



# ST. MATTHEW'S

The Anglican Church in the Glebe

## *Pulse of the Parish*

**JUNE 2023**

### A WARM WELCOME TO THE REVEREND DANA RODGERS

VALERIE NEEDHAM

The Reverend Dana Rodgers has joined St. Matthew's as an Honorary Clergy, having moved here from Elora to be closer to her family. We are so glad you have joined us, Dana. And we will remember that your name is pronounced with a short 'a' as in Dana Banana!

Dana was born in Toronto. Her father was employed by the Robert Simpson Stores and when she was 5, the family moved to London where he oversaw the opening of a new Simpsons Store there. She attended Medway High School and has fond memories of being on the cheerleading squad for the football and basketball teams.

Just as she was completing Grade 13, her father was moved to Regina and Dana attended the Qu'Appelle Diocesan School for Girls, run by the Sisters of St. John the Divine. This was her first exposure to the Anglican tradition which she remembers with gratitude. She then returned to London, attending Western University and earning a BA majoring in English and History.

A new chapter began in Dana's life when she married and moved to New Haven Connecticut where her husband continued post-graduate studies in philosophy at Yale Divinity School. A son, David, and a daughter, Katharine, were born during those years and then the family moved back to Toronto where Dana became the librarian at St. John's Convalescent Hospital in Willowdale. She looked after the medical library for the staff and managed holdings for patients. Dana has very fond memories of the kindness and gentleness with which the Sisters cared for their patients, many of whom were elders.

A challenging and rewarding phase in Dana's life began

when she returned to Wilfred Laurier University for a Master's Degree of Social Work (MSW) and became the supervisor of protection for Perth County Children's Aid Society.

She then moved to the University Hospital in London as social worker for the heart transplant team. The nudging of the Holy Spirit led Dana to study theology at Huron College and she graduated in 2000.

The program for ordination at Huron College required several long periods of field work, and Dana was assigned to a project in which three east London Churches moved through a process of joining together to form the East London Anglican Ministries. She worked with the Reverend Peter Wickerson and found it thrilling to observe the challenges and triumphs of amalgamation as the churches resolved their differences and sought common ground. She says that observing and being part of that phase "was an enormous gift."

Dana's first clergy appointment was to St. Paul's Anglican Church in Essex, near Windsor where she served as priest for four years. She then moved to St. Columba Anglican Church in Waterloo for four years, at which time she retired from active ministry. However, she became an Honorary Assistant at St. John the Evangelist Church in Elora until she moved to Ottawa at the beginning of the pandemic.

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*Page 3: Photo by Avery Evans on Unsplash, May 25, 2022.*

*Page 12: Screen shot of the CTV Ottawa interview with Colette Downey and Peggy Nankivell on Friday May 26 courtesy of CTV Ottawa Morning Live .*

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*The Family  
Chapman on  
Easter  
Sunday:*

*Theo,  
Reverend Geoff,  
Zoe and Sarah*





# PASTORAL CARE AT ST. MATTHEW'S

THE REVEREND KATHERINE TAIT

*(Those who were baptized) devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and to the prayers. Acts 2:42*

Pastoral care is described as emotional, social and spiritual support that has been found since ancient times in all cultures and traditions. It became an important ministry in the early church when deacons were charged with caring for the well-being of members of the Christian community, as illustrated by the quotation above from the Acts of the Apostles.

The venerable tradition of Pastoral Care carries on today at St. Matthew's and was vital during the pandemic when we were restricted in our movements and socialization. Some of our parishioners experienced a sense of isolation and loneliness because being present in person with each other was not possible.

As a result of these constraints, the Pastoral Care Team developed creative strategies to maintain contact with parishioners during that time. Phone calls, sending cards made by our young people or delivering delicious home-baked cookies at Christmas were some of the means by which we offered our outreach. As a faith community, we also stay in touch by sending issues of the *Pulse of the Parish* four times a year.

Now that person-to-person Pastoral Care is permitted, we have resumed in-person visiting to share in conversation and, at times, the Eucharist.

Mollie Stokes has been leading a small but dedicated team of pastoral visitors and has recently, through Reverend Geoff, handed over leadership of the Pastoral Care Team to the Reverends Dana Rodgers and Katherine Tait. Mollie and others will also continue to participate in the work of the Team.

At present there are about twenty-five parishioners on the list of those who are recipients of contact from the Pastoral Care Team. If there are any who would appreciate having his or her name added to this list, please let the office know and we will make sure someone will be in touch with you.

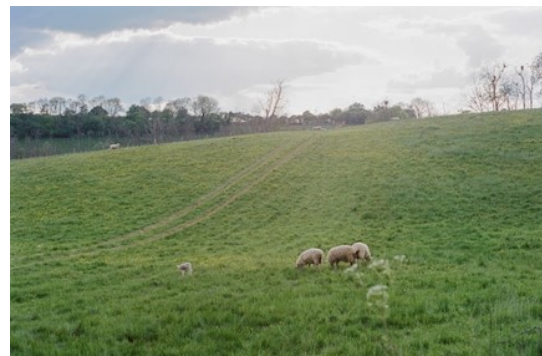
In addition, I have been approached by the Glebe Centre about the possibility of parishioners being interested in

volunteering there, perhaps including in their palliative care program. It is hoped that the Volunteer Coordinator Bridget MacInnis will come to St. Matthew's soon to let us know about opportunities for volunteering at Glebe Centre.

Might you feel called to join the Pastoral Care Team? If you do, we would be delighted to hear from you. The Ottawa Pastoral Care Training Program ([Ottawa Pastoral Care Training Program](#)) provides a 10-week series of classes, either in-person or online, to prepare pastoral visitors for this ministry.

Sharing the gift of our time and care brings consolation to both the visitor and to those who are being visited. There is depth and kindness and warmth in this relationship. And in so doing, we are following in the steps of Jesus through Paul's injunctions to the early church, 'therefore, encourage one another and build one another up, just as you are doing.' (1 Thessalonians 5:11) and 'so then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.' (Galatians 6:10)

Many people at St. Matthew's give generously of their time and talents to a variety of volunteer organizations. Grateful thanks for all that you do.





*From L to R: Bishop Shane Parker, Isabelle Martel, Yvonne Martel, Hugo Honeywell-Dobbin, the Rev. Geoff Chapman*

On the Eve of Pentecost, May 27, 2023, 14 candidates from five parishes (St. Aidan's, Christ Church Aylmer, St. Stephen's, St. Matthew's and Christ Church Cathedral) were confirmed at Christ Church Cathedral by Bishop Shane Parker. There were three candidates from St. Matthew's: Hugo Honeywell-Dobbin, Isabelle Martel and Yvonne Martel.

The service was lovely. The Cathedral was decorated with beautiful flowers, and clergy from all the parishes gave the service a special character. The choir was outstanding and the Rev. Rosemary Parker from St. Aidan's gave the homily.

Congratulations to our confirmands, Hugo, Isabelle and Yvonne!  
Denis Martel

## IN THEIR OWN WORDS ...

Hello! My name is Yvonne Martel and I am 14 years old. I am finishing Grade 8 at the College St-Joseph de Hull in Gatineau. I'm in the Art and Multi-media programme. It was important to me to be confirmed by Bishop Shane because it allows me to follow the path of God and to learn more about Him. My favorite part of the service was having the opportunity to visit the cathedral for the first time. Also, I was very happy that my family, in particular my grandma and grandpa, could attend the ceremony. Some of my hobbies are dance and I also do diving. In the Winter, I like to do downhill skiing.

Hi! I'm Isabelle Martel and I've been going to St. Matthew's for 16 years and I'm 16 years old. So, I have basically been in the parish for my whole life! Being confirmed was important to me to solidify and confirm my faith with God as well as my connection to the church. I

really liked it when the Bishop called all the people to be confirmed parish by parish to the front of the church until we were all together. Afterwards, I really enjoyed that we each had an individual time with the Bishop. I go to College St-Joseph de Hull in Gatineau and I'm graduating this year. I do track and field, running with the Ottawa Lions. I also like to play the guitar.

Hello, my name is Hugo Honeywell-Dobbin and I'm in Grade 8 in French immersion looking forward to attending Lisgar High School next year. I'm an avid angler and conservationist with a passion for aquatic ecosystems. I like spending time outdoors exploring on my own, with my family, or with the Macoun youth field naturalist club. My interests also include karate, drawing, and Dungeons & Dragons. This year, I've started taking guitar lessons at St. Matthew's, which I really enjoy.



## WARDENS' WORDS

Summer is fast approaching, or judging by the temperatures, it's already here. As our thoughts turn to holidays and relaxation, it is a good time to think about how much things have changed at St. Matthew's – or more appropriately – changed back. Under the leadership of our Rector, Rev. Geoff Chapman, we enjoy and are nourished once again by in-person worship services.

Our choir has returned in full, not only providing music for Sunday worship, but also, under the able leadership of Dr. Bob Hall, our Director of Music, has offered many musical events, from silent movie shows to an offering of Coronation Music. Sunday School is back and we are about to hire a new Youth/Sunday School Coordinator, who will join us later this summer to prepare for the fall program.

The parish is alive with dinners, Souper Sundays and special events. Our fundraising program continues with a very successful Great Glebe Garage Sale, ongoing sales at the Treasures Boutique and plans for another auction this Fall. Many capital projects are under way with repairs to our heating system (again!), restoration of another stained glass window, replacement of the First Avenue door, replacement of the parking lot fence (shared with our Condo neighbours) and the completion of a study on the state of our foundations.

The Reverends Katie Tait and Dana Rodgers, two of our Honorary Assistants, are taking on a major role in providing pastoral support to those who cannot attend church due to age or illness. They are also actively involved in our prayer ministry.

This year marks 125 years since the first worship service of the new parish of St. Matthew's. It was held on January 9, 1898, in a room above a grocery store. Before that year was out, the parish had acquired four lots at \$300 each and completed the construction of the first parish church. By the 1920s, the twice expanded 900 seat church had become too small for the growing congregation (imagine!). Work on our present church building was completed in 1930. So 2030, just 7 years from now, will mark the centenary of the building we know and love.

That old lady is showing signs of wear. A recent study by Robert Martin Architects has examined the foundations and issue of water infiltration and mould in the base-

ment. The good news is that the building is not falling down. The bad news is that it is going to cost about \$600,000 to address the issues identified in the study.

On top of that, our heating system is incurring ever greater annual maintenance costs. Replacing the existing system with a modern "green" system could cost \$300-\$500,000. Then there's the organ, which has parts that don't work at all and others which are becoming less and less reliable. And that doesn't even begin to address opportunities for new programs and mission.

Over the summer, your wardens will be examining options for addressing this significant financial challenge and will be looking for opportunities to access outside funding and partners. However, much of the funds required will need to come from donations by parishioners. We will be preparing background information to stimulate discussion at a Parish Council meeting planned for September.

Enjoy the summer, and if you want to weigh in on how to address our building issues, feel free to contact one of your wardens.

Jim Lynes  
Denis Martel  
Debora Fleming  
Charles Nixon

Rector's Warden  
People's Warden  
Deputy Warden  
Deputy Warden



**Postlude**  
Paean of Peace by Robert Hall

# FINANCE AND STEWARDSHIP REPORT, JUNE 2023

PAUL WEFERS BETTINK

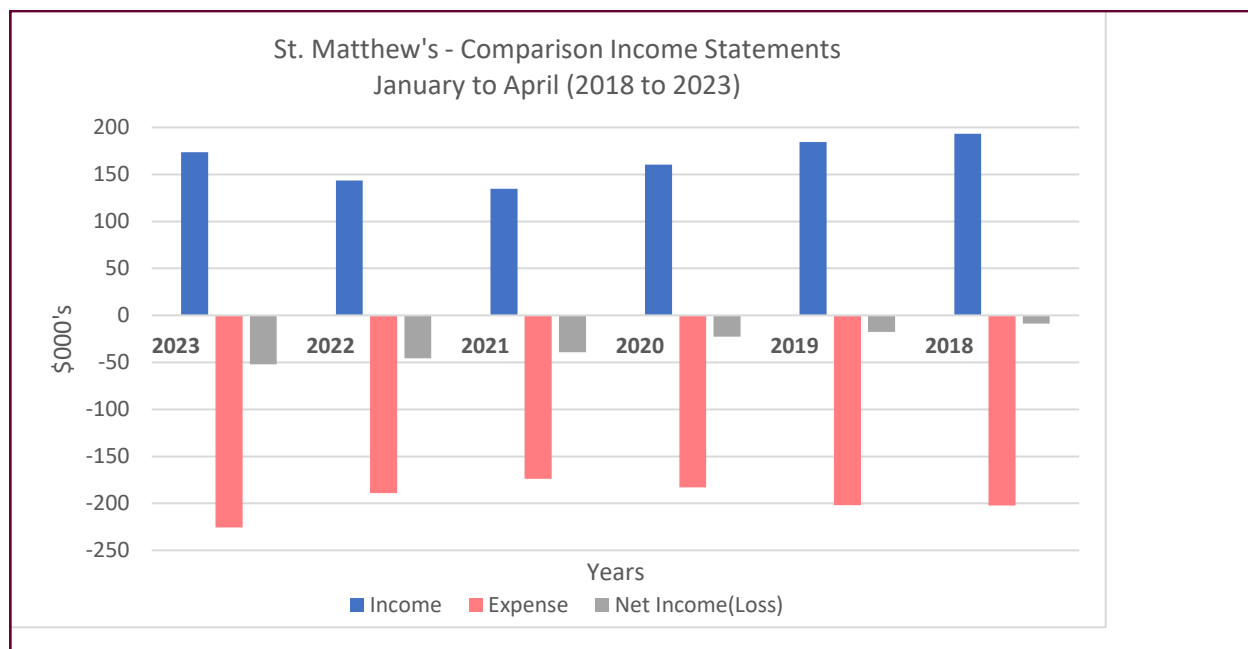
**(Warning: Beware! This article contains graphs)**

The graph below compares our income and expenses (income statement) for the first four months of the year for the years 2018 to 2023. In each of these years, there is a negative net income (loss) position during these first few months of the year. Our revenues this year (\$173.5 thousand) are starting to approach levels that we had back in 2019 (\$184.4 thousand) and 2018 (\$193.3 thousand).

This year's level of revenues is a considerable improvement to what we experienced during the Covid-19 years of 2020 to 2022 and suggests a recovery from this period.

Attendance has improved and more activities have been held (e.g. concerts and other fund raising events). With this increase in activities there has been an increase in expenses (\$225.6 thousand) during the same time period compared to the years of the pandemic.

Therefore, our net income position has a lower negative value (\$52.1 thousand) compared to previous years. My understanding is that our April revenue position should be higher, since a significant deposit for that month was made on May 1<sup>st</sup>, which is not reflected in this graph.



While having a negative income position is not a good thing, it is a normal situation for our church during the first four months of the year. Our expenses tend to be consistent over the year (e.g. personnel, utilities, repairs), whereas our revenues tend to be lower in the early months of the year, but increase in the later months (i.e. the famous hockey stick trend).

There are many signs for confidence for our church with a recovery in our attendance numbers and increasingly optimistic mood (e.g. more members of our choir, including some younger voices).

This past month, our Great Glebe Garage Sale brought in a record-breaking amount of income (perhaps from selling so many old records (little joke)).

The Finance and Stewardship Committee is sensitive to our overall financial situation. Can we improve flexibility in making donations that reflect new technology? Are there ways to improve our attendance (not only from a financial perspective, but for the vitality of our parish)?

Things to think about and act upon.



# GARDENS AND GROUNDS AT ST. MATTHEW'S: IT'S SPRING!

MARY GLEN

To keep us hopeful, God gave us Spring!

And what a lovely, steady entry the season has made this year despite the sudden burst of untimely heat in late March. Those attending services and concerts and otherwise coming and going the past couple of months will have noticed evidence of new growth and welcome colour in the St. Matthew's gardens and the greening of the lawns.

Your **Gardens Team** (Judy Billingsley, Robina Bulleid, Joan Lawrence, Judy Maxwell, Lucianne Poole, Steve Reid and Mary Glen) has been performing myriad tasks to awaken, replenish and feed the perennial beds; contributing to the Creation Matters Team's Greening the Church initiative by recycling the abundance of spent coffee grounds generated by the weekly Coffee Hour; and encouraged by Hugo Honeywell-Dobbin's enthusiasm, adding more bee-friendly plants and annuals to those already flourishing in the gardens.

In the midst of this, the team fulfilled its Auction undertaking to provide a morning's Spring Clean-up in the winning bidder's garden on a brilliantly sunny and just-warm-enough mid-May day. Our work last year resulted in a repeat performance, the lucky recipient so enthused she bid and won us again!

We garden in tandem with your vigilant and hard-working **Grounds Team** (Robina Bullied, Bob Richards, Ava Hammond and Ian Glen).

In addition to weeding, reseeding, watering, mowing and trimming the lawns, they ensure we have hoses and watering cans, garden waste receptacles, rich soil and mulch, all within easy reach. With the recently planted maple and red oak on the First Ave side and last fall's new maple sapling replacing the successfully removed ailing tree on the Glebe side, the team is ensuring that all three are kept well-watered as they settle into their early years of growth.

Be sure to notice and be uplifted by our beautiful building's surroundings, and please approach any of us to express interest in joining in. We are seeking expressions of interest from you. Get to know the terrain this year and join the team early next year. We are a friendly, florally focused and sapling savvy group!

*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 Clean-up Team from L to R:**  
Joan Lawrence, Lucianne Poole, Judy Maxwell, Steve Reid, Tony Maxwell, Mary Glen, Judy Billingsley. Absent: Robina Bullied

# ON GUILT AND VIRTUE, AGAIN

IAN GUTHRIE

In recent years many people have come to the realization that our beloved countryside and, indeed, the whole of the natural world of our planet, are our neighbours just as much as the rest of humanity, and that we are required to care for *all* in the 'beloved story'. I try to be a citizen with care for our environment in the forefront of my mind as I go about each day, but I do sometimes wonder if caring for the environment diverts us (me?) from other aspects of my humanity.

Some months ago, a friend, not a close friend but more than an acquaintance, experienced a catastrophic medical emergency, not life-ending but disabling. As a result, he had to enter a long-term care residence where he could have the supportive care he needed. The staff in this residence are amazing, angelic?

And this is where conflict emerges for an ecologically oriented person. (Am I claiming virtue here?)

My friend's LTC is across the city, twenty-nine km each way from where I live. My humble auto consumes around four litres of gas to accomplish this, which was probably more on the slow winter grind of the journey the first time I visited him. I have no idea of the weight of pollutants such a trip produces but imagine that it is considerable.

So now I have guilt from the pollutants damaging our planet, a negative on the virtue scale, from a trip to visit my friend. Am I over-sensitised? The Gospel tells us that to visit an ailing friend we earn points on the virtue scale, 'so much as you do it for him you do it for Me.' Does the pollution created, guilt, balance visiting a friend, virtue?

I could get there on public transport - less polluting? - but this would probably consume most of a day. (I am even at the point in the age of living ... actually well past it .. in which I could travel for free on a Wednesday).

Do I fail to fall asleep at night wrestling with this? I am afraid not. Perhaps I should, but it does come to mind frequently if I wake in the night.

I do speculate on whether it is possible to care so much for the environment that such thoughts overwhelm other legitimate and worthy activities. Will the Great Recorder at the end of days (St. Peter?) point out my infrequent visits to an incapacitated friend, and accept my response that I was showing care for the planet, God's Creation?

Is there anything in the New Testament, or anywhere else in the Good Book, which will reconcile this conundrum for me?

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Continued from page 1.

How is it that Dana has chosen to join us at St. Matthew's? Knowing that she would be moving to Ottawa, she sought out online worship services to acquaint herself with churches near where she would be living when she moved. She was very taken with the services from St. Matthew's with Rev. Geoff's presiding and with the music and the choir.

The first time Dana worshipped with us, Janice Sonnen greeted her warmly at the door, and when she returned two weeks later, Janice welcomed her again, remembering her name! These things together have helped Dana find a faith community at St. Matthew's.

She is looking forward to being here with her family. Her son David and his wife Lindy, who have two sons, Daniel and Benjamin, live nearby. And her daughter Katharine, her husband David and their son Maki will be moving here from Guelph shortly. The family is delighted that Maki has just gained acceptance to McGill University and will commence studies in engineering this fall.

At St. Matthew's, as Dana begins this new chapter in her ministry with us, she is looking forward to offering leadership for the Pastoral Care Team along with the Rev. Katie Tait. Do say hello when you see her .. and remember, she is Dana Banana ...



# CORONATION CONCERT ... A ROUSING SUCCESS

MARGRET BRADY NANKIVELL AND VALERIE NEEDHAM

On April 30, 2023, the Sunday prior to the Coronation of King Charles III, St. Matthew's Choir, under the direction of Dr. Robert Hall, presented a magnificent concert of Coronation Music. Although it was a dark and stormy night, an enthusiastic audience of 200 people welcomed this stellar return of concerts by the choir of St. Matthew's and expressed its appreciation at the end with a lengthy standing ovation.

The program began with four coronation anthems composed by G.F. Handel, originally performed at the coronation of King George II in 1727. Probably the most famous of these is the stirring anthem *Zadok the Priest*.

The program also included works by Anglo-Canadian organist and composer Healey Willan, composed in 1953 to honour the coronation of Queen Elizabeth II, and Hubert Parry's inspiring anthem *I Was Glad*. Rounding out the program was a transcription for organ, piano and percussion of the exciting *Crown Imperial* by William Walton.

"There is a long tradition of 'Occasional Music' in Britain, that is, music that is written for occasions or in this case grand occasions," said Hall. "The works in this concert

were all wonderful examples of that, having been written for coronations, and almost all of them have achieved lives far beyond those occasions."

For example, Parry's "I Was Glad", written for King Edward VII's coronation in 1902, has been sung at several coronations and at the weddings of Prince Charles and Prince William. It is a mainstay in the anthem repertoire of Anglican churches worldwide.

The concert ended with the choir and audience joining together in a resounding rendition of two verses of "God Save the King", for which we were joined by Rev. Geoff and Christine Hansen on French horns.

The concert was generously supported by sponsorships from the parish and freewill offerings received on the evening of the performance, resulting in a surplus of \$2,200 after expenses. What a pleasure it was to hear the choir in full voice, singing this glorious music so ably!

*(Ed. Note: Some weeks later, I was at Costco and was approached by a couple I did not know, who recognized me from the concert and said, most enthusiastically "Wasn't it amazing!". They were full of appreciation for the joy of the music that was still resonating with them.)*













# THE GREAT GLEBE GARAGE SALE 2023

MARGARET TERRETT

It's hard to imagine that it's over and we managed to excel once again. Perhaps it was the fabulous sunshine or perhaps it was the joyful greeting people received when they did transactions with the St. Matt's team. No matter the reason, 2023 was a record setting year.

We started with collecting donations after the flood season only to be introduced to a second flood season at the end of April. Fortunately, only a few things were lost thanks to the herculean efforts of Ian Glen and Robina Bulleid who vacuumed water several times a day. Major sorting took place without having to don rubber boots.

The week of the sale people were at the church polishing and cleaning for the Premium Table, sorting books, and organizing donations for the White Elephant table. Janice Sonnen, as ever the hostess, organized sandwiches and sweets to keep everyone's energy up and ready to do more. Ian Glen took on the responsibility of finding and repairing tables so that each sale section (White Elephant, Books, Premium Table) had the wherewithal to display their wares. He also cleaned out the Canadian Tire supply of laundry baskets for sorting items. A brilliant idea on many levels.

Ian also contacted Glebe Collegiate to ask for volunteers to help carry tables and baskets of merchandise. The students received volunteer hours which are needed for graduation and we got much needed youthful legs at the beginning and the end of the day. It seemed that the students really enjoyed being part of the team.

The book tables were well-organized as usual and as a result very successful. Imagine how many books need to sell when each book costs \$1 or \$2 and the total sales were well over \$4,000.00. That gives you an idea of the number of books that were sorted by Carolyn McMaster and her dedicated team.

The kitchen was humming because several people joined the wash and polish brigade for the week prior to the sale where hundreds of items were beautified and priced for the Premium Tables.

Many people worked getting donations to the church, carrying them to the sorting area, deciding what items were designated premium and what was not. It is often a mistake to mention people for fear of missing someone but here goes: Janice Sonnen, for tireless enthusiasm and asking about details that may be overlooked, Carolyn McMaster and her sorters, Jean and Jim McCarthy, Pam MacKenzie, whose trained eye can spot a premium item at 20 paces, Ian Glen, whose infectious enthusiasm kept all of us ready for more, Robina Bulleid, who pitched in when a person needed more help, Peggy Nankivell, whose buoyant personality and sense of humour makes it fun to work, and Mollie Stokes and her team who brought refreshments to the sellers during the hot day and kept us hydrated.

A big thank you goes to the counting team. With a separate group that comes in at the end of the day, the sellers can go home and bathe their aching feet and know that later on that night Michael Goddard will email the results.

In monetary terms this was the best year ever -- just over \$14,000.00. But the joy we had working together, the buzz of the sale and the people participating can't be measured by dollars and cents. It's priceless.

St. Matthew's will be sending \$2,250 to the Ottawa Food Bank which represents 10% of sales from the GGGS and online boutique sales, year-to-date. A further donation will be made in December. The GGGS is the charity officially supported by the Glebe Community Association which organizes the Great Glebe Garage Sale.



*Photo Left: Peggy Nankivell and Colette Downey, Chair of the Great Glebe Garage Sale on CTV's Morning Live Ottawa, May 26, 2023*

*Photo Right: The much-appreciated refreshment team, from L to R: Mollie Stokes, Judy Maxwell, Janice Sonnen, Kathy Laffin*











## FACES UPDATE: NOOR AND OMAR MOVE IN!

TOM MARTIN

After surviving an earthquake and subsequent tremors in Turkey, Noor and Omar travelled to Istanbul, then Frankfurt, Toronto and finally to Ottawa. They arrived tired from the long trip, including delays due to an ice storm, but were most excited to finally be here. A warm FACES contingent greeted the relieved couple at the airport.

They stayed with Noor's brother Mustafa, who himself was sponsored by FACES in 2018. After a month with Mustafa in his smallish one-bedroom apartment, Noor and Omar moved into their own new apartment. Mustafa works for a company who maintains the apartment building and arranged to have the apartment updated and refreshed before they moved in.

Thanks to the many wonderful items donated by parishioners and friends we were able to provide almost a fully furnished apartment with a well-equipped kitchen. All the items had been collected and stored in St. Matthew's basement.

The big move took place on Sunday May 7<sup>th</sup> starting with an impromptu coffee with parishioners at the Sunday service coffee time at the back of the church. With the loan of a large truck, the FACES team moved Noor and Omar in. Unpacking the items donated was like Christmas for the couple. They were somewhat overwhelmed by all the generosity and were very appreciative of everything that had been given to them by complete strangers.

Noor and Omar hosted a dinner in their new home as a thank you to the FACES team. The food was absolutely delicious! Noor is a fabulous chef, cooking an array of

traditional dishes including chicken bryani, dulma, borek and fattoush salad.

Both Noor and Omar have received high gradings for their English proficiency (Level 6). They are currently refining their language skills taking English classes daily. They have set up bank accounts, received their permanent resident cards and Social Insurance Numbers and are registered with OHIP for health care. Omar has his G1 drivers' licence and is learning to drive in Canada under the instruction of his brother-in-law Mustafa.

Both Noor and Omar are university educated and are working on having their degrees assessed for equivalency in Canada (apparently a 6-month process). They are both seeking employment in their respective disciplines.

Omar holds a BA in Food Science & Biotechnology Engineering and is seeking a position in the dairy/food industry, or any other job as an agriculture specialist. We hope to introduce him to Agriculture Canada for opportunities. He also has work experience as a graphic designer and is eager to work, already having attended a job fair mounted by OC Transpo.

Noor holds a Masters degree in Biochemistry and Technology and would like to work as a lab technician in healthcare.

We are amazed at this couples' enthusiasm and energy. It has only been two months since they arrived, but they are already settling in well.

We wish them all the best in their new life here in



Moving Day



The Moving Team



The Moving Team



From L to R: Mustafa, Noor, Omar



The Housewarming Party



# ST. MATTHEW'S CELEBRATES EARTH DAY

BILL NUTTLE

St. Matthew's celebrated Earth Day 2023 in conjunction with a Souper Sunday gathering after the 10:30 Service on Sunday, April 23. Members of the Creation Matters group hosted informative displays. About 40 (my guess) attendees were invited to test their knowledge with a Carbon Quiz or launch a quest to become a Climate Champion. Here is some of what was learned.

**How far can Bliss go in his electric car?** Bliss Tracey and Derry Neufeld made themselves available to share their experiences from trying to live more lightly on the Earth. For the last five years Bliss and Derry have driven an electric vehicle, eliminating 2 ½ tons of greenhouse gas emissions per year and saving about 90% on fuel costs.

The upkeep costs are much less than for an equivalent gasoline-powered vehicle. Surprisingly, several people who visited the table said they already owned an electric vehicle or had one on order. (Their 2018 Nissan Leaf gets about 250 km on one full battery charge of 40 kilowatt-hours. Newer models can travel farther on a charge.)

**What can you do with plastics that don't go in the blue bin?** Adelle and Owen Farrelly were ready to help people navigate the complexities of the City of Ottawa's recycling program. Recycling plastic is a particular challenge for a number of reasons, and there are some plastic items that the city will not even try to recycle. For this

reason, Metro grocery stores stopped using single-use plastic bags last year. And, they now provide a drop-off service for recycling some common items that should not go in the city's blue bin, including plastic film used for packaging, bubble wrap, and plastic mailing envelopes.

**How can you "green" your diet?** You can reduce your impact on the environment by adopting more vegetarian dishes into your repertoire, eating less meat, and relying on local sources of food, including your own garden. Virginia Lindsay displayed vegetarian cook books on offer to spur the imagination, including one written by Mary Glen based on her experiences living in India. Julia Lipinska organized a seed and plant exchange to encourage and inspire gardeners.

**What is your carbon footprint?** In case you don't already know, your carbon footprint measures your impact on climate change by calculating the amount of greenhouse gas generated by everything you do. Your carbon footprint allows you to put your lifestyle under an environmental lens. Lenore Fahrig created a Carbon Quiz to encourage people to think about what we can do that will have the greatest impact on reducing climate change. Is it adopting a strict vegan diet? Replacing the gas furnace with an electric heat pump? Or, forgoing that roundtrip plane trip to Australia? (Don't fly.)



# “JESS: ECO-CAT” SALES TOP \$600

## CALICO’S CBC INTERVIEW A HIT

MARGRET BRADY NANKIVELL

An interview of Miss Jessie on CBC national radio has boosted sales of her St. Matthew’s eco-cat advice booklet “A Guide for Cats Who Care.” At \$10 each, the revenues help fund our Green Team initiatives and she has raised enough money to purchase a reverse-osmosis water treatment system for St. Thomas Anglican Church in Moose Factory, Ontario. The new system, ordered for our partner church’s parish hall, will save on the use of plastic bottles there.

The 18-year old calico and accomplished feline writer (yes, she does need help with a human keyboard), was nominated as a climate champion on the popular CBC radio show on environmental issues: “What on Earth with Laura Lynch”. Jessie was interviewed by the show’s producer Rachel Sanders in a final segment of the one-hour program and she meowed on cue very nicely.

Jessie says she enjoyed the experience, especially because before the interview she was given a pinch of locally sourced cat-nip to steady her nerves.

Copies of the booklet are sold through St. Matthew’s online Treasures Boutique and were on display at the church’s recent Earth Day celebration and lunch.

Jessie hopes the publication will inspire eco-cat activism across Canada and is pleased that she has several new “paw pals”. These include Callie in Courtenay, BC (who suggested the term paw pals), Haddie in Chateaugay, Quebec, and Pickles in Kitchener, Ontario.



Pickles

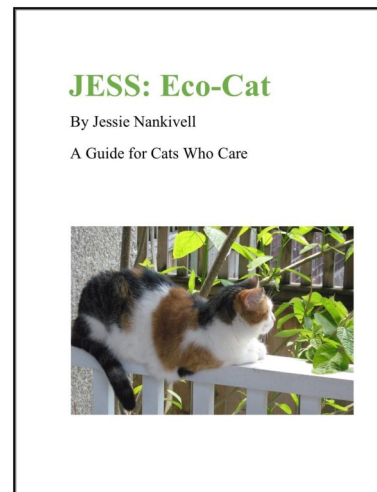


Callie



Haddie

Miss Jessie’s Paw Pals



The booklet includes a dozen tips for ways cats can help conserve the environment such as drinking from natural water sources such as rain puddles, avoiding car travel, and reducing food waste. Dogs can learn some lessons from the booklet too.

Her other publications include “Cat Tips in Covid Times”, “A Cat’s Christmas in Covid Times” and “Jessie’s Favourite Recipes” with sales going to St. Matthew’s outreach projects.

The success of her eco-cat booklet has been a big breakthrough for Jessie, though. As one reader emailed, it has been “a CATegorical success.”

*Footnote: Jessie has been blessed several times at St. Matthew’s Blessing of the Animals service, including when she was just a little kitten.*



Miss Jessie’s humans ..  
Peggy and Neville Nankivell



# RESTORATION OF THE GARDEN OF GETHSEMANE WINDOW

BILL NUTTLE AND PETER RIDER

Just as the arrival of Spring brings new shoots, flowers, and other signs of renewal in our gardens, this Spring at St. Matthew's brought the restoration of our spectacular *Gethsemane* window. Located at the front along the west side aisle, this window depicts Jesus in the Garden of Gethsemane during the night after the Last Supper and before his betrayal and arrest leading to his trial and crucifixion, at the moment when he accepts the fate that God has ordained for him.

The *Gethsemane* window is one of only two at St. Matthew's created by Robert McCausland Limited of Toronto. This stained-glass studio, founded in 1856, is the oldest in North America, and its works are distinguished by their design elegance, artistic sophistication and quality construction. The other McCausland window, *Feeding the 5000*, also located along the west side aisle, was restored in 2022.

These windows were installed soon after the church building was constructed. Their restoration is part of the ongoing process of keeping a nearly 100-year-old building running, and it also reflects our commitment to maintaining St. Matthew's as a vital part of the surrounding community.

The window is dedicated to the memory of Emma Margaret Payne Veale and was given by her husband, Philip Henry Veale, and family. Mrs. Veale was born in Ottawa on August 2, 1867, the daughter of Mr. and Mrs. Abraham Payne. She died suddenly on December 29, 1934 after a short illness, having lived her whole life in the city. At St. Matthew's, she was active in the Women's Auxiliary, the Women's Guild, and several other organizations.

The Rector, Robert Jefferson, commented that "her charming disposition was a byword among the members of St. Matthew's." Others remembered her "good works" and her "generous" service and contributions to church activities.

Her husband was Ottawa's Assessment Commissioner. He had also

been People's Warden from 1921 to 1926. The funeral thus reflected his stature, as well as the esteem with which his wife was held. The service featured the full choir, several priests and the presence of the Mayor and City Council. Beyond St. Matthew's parishioners, the congregation included civic officials, members of the business community and an athletic club, and representatives of the press.

The *Gethsemane* window (see photos on page 19) is the second of three windows flagged for immediate attention when all the stained-glass windows were inspected in 2021. Normal aging can cause the windows to sag and bow outward, which makes them more vulnerable to breaking. This phenomenon can be seen in the third window slated for immediate restoration, the window on the south wall in the Chapel nearest the back of the room.

Restoration of the *Gethsemane* window involved removing and completely disassembling the two large, lower panels, thoroughly cleaning all the pieces, and then re-assembling them into a new lead framework. The restoration work was performed by Heritage Glass, an Ottawa firm, assisted by restoration expert Brian Eagle. This is the same team that restored the *Feeding the 5000* window. The restored window is expected to last longer than the original, because a stronger lead alloy was used in reassembling the panels.

Other signs of renewal to look for at St. Matthew's Church are two newly-planted trees along First Avenue and a new fence in the parking lot. A replacement for the First Avenue entrance door is in the works. And, of course, our gardens are thriving under the loving care and expert attention of the gardens and grounds crews.





# SHAPE OF PARISH MINISTRY CONSULTATION - AN UPDATE

CHARLES NIXON

At Synod last October, three proposals to move the Shape of Parish Ministry Consultation forward were resoundingly approved and committed us all to these new proposals.

You will perhaps recall these general directions from an article in the March, 2023 *Pulse of the Parish*.

1. Shape of parish ministry: strengthening for the future
2. Lifelong formation: nurturing parish ministry
3. Engagement with the world: contextual mission and new worshipping communities

So what is new? In mid-March, Bishop Shane released 11 Actions that will make the three proposals real for everyone, including a timetable and process for approvals for each.

These Actions are:

1. Building ministry resources and knowledge
2. Developing strategies to engage with the world
3. Guiding major parish changes
4. Stimulating innovation and collaboration
5. Reviewing parish fair share
6. Using dividends for parish ministry costs
7. Bringing clarity to parish governance
8. Training and support for parish leaders
9. Providing services to parishes

10. Equipping parishes to thrive

11. Funding parish engagement with the world.

Leads have been named for each Action, either clergy or diocesan staff, including Bishop Shane himself for some of them. A number of the Actions will come back to Synod this October for approval regarding how to proceed.

The Bishop said in releasing these 11 Actions that it will probably take 18 months to put these in place and another 18 months to ensure they have fully taken root.

Yes, these 11 Actions have implications for St. Matthew's (some more than others as we are considered a stand alone parish). Reverend Geoff is bringing together the current Synod representatives to ensure St. Matthew's is engaged, as required, leading up to this Fall's Synod. We will continue to provide updates around the progress of these initiatives through the *Pulse of the Parish* as the implications for us become clearer.

This is an important time for us and for the Diocese as the Shape of Parish Ministry Consultation leads us to find new ways to thrive. If you would like to read more detail around the 11 Actions, please follow this link ([Eleven Actions](#)).



Repairing the Garden of Gethsemane Window



# SALAD GARDENS HOSTED BY CREATION MATTERS

DERRY NEUFELD

Saturday, May 20, we woke up to the sound of rain and trepidations about our second “Salad Garden in a Pot” event. Would we have to cancel it? Could we still hold it outside the First Avenue door, or would we have to hold it downstairs? However, when our fearless leader Marg Terrett arrived, equipped with a tent and – most importantly – the knowledge of how to put it up, all our fears melted away!

While the ladies put up the tent, Bill Nuttle and helpers brought up long tables for displaying our wares and for people to put together their own gardens. The wheelbarrow was filled with soil and peat moss, an enticing pile of large, wide pots stood by, and we were ready to greet our patrons.

The principle of the event was to introduce reluctant gardeners to a simple way to grow some of their own food in a convenient, non-threatening fashion. Don’t have a yard? -- no problem! A “salad garden” is just the right size for a balcony or to display next to the front door. Have young kids and no time for a proper garden? --no problem! Kids love the idea of choosing their own seeds, planting them, and seeing them grow. In the process, depending on their age, they can learn basic plant care, (for example, what happens if they forget to water them!)

We provided a good selection of appropriate seeds to choose from, including two kinds of radishes, carrots, beets, Swiss chard in rainbow colors, and many different kinds of lettuce. Since it is encouraging to have some items in your pot that are already growing, we also brought popular plants from our own gardens such as

parsley, chives, garlic, and both white and purple onion bulbs. These were supplemented by the very popular cherry tomato and basil plants from Mary Reid’s Green Thumb Garden Centre.

So how did our second Salad Garden Event turn out? Despite the wet weather, we welcomed 12 enthusiastic gardeners, including some who had signed up but also several passers-by. We finished the day tired but still full of enthusiasm, and since we still had pots and plants, we decided to continue the event the next day after the Sunday service. The weather was much better then and we were able to accommodate another dozen prospective gardeners.

All of the people who came were happy to have an opportunity to try gardening on a small scale. Fortunately, they were also happy to make a donation towards the cost of materials. In fact, we both covered our costs and collected a modest amount in excess to use for other Creation Matters events as needed, or perhaps for next year’s Salad Garden in a Pot event!

Thanks to Mary Reid and the Green Thumb Garden Centre, we had soil and pots for everyone, as well as expert advice on selection of appropriate seeds and native plants.

From the Creation Matters team were Virginia Lindsay Derry Neufeld, Bill Nuttle, Adele Farelly and Marg Terrett. Owen Farelly was once again our junior “tour director” who expertly guided each guest through the process of filling their pot with soil, choosing seeds and plants-- including labelling them using popsicle sticks! - and finally planting their chosen plants.





# CREATION MATTERS BOOK REVIEW:

## *THE FUTURE IS NOW ...*

BLISS TRACY

*The Future is Now: Solving the Climate Crisis with Today's Technologies, Bob McDonald (2022)*

Bob McDonald is well known to CBC Radio listeners as the host of the popular science series, "Quirks and Quarks". He can explain how things work in terms that are readily comprehensible to the lay person and can focus on ideas that are relevant to Canada. In this book he offers us a dose of optimism in dealing with the current climate crisis. He says we already have the technologies to generate all the electricity we need without emitting greenhouse gases. He sets aside the question of political will to implement them but rather points out that these technologies are being increasingly utilized world-wide and subject to constant improvement.

To begin with, all living things on earth derive their energy from the sun – green plants directly by photosynthesis and all other creatures indirectly from food chains depending on green plants. Throughout most of human existence we have burned wood, containing sequestered sunlight, for additional heating and lighting. Even fossil fuels – coal, oil and gas – represent the accumulation of sunlight energy in decaying vegetation over millions of years. The problem is that we have been releasing all this carbon in just a matter of decades.

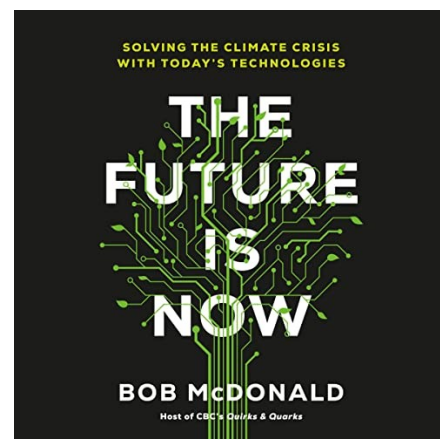
The total amount of sunlight power falling on the earth's surface is about one kilowatt per square metre. Modern solar panels have become competitive in price and have achieved efficiencies of about 20%. Roof-top panels can now supply the electrical needs of the average household. On a much larger scale, fields of solar panels are appearing in the deserts of the American southwest. India, a country heavily dependent on coal, is now constructing a 2050-megawatt solar park, enough to replace a large coal-fired plant. Ontario gets only 2.4% of its total power from solar. This is not likely to become a major power source in Canada because the days are too short in winter, and skies are often cloudy.

Winds are produced by sunlight heating the earth's atmosphere. As far back as 5000 BCE, Egyptians were transporting goods up and down the Nile in wind-driven boats. The age of great exploration was made possible

by the winds. Windmills, which were used for centuries to pump water and grind grain, have now morphed into giant wind turbines, capable of generating megawatts of power. McDonald explains the extensive research that has gone into turbine design to achieve maximum output. Winds now produce 8.7% of electric power in Ontario and 12% in Alberta. Turbines do take a toll on birds and bats which fly into their blades. They also produce ultra-low vibrations which are annoying to people nearby. Offshore turbines offer a way out of these drawbacks and also winds are stronger and more consistent at sea.

There are other forms of energy besides sun and wind. Iceland and New Zealand have geothermal sources close to the surface which provide space heating and electric power generation. In Canada we can make use of ground-source heat pumps for heating larger housing developments. The gravitational force of the moon produces twice daily high tides. The 240-megawatt Rance Tidal Power Station in France has been operating for several years. Up until 2019 a demonstration project at Annapolis Royal in Nova Scotia was using the high tides of the Bay of Fundy to generate 20 megawatts of power.

McDonald also mentions Small Modular Nuclear Reactors and the prospect of controlled nuclear fusion in the future. In summary, no single technology is ideal, but a judicious combination of different approaches can completely replace fossil fuels.



## MEMORIES OF PARISH PICNICS PAST, JUNE 2018 AND 2019





## ST. MATTHEW'S REMEMBERS ...

William Kent Megill

1940—2023



Bill died on April 10, at the age of 82, surrounded by his family. Born in Ottawa to Major General William and Doris Megill, he graduated with a BSc in Maths and Physics from the Royal Military College in Kingston. He won a Rhodes Scholarship to read Russian and French at Oxford University in the United Kingdom.

Bill served with distinction throughout a long military career, commanding the Lord Strathcona Horse and as military advisor to the Canadian delegation to the arms control negotiations that ended the cold war in the 1990s. After retiring from the army, he became a land claims negotiator for the federal government. At St. Matthew's, Bill read Scripture regularly and greeted people warmly to services of worship.

Bill is survived by his wife Deirdre Nicholds, sons William M Megill (Susanne) and John Megill, grandchildren Liam and Natalie and was predeceased by his first wife, Susie. To view Bill's obituary, please go to [Bill Megill](#).

Susan Margaret Manion

1952—2023



Susan passed away on April 4 in Ottawa at the age of 70. Susan loved her family and friends and being out in nature. Her adventurous spirit inspired her to travel the world, hiking, biking and visiting her son Patrick in China, or swimming across the lake at her beloved cottage on Lac Bonin.

Susan's love of music and singing was nourished by the St. Matthew's and St. Patrick's choirs and shone brightly at her annual Christmas carolling party, where her famous baking stole the show. Susan's life was enriched by many dear friends, especially her sister Cath, who brought her joy, counsel, and most importantly, laughter.

She will be profoundly missed by her three children: Thomas (Gabrielle), Patrick, and Christopher (Jessica). She was a wonderful and loving Nanny to Theo, Ruth and Lucy. To view Susan's obituary, please go to [Susan Manion](#).

Elizabeth Graham-Smith

1932—2023



Elizabeth died on May 2 at the age of 90. She leaves behind her daughters, Claire (Chip) and Jane (Steve), three grandchildren; and one great grandson.

Born in the UK, classical music was her lifelong passion, performing from a young age in England, Canada, USA, Australia. She taught piano, was an accompanist and adjudicator, and played chamber music. In her early years in Canada, she inaugurated Music and Movement classes for children and was instrumental in establishing a youth program at the NAC in Ottawa. With her late husband, Beric, she attended and performed at many Jane Austen conventions. Her flower gardens were her pride and joy.

New Edinburgh Square Retirement Residence, Ottawa, was her final home, where she had a great influence on residents with her wit and musical knowledge at her bi-monthly Music Chats. Her final chat was on April 27, 2023.

To view Elizabeth's obituary, please go to [Elizabeth Graham-Smith](#)

# 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.*

[Worship Services](#)

**Sunday 10:30 a.m.**

In-person Choral Eucharist

Streamed on YouTube

Streamed on Facebook

**Sunday 8 a.m. and Thursday 10 a.m.**

In-person Said Eucharist

**Last Sunday of the Month 10:30 a.m.**

Family Service

**First Sunday of the Month**

Evensong

### Clergy

Incumbent .....The Reverend Geoffrey Chapman  
Honorary Assistants .....Archbishop Barry Curtis  
The Reverend Katherine (Katie) Tait  
The Reverend Dana Rodgers

### Leadership and Administration

Rector's Warden .....Jim Lynes  
People's Warden .....Denis Martel  
Deputy Wardens .....Debora Fleming  
Charles Nixon  
Parish Administrator .....Catherine James-McGuinity  
Communications Chair .....Jan O'Meara  
Nominating Chair .....Helen Griffin  
Property Co-Chairs .....Bill Nuttle  
Bill Cornfield  
Stewardship Officer .....Janice Sonnen  
Members of Synod .....Randi Goddard  
Charles Nixon  
Aicha Ducharme-LeBlanc  
Lisa Sheehy

### Finance and Accounting

Finance/Stewardship Chair .....Paul Wefers-Bettink  
Treasurer .....Kathy Laffin  
Fundraising Chair .....Peggy Nankivell  
Counters .....Michael Goddard  
Contributions Coordinator .....Brian Effer

### Worship and Music

Director of Music and Organist .....Dr. Robert Hall  
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 ..... Margaret 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 Chair .....Bernard Li  
CCSAC Emergency Food Centre .....Elizabeth Kent  
Cornerstone Meal-a-Month Program .....*seeking* .....  
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 2023 are as follows: March 24 (submissions by March 17), June 9 (submissions by June 2), September 15 (submissions by September 8) and December 1 (submissions by November 24).

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



The Anglican Church of Canada

Website: [www.stmatthewsottawa.ca/](http://www.stmatthewsottawa.ca/)  
217 First Avenue, Ottawa, ON, K1S2G5

Office email: [admin@stmatthewsottawa.ca](mailto:admin@stmatthewsottawa.ca)  
Office: 613.234.4024