



ST. MATTHEW'S

The Anglican Church in the Glebe

Pulse of the Parish

MARCH 2022

CANON ALLEN AND MARILYN BOX RETURN TO ST. JOHN THE EVANGELIST NEVILLE NANKIVELL

After 15 years as stalwarts of our parish, The Rev. Canon Allen Box and his wife Marilyn said farewell to St. Matthew's at the Sunday service February 20 after he delivered the sermon in his typical easygoing style without notes and from the chancel steps below the pulpit. His theme: Do unto others as you would have them do unto to you.

Fortunately, the couple who contributed so much to our church life for so long won't be going far away.

They are now members of St. John the Evangelist Church on downtown Elgin St. where Allen accepted an invitation to be an honorary assistant priest and member of its pastoral team. As rector at St. John's from 1982 to 1991, it's familiar territory for him.

Just before Christmas he was asked by the present rector, Gary van der Meer, who was appointed to the church last year, to come and help move the Centretown ministry forward. The two had worked together in the past on social responsibility and ethical investing issues. Our rector, The Rev. Geoff Chapman, has been fully supportive of the transfer, and is optimistic that St. Matthew's can find ways to collaborate with St. John's in some areas.

Covid-19 and the trucker convoy's disruptive protest were huge challenges for the Centretown parish. Allen says the goal now "is to rediscover with an open mind and consultations what role the ministry there should and can play in our downtown community in the years ahead."

Growing up in Smiths Falls, Allen is a graduate of Bishop's University (BA) and University of Toronto's Trinity College (M. Theology). He joined St. Matthew's in 2007 as an honorary assistant after serving in several Ottawa River area parishes: Petawawa, Deep River, and in Ottawa, St. John the



Evangelist and All Saints Westboro.

At St. Matthew's, Allen was deeply involved in many of our outreach programs. He had a lead role on indigenous issues with our partnership with Moose Factory in northern Ontario and the Anglican Church of Canada's Council of the North. Over the years he took on many other assignments for the Diocese of Ottawa and the national church. He is also the Chaplain at Ottawa's Saint-Vincent Hospital, which he will continue to visit every week.

As our then Rector's Warden Valerie Needham said in her warm tribute to the Boxes at the February service, Allen's homilies at St. Matthew's "were memorable and touched our hearts and our lives." She thanked him for his "kind, gentle presence," for his pastoral care "which never wavered," and the special feeling he brought to services such as the Blessing of the Animals, Feasts, and Stations of the Cross.

(Continued on page 16)

TABLE OF CONTENTS

1/16. Canon Allen and Marilyn Box Return to St. John the Evangelist,
Neville Nankivell

2/10/11. Memories of Advent and Christmas, Farewell to the Boxes

3/14. A Plan for Parish Life,
The Reverend Geoffrey Chapman

4. Holy Week and Easter Services

5. Wardens' Words, *Rick Trites*

6/7. Introducing Your Wardens, *Rick Trites, Tom Barnes, Sancho Angulo, Valerie Needham*

8. The Hospital as a Liminal Space, *Claire Bramma*



9. Advent Outreach for the Anglican Day Ministries and the Centretown Emergency Food Centre, *Julia Lipinska*

12. Our Heritage Windows, *Bill Nuttle*

13. Spring into Green, *Adele Farrelly*

14. Great Glebe Garage Sale is Back!
Marg Terrett

15. Abbotsford House, Your Neighbour Next Door,
Karen Anne Blakely

17. A Surprise Capetown Encounter with Bishop Desmond Tutu, *Neville Nankivell*

Photo Credits: Ian Glen, Jessica Baird, Neville Nankivell



A PLAN FOR PARISH LIFE

THE REVEREND GEOFFREY CHAPMAN

Dear St. Matthew's,

I joined our parish in April of 2020, a month after the pandemic began. Believe it or not, I was truly excited to join St. Matthew's at the start of this challenging time. I was excited to find a way to worship online in a way that honoured the liturgical and musical tradition of this parish. And I was excited to learn with you how to be church under such extraordinary difficulties.

Over the past two years, it has been difficult, but we have also managed to do amazing things together. I have written often about the unique challenges of our time, as well as the work we have done. But in this article, I want to write about some new directions and new growth ahead of us.

My leadership strategy approaching the pandemic was pretty simple: I wanted to innovate where necessary, but also create a liturgical and communal expression that was tied deeply to our roots. In a time of fear and anxiety, I wanted to model non-anxious, predictable, steady leadership. We have worshipped largely with the green Book of Alternative Services. I have been celebrating Eucharist at one altar, and the service has rarely deviated from the classical Eucharistic form.

In many ways, this is my style of leadership, and my liturgical style. But many of you have also expressed to me the desire and need to adapt and change. To try out new ways of being and doing church, to reach out to the community for new members, and try to create expressions of church that might be more attractive to folks who have yet to join us. I also enjoy crafting new things and finding new ways of being church. But I felt it was important to get to know this community, to learn what we love to do together, and to learn what is working, what needs to change, and what might need to stop.

After two years, I believe I have found something that we can change. We are a community that must take the time and energy to knit ourselves back together. We simply do not know the profound cost we have paid to keep one another safe these past two years—the cost of being so

separate and alone. Many folks have struggled in this time, some far more than others.

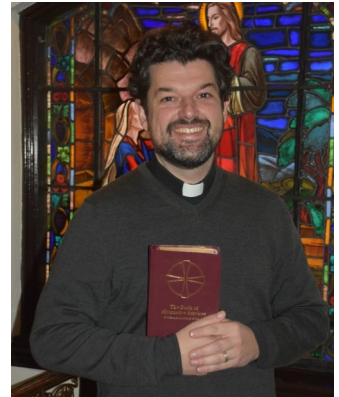
What we have all needed is something we took for granted for so many years - *community*. We have needed to be together, especially when many of us were genuinely afraid for our lives. And now, after two years, I believe we may be out of practice of being a community.

Additionally, we have lost touch with so many of our young people. St. Matthew's has one of the largest communities of young families in the Diocese of Ottawa, and we have all been apart for so long. I have met very few of our kids in person! If we do anything this year, it will be to begin the long process of bringing our parish family back together. I also want to describe to you my plan for a new way of gathering before worship, and also a (kind of) new way of worshipping, that hopefully addresses some of these concerns while honouring our shared traditions.

I hope to devote an hour and a half every Sunday morning, from 9:00 am to 10:30 am, to parish fellowship and Christian education. We already have our wonderful *Conversations* series led currently by Canon Jim Beall, and in the past by both Canon Kevin Flynn and Bishop Barry Curtis. I hope this series, found on Zoom every Sunday at 9:00 am, will continue.

In addition to *Conversations*, I am hoping to offer a variety of additional programming. I would like to have our Sunday School prepared to welcome children and parents to teach and learn together at 9:00 am. I would like space for folks to gather for coffee and snacks to chat at this time as well.

I would love to offer additional in-person classes, perhaps in the chapel - finding the right spaces and places for these things will be part of the challenge! Teenagers could also meet at this time, perhaps in our new library, to discuss many of the pressing issues they often wish to discuss with a skilled moderator.



(Continued on page 14)

Holy Week and Easter Services

All services will be in-person and live-streamed on [St. Matthew's Youtube](#) at the times listed.
Please worship and reflect with us during the most significant week of the Christian year!

Sunday, April 10th

10:30 am: Palm Sunday Service, The Rev. Geoffrey Chapman

Palm Sunday marks Jesus' entry into Jerusalem, and his enthusiastic reception by the crowds. This service commemorates this day and the complicated themes of joyful expectation and impending conflict.

Wednesday, April 13th

4 pm: Tenebrae, "Darkness," The Rev. Canon Jim Beall

The name of this Service identifies its most conspicuous characteristic: the gradual and progressive darkening of the Church during the course of the Liturgy, which presents in dramatic form the increasingly dark narrative of our Lord's Passion, through the plainchant singing of Psalms and other passages of Scripture.

Thursday, April 14th

7 pm: Maundy Thursday Service, The Rev. Geoffrey Chapman

A complex and special evening service, commemorating the Last Supper of Christ, the institution of Foot Washing, and the betrayal at the Garden of Gethsemane. This service begins in fellowship and communion, and ends in darkness with the symbolic "stripping of the altar."

Friday, April 15th

11 am: Good Friday Service, The Rev. Geoffrey Chapman

On the day of Jesus' crucifixion, we hear read the Passion according to St. John. This is a deeply penitential Service, in which each of us acknowledges our collective responsibility for Jesus' suffering, our own inability to live as his disciples, and our gratitude for his great love for us.

Saturday, April 16th

8 pm: The Great Vigil of Easter, The Rev. Geoffrey Chapman

This evening liturgy will be a celebration of sacred text and candlelight. The service begins in darkness with the new Easter Fire being lit. Candles bring the light into our sacred space, and we recount the story of salvation, from Genesis to Christ's Resurrection. This will be a simple service with a humble Eucharist, a lovely contrast to the pomp and majesty of Easter Sunday.

Sunday, April 17th

10:30 am: Easter Sunday Service, The Rev. Geoffrey Chapman

A joyful, triumphant celebration of the Resurrection of our Lord! We encourage you to join us!

WARDENS' WORDS

RICK TRITES

*Glory to God, whose power working in us
can do infinitely more than we can ask or imagine.*

There is a hint of spring in the air today. On my morning constitutional there was a chorus of birdsong and the snow and ice was receding. The sun is growing stronger and the evenings longer. The cycle of rebirth is upon us, finally!

The worst of the pandemic is behind us, at least for now. We survived the truckers' occupation, and now we live daily with the surreal images of brutality and needless suffering in Ukraine. In our Sunday prayers we often pray for our 'beautiful and broken world', this cycle of death and new life which we ponder in Lent, and celebrate at Easter.

St. Matthew's has yet again shown resilience throughout the past year, adapting to changes in Sunday morning worship, and being in community virtually: *Conversations*, Bible study, and Meditation Groups. At some point in the future, on the advice of the Diocese, the removal of masking and distancing requirements will permit us to return to our traditional worship practices, and to start the hard and necessary work of revitalizing our parish. And as we open up again, let us be compassionate and respectful of the choices of others around masking and distancing as we find our way forward.

We are thankful for the spiritual leadership of Rev. Geoff, who is only now starting to experience his first, uninterrupted series of in-person worship on Sunday mornings. Rev. Geoff has a strong appreciation for St. Matthew's culture of traditional liturgy and sacred music.

Although now supported by a growing production team, he has spent countless hours editing recordings, fixing problems and improving the look and feel of our broadcast liturgies. This has been a valuable investment in our post-Covid capability to reach beyond our physical space with the Good News.

We are grateful for the spiritual care of our Honorary Clergy; The Reverend Canons Kevin Flynn, Allen Box, Jim Beall, and the Most Reverend Barry Curtis. Canon Kevin has left us for the Parish of Chelsea-Lascelles-Wakefield, and Canon Allen has taken on a role of community outreach and development at St. John the Evangelist, a continuation of work that he and Marilyn started some years ago.

We are thankful for their many years of ministry and friendship among us at St. Matthew's.

To the many of you who give your precious time and talent to the parish; Altar and Server Guilds, the choir and Kirk, sextons Robina and Bob; our Parish Administrator, Catherine, committee heads and volunteers and many others, thank you all!

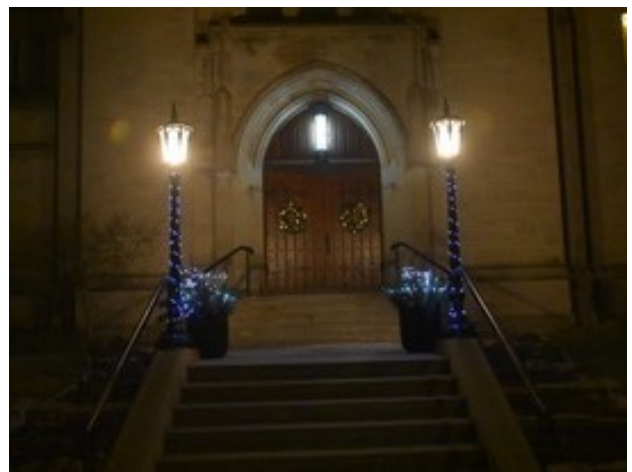
As we forge into this year of re-opening and re-connecting, we are conscious of the need to continue to adapt and grow in our church. The reflections on the shape of parish ministry work have helped us to understand that we can survive and thrive as a parish, accepting that big and necessary changes may well be coming.

I look forward to working with such a dedicated and talented Corporation. It's great to have a young voice in Sancho, on the team. A special thanks to Val for her commitment to the parish over the past year, and her experience going forward. And we thank Tom for his sound engineering expertise as we live-stream our services.

As we approach Holy Week, we give thanks for the love of God, family, and friends, and for the strength and fellowship that makes this faith community so special. A full list of Holy Week and Easter services can be found on page 4.

May the blessings of this Easter Season bring joy and comfort to you and your families.

Rick Trites, Rector's Warden, on behalf of
Tom Barnes, Sancho Angulo and Val Needham



INTRODUCING YOUR WARDENS

Rick Trites: Rector's Warden



Hello St. Matthew's: for those I haven't met, and for many I haven't connected with during 'Covid times', I am pleased to be back again as Rector's Warden.

I definitely feel like an elder as I think back on my introduction to St. Matthew's in the fall of 1983. I remember the friend who introduced me to the church saying,

"it's a friendly place, you might like it."

A few years ago, I recall doing an exercise with Sam Wells in which we formed a line in the church based on how long we had been members of the parish; thankfully there were still a few folks behind me.

St. Matthew's has always felt like my spiritual home. There is a deep sense of spirit-led community in this place which I believe will sustain us long into the future

I have many wonderful memories at St. Matthew's; a high point being the experience of establishing FACES, with incredible support from churches and community, and the chaos of being with newcomers as they adapt to life in Canada. I know we are a deeply caring community and I look forward to future chapters in our outreach story.

I was fortunate to have had a wonderful 35-year career in defence and aerospace project management, and then in national security.

In March of 2021, Edith Assigbe and I were married in the church, likely the first wedding in the diocese since the start of the pandemic. Edith, Julia and I live in Gatineau, close to Chelsea and the Gatineau Park. I enjoy all kinds of outdoor activities, often in the company of my elderly husky, Molly.

Looking forward to seeing you again!

Valerie Needham: Deputy Warden

I joined the St. Matthew's community in the late '90s, drawn by the inspiring music, touched by the prayer life that sustains us and warmed by the kindness and welcome that I received.

In the years since then, I have lived many life passages in the bosom of the church: my marriage to Joe; the funeral of my daughter Karen; celebration of Feast Days with my children and grandchildren which remain memorable for them.

In the '80s, I studied at St. Paul University for a transformative three years, graduating with an MA in Pastoral Studies. In my working life, I taught in the Health Studies Department of Algonquin College, combining a background in nursing with the discipline of counselling to develop and deliver a wide variety of courses.

During our retirement years, Joe and I have enjoyed many travels, including a memorable trip to north India where Joe was born. We visited the church where he was baptised and viewed his baptismal record.

In the summertime, we relish time at the cottage at Fort William, Quebec, which I spoke about in a segment of Covid Artz in 2020.

I am grateful for the opportunity to remain on Corporation for another year and to continue editing the *Pulse of the Parish*. This issue marks the beginning of my fifth year as editor!



Tom Barnes: People's Warden

Hello. I'm Tom Barnes, a resident of Ottawa (67 years) who spent my career working in the audio field consulting, maintaining and supplying equipment for home and commercial clients. I am an old bachelor at 72.

As a youth I played the organ because my Father used to build organs as his hobby. I then took up the cello at high school, playing in a quartet and the school orchestra. Now I spend time at my piano, an 1885 Blüthner, a unique voice in the piano world, loved by composers like Debussy and Paul McCartney!

In 1986 a chance request to watch over the recording at a major choral event propelled me into a second career as a recording engineer. For the past 36 years I have provided recording services for both international and regional artists.



The warmth and welcoming I felt when I first walked through the doors at St. Matthew's was palpable. My connections and a facility to think laterally may be of use to our church community. I'm a good listener who also knows when to be silent. It's my hope to be of service.

Sancho Angulo: Deputy Warden

My name is Sancho Angulo, and I have been a part of the St. Matthew's community since 2019 and am proud to call it my spiritual home. I cherish deeply the rich choral music tradition in the parish, and the tranquility of our Anglican liturgy. I have served as a Deputy Warden on Corporation since last November and am eager to continue this role for the coming year.

I was born in Manila, Philippines, moving with my family to Canada in 2001, and eventually settling in Markham, Ontario. After high school, I moved to Ottawa to attend Carleton University, where I earned a Bachelor of Public Affairs and Policy Management (BPAPM) with High Distinction, specializing in Communication Technologies and Regulation in 2020.

During my undergraduate studies, I was named a Killam Undergraduate Fellow by Fulbright Canada, which supported my semester abroad at the State University of New York at Plattsburgh. Upon graduating from Carleton, I was chosen by my peers as class valedictorian.

I currently work full-time as a senior project officer in the federal government. I am also completing a fully funded Master of Public Policy and Administration (MPPA) at

Carleton, expecting to graduate in September 2022. As part of my graduate studies, I work part-time as a Teaching Assistant for a public policy course at Carleton.

I live in Alta Vista, and outside of work, school, and church, I enjoy binge watching Netflix shows, hanging out with friends, cooking, running, and singing karaoke.



THE HOSPITAL AS A LIMINAL SPACE

CLAIRE BRAMMA

Since the middle of January, I have been immersed in a Clinical Pastoral Education (CPE) experience at North York General Hospital (NYGH) in Toronto. This accounts for two credits towards my Master of Divinity program and offers the necessary pastoral care experience expected while in seminary. CPE is an interfaith educational process designed to assist candidates for ministry and as spiritual care providers to develop a personal spiritual identity along with the skills of holy listening to offer in spiritual care.

Under the supervision of an experienced mentor, we are four students gaining experience in spiritual care in a clinical setting, while at the same time developing self-awareness and growing spiritually. This 12-week intensive course runs until April 8th and involves being at the hospital from 8:30 am to 5:00 pm Monday to Friday, as well as taking turns being 'on-call' on evenings and weekends.

NYGH is a leading academic community hospital that provides a wide range of health care and learning opportunities. Each CPE student is assigned to a different area of the hospital and I am assigned to units that focus on orthopaedic surgery and internal medicine. I chose these areas because I seek experience working with a wide range of patients who are facing potentially life-limiting surgeries and illnesses. I believe that this will be valuable experience that I can bring to military chaplaincy as well as pastoral care in parish ministry.

I am now 9 weeks into the CPE experience, which I could summarize as being *intense, transformative, and liminal*. Intense because I have learned what it takes to be fully present and remain energized through a 40-hour work week, in an environment that has its fair share of risks and challenges. This was especially true during my first five weeks when the number of Covid-19 cases was high and when I spent time with Covid-positive patients, including one who was facing the end of their life with limited access to family and friends.

CPE is also intense because of the richness of each encounter. I am seeing the image of God in each person I meet; whether through signs of vulnerability and suffering or through courage and strength. Intensity also relates to the potential for spiritual healing and growth, not only for the patient but for me as a learner and care provider.

And this is what makes CPE transformative.

I am transforming as a person, as my own spiritual landscape is expanded and shaped. The spiritual care (CPE) team is also transforming as we collaborate and extend compassion and love to the patients of NYGH. And I have faith that everyone we interact with is transforming, whether they are patients and their families, or healthcare workers.

By the grace of God, I believe that spiritual care providers help others embrace spirituality and faith in ways that brings healing and wholeness, in spite of or in connection with, the state of one's physical health. Finally, I believe that spiritual care in a hospital setting occurs in a liminal space; as a space of threshold that seems to exist beyond time, location, or situation. On numerous occasions I have felt a profound connection with both a patient and with God that for me has represented a threshold between existence and eternity, and a place where the grace, mercy, and love of God is revealed.

I give thanks to God, in Christ Jesus for this season, where every encounter is an opportunity for learning, serving, and loving.

Claire is a 3rd year Master of Divinity student at Trinity College in Toronto. She is a Postulant for ordination in the Diocese of Ottawa and a military chaplain in-training. She has been connected with the St. Matthew's community since 2016 and looks forward to returning to the Ottawa region this summer for a ministry appointment (to be announced).



ADVENT OUTREACH FOR THE ANGLICAN DAY MINISTRIES AND THE CENTRETOWN EMERGENCY FOOD CENTRE

JULIA LIPINSKA

St. Matthew's Advent outreach activities were a success!

Over the course of three weeks during late November and early December, the parish collected new socks and underwear, basic toiletries and toilet paper for clients of The Well, St. Luke's Table, and Centre 454 – all day programs of Anglican Diocese of Ottawa Community Ministries.

Almost two Yaris hatchbacks full of supplies (!) were collected. Across the Diocese other churches held similar outreach drives and according to the organizer at St. Luke's Table, the estimated total value of goods donated was \$10,000. They were delighted with the support of our diocesan churches.

During Advent we also collected most-needed food items for the Centretown Emergency Food Centre (CEFC), including peanut butter, pasta and sauce and canned fish. The CEFC is a program of the Centretown Churches Social Action Committee (CCSAC), of which St. Matthew's is a member. Donations were many, and heavy!

Please read these 'do's and please don'ts' to help our food bank drives continue to be successful:

To help make a food drive a success, please:

- **Bring in only the specific items requested.** These

are requested by the organizations based on their needs. We are trying to help them meet their most immediate needs.

- **Ensure food items are not out of date.** Please allow an extra two months before their expiry to take into account collection, delivery, processing and distribution by St. Matthew's and the receiving organization. Out of date food is not accepted by some organizations.

We thank you for your generosity, but **please:**

- **Do not bring in unusual food items or in bulk volumes.** This can result in St. Matthew's volunteers needing to try to find a home for food not fitting the needs and operations of a recipient organization.
- **Do not donate food in glass jars, or dented cans.** Glass jars can break easily in transport, and dented cans are sometimes not accepted due to food safety issues.

Thank you to everyone who through their actions and prayers supported these efforts, helped load cars, and also to the volunteers who delivered the donations!



A small portion of the donations made during Advent Outreach Activities by St. Matthew's parishioners





OUR HERITAGE WINDOWS

BILL NUTTLE

Just before Christmas, I spent a pleasant morning with Brian Eagle looking at windows. Brian is Ottawa's expert on the restoration of stained-glass windows and part of the team working on the restoration of the buildings on Parliament Hill. He recently completed a restoration of the stained-glass windows at St. Giles Church, our neighbour on First Avenue. The Building Renewal Team invited Brian's firm, Northern Art Glass, to assess the condition of the stained-glass windows in St. Matthew's Church.

Our stained-glass windows are a distinctive feature of the St. Matthew's building and the St. Matthew's community. They are a perfect complement to the building's traditional English Gothic architectural style. Most of the windows date from the decade immediately following the construction of the building in 1930.

The large windows over the Glebe Avenue entrance, over the main altar and the large window in the chapel were recovered from the original church building, built in 1888. The smaller windows in the chapel were installed in the 1950s and 60s. Therefore, the windows embody the memory of the St. Matthew's congregation, its members, and the historical events that shaped their lives.

St. Matthew's stained-glass windows are also a critical component of the building envelop, and this essential function is the main focus of the committee's interest. The Building Renewal Committee is charged with identifying critical repairs needed to maintain the building, looking for ways to reduce energy use, and to chart a

path towards sustainable operation of the building in the long term.

Brian's assessment will tell whether the windows are functioning as originally intended in keeping out the rain and the cold air in the winter. Additionally, the committee will be looking at what can be done using modern methods and materials to make the stained-glass windows more energy efficient.

Brian was very generous with his time, and I learned a lot about the art and technique of creating stained-glass windows while looking over his shoulder. The craft of stained-glass window-making came to maturity with the wide-spread construction of cathedrals in Europe during the Middle Ages, and the construction of St. Matthew's windows relies on the same materials and practices developed at that time. I was surprised to find out how sturdy the windows are, despite their delicate appearance.

However, they do require periodic maintenance just like other elements of a building. As a rule, stained-glass windows will last between 70 to 100 years before they require major restoration.

In Brian's assessment, St. Matthew's windows are in generally good condition, acknowledging that many are approaching the end of the expected lifetime. Nearly every window shows signs of normal wear and tear, with a few broken or missing glass panes here and there.

(Continued at the bottom of page 13)



Photo above:
Detail of damage to the
"Christ Feeding the Multitude"
window located on the west
side aisle.
This window has also recently
sustained broken glass panes.

SPRING INTO GREEN

ADELE FARRELLY

Community Supported Agriculture (CSA) supports local agriculture, is in tune with the regional growing seasons and reduces food waste because vegetables remain fresher for longer. Most commercially grown vegetables, even if they are from a nearby farm, go first to a regional distribution centre before making their way to the grocery store.

Local farmers, whether through farmers markets, home delivery, or selling at their farms themselves, cut out the middle step and thus provide fresher produce while reducing greenhouse emissions because fewer kilometres are driven to get food to customers.

Our family has enjoyed two CSA services in the past, each with delivery to the door. To receive produce from Bryson farm, I simply put out a cooler on the designated day and the farm dropped off my share of vegetables for the week. Deliveries were year-round, with a focus on root vegetables, greenhouse greens, and frozen foods in the winter. An advantage of Bryson's is that you can sign up at any time.

More recently, we contracted with Catena Farms. Catena delivers in the spring, summer, and fall, and they are plastic-free. Other local growers, such as Roots and Shoots, sell their vegetables through grocery stores in addition to their CSA boxes and farmers market stalls.

Other local products include Farmgate Cider which delivers locally and accepts bottle returns (like the milk man!). Rooted Oak delivers cut flowers.

Many farms have a deadline by which customers need to sign up so that the farmer can properly plan the growing season. The business model employed by most CSA Farms requires customers to commit to purchase a share of a whole growing season by paying in advance. Averaged over the season, this cost is reasonable per week, but, for those on a limited budget, paying hundreds of dollars months in advance might be a challenge.

Many farmers markets host both local farmers and resellers. (However, there is no advantage to buying from a reseller versus the grocery store.) In Ottawa, vendors are required to clearly identify whether they are a farmer or a reseller. The markets on Parkdale Avenue and in the Byward Market sell produce from resellers alongside that of farmers. The Ottawa Farmers Markets located at Lansdowne Park and in Westboro do not permit resellers.

Below are some resources to help you find the joy of Community Supported Agriculture. If the link is not functional, please input the web address directly into your browser.

<https://ottawafarmersmarket.ca/> (note: no resellers)
<https://www.rootsandshootsfarm.com/>
<https://www.brysonfarms.com/>
<https://www.catenafarm.ca/>
<https://www.rootedoak.ca/flowers.html>
<https://ottawamarkets.ca/parkdale-market> (note: has resellers)

(Continued from page 12.)

Several windows exhibit bowing, a sign of advanced ageing that occurs as the latticework framework that supports the window gradually sags and distorts under the tremendous weight of glass and the soft lead "comes" that hold the pieces of glass together.

Three windows are identified as needing restoration in the immediate future. One of these, the window along the west side aisle on the theme of "Christ Serving the

Multitude," suffered damage this winter that punctured through the window in two spots (see photo opposite).

The Building Renewal Team is gathering information regarding the condition of other aspects of the building with the objective of providing a complete report later this year. However, it is clear from what we have learned from Brian Eagle's investigation that the committee's recommendations will include repair, restoration, and improvement of the stained-glass windows.

GREAT GLEBE GARAGE SALE IS BACK!

SATURDAY, MAY 28

MARG TERRETT

The Great Glebe Garage Sale returns. Once again, St. Matthew's will feature the beloved book sale, along with the premium and the White Elephant "Make an Offer" tables.

In past years, the Great Glebe Garage Sale seemed like a rite of spring. After two years of being cancelled because of the pandemic, the Glebe Community Association has decided it can return.

Mark May 28 on your calendars. It's the date that you can join the St. Matthew's team to sell our collection of donations to the eager buyers that will flood the streets of the Glebe.

Maybe you don't see yourself as a seller of our treasures but you can help in other ways:

1. Start collecting donations from your home and invite your neighbours to contribute too.
2. Help sort donations and books.
3. Help tidy and clean items that are destined for the high-end tables.

4. Help with the set up and take down of the sales tables.
5. Distribute water, coffee and nourishment to the sales team.
6. Count the proceeds with the counting team.
7. Find volunteers for the various tasks during the preparation beforehand and on sale day.

Donations to the sale can be brought to the church after April 15. There will be signs to help you leave them in the correct place.

As you can see, this is an effort that requires many hands. Over the years we have raised substantial amounts of money from the GGS and in recent years have made \$12,000 to \$14,000 each year. At least 10% of the revenues are sent to the Ottawa Food Bank, the outreach partner of the event.

Our sales teams show what an enthusiastic parish we are. It's a way to spread the word that St. Matthew's is a vibrant, caring community. Join us! It's great fun!

Continued from page 3.

Overall, I would love for us to gather every week to deepen our faith together, and to heal and grow our community.

At 10:30 am, after folks have taught, studied and connected, we will all gather for worship together. This may be the most noticeable shift. I will work with our worship team, including our servers, choir, and talented Director of Music to ensure the Holy Eucharist is the right style and tempo for both young and old, while retaining the rich liturgical tradition that we have inherited.

The purpose of this shift is to further re-connect us, but also to respond to a significant amount of research and data gathered from churches across North America that has shown we retain young people more consistently when they are a part of the entirety of worship on Sun-

day morning. This move makes emotional sense to me, but it is also borne out empirically.

As you have no doubt heard from many clergy in the past, we are "just going to try this out for a while." I want us to reconnect, and I want us to worship together. If we decide this is not working for us, we'll return to the way things were. But we are in a hinge point in our history, and I think it is important to make some moves responding to this historical turning point.

I hope you share in my excitement, and know that I approach this change with sincerity and hope, along with the sure confidence that this has been tried and has been successful in many other faith communities.

Yours in Christ,

Geoff+

ABBOTSFORD HOUSE – YOUR NEXT DOOR NEIGHBOUR

KAREN ANNE BLAKELY
DIRECTOR OF PROGRAMS

Abbotsford House, an integral component of the Glebe Centre Long-Term Care Home, is a gem of a senior's centre in the heart of the Glebe. Our heritage stone house facing onto Bank Street is 150 years old this year. We are planning a gala event on October 14th to celebrate this milestone.

This past year, the house was given a much needed upgrade to the front porch, roof, soffits and decorative scrolls on the four peaks. Now Abbotsford House looks the same as it did in 1872 only better and stronger.

Records indicate that the house was built in 1872 for the Mutchmor family, sold to the MacKintosh family in 1878, and to the Protestant Home for the Aged in 1889. In 1973, the house was turned over by the Glebe Centre to create today's Abbotsford House Senior's Centre.

Abbotsford House is a recognized Province of Ontario "Seniors' Active Living Centre." We provide social, cultural, learning and recreational programs for seniors aged 55 and older that promote health, well-being and social connections for 540 members (annual dues are \$50).

Additionally we provide community support services for a further 500 seniors. We offer accessible and affordable programs and services to all and we respect equality, diversity and social inclusiveness.

The Seniors Active Living Centre offers classes, clubs and social gatherings to members. At Abbotsford, older adults can exercise, gain strength and balance, dance, play ping pong, learn a new language, play bridge, learn how to do stained glass or create art with mixed media. We have seasonal parties for members and guests, special presentations to increase our understanding of current issues and we host education sessions on many topics.

Community Support Services offers a basket of services to help seniors and adults with disabilities age at home safely and with dignity. Please call us 613.230.5730 to learn more about

- drives to medical appointments and essential services;
- the adult day program for those living with dementia or are at risk of isolation;
- to make arrangements for services done at home such as house cleaning, companions, meal preparations, minor repairs, shoveling or yard work;
- friendly visiting by telephone, email or in-person.

Our knowledgeable staff will help seniors and caregivers navigate systems to help seniors live at home for as long as possible.

Throughout the pandemic, we helped seniors stay safe and connected. As Covid-19 protocols changed, we updated members and clients with public health safety measures and assisted them to access essential services, bookings for vaccines and drives to vaccine clinics. We mobilized volunteers to do wellness checks and brought our classes to homes via computers, tablets and telephones.

Our doors are open and we have safety protocols in place so visiting Abbotsford House is a safe activity for all. Abbotsford House is *your* community seniors' centre.

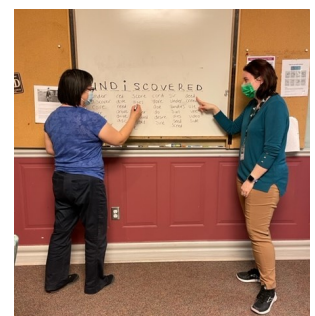
Please visit our web site at www.glebecentre.ca (Abbotsford Community Programs) where you will find our current program guide.

We are open Monday to Friday, 8:30 am to 4:30 pm. Do call us at 613.230.5730 to book a visit and tour.



Photo Left: Carol McLeod, an Abbotsford House member, loves to tend to our home's many gardens

Photo Right: Shirley and Cassandra are two of our compassionate program facilitators who run our dementia program. They are pictured here staging a word game.



(Continued from page 1)

Marilyn was intensely active and proficient in our parish life too. When first arriving at St. Matthew's, Marilyn chaired our Education Committee and made quite an impact. She brought in notable speakers from outside Canada and enabled us to be a Canadian host site for a series of live webcast theological conferences streamed from New York.

She served on the management board of Cornerstone Housing for Women for eight years and chaired the redevelopment committee for its Princeton Residence property in Westboro. "This was an incredibly complicated undertaking ... trouble shooting and making hundreds of large and small decisions," Val said in her tribute. Marilyn will be a regular volunteer with Cornerstone when the Covid pandemic subsides.

A big surprise for the Boxes at the tribute service was the gift from St. Matthew's of a specially made beautiful icon, a replica of the one written by a Greek monk (see photo). The replica was crafted by a studio in Thessalonica, Greece, and the original resides in the monk's monastery.

Another touch at the February service was the delightful piano prelude chosen for Marilyn by Director of Music Kirkland Adsett, who played the theme from the movie *Ladies in Lavender* starring Judi Dench and Maggie Smith. Marilyn, who is very fond of the lavender in her garden, loved it.

Allen and Marilyn remain engaged in their hobbies --- woodcraft for him (cabinetry, toys and other things), gardening for her. Allen's fine woodworking skills began many years ago and, except for a course on how to use a lathe, are mostly self-taught.



Replica of an icon of St. Matthew, presented to Canon Allen and Marilyn Box by St. Matthew's. The lettering reads 'Saint Matthew.'

Caring for their toy poodle rescue dog Freddie also looms large in their lives. She had been badly abused and left for dead but found a loving home with them through friends and is now in good health.

As they embark on another spiritual journey, the Boxes say they will certainly miss St. Matthew's for the exceptional people who attracted them to the church in the first place and made them feel so at home. Allen will particularly miss his prayer chain group for the bonding it created and comfort it brought. And on a lighter note, Marilyn says they will miss sitting in front of Ann Luce at our services because she always greeted Allen with a "Hi Handsome, how are you today!"

A Note about Icons

Icons are representations of religious figures, usually on wood, which are venerated and used as an aid to devotion in prayer by worshippers in Eastern Orthodox churches. In the Eastern Orthodox tradition, icons are said to be *written*, not painted.

The creation of an icon is a form of prayer in which the iconographer enters into a contemplative state and writes the icon. It is believed that the iconographer's hand is guided by God.

As Neville Nankivell has explained above, the replica of the icon of St. Matthew was made for Canon Allen and Marilyn by AgiographiaNet, a studio in Thessalonica, Greece.

In their note of thanks, Allen and Marilyn wrote: *There really are times when words are inadequate. The moment of opening the beautiful case to see the stunning icon we received on behalf of the people of St. Matthew's is one of them. "Thanks" carries the burden of expressing all the feelings we had and continue to have. The icon of St. Matthew, a very thoughtful and inspiring gift, will always have a special place in our home and in our hearts.*

A SURPRISE CAPETOWN ENCOUNTER WITH BISHOP DESMOND TUTU

NEVILLE NANKIVELL

The death at age 90 of Nobel Peace Prize winner Desmond Tutu, the Anglican Archbishop Emeritus of Cape Town, South Africa, reverberated around the world in remembrance of his crusading “moral compass” role in anti-apartheid and other human rights campaigns. As the first black bishop of Johannesburg and later the first black archbishop of Cape Town, he was uncompromising in his fight against the government’s suppression of the country’s black majority.

My wife Peggy and I met Tutu during a Christmas-time visit to Cape Town in 2016, a chance encounter during which we told him we were from Canada and parishioners of St. Matthew’s in Ottawa.

We had just attended a special Evensong service at St. George’s Cathedral at which Justin Welby, the Archbishop of Canterbury, rebuked the then South African president Jacob Zuma for saying the church should stay out of politics.

In his guest sermon, Welby said the church should stay out of party politics but not shy away from criticism of policy issues such as endemic crime and corruption, inequality, and a 25% jobless rate.

He was on a private visit but spoke in support of prominent black South African Anglican bishops who in their sermons had been critical of the Zuma government saying it had betrayed the hopes of Nelson Mandela’s election victory.

Afterwards, Peggy spotted Tutu in the cathedral’s parking lot so we went over, introduced ourselves, shook hands and told him about our St. Matthew’s connection. He looked frail but with a big smile said to give our church his warmest best wishes.

He was dressed very casually and had not worn the ornate formal vestments the other bishops had on during the service. We mentioned this and he replied, with a chuckle, that those were just for younger clergy.

Tutu’s ashes have been interred behind the pulpit of St. George’s from where he so often denounced racial injustice. The cathedral is the mother church of the Anglican



*Archbishop Tutu in the parking lot of
St. George’s Cathedral, Cape Town, 2016
Photo Credit: Neville Nankivell*

Church of the Anglican Diocese of Cape Town, a beautiful gothic-style building whose roots go back to the 1830s. In the apartheid era it became known as “the people’s cathedral” for the anti-apartheid stance of its clergy.

It was a thrill to have met the legendary Tutu, if only very briefly, and it was certainly the highlight of the church services we went to that Christmas in Cape Town.

ST. MATTHEW'S

The Anglican Church in the Glebe

St. Matthew's is a vibrant Christian community that welcomes everyone, embraces inspiring worship and learning, and is committed to hospitality and loving service.

Sunday 10:30 a.m.
In-person Choral Eucharist,
streamed on YouTube
[Worship Services](#)

Streamed on Facebook
[Worship Services](#)

Sunday 8 a.m. and Thursday 10 a.m.
In-person Said Eucharist

Clergy

Rector The Reverend Geoffrey Chapman
Honorary Assistants The Most Reverend Barry Curtis
The Reverend Canon Jim Beall

Leadership and Administration

Rector's Warden Rick Trites
People's Warden Tom Barnes
Deputy Wardens Sancho Angulo
Valerie Needham
Parish Administrator Catherine James-McGuinity
Communications Chair Jan O'Meara
Nominating Chair Helen Griffin
Property Co-Chairs Bill Nuttle
Bill Cornfield
Stewardship Officer Paul Wefers-Bettink
Members of Synod Randi Goddard
Rick Trites
Charles Nixon
Valerie Needham

Finance and Accounting

Finance Chair Walt Draper
Fundraising Chair Peggy Nankivell
Treasurer Amy Lockwood
Counters Michael Goddard
Contributions Coordinator Brian Effer
Stewardship Co-Chairs Paul Wefers-Bettink
Janice Sonnen
Stewardship Officer Paul Wefers-Bettink

Worship and Music

Director of Music and Organist Kirkland Adsett
Altar Guild Elizabeth MacMillan
Robina Bulleid
Servers Guild Cathy Simons
Sidespersons Peter Frayne
Worship Committee The Reverend Geoffrey Chapman

Nurturing and Fellowship

Coordinator of Children and Youth Ministry *seeking*
Christian Education and Formation Helen Griffin
Community Chair Marg Terrett
Coffee Hour Jane and Peter Rider
Prayer Support Team Catherine Thurlow
Prayer Chain Janice Sonnen
Open Doors Jane Oulton
Pastoral Care Mollie Stokes

Outreach

Outreach Co-Chairs *Seeking*
CCSAC Emergency Food Centre Elizabeth Kent
Cornerstone Meal-A-Month Program Ashley Thorvaldson
Harmony House Catherine James-McGuinity
Marmalade Team Peter Rider
Out of the Cold Supper Anita Biguzs
FACES Refugee Committee Tom Martin

Pulse of the Parish, the community newsletter of St. Matthew's Anglican Church, is published four times a year. The dates for publication in 2022 are as follows: March 25 (submissions by March 18), June 10 (submissions by June 3), September 16 (submissions by September 9) and November 25 (submissions by November 18).

Please forward contributions of up to 600 words and photographs by these due dates to Val Needham, Editor:
needhav@algonquincollege.com.

Together, we celebrate all that we do at St. Matthew's to the glory of God and in loving service of our neighbours.



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