



ST. MATTHEW'S

The Anglican Church in the Glebe

Pulse of the Parish

JUNE 2022

A WARM WELCOME TO THE REVEREND KATHERINE (KATIE) TAIT

VALERIE NEEDHAM

The Reverend Katherine (Katie) Tait has joined St. Matthew's as an Honorary Clergy. We welcome you, Katie, with gratitude and gladness! You bring to us many years of ministry in Nova Scotia, a love of Bible study and pastoral care as well as your warm smiling eyes and a gentle Scots accent. How we will enjoy getting to know you as time goes by.

Katie was born in Australia, the fourth of five children. Her father was a geophysicist with the Royal Dutch Shell Company, sent to the Dutch East Indies (now Indonesia), exploring for oil. Her mother and the children moved to Australia during that posting. After WWII, the family moved back to her parents home in Glasgow, Scotland. Having suffered and recovered from tuberculosis in Australia, her father could not be sent overseas again.

Her parents decided to make a new start in Canada, doing all the needed paperwork and packing and sending on their household goods. Sadly, they learned less than a week before they were set to fly to Calgary that everyone in the family had been accepted by Immigration Canada except her father who was deemed a risk because of his history of TB.

Changing plans, Katie's father found employment in London, England, and so the family moved there. Katie says that her mother was a 'wonderful woman, who moved the family around wherever her father was working'. Between the ages of 8 and 18, Katie attended day school in St. Albans, just north of London. She applied for and was accepted into the Aeronautical Engineering Program at Imperial College, University of London (despite her application having been misplaced and the Admissions Officer apologeti-

cally calling her father to ask her to come for an interview). She completed the three-year B.Sc.(Eng) degree and then an M.Sc. the following year.

During those years, she was part of an apprenticeship program with De Havilland Aircraft Company and took courses at Hatfield Technical College. After graduation, Katie worked for two years at the Royal Aeronautical Society.

She married a Canadian who was studying at the Imperial College and emigrated with her husband to Canada, *finally* getting here! The young couple settled in Niagara Falls and had two boys, two years apart.

The marriage broke down and Katie found herself a single parent of two young sons in a strange but very beautiful land. Ever resourceful, she made several employment applications, receiving offers of employment from firms in Montreal and Calgary. She accepted the Calgary offer and worked for that company for 23 years in coal-fired thermal power plant design, looking at air flows and removing the ash out of the air from the fired coal. Although this was neither her area of expertise nor training, she found it to be 'incredibly interesting'.



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Ian Glen, Mary Glen, Peggy Nankivell, Valerie Needham, Marjorie George, Verna Wilson, Rick Trites, Adelle Farrelly

GETTING READY FOR OUR NOVEMBER ONLINE AUCTION



Parishioner Doug Biehler stands by the handsome Dutch pendulum clock which will be up for sale in the church's online auction.

Doug was in charge of some intricate repair work on this stunning Warmink piece to ensure that the clock was working (it is) and ready to find its forever home later this year.

The auction will run from Friday, November 12 until Saturday, November 19.

AS WE EMERGE FROM COVID .. THE REVEREND GEOFFREY CHAPMAN

At a clergy gathering earlier this week, the Ven. P.J. Hobbs said, "at this point in the pandemic, we are all taking it personally." How true. I am definitely taking this pandemic personally. Perhaps you are too. I thought it might be worth taking a look at what this might mean for you and me. What does it mean that we are taking a global health crisis personally?

We entered this crisis in 2020 experiencing a logistical challenge. We needed to keep ourselves safe from a deadly virus, and this meant changing our routines, learning how to distance ourselves from others, wearing masks, washing our hands, and cancelling all kinds of plans. It was a universal experience, entirely unemotional in intention, and totally impersonal. "No hard feelings, I am trying to keep myself safe, I cannot come to Christmas dinner this year." We were saddened, lonely, and frightened, but we experienced those feelings together.

But something has happened over the last two years. We have been changed in so many ways by these logistical, unemotional choices. We slowly began to create patterns increasingly unique to our own needs, households and social groups. Some of us became comfortable with what others might see as risky behaviour. Some of us discovered we were more at risk than others, and responded accordingly by heightening our precautions.

We all had to take on some level of risk simply to live our lives, but this varied from person to person. Month after month we personalized our responses, until, by the summer of 2022, we find ourselves in a world where we are living different types of lives, all across our city, and our country and our world.

After two years, we have all lost something precious: time, moments, our health, our jobs, and for some the lives of loved ones. And many of us are quite determined to not lose anything - or anyone - else. Depending on what we have lost, as well as our approach to risk that we have cultivated over these past two years, our response to loss looks quite different from person to person. Every one of us is weary, tired of loss, but there are so many different kinds of loss.



*On the Feast of Pentecost
From L. to R.: Archbishop Barry Curtis,
The Reverend Katie Tait, The Reverend Geoff Chapman*

And so we take this personally. And because we are making our decisions and basing our analysis out of our loss - *my loss* - it is becoming harder and harder to see ourselves and our choices as a part of a whole. We are a society and community, we are a church and an extended family. My choices affect you, as your choices affect me. My loss is your loss. The struggle continues, whether or not we choose to acknowledge it, to see it, to feel it. As the saying goes, we may be done with Covid, but it is not done with us!

Knowing that we are *all* taking this personally can help us. Everyone has experienced loss. This has been hard for everyone. Some have lost more than others. Some are more afraid than others. Some are angrier than others. We are all still in this together, and every day we may witness emotional people and emotional responses that ask us, as followers of Jesus, to love that person as Christ loves us. We will continue to get through this together, by continuing to support one another in this faith community, and holding one another up in prayer and in love.

Geoff+

THE GARDENING TEAM AT WORK

MARY GLEN

"For as the soil makes the sprout come up and a garden causes seeds to grow, so the Sovereign Lord will make righteousness and praise spring up before all nations."

Isaiah 61:11.

Spring is more than a rumour! Our gardens at home and at the church are coming alive and the St. Matthew's Gardens Team is in action.

For the second year, some of our members began the team's season with a visit to gardens of the fortunate winning bidder in the St. Matthew's Auction, version 2021. Liz Ham purchased a half day's post-winter garden clean-up on her property in the Westboro-Highland Park neighbourhood.

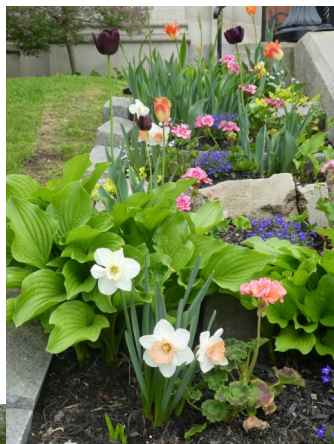
The morning of May 7/22 was the scene of vigorous and convivial hoeing, weeding, digging, defining, raking and bagging as our determined team tackled a large and varied property arrayed with perennial, vegetable, rock and wall gardens most of which had been enjoying more than one summer of untamed growth. Liz was a most enthusiastic and gracious host and seemed ready to continue the work as the growing season progresses.

Back home at St. Matthew's, each gardener has taken on the many tasks required to awaken, enliven and nurture their assigned area of our venerable building's gardens including First Avenue, the Parking Lot, the Ramp, Glebe Ave East, West and the Stairs. This work of course continues throughout the growing season.

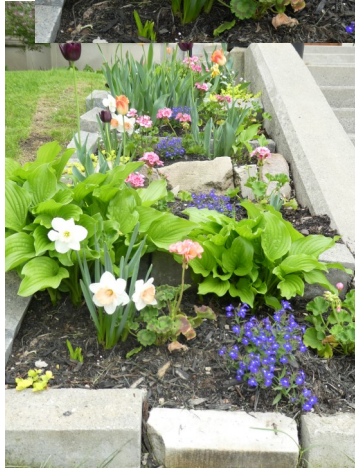
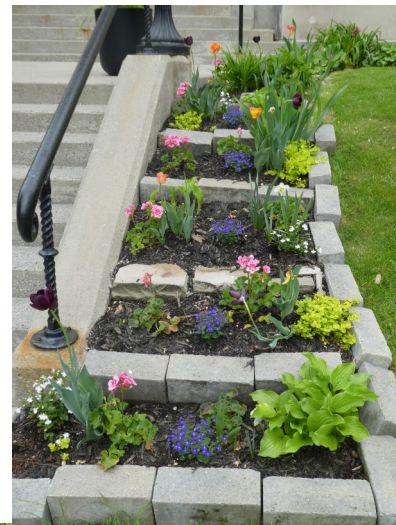
Along with the continuous work of Grounds Team Bob Richards, Robina Bulleid and Ian Glen who keep the lawns healthy and trim, our goal is to ensure a cheerful, welcoming and cared for environment at St. Matthew's.

Many thanks to the dedicated and talented members of the team: Judy Billingsley, Robina Bulleid (yes, she gardens *and* tends the lawns!), Joan Lawrence, Judy Maxwell, Lucianne Poole, Steve Reid, Catherine Seaborn and Mary Glen.

To all who pass by, enjoy -- and praise the Lord!



Work Party at Liz Ham's (left to right): Liz Ham, Lucianne Poole, Judy Maxwell, Joan Lawrence, Judy Billingsley, Robina Bulleid, Mary Glen



WARDENS' WORDS

RICK TRITES

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

The beautiful weather is here with just a hint of humidity, reminding us of hot and sunny summer days ahead. On May 28, 2022, St. Matthew's was bustling with energy and activity as the Great Glebe Garage Sale drew thousands and raised thousands for the parish; with 10% of the proceeds (and of boutique sales) being directed to the Ottawa Food Bank. Many folks contributed items for sale, and there were weeks of work in the sorting of materials for the various points of sale. How wonderful it was to once again see our energy and enthusiasm on full display in the community. Thank you to Marg Terrett and her talented team!

As the parish emerges from pandemic restrictions, we find ourselves in a world where masking and distancing is optional. Following the guidance of the Diocese, St. Matthew's will thoughtfully and gradually be moving to 'Green', which means that wearing of masks will be optional.

We recognize that not everyone will be comfortable with these changes, including parishioners with health issues and anxiety about the pace at which restrictions are being removed. With this in mind, we are considering providing reserved seating in the church for those who wish to remain masked and distanced. Moving to 'Green' does not mean a return to normal, and we will continue to:

- offer online services and meetings
- provide high quality K95 masks at church
- remind parishioners to receive all the shots they are entitled to and that, if they are symptomatic, not to come to the church
- remind parishioners to respect the mask wearing and distancing preferences of everyone; and although mask wearing will be optional for all parishioners, including worship volunteers and the choir, the presider will remain masked during the distribution of communion.

Moving to 'Green' is an exciting step for St. Matthew's as it will allow us to renew many programs and activities that have been dormant during the pandemic, recognizing that we need to be prepared if the virus resurges in

the fall, as it has over the past two years. We will provide ample information in the Bulletin and e-Blasts about these next steps as we move forward.

You may recall the work that went into the parish response to Shape of Parish Ministry (SPM). We are now aware that proposals are being worked on by a Diocesan team. These draft proposals will be reviewed in mid-June by focus groups, and again in regional meetings scheduled for the end of June. Further work will lead to a review at Diocesan Council in September, before presentation to Synod in October. We are hopeful that our work will bear fruit!

The financial picture from January to April indicates a deficit higher than budgeted, and greater than 2021 for the same period. As we head into summer, when donations typically drop off, we should remind each other that our church needs about 50K monthly just to operate. Given PAR contributes about 17k and rentals currently about 4k, that means we need about 29k monthly from donations and fund raising. We should keep this basic information in mind as we communicate our stewardship needs. (See the Report from the Finance and Stewardship Committees on page 17)

I am glad to report that Corporation has agreed to move forward with funding for three important work packages for our property. The first and most pressing project is to engage a firm specializing in foundation conservation to assess the condition of our building foundation. They will identify and recommend the scope of remedial work for movement and cracking and address the ongoing problem of water infiltration.

We have also decided to make a beginning on what will be a multi-year program to restore our stained-glass windows. The 'Fishes and Loaves' window on the west-aisle wall is punctured and bowed in, and it will be the first to be restored.

Finally, flooring and shelving is being installed in the crypt, precipitating a much-needed clear-out. This project will give us additional storage space and reduce clutter in the basement hallways. (See photos on page 12)

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A SYRIAN REFUGEE FAMILY SIX YEARS LATER

MARJORIE GEORGE, FACES COMMUNITY REPRESENTATIVE AND VOLUNTEER

The third time Ahmed had to move his family after an Ottawa landlord sold the unit they were living in, he decided he needed to be a homeowner. He went to the bank and found out about down payments and mortgages and set to work. He worked 12 to 14 hours a day, 7 days a week driving for Uber and doing other jobs he could get. In early 2020 he had enough saved to buy a house in Orleans (mercifully before the 40 percent increase in housing prices in Ottawa.)

All of this within six years of arriving in Canada from Syria!

Ahmed and his family were sponsored by an organisation I am part of, called FACES. We are a group of people from St. Matthew's, St. Giles and Glebe St. James churches together with a community group who have supported over 75 newcomers to Canada, raising over \$300,000 to finance the sponsorships.

Ahmed's family were the first refugees FACES helped settle in Ottawa. They arrived in 2016 from a Turkish refugee camp where they had spent three and a half years after fleeing western Syria in 2012. Ahmed had been in the Syrian army which he deserted when he saw the atrocities he was expected to commit. (A cousin in Syria who shares his name was recently jailed for three months until he could prove his identity, so even in Canada, Ahmed is wary of his name being known - Ahmed is a pseudonym.)

At the refugee camp, Ahmed says he saw Prime Minister Trudeau on a TV news channel announcing that Canada would welcome 25,000 Syrian War refugees. He was very pleased when his application was accepted by Canada.

When Ahmed and his wife arrived with one child, Ahmed's wife was pregnant with their second. FACES arranged for a furnished apartment in downtown Ottawa and helped them set up banking, medical care and the myriad of other things that need to be dealt with when you move to a new country.

Ahmed says that before his arrival, he had no idea they were being sponsored or would get so much help until he saw the phalanx of volunteers at the foot of the escalator in the Ottawa Airport!



They have since gone on to have two more children and they say that this is their finished family. With very little English and knowing no one, they had to learn to adapt to the cold weather, the language and the job market. Ahmed quickly learned English, bought a car, and started working hard.

Three years later he was ready to help integrate his extended family who arrived as government assisted refugees: They include his parents, a disabled sister, another sister who is currently at school, and a 20-year-old brother who is also working as a delivery driver. Ahmed has leveraged the flexibility of being a driver as he often must be available to help them out.

He and his family have had a nightmarish time during the pandemic. They caught Covid last spring, a week before they were due to be vaccinated. Both Ahmed and his wife were very ill. His wife was hospitalized twice, and Ahmed, also very ill, had to manage on his own with a new baby screaming for his mother.

Because they were afraid to infect anyone else, they could not get any help. They both had long Covid and Ahmed was unable to work for months. In addition, he had a cancer scare that has only recently been resolved. A year later they are beginning to feel normal again – two of the children have returned to school and things are looking better.

Despite these difficult times, Ahmed says that he feels very lucky to be in Canada and is deeply grateful for all the help that FACES was able to give his family during their first year here. Canada has helped them have a life and a future.

Ahmed and his four children are very happy to be Canadian citizens. He hopes one day to have a business, perhaps selling Middle Eastern foods. In the meantime, he is saving up for a trip to Turkey so that his wife can see her parents and have them meet their grandchildren.

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FACES is very proud of this couple, and we know that they and their children will be strong contributors to Canada's future.

FACES is currently raising money to bring a young Iraqi couple, living in Turkey to Canada. If you would like to contribute, please visit

<https://www.stmatthewsottawa.ca/index.php/outreach/refugee-sponsorship>



L to R: Maya (4), Riyad (7) and Mariam (5)



Adam (1) with mom for check-up

RESTORING GOD'S EARTH

MARG TERRETT

Restoring God's Earth is a program from the "Zero Waste Church" environmental program that the St. Matthew's Green Team has chosen to follow for this year. It is organized with a monthly focus and in March the focus was how climate change is affecting the indigenous women of the world.

We reached out to the Parish of St. Thomas in Moose Factory, wondering how we could support the women there as they battle climate change. It wasn't a good fit for the agricultural problems women face in other parts of the world, but in conversation with the Incumbent, The Reverend Canon Grace Delaney, we learned about another way to help.

Apparently, the water at Moose Factory, although potable, is not really drinkable because of the high levels of chlorine. The Green Team has taken on the project of acquiring a water filtration unit for the parish hall at St. Thomas, thereby helping the environment by reducing the number of plastic bottles used by parishioners. There is currently no recycling program in Moose Factory so 100% of the bottles go to landfill.



St. Thomas Anglican Church
Moose Factory, Ontario

We are raising money with our TruEarth online shop, but we will need more funds. If you wish to help with this project, you can donate through St. Matthew's by indicating in the memo line *St. Thomas water filters*. If you are knowledgeable about water filtration systems, please speak to Marg Terrett or Bill Nuttle.

HARMONY HOUSE BEGINNINGS

VERNA WILSON

Harmony House welcomed its first residents 35 years ago on March 11th, 1987. This year's anniversary is an opportunity to look back on the role played by St. Matthew's in bringing this vital community service to life.

It began as an outreach initiative of St. Matthew's. Our rector at the time, Canon Keith Calder, envisioned our outreach as "bricks and mortar". Ellen Beall and I were recruited to coordinate the steering committee whose job was to bring into being a project that would have lasting value in the community. Another early recruit to the committee was Dale MacKenzie who became our first treasurer.

Shirley Wetmore and Gwyn and Bill Cornfield were among those who took on the job of getting the units furnished and outfitted for occupancy. Shirley was exceptional at finding bargains in housewares. David Fraser was our scribe and we all had to read his meeting minutes through to the end to find the nuggets of comic wisdom buried in them. Peter McCrea was another early committee member.

Money from Anglicans in Mission (AIM), a fundraising initiative of the Anglican national church, the parish's ninetieth anniversary funds and a grant from St. John's on Elgin Street was our seed money. In Dale's capable hands this money was enough to get us started.

We were ready to choose a community need to tackle. The Social Planning Council (SPC) had identified second-stage housing for victims of family violence as the highest housing priority in Ottawa. The emergency shelters were turning away three times more women than they could accept. Women had to stay longer in the shelters because there was no safe place for them to go when they left, and many returned to abusive partners. Freeing up these emergency beds would allow more women to leave their unsafe environments.

Once the working group had decided to propose second-stage housing as our outreach we needed to make the case to the parish. At the time public awareness of family violence was just beginning. A Task Force set up by then

Mayor of Ottawa, Marion Dewar, had raised the level of awareness of the issue and focused attention on the need for action.

Marion, who had been a public health nurse before becoming Mayor of Ottawa, challenged her previous peer group at a morning coffee session that she hosted in her office, for health unit managers to "do something" about the issue. As I sipped my coffee in her office that morning, I experienced a moment of convergence as my professional and volunteer lives seemed to overlap.

The parish community needed to understand why such a thorny project was proposed, so on November 15, 1986, we hosted a public forum about family violence. At a special Vestry held after the forum, the parish accepted the idea of establishing a second-stage housing facility that would house five women and their children. The parish also voted to establish a separate corporate entity to manage our outreach project.

Early activities of the Steering Committee revolved around the search for a suitable building and obtaining Letters Patent for the new organization. Ellen took on the legal work, remarking that the placement of a comma can make the difference between acceptance and rejection by Queen's Park.

I set out to find a house. In November 1986, just as we formed the first Board of Directors, our application for incorporation for St. Matthew's Harmony House was approved. *Harmony* was included in the name of the new organization because it represented both our wish for the women in their new lives and the musical character of our parish.

A call to City Living resulted in an opportunity to offer housing to ten women through a new concept, called "block leasing". City Living would be responsible for the physical space and its ongoing maintenance and a community agency (i.e. our group) would provide support services to those living there.

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The units would be offered to tenants on a rent-geared-to-income basis, meaning residents would pay 25% of their income as rent. The challenge was to be ready in the spring of 1987 when ten one-bedroom apartments needed to be prepared for their new tenants. Shirley and her helpers set about stocking each unit. Within a couple of years, the ten units had become sixteen as we were asked to take over six more units on the same site.

Harmony House was originally linked both to the parish and the shelter community. While we had the necessary organizational expertise, we did need help on the program side. The inclusion of representatives from the first-stage shelters on a board comprised primarily of businesspeople created an interesting group process characterized by a certain dynamic tension. A commitment to collectivity frequently clashed with traditional organizational decision-making as we worked to achieve consensus. It was all worth it!

The words of the son of a former resident

Give me a place where I

Can see my mother's face

Free of tears

Free of fears

Give me a place where love is real

All the wounds of the past heal

God gave me a new start

This place will always be in my heart

Harmony House is a safe place to live

Thank you, St. Matthew's, for stepping up to address a very challenging community need. There is so much more to this story which continues to unfold day by day. More on its beginnings can be found in a paper compiled for the 20th anniversary.



Shirley Wetmore in front of the building



David Fraser and his daughter unpacking



Gwyn Cornfield, daughter Katherine and a friend



Shirley's living room—a warehouse for donations



Virginia Lund dries dishes



Isobel Block at the sink



Bill Cornfield sets up a unit

MEMORIES: THE ORDINATION OF THE REVEREND CLAIRE BRAMMA

Dear St. Matthew's,

My Mum and I would like to thank you so much for your loving welcome during Sunday worship and for the gracious hospitality and lunch.

Please extend my thanks to Ava Hammond for the delicious and thoughtfully decorated cake – I enjoyed eating my “take-away” pieces on Sunday evening once I got home from the long drive!

A special thanks also for gifting me the beautiful icon of St. Matthew - a priceless reminder of my beloved “sending church” and a precious window of prayer.

As a token of my thanks to the St. Matthew's community, I plan to be in touch with Marg Terrett and Bill Nuttle about donating to the water filtration project at Moose Factory.



Claire and Bishop Parker



*Claire's Discernment Committee, from L to R:
John McBride, Sue Rayner, Claire,
Randi Goddard, Rick Trites*

*Claire with her Presenters,
Sue Rayner and Canon Kevin Flynn*

Cutting the cake

MEMORIES: HOLY WEEK AND EASTER



THE GREAT GLEBE GARAGE SALE 2022

MARG TERRETT

After a two-year hiatus, the St. Matthew's garage sale team went into full steam mode. We readily recalled from the past how to go about collecting, sorting and selling donations. It was a gigantic effort and we are grateful to everyone who contributed in any way to this most successful GGS.

It should be noted that Bill Cornfield and Bill Nuttle put a wonderful new floor in the crypt this spring (see before and after photos below) which meant everything that had been stored there over the last few years was removed. As a result, nothing was missed that could be sold.

Special thanks need to go to several people who never lost sight of the goals – to benefit St. Matthew's and the Ottawa Food Bank.

Peggy Nankivell was seen, magnifying glass in hand, making sure that the unearthed treasures from the crypt and the newly donated ones were directed to the appropriate sales venues.

Janice Sonnen encouraged people to volunteer and kept them fed throughout the week. Even at 3 pm on the sale day, she had the energy to make lemonade for the counters who were just starting their jobs. Carolyn McMaster and a dedicated team sorted books the week before the sale and managed the book sale on the day.

Mollie Stokes assembled a crew to make drinks, muffins and sandwiches for our volunteers. Ian Glen carried things upstairs for the week before the sale and made sure everyone had the tables needed for the event. He then carried tables and items for sale out of the church for the grand event.

Michael Goddard looked after providing the funds for

making change and the counting of the monies after the sale.

We would like to thank the people who donated items and managed to get their neighbours to donate too. And thanks to those who helped carry tables and items to the sales areas.

The huge numbers of people who were part of the selling team made the day a great success. I was especially impressed by the young people who stayed for hours and sold enormous amounts of toys and "stuffies". And it was wonderful seeing so many new parishioners engaged with the event. Thank you to everyone!

The clean-up crew did an amazing job of returning the church to normal. The grounds were pristine and the church itself was left ready for the Sunday services. No one would know that 24 hours earlier it looked like a disaster had happened.

It was uplifting to be part of this effort. Being part of the St. Matthew's community working together to help our church and the greater community is a satisfying experience. We made great strides to overcome the isolation of the pandemic.

In financial terms we did well too. When all the revenues are in we will have raised \$13,500 for the church. We are sending \$2,500 to the Ottawa Food Bank based on our success at the GGS as well as online boutique sales. This will be our best-ever contribution to the food bank at a time when it is so badly needed.

Finally, thanks go to the Glebe Community Association and Glebe Business Improvement Area whose leadership for the Great Glebe Garage Sale makes this whole event possible.





THE IMPORTANCE OF BEES

BILL THURLOW

This past winter was devastating for honey bee populations across Canada. The average loss of hives was in the vicinity of 50%, reaching 80% in certain areas including the prairie provinces. There are several reasons for this worrying trend including a 'perfect storm' of weather, varroa mite, small hive beetle, colony collapse disorder and pesticides and herbicides.

In Canada there are some 8,900 commercial and hobbyist bee keepers, managing almost 700,000 hives. Beekeepers expect annual losses of 10% to 15%, but since 2006, these losses have been increasing.

Honey and other hive products (bees wax, bee pollen, propolis and royal jelly) generate some \$200 million dollars annually. In addition, these same hives contribute nearly \$2 billion annually in increased quality and quantity of production in crops such as blueberries, apples, canola, and raspberries. In fact, over 70% of our food crops need insects for pollination.

Einstein is said to have claimed that if the honey bee became extinct, humans would become extinct within 4 years since every 3 out of 4 portions of our food results from pollination by bees.

Bees are central to our survival. What can we do to help?

- Keep the dandelions: The dandelion is the most valuable early spring flower in its profusion and extent. It fills the gap as a food source in the succession of planted flowers. So hold off on the mowing in May ('No Mow May'), the bees will thank you.
- Early spring and late autumn are challenging to bees because of the cooler weather and a lack of flowers. Don't be in a hurry to clean up, let the bees have the few remaining flowers.
- Provide water: A source of pesticide free water such as a bird bath, dripping faucet or mud puddle is ideal. Bees drown in water so the source must be shallow. A container of water filled with rocks or with floating wood sticks or straw permits the bees to drink and yet climb up on the surfaces to dry off and fly away.
- Selection of plants: Provide a succession of blooming plants during the early, middle and late season

since they are an essential food supply. Some species of particular benefit include, the New England aster, black-eyed Susan, forget-me-not, lemon mint, wild bergamot and eastern columbine, birds foot trefoil and clover.

- Trees and shrubs: Members of the rose family, willow and basswood have excellent bee appeal, and high nectar production .
- Insect control: Use non-chemical means of controlling insects, wherever possible.
- Lawns: Keep lawn areas to a minimum and mow less often. Mowing can kill bees so do this when they are less active, when it is cool, overcast or windy or later in the day.
- Municipal environmental maintenance: Contact your municipality to encourage them to reduce pesticide and herbicide use, to mow less often (allowing wild flowers to bloom), and to reduce the use of urea for snow control in the winter since it fertilizes the parkways necessitating additional mowing in the growing season.

There are several Blessing Prayers for Bees. The following is one that I feel is most appropriate.

Today we pray especially for our bees, the tiniest creature, offering invaluable resources of life so easily missed. We thank you for the work they do, the crops they pollinate, and we thank you that so much food comes to us because of these tiny industrious creatures. We thank you for the interconnectedness of the world in which we live.

We're learning that, for reasons unknown, bees are suddenly vanishing, dying out. We hear of Colony Collapse Disorder killing billions of bees with no known cause. With their extinction comes difficulty and hardship for millions of people. Such is the interconnectedness of our world.

Loving God, Father, Son and Holy Spirit, draw us ever more deeply into yourself, that we might become ever more aware of who we are and how you call us to live. Bless the world we pray, especially our bees, through our loving interactions. Amen.

PASTORAL CARE

MOLLIE STOKES

The Pastoral Care Team connects with members of the parish by phone, with visits, sending greeting cards and delivering flowers.

After the hiatus during the pandemic, the team is starting to visit people again, and to offer home Communion. We know that many people have found great solace in being able to watch services from St. Matthew's online.

This has enabled them to feel part of the parish. We need to know if there are people who now feel they would like an in-person visit, and/or to receive Com-

munion. Please call the church office or contact me and we will arrange for this to happen.

Mary Bodfish has just completed a Zoom course on Pastoral Care Ministry given by the Ottawa Pastoral Care Teaching Program. She found it to be very worthwhile. She is happy to talk about the course to anyone who may be interested in the Fall sessions.

If you think that Pastoral Care is a ministry in which you would like to become involved please talk to the Rev. Geoff or to me. It is a very rewarding way in which to be involved.



THE SALAD GARDEN PROJECT

MARG TERRETT

The Salad Garden Project was a great success! More than fifteen families joined our planting bonanza. Many young children enjoyed creating their garden to take home to grow: filling the pots with soil, planting the seeds and labeling what went where.

Adelle Farrelly's son Owen was a capable 'Tour Guide' and helped all groups get the soil in their pots, then go to the seed table and get their seeds.

Derry Neufeld was the patient dispenser of seeds. Adelle and Virginia Lindsay helped with the planting. It was a grand success and we look forward to doing the same next year.



Derry dispensing the seeds.

Wardens' Words continued from page 5.

The funds for these projects, estimated to be \$40,000, will be withdrawn from the Consolidated Trust Fund (CTF) as previously authorized by Vestry. Thank you to the Property Committee Co-Chairs Bill Nuttle and Bill Cornfield, and to the many parishioners who support the care of our church building.

As I write this in the week before Pentecost, I am energized and hopeful about the work ahead to revitalize and grow our community in faith. Many in the parish will soon be headed to cottages or on trips, and we wish you all a safe, relaxing and refreshing summer in the company of family and friends.

Rick Trites, Tom Barnes, Sancho Angulo, Valerie Needham

FOR YOUR SUMMER READING PLEASURE ...

RICK TRITES

Richard Powers, an American author, has written 21 books, novels, received the Pulitzer Prize for Fiction (*The Overstory*), shortlisted for the Booker prize and many other awards. He is a remarkable writer and I heartily recommend both these books as great summer reads.

1. *The Overstory* (2018)

This is Power's 12th novel, a climate-themed epic that paints a dark and yet strangely optimistic picture of the fate of humanity. There are nine main characters in this sprawling novel. It is a story about the past and future of trees, before humans and----after we are gone.

One the main characters, Patricia, a biologist, discovers that trees are social creatures, caring for one another, communicating, learning and helping each other. For example, sugar maples attacked by borers emit chemicals that warn their neighbors, who strengthen their defences. Her story parallels that of a real character who first discovered the behavior of trees, and how she was shunned by her peers and commercial logging interests in their preference to cutdown old growth forests in favor of mono-culture, fast growing harvest trees.

The characters cover the full range of climate activism to the passivity and fatalism. As Adam, one of main characters quips 'Humankind is deeply ill, the species won't last long.' Another character Duggie, tree-sitting only to de-

lay the clearcutting of old-growth Douglas Fir, says to some fir seedlings: 'Hang on, only ten or twenty decades. Child's play for you guys. You just have to outlast us.'

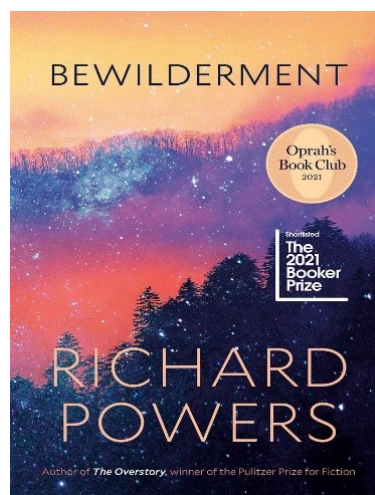
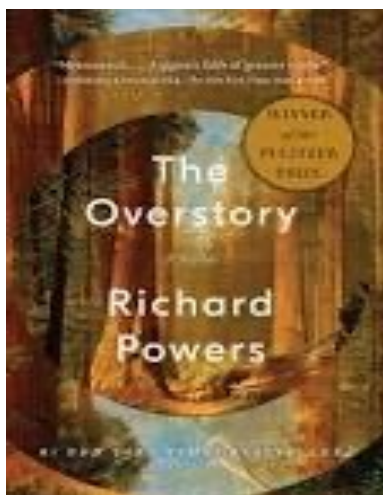
If you are attracted to trees, and want to learn more about their ways, this is a read for you. Also recommended for tree enthusiasts: *The Hidden Life of Trees* by Peter Wohlleben (2015) and *The Secret Forest* by Sandra Dieckmann (2003).

2. *Bewilderment* (2021)

This is a shorter and much more tightly focused novel, though equally environmentally focused. The narrator Theo Byrne is a university astrobiologist, programming simulations on extrasolar planets, while struggling to care for his behaviorally challenged son, Robin.

Robin is intensely focused on the natural world, and finds solace in the modelling his father does of life on other planets. In one particularly poignant moment he stands outside Congress with a sign saying 'HELP ME I'M DYING'.

He simply doesn't understand why people can't see how urgent the collapse of our natural world is. The book can be seen as science fiction with a compelling view of a rather dystopian future. There are some fascinating twists in this tale, which I will leave you to uncover. The story harkens back to the classic novel by Daniel Keyes, *Flowers for Algernon* (1966).



REPORT FROM THE FINANCE AND STEWARDSHIP COMMITTEE

WALT DRAPER AND PAUL WEFERS-BETTINK

Each year Vestry approves an annual budget. I like to use a more encompassing term and call the budget a plan. Experience tells us that plans can be superseded by events the day after they are written. The pandemic was an extreme event that challenged our plan. Thanks to parishioner commitment and the federal government wage support programs St. Matthew's came through the pandemic in a solid financial position with surpluses in both 2020 and 2021.

The 2022 plan recognized that it would take time for general use donations to return to pre-pandemic levels and included a deficit of slightly over \$34,000. The expenditure side of the plan was held to a minimum increase at levels close to previous years including increases for the Diocese Assessment for Parish Fair Share, the Equalized Cost of Priestly services and an inflation factor increase for parish staff. Monthly expenses for operations average approximately \$50,000 per month which is close to historic spending rates.

Operating Fund revenue to pay for these obligations comes from three sources, namely rentals, fund raising and donations. It is encouraging to see hall rentals returning along with the TELUS lease and parking. Fund raising, with the return of the Great Glebe Garage Sale and the auction in the fall, is on track to exceed planned results. General Use Donations to the end of April are slightly ahead of the same time last year. In May there were a couple of significant deposits that will increase these rev-

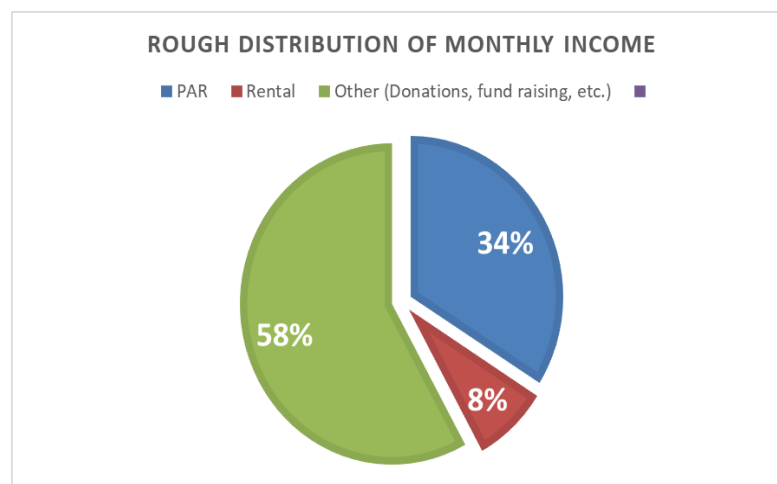
enues considerably. The Diocese reduced the cost of priestly services for the month of March by reducing St. Matthew's assessment by \$11,000.

Parishioners are reminded that historically, General Use Donations represent over 75% of the Operating Fund revenue. It is noteworthy that the revenue from PAR (pre-authorized receipts) contributes approximately \$17,000 per month. Rental income is approximately \$4,000 per month for a combined total of \$21,000. This is income that can be thought of as "guaranteed income".

Expenses are close to \$50,000 per month, which translates into a requirement of an additional \$29,000 each month to meet our obligations. This amount must be generated from either donations or fund raising. And so, simple math says we need an income of \$1,000 *every day of the month* to break even.

Open plate contributions and fundraising revenue represent about 58 percent of our monthly revenue requirements. It is exciting to welcome the return of the many ministries that make St. Matthew's such a vibrant community. Financial results to date reflect this renewal and are thankfully telling us the Vestry approved plan is holding. Throughout the summer months it is hoped parishioner support continues to demonstrate the positive direction experienced to the end of April. And if you haven't yet done so, do consider signing up for PAR!

Pie chart below thanks to Paul Wefers-Bettink



Continued from page 1

During this time, Katie had intended to return to Calgary as a hospital chaplain and did not feel called to ordained ministry. However, that changed. She visited the Bishop, explored a call to ministry and was made a Postulant, serving at Christ Church, Dartmouth while completing her theological studies.

Reverend Katie was ordained a Deacon by Bishop Arthur Peters and a year later, made a priest by Bishop Fred Hiltz. Bishop Peters asked her if she would mind going to Tangier, NS, and to his surprise, she accepted 'with gladness in her heart' because she had previously driven along the Eastern Shore of Nova Scotia and had fallen in love with the beauty of the land and sea. She served as Rector of the seven-point Parish of Tangier for six years until she retired.

Looking forward to her retirement and not wanting to leave the Eastern Shore, Katie purchased an old home on three acres at Harrigan Cove with a view of the sea where she enjoyed kayaking and gardening.

However, there was a need for a Priest-in-Charge in the four-point Parish of Ecum Secum and so Katie served there for another eight years.

At the urging of her sons, who were concerned that their mother was living in too-isolated circumstances, she moved to Ottawa five years ago, joining her older son, his wife and their two sons who live in Kanata.

Katie began to attend St. Matthew's, drawn at first by the monthly Eucharist and lunch. At the invitation of the Reverend Gregor Sneddon, she took the monthly Eucharists at the Glebe Centre. To do this, she had to become a licensed priest in the Diocese of Ottawa with the permission of her Bishop in Halifax and Bishop Chapman here in Ottawa.

She volunteers (but not as a Chaplain) at the Queensway Carleton hospital, participates in the Wednesday Zoom Bible studies with Rev. Geoff and is now an Honorary at St. Matthew's. Of her new church home, she says that St. Matthew's "has an atmosphere that is gentle and caring, and the music is excellent".

Welcome to St. Matthew's, Reverend Katie!

(Ed. Note: It is a small world. My grandmother, Eleanor Connell Hopkins, was the organist at Holy Trinity Anglican Church, Tangier, in the late '60s and she, too, loved the place and the people.)



Catherine Thurlow with some of the 90 pairs of glasses she collected to be sent to the third world after they have been sorted and cleaned by an optometrist.



On Pentecost Sunday, we welcomed new and returning parishioners.

From L. to R.:

*Back Row: The Rev. Geoff Chapman, Andrew Welch, Zack Ashaaba, Desire Ashaaba, Sancho Angulo, The Rev. Katie Tait, Janet Tsang, Dr. Ben Tsang
Front Row: Bernard Li, Deborah Fleming, Richard Ashaaba, Agnes Ashaaba, Elaine Gordon, The Rev. Dana Rogers*

A SPIRITUALITY FOR TODAY

ARCHBISHOP BARRY CURTIS

"A Spirituality for Today" has been the theme of the Sunday morning series *Conversations* in recent weeks. This theme arose from the endless reports of unease, stress, anxiety, worry, fear and anger being experienced by so many people at this time. Of course, this is the result of what I call "the darkness of our time"... the pandemic, wars in Ukraine and Ethiopia, threat of climate change, harsh incivility in the public square, economic turmoil, violence on our streets, the painful accounts of racism and hatred, the heart-breaking reports of refugees fleeing poverty, joblessness, oppression.

The question that surfaced in my mind with ever increasing urgency was this; what resources does our Christian faith offer that enables us to live in the midst of all this 'darkness' positively, hopefully, gracefully? How can we live in the midst of this 'darkness' without just becoming a part of it, or without being overwhelmed by it? How can we face the world around us squarely, pretending all is well when we know it isn't?

In *Conversations* I have explored a spirituality which I think would enable us to wake up each morning and enter the new day with gladness. Rather than starting each day with a paralyzing anxiety, fear, or a sense of foreboding, it would enable us to move into each day with confidence, courage and hope, enabling us to be active in serving God, others, and our world. I have outlined this spirituality which consists of six essential components:

- **Gratitude:** an awareness of God's amazing giftedness to us, noting that upon receiving these gifts, we respond with expressions of thanks which are accompanied by kindness, care, acts of compassion, the deepening of relationships.
- **Grace:** an increasing awareness of God's loving presence in the deep centre of our lives and the realization that we are to be the Grace of God to others.
- **Soul-time:** making space, allotting time in our busy, noisy, active life for silence and stillness, realizing that the deepest mystery about us is that we can find God in the depth of ourselves ... and having begun to do so, we can find Him everywhere.



- **Lightness and Laughter:** there is a flow from responding to God's giftedness with gratitude, an increasing awareness of his loving presence and action at the core of our being, waiting for Him in silence. That flow enables us to rejoice, to feel joy, to face life, to sing and dance, to laugh, to praise God happily. At the same time, that flow enables us to be sensitive to the pain and suffering of others. It enables us to laugh *and* to weep.
- **Letting Go:** our selfish acts derail us, take us from the way to God and fullness of life. God constantly invites us to turn to him and as we do, He frees us from the burden of our missteps and failures and with the aid of His loving Spirit gives us the courage to offer up the darkness inside us, the prejudices, perceptions, attitudes, actions that disfigure life, cripple relationships, and stifle care for others.
- **in Company:** the growing awareness that we are not alone. We journey with the ever presence of the Spirit of Jesus. Further, to help us on our journey we can access the great insights and experience of fellow journeyers, St. Benedict, St. Teresa of Avila, St. Ignatius of Loyola, Evelyn Underhill, and many contemporary men and women. We also share our journey with a great company of fellow Christians, the Christian community which stands with us, offering us forgiveness, support, and encouragement.

Clearly, these are difficult, dangerous times. But as followers of Jesus we are neither helpless or hopeless. We do not have to be undermined or clobbered by them. God calls us into His world to be instruments of His Peace and Love. I would invite you to reflect on a spirituality that equips you to be precisely that.

ST. MATTHEW'S

The Anglican Church in the Glebe

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

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

Clergy

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

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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