children or grandchildren. Perhaps it will involve listening to your favourite Christmas hymns and/or watching the Christmas story on DVD or Netflix. Most of all, it will be a deliberate decision to receive the gift of the Christ child anew this Christmas.

Ultimately, I am inviting you to be intentional about placing Christ at the centre of your Christmas experience in whatever way that will be most meaningful for you.

Blessings, FR Stephen

Social Justice Committee

The Social Justice Committee has had three thoughtful meetings during which we have tried to define our direction – a more challenging and complicated task than one might initially think. To date, roughly ten parishioners have indicated an interest in the committee; our group discussions have involved five or six.

We have identified an 'educational' component of our work which, for the moment, is consisting of posting articles, letters, newspaper columns, etc. on our 'new' designated bulletin board downstairs on the wall between the church kitchen and the electrical room. Our intent is to spark thoughtful reflection, which is the process the committee itself has been going through as we have been talking about social and community issues that we have each brought to the meetings. To this end, we are making a few duplicate photocopies of editorials, opinions, or news stories that we think are particularly thoughtful or insightful, and pinning these copies to the bulletin board; any parishioner who wants to can take a copy home for further consideration and reflection. If we run out of a particular article, we will try to print more.

As I think you can well imagine, the challenge for the committee is one of focus, as there are hundreds of social issues that we could express concern about. We have also not yet figured out how we – individually or as a group – can lend compelling strength to our various concerns. Figuring this out is going to take some time and some discernment. That said, at least one prospect that we think **might** be worth doing is inviting a guest speaker after Christmas to talk to our parish about a highly significant social issue – perhaps one highlighted by our Primate at Synod in May. If indeed we pursue this avenue, we will do our best to keep the parish informed. For the moment, we are very much finding our way.

John Ryrie, Acting Chairperson

Wardens' 2018 Christmas Message

Advent is a season observed in many Christian churches as a time of expectant waiting and preparation for the celebration of the Nativity of Jesus at Christmas as well as the return of Jesus at the second coming. Advent is also the beginning of the Western liturgical year commencing on the fourth Sunday before Christmas.

While preparing for an eventful Christmas season at St. George's, Advent also provides us with the opportunity to reflect on what was a very full fall season. Our start-up September barbecue, turkey supper and the well-attended Tia and Tommy Concert brought parishioners together in a social setting. Messy Church, the Children's Community Closet and the Christmas Market opened our doors to the broader community.

Our Outreach Committee continues to actively engage us with initiatives that support those in need through such projects as Share the Warmth, the Angel Tree, potatoes for the Food Bank, ground beef for St. John's Kitchen, and Toonies for Cancer Turbans.

With the continuing support of our Sunday School teachers, choirs, liturgical teams and clergy, our regular and special theme services such as Harvest Sunday and Remembrance Day continued to appeal to and widen our parish family. We look forward to our Christmas services together in celebration of the birth of our Lord and Saviour. Please take note of the upcoming dates and times of services as listed in this issue of the Dragon Flyer.

As we look ahead to the start of a new year at St. George's, the commitment of your time, talent and treasure will ensure that our parish maintains its ability to meet your spiritual needs while making a difference in the daily lives of both parishioners and those in our community.

At Parish Vestry at the end of January, we will collectively choose parish leaders for the coming year, confirm our budget strategies and set the priorities and direction for worship, outreach and other parish initiatives. Please plan to attend, provide input, and offer your support to decisions reached in a collective and collegial way.

Thank you to everyone who helps in any way to strengthen the vitality of our parish each and every day. From our families to yours, we wish you a blessed Christmas season and a healthy and prosperous New Year!

Mary Ann, Mike, Nelson & Jim

Getting to Know You

In this issue we wish you to look at these pictures of people who are current members of our St. George's family. Below the pictures you will find a number of names. There are more names than pictures. We can't make this too easy for you!

Simply identify the correct name of each baby picture. We were all such beautiful babies once upon a time! But can you figure out who is who? There are valuable prizes—including bragging rights—for the first 3 correct responses drawn. Look for the Parish Potpourri Box in the Narthex and deposit your entry.

Susan Lee, Gladys Grant, Ann Taylor, Jim Horne, Jack Nahrgang, Connie McCoy, Katherine MacLean, Catherine Carlson, Terry McCoy, Emily Bertie, Tim Taylor, Murray Gamble, Jim Fox, Kathy Glaser



Baby pic #1



Baby pic #2



Baby pic #3



Baby pic #4



Baby pic #5



Baby pic #6



Baby pic #7



Baby pic #8
(just the little girl)

Parish Life



Christmas Market



Clay Youth 2018



Messy Church

Parish Life

Tuesday Hang Out

For the last two years, under the mentorship of Susan Hipperson and Lori Maloney-Young, this group of developmentally challenged youth meet every Tuesday at 1:30 in the Fireside Room. Over



the course of their time shared they are working on building social skills as they develop friendship through co-operative games and dancing and Karaoke!

As well as these goals, they look for volunteer opportunities within the community. They have volunteered for the Nutrition for Learning programme in the school board, worked at the Food Bank, and helped set up for our St George's Turkey dinner. For our Christmas market, they baked over five dozen cookies! We look forward to seeing what other roles they will take on in their time here. You are all welcome to come any Tuesday afternoon and just "hang out"!



Camp Little Dragon

Many thanks to our congregation for all of the support, financially, prayerfully, craft materials and camp treats that you have provided for our camp over the seventeen (17) years that we were up and running. I can't begin to tell you how many children we were able to provide camp spots for over the years as many children came back year after year, then

did their high school communities hours with us. Some even went on to be camp counselors. With your support we were able to provide a safe, fun and learning environment for all children who wished to attend. Parents were able to go to work knowing that their children were well taken care of and having fun. Over the years, many of the camp families, would not have been able to provide a safe place during the day for their most precious children, if we had not provided an inexpensive camp with an offer of bursaries, either partial or full. Over the past few years, we have been paying attention to the decline in enrollment of campers, the lack of staff applications coming in and the decrease in financial support from outside agencies. It was with prayerful discernment that the committee decided it is time to close our Camp Little Dragon as we ended our 2018 season. In time, God will lead us into another wonderful child/youth ministry. We give thanks to God for providing the past seventeen successful and wonderful years of camp ministry.

Deacon MaryLynn

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*Juliane, Solange,
Elwin*



Funke Talabi



Remembrance Day



Mohawk Chapel

Pray more; Meditate more; Self-reflect more: Examen Prayer

As people practising the Faith, we are to “examine everything carefully; hold fast to that which is good.” (1 Thess 5:21). Ahh, easy words to read, much harder to practise.

A personal life changing experience, years ago, brought these living words into sharp focus. This intrusion cascaded into what some define as a dark night of the soul: my soul was far from God, my prayers bounced back from the ceiling, and loneliness was my closest companion. I dare say that all of us experience life-changing events, and such events can present challenges that are unimaginable. Yet, scriptures tell us “Do not fear, for I am with you/Do not anxiously look about you, for I am your God/I will strengthen you, surely I will help you/Surely I will uphold you with My righteous right hand.” (Isaiah 41:12).

Have you ever wondered how to put the words of scripture into a plan of action so that your life can be strong, fearless, thoughtful, and reflect the life of Christ? Years ago, I looked for such a plan, a way out of the darkness and back into the sun. Through my nephew, who is a Catholic priest, God led me to an awakening.

In 1521, a young soldier named Íñigo López de Loyola

became seriously wounded and experienced his own dark night of the soul. During his recuperation, he was confined to a monastery; to aid in his long hours of convalescence he requested reading material, and not unsurprisingly, he was given a bible. With a bible and many hours for contemplation, this young soldier “examined everything carefully” and developed rules and exercises for spiritual living. In 1548, those rules were published as Rules for Discernment, and the exercises became Spiritual Exercises, and the soldier is now known as St. Ignatius.

If you are now, like I was a few years ago, searching for plan of action to living closer to God, a life that examines everything carefully and holds fast to that which is good, please consider reviewing the Examen Prayer process, a five stage, personal reflective process that incorporates St. Ignatius discernment exercises.

Our parish offers small home groups that will introduce you to this amazing prayer that will aid you to pray more, meditate more, and self-reflect more – guiding us to “hold fast to that which is good,” helping to alleviate our dark nights. For more information, please contact Katherine MacLean, 519-576-4767 or write2calum@gmail.com.

FROM THE DEACON'S BENCH



Peace!! There is a song and the first two lines go like this: “Let there be peace on earth, and let it begin with me! Let there be peace on earth, the way it was meant to be.” Wouldn't it be wonderful if these words were actually put into place? Imagine what life would be like if everyone was able to be at peace. As we ready ourselves to celebrate the birth of our Lord and Saviour, we also need to look at what sort of peace that we bring to others. As we examine our hearts and become at peace within ourselves, we exhibit that peace to those we meet, be it friends or strangers. John 14: 27 says: “Peace I leave with you; my peace I give to you.” This is Jesus’ message to us----should we not give this same message to all those we meet?

Peace!

Deacon MaryLynn

Great Things Happen here at St. George's.



We are so blessed to have such an active parish family. It is through our active stewardship and ministry to one another and our communities that we grow together in faith. Our love in action is evident with the many helping hands that make our Children's Community Closet event a success every Spring and Fall. This October we celebrated our 5th year of being able to connect local families with gently used children's clothing and items at absolutely no cost. Thanks to the generosity of our parish members, family and friends, we had a fabulous response to our call for donations. The success of this event is also made possible through the efforts of the many volunteers that come out to organize and lay out all of the items we receive. Through your support, we are able to help many in our KW community. Thank you. Our closet will be open again in April.

Deb Barclay

Christmas Events & Dates

Advent Quiet Day
Blue Service—Christmas Memorial
Christmas Pageant
Lessons & Carols Service
Christmas Eve Services

Christmas Day
Single Service

Dec 8	10:00 am – 2:00 pm
Dec 9	4:00 pm
Dec 16	10:00 am Service
Dec 16	7:00 pm
Dec 24	4:00 pm – Children's Service 7:00 pm – Family Service 10:00 pm – Choral Eucharist
Dec 25	9:00 am – BCP
Dec 30	10:00 am – BAS



Melanie's Health Minute



Keep in mind that you must choose a diet and health habits that can be maintained long-term. Think of how you eat and exercise as part of a lifestyle choice.

- Fish oil supplements contain Omega-3 which can help lower blood pressure and slow plaque buildup in arteries.
- Nutra supplements has flavoured fish oil supplements that hide the taste well.
- Try taking a probiotic for stomach health as many probiotics in yogurt do not make it through the stomach acid.
- Drink lots of water especially before meals to aid in digestion and help break down food in the body to avoid over-eating driven by hunger.
- Get your Flu Shot either at your doctor's office or at many pharmacies.
- Consider getting your Shingles Shot. The shot is free to those over 65. Call your doctor's office for an appointment today.

– Save the Date –

February 15th - Movie Night with Katherine & Jack
Coming this Spring – Medieval Feast Night – Stay Tuned!!

St George's Outreach

Ground Beef –

Did you know we collected 52 pounds of ground beef for **St. John's Kitchen**? This meat was used for their lunch programme. A huge thank you to all who contributed!

Share the Warmth –

Bring in gently used or new coats, hats, mitts, or footwear. Leave in the Narthex by the chapel. In 2017, we donated a total of 40 bags!

Socks for the Homeless –

we are collecting socks for the less fortunate in Kitchener-Waterloo. Last year we collected 440 pairs of socks!

Angel Tree –

Mid- November, we will put angels on a tree in the Narthex to support youth and their families through Family and Children's Services Holiday Support Programme. Please, consider taking an angel from the tree and returning the gift indicated on the tag. The last day to drop off a gift is Sunday, December 9th.

Parish Potpourri Winners

In our fall Dragon Flyer we asked readers to give us the name of the man in this parish who trains and shows a team of Belgian Horses.

Answer: Marc Mennel

Winners: MaryLynn Forrest and Valerie Pestell

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