



SUMMER
2023

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

www.stgeorgesofforesthill.com

THE DRAGON FLYER



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A Winning Smile & Personality to Match!



Br Mark's Renewal of Vows at Pentecost



In Memory of Jan Whitehead



Catherine with the Free Kick Soccer Academy, Maya, Uganda

Wardens' Message

June Message

The hot weather of late May and June are signs that the long days of summer are here! And with summer comes a change in service times. From July 2nd to September 3rd there will be a single 9:00 am service which will be Livestreamed. So, whether you are joining us from KW or from your cottage or vacation any place in the world, we are just the click of a computer mouse away! We will alternate between BCP and BAS services over the summer. While Canon Stephen is on a well-deserved holiday in July, we will worship under the prayerful guidance of Rev MaryLynn, Canon Christopher and Rev Sharla.

We are grateful to our Social and Stewardship Committees for planning and organizing fellowship events that have given us opportunity for fun and laughter and lots of very good food!! The Men continue to meet once a month for Breakfast a Kypreos Restaurant and the ladies enjoyed a pot luck dinner with our Archdeacon Megan Collings-Moore as well as monthly lunches. And at the end of June we held our first Silent Auction and Chili Cook Off. Seven chefs competed for a trophy and bragging rights, and those attending not only filled their bowls and tummies, but they also bid to secure Blue Jays tickets, car tune ups, and/or a catered Euchre Party—to mention only a few items! The Saturday Labyrinth Day was planned to coordinate perfectly with the rest of the world as we welcomed participants to walk each labyrinth and offer silent prayers. Sunday School wrapped up with our Annual Church Picnic and Sing-Song. Perhaps next year the weather will cooperate and we can hold much of it outside on the grounds. (Fingers crossed and prayers answered.) Tickets for our Theatre night to be held in August sold out quickly. Those lucky enough to be in attendance will see *Joseph and the Amazing Technicolor Dreamcoat* on stage in Cambridge.

Our Outreach Committee has been busy collecting various items and funds for initiatives in our community as well as the world (Please, see a complete article in this edition). The yearly Synod held in London at the end of May was well represented by 3 delegates and we invite you to read a bit more about the experience from the perspective of one of delegates in this newsletter.

The Spring Cleanup was hugely successful—both inside and outside. Nearly two dozen folks showed up with garden gloves and rakes for outside clean up and rubber gloves and elbow grease for the work inside the Hall and Nursery. At the end of the morning the rental bin was filled with flotsam and jetsom from the hallways in the basement of the church. Kudos and thanks to all who pruned and purged and pitched in!!

A Deanery Event of Evensong mid-May, was coordinated by Rev Matthew Kieswetter and our guest homilist was Rev Cheryl Highmore. Archdeacon Meagan Collings-Moore attended and we held a small reception following the beautiful service which was rich with music and prayer. And looking ahead to the fall, we will see our Deanery churches working together to offer a Messy Church programme for youngsters and their families in the coming fall months. Stay tuned for details.

Parish Council will be hosting its annual Start Up BBQ on September 17th after the 10 o'clock service, so mark that date in your calendar.

The Wardens wish you a most blessed and joyous summer. Find moments in the coming months to sit quietly in the spaces God has created and know that whoever you are with and wherever you are, it is exactly where God has meant you to be. May you all be blessed in all ways and always be blessed.

Your Wardens: Catherine Carlson, Tim Goodison, Cindy Kellet, Ann-Marie Shaw



Ladies' Dinner with the Archdeacon Megan Collings-Moore

Rector's Message



Every new season brings the opportunity to reenergize and reflect upon a new spiritual discipline. This summer I am encouraging you to refocus on patience. There is some debate whether patience is a spiritual gift or a discipline. For those

people who naturally are patient individuals, this will be an easy challenge as you are already emotionally and psychologically hard-wired to prayerfully wait on the Lord, especially during times of duress. For the rest of us, this is a topic that can sometimes bring frustration and anxiety. Not everyone likes to wait. Not everyone is a naturally patient person.

There is a wonderful story about a preacher by the name of Phillips Brooks. He was well respected for both his poise and wisdom. But his close friends knew that at times he struggled with moments of frustration and irritability. One friend described a moment where they caught him pacing the floor like a caged animal. They made the inquiry "What's the problem?" Dr Brooks responded, "The trouble is that I'm in a hurry, but God isn't." I'm willing to guess that many of us are often in a hurry and are keenly aware of our perception that "God isn't". Waiting on the Lord is a spiritual discipline that requires an intense prayer life whereby we literally hand the issue over to the Lord and make it His problem, not ours. This requires a mature faith.

There is another wonderful story about a woman who called the theatre after attending an extraordinary production during which she lost a diamond pendant. Upon phoning the theatre she spoke to the manager and he agreed to search for the pendant himself. He noted that he would leave her on the phone line, but it might take a while to find it. He said, "Please hold the line for a minute while I make an inquiry." Returning a few minutes later to the phone, he picked up the receiver and said, "I have good news for you. The diamond pendant has been found." There was no reply on the other end of the phone. She had hung up without leaving a return phone number. She had failed to wait. Too often we fail to wait on the Lord. Although His answer to our prayers will often come in good time, we give up too early. Try to remember Jeremiah 33:3, "Call unto me, and I will answer thee."

I appreciate the story of Suzanna Wesley who was dealing with one of her children on a very important matter. Her friend turned to her and said, "I marvel at your patience... you have told that child the same thing 20 times!" Suzanna responded, "Yes, and if I

had only spoken it 19 times I would have lost the battle." Patience and perseverance often go together.

"Have patience with all things but first of all with yourself." Over that last 30 years in ministry I have discovered that most people are the least patient with themselves. You tend to be thoughtful, considerate and respectful with others, but you tend to be intolerant and impatient with yourself. What is that? I think that we have been conditioned to meet everyone's expectations aligning with their schedule rather than ours. The problem is we can often find ourselves feeling as if we are the last priority in many situations. Today I want to invite you to consider placing your needs before others. In other words, if you are not physically, emotionally and spiritually strong you will be of little value in meeting the needs of others. Your needs can come first.

"To lose patience is to lose the battle." I always found it interesting when dealing with our children that their unspoken goal seemed to be for me to lose my patience with them. This became especially apparent when they were teenagers. Sometimes people of all ages can be in a "unhealthy place" and their motive becomes a desire for everyone around them to enter their experience and emotional distress. It is so important yet very difficult to control your own emotions in difficult situations. The first step in this process is to establish a strong sense of your faith that you can remain patient in most situations with this internal reminder, "God's got this... He can use me for good if I can remain calm and patient in any given situation."

"Patience and silence are two powerful energies. Patience makes you mentally strong, silence makes you emotionally strong." I have to admit that I'm still working on this one. Can I acknowledge to you that silence takes great effort for me? How about you? I've discovered 2 things. The first is that someone always says what I was thinking eventually in any given situation. I don't have to be the one to say it. The second thing I've discovered is that if I give my mind enough time to focus, it results in a prayer that I find extremely helpful. "Lord give me the words that will be a blessing in this situation, or help me to remain silent until your spirit steps in."

May I invite you to take this summer season to consider developing a strong sense of patience in the midst of your rest, relaxation, refocussing and reenergizing?

*Blessings
Stephen*

Spiritually Speaking...

Feel discouraged about your Faith at times?

Not a lot of movement and even boring on occasion? Not much happening in your Christian life that's motivating or enthusiastic? Same old ho hum?

And the Church? And the world? It makes your heart sink sometimes, doesn't it?

I can appreciate how you might feel. The reality is you are not alone in thinking the thoughts you do. Just listen to the voices around you and the things people say and talk about. Some days I just want to run away.

Well, *before you jump off the proverbial bridge*, let's clearly understand one thing - it is the Christ who should be the centre of our Faith and Practice and nothing else.

I love this hymn written by Helen H. Lemmel -

O soul are you weary and troubled
No light in the darkness you see
There's light for a look at the Saviour
And life more abundant and free.

Turn your eyes upon Jesus
Look full in his wonderful face
And the things of earth will grow strangely
dim

In the light of his glory and grace.

I love God's revelation to Elijah - do you remember it? [1 Kings 19:11]

Then He said, "Go out, and stand on the mountain before the LORD." And behold, the LORD passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the LORD, *but the LORD was not in the wind*; and after the wind an earthquake, *but the LORD was not in the earthquake*; and after the earthquake a fire, *but the LORD was not in the fire*; and after the fire a still small voice.

May you hear that "still small voice" in your life and may your faith be restored and enriched.

HAPPY SUMMER



Saying Yes to Jesus – A Synod Report

Bishop Todd's address to the SYNOD audience was one of hope, promise and practicality. We could see ways in which we can keep the Resurrection of Jesus alive and working through each of us.

In Bishop Todd's discussion he highlighted where we are at, how the pandemic was very devastating in many ways, but how he sees churches are demonstrating healing, newness, and that now, our task and mission is to celebrate the new gifts and opportunities that have resulted. Discerning gifts and opportunities can be messy and uncomfortable; however, we know it leads to changes—ones that he has already noted like broadening of leadership and sharing of authority. There is opportunity to consider the meaning of SYNOD and participate in a governance review. Through all, our focus remains on transformation of our human and material resources. Actively seeking newness in design of our resources will drive, guide and support decisions that need to be made, emphasizing new creative ideas while continuing with the revelation of the gospel.

He charges us with the need for a changing song to sing, one that reflects a shared life with others, especially marginalized people. It is about the words that need to change. It needs to be a shared song, of all of the stories of the people of the congregation. "We must pray that God will shift our imagination from the 1950's to the 2050's. Can we turn our gaze to the future? It's not that far away. 1950 was 73 years ago; 2050 is 27 years from now. Let's anchor our vision in the 2050's. Just as in a garden we have a crucial role with our church to guard, cultivate, tend and till, treasure and love it and call it home.

How do we accomplish this? Guarding that we are a safe place—welcoming everyone: no bullying or discrimination; giving attention to others and being a steward to the environment; striving toward our strategic plan and continuing to receive and tend and till the gifts we have been given. Many thanks, St George's!

Susan Hipperson



Lay Delegates to Synod

Parish Profile



Welcome Sarah and Kraig Egan (*and Teddy*)

Just how, exactly, does a young woman from Goderich, Ontario, end up meeting a young man from Yonkers, New York in Seoul, South Korea?? And how – more precisely--does their evolving faith bind them to one another and to St

George's Forest Hill? The answers to those questions will be revealed here in their personal love story. Their tale is a marvelous Gordian Knot waiting to be shared with the readers of this parish.

We begin with Sarah who confesses that attending Sunday school and the role of church life was not of paramount importance as she grew up. She was baptised in the Presbyterian faith, but it was her grandparents on her father's side of the family that connected her first with another Anglican church, St. George's Barrow-in-Furness, England where they had been married before immigrating to Canada. Now...keep that location in mind as our story unfolds!

Sarah graduated from Western University with a degree in Environmental Science and moved to British Columbia where she worked in a lab for just under six years. Looking for new adventures, she backpacked across Europe and ended up in Barrow-in-Furness. Yes, the very town that her grandparents had lived and married in became her home for four years. While Sarah worked and resided there, she acquired dual citizenship. Once again, she felt called to try a new experience and being young and single, she travelled to South Korea where she would teach English for the next four years.

Let us explore Kraig's very "interesting" life. We begin in Yonkers, directly on the border of the Bronx, New York. Kraig was born with cancer and up until the age of two underwent various treatments for his condition; at age 12 was confirmed to be out of the woods. His single mother was left to raise him and his older brother on welfare and food stamps. Those days were best described as turbulent and uncertain--especially in the part of New York City in which they lived. Kraig's Mother always put her children first and made certain they attended Church and CCD every weekend. She put herself through nursing school and graduated with an honors R.N. Degree. Kraig attended St Peter's and St. Paul's School where he also served as an altar boy.

He went on to graduate from Archbishop Stepinac High School and on to SUNY Cortland where he would achieve a Fine Arts Degree in Studio Art. He travelled to Beijing, China in 1994 and lived there for nearly a year before moving back to Brooklyn. It was his ability in computer graphic design that brought him back to Manhattan to work. Next, Kraig went to

Manhattanville College to teach adjunctly and earned a Masters Degree in Teaching with High Honors, was inducted into the National Honors Society for teaching and was granted Permanent Certification to Teach in New York State K-12. He taught at Manhattanville College and spent time working as a K-12 teacher - an enormous challenge in the inner-city schools! But it was the Collapse of the Trade Centre on 9-11 where he lost several close friends who had been first responders that called him leave the States and move to Seoul, South Korea to teach.

And now...our story finds Sarah and Kraig in the same location working shoulder to shoulder with many of the same interests and sense of humor-- both were single. The friendship turned to romance! We fast forward to 2023 and they happily and enthusiastically tell us they have been together for 18 years. June 19 of this year marked their 15th wedding anniversary.

When they left South Korea they returned to New York where they married and lived for just over 3 years. What brought them north of the border to Kitchener-Waterloo? The financial collapse in 2008 made them realise that they were looking for something and some place different. In 2011 they moved to this community as they did not want to be in the city of Toronto, but they were looking for work and opportunities for each of them at a comfortable distance from the big city. While here, Kraig attended Conestoga College and graduated from the Network Administrative Systems Engineering Computer Programme. Sarah has worked as a Financial and Investment Planner for a local company and is what she describes as a Hybrid model of a Financial Planner. Kraig worked for awhile in IT and 2 years ago he switched paths and he is now working happily from home for a property management company. And it is with its owner he finds satisfaction and friendship.

You cannot help but be struck by their very palpable energy and deep faith when you meet them. There is something so honest and open and welcoming about both of them. While they tried out numerous churches in their dozen years in Kitchener, once they came to St George's in January, they have not looked further. They are welcome members of the Wednesday morning Healing Service and the 10 o'clock service on Sundays.

Sarah and Kraig are parents to two Fur Babies. We have met their service dog, Teddy, who helps Sarah navigate migraine headaches--a condition she has had since she was in a bike accident at age 12. Teddy joined us for Shrove Tuesday, for Spring Clean Up and the Chili Cook-Off. And to round out the family dynamic we must mention Alvin the cat. We have only barely scratched the surface of their personal archives. Let's look forward to many more years of faith and fellowship to be shared with the Egan's. Don't be shy! Sit down and have coffee and share your stories with them...

Your Generosity in Outreach

Collaborating to do God's work by leading initiatives and partnership with KW agencies impacting people's lives in our community and the world

PWRDF

- Lenten coin Holders collected \$1,250.35
- Deacons' Outreach for Synod – 336 pairs of socks; 142 pairs of underwear
- Total funds for Synod - \$8,794

St John's Easter Campaign

- We collected 315 pounds of potatoes, 108 pounds of carrots and a huge shopping bag of Easter candy
- A cheque for \$1,265 to support St John's Kitchen

Innisfree Collection

- Food donations of various juices, canned fruit, cereals, pancake mix and syrup, cookies, and broth, etc filled the trunk of the van twice!

On the Horizon...

Holiday From Hunger – St John's Kitchen

- Last July we collected \$1,380 to support the work at St John's Kitchen.
- We will run the campaign this year from June 18th – July 2nd

Summer Ice Cream Outreach at St John's Kitchen

- As in previous years, beginning at the end of June until mid-September each Friday, a weekly team scoops ice cream and adds toppings at St John's. As in the past there will be a big colourful bowl at the back of the sanctuary where you can make a donation

Children's Community Closet – Save the Date – TBD Fall 2023

- This is a FREE community-wide event where items can find new homes at absolutely no cost, and touches many families in our local community For the second year we will return to an in-person give away of Children's gently used/new clothing, toys, diapers, shoes, strollers, high chairs, etc.
- Please, start to set aside items--newborn to teens--and put the word out to friends and family that we will accept all donations.
- We will announce dates for drop off and look for helpers to sort and lay out items closer to the event. See Deb Barclay if you have questions

Thank you for your Continuing Support! Your Generosity has been Amazing!

Your Outreach Committee



Parish Life



Rev Cheryl Highmore & Deacon MaryLynn



How Many Yards of Duct Tape for a Labyrinth-Ask Sue!



Silent Auction & Chili Cook-Off Team



Soul Sauce Concert



Choir Practice at the Ledbury's



Junior Youth Bowling



Year End Picnic



Men's June Breakfast



Coffee Break at Spring Clean Up



FROM THE DEACON'S BENCH

I have been reflecting on the human touch and human emotions in pastoral/spiritual care. My ministry takes me into the ICU units or Trauma units frequently and the myriad of emotions is incredible. This week I have been sitting in ICU with my sister-in-law who is not a touchy feely person like I am, but I have known this for many years. She has been on a ventilator, therefore can't speak. As I was leaving her today, I held her hand and told her I loved her. She squeezed my hand so tight and tears started to form in her eyes. I just looked at her and said "I know---you don't have to say a word." She nodded. A simple touch, a caring gesture, a sincere hug, and I love you---means so much to anyone and everyone, but especially to someone who is hurting and trying to heal. I keep going back to the "Fruit of the Spirit" and if we try to live our lives by these fruits, then we are living as Jesus wants us to live. Be kind, be gentle and show God's love to one another. Have a great summer and I will see you in the fall. I am off on holidays for all of August. Enjoy!!!!

Deacon MaryLynn

Milestones



Aiden Barclay – Can. Judo Champ - Gold Medal



Karen Baker Celebrates her 80th B-Day!



Prathiba Murali Graduates with distinction



Canon Chris and Carolyn Pratt 43rd Anniversary



The Klare Prong Family at graduation

Humour is the Best Medicine as You Age

I used to be able to do cartwheels. Now I tip over putting on my underwear. I hate it when I see an old person and then realize we went to high school together.

I told my wife she should embrace her mistakes... so she hugged me!

My wife says I only have 2 faults. I don't listen and something else....

At my funeral, take the bouquet off my coffin and throw it into the crowd to see who is next.

Life is too short to waste time matching socks.

If you're happy and you know it, it's your meds!

I've reached the age where my train of thought often leaves the station without me.