



# ST. MATTHEW'S

The Anglican Church in the Glebe

## Pulse of the Parish

SEPTEMBER 2021

### OUR ALTAR TABLE

THE REVEREND GEOFFREY CHAPMAN

I am writing to you the day after our first in-person service since last fall! I was not only thrilled to celebrate the Holy Eucharist with all of you, but equally thrilled by how joyful everything felt. Singing, praying, and worshipping together was such a privilege and delight, and I thank you once again for calling me to be your incumbent priest.

In the light of our Eucharistic experience together, I thought I would spend some time describing the theology and intention behind our altar table and particularly some of the changes that I made to our liturgy in collaboration with the many folks who help lead our worship.

In the Anglican tradition, we often use the word 'altar table' to describe the place where we celebrate the Holy Eucharist. This is one of the many *via media* elements of our tradition: for some, this is the altar through which we commemorate the sacrifice of Jesus Christ; for others it is a table through which we share a holy meal together. Both interpretations, traditionally Catholic and Protestant, are included and welcome in our tradition, thus we have an 'altar table' at St. Matthew's.

I was mindful of the words we prayed over the gifts this week:

*Holy God, accept all we offer you this day. May we who are reconciled at this table bring wholeness to our broken world. We ask this in the name of Jesus Christ the Lord.*

So much of our experience of the Eucharist centres around the altar table, which represents so many aspects of our faith. Perhaps primarily, we are reminded of the life of Jesus. He created wine from water at a wedding in Cana. He fed thousands with a few loaves and fishes. He "ate and drank with outcasts and sinners," as the Eucharistic Prayer describes. We are reminded of the last supper in the upper room, where Jesus takes the Passover bread and declares it to be his body, and the cup to be his blood. We are remind-

ed of his death, where John the Evangelist shows Jesus to be the paschal lamb, sacrificing his life for ours.

The altar table also teaches us how to be a community. It silently shows us that we are one communi-

ty with one table, one family united under one Father, all brothers and sisters in Christ. No matter our divisions and differences, we are called by Christ to come together to eat and drink the same meal together. We create, if only for a moment, a heavenly community here on earth.

For all these meanings and symbols — and there are many more — many Christians bow to the altar, cross themselves, or genuflect as they pass in front of it. It is a symbol of the holiness of God, the ministry of Jesus, and the ideal of our life together.

For all of these reasons, I wish for us to celebrate the Eucharist and share Holy Communion from one altar table. This past Sunday, I stood at the high altar where I prayed the Eucharistic Prayer and came down the chancel steps to offer Holy Communion to everyone.

I am mindful that not everyone can negotiate the stairs, and I would love all of us to share our Holy Eucharist safely together. Furthermore, because of all the risks and challenges of being careful in the pandemic, this form of communion distribution helps keep folks spaced safely apart.



(Continued on Page 17)

# TABLE OF CONTENTS

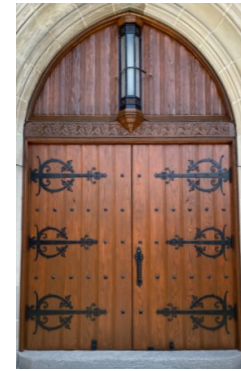
- |  |  |
|--|--|
| 1. Our Altar Table, <i>The Reverend Geoffrey Chapman</i>   | 14. St. Matthew's Online Treasures Auction Returns, <i>Peggy Nankivell</i>   |
| 3. Warden's Words, <i>Valerie Needham</i>  | 15. Springing into Green in the Autumn, <i>Marg Terrett</i>  |
| 4. Support for the Centretown Emergency Food Centre, <i>Elizabeth Kent</i>   | 15. Remembering Andy Billingsley   |
| 5. Report of the Finance Committee, <i>Walt Draper</i>   | 16. Building Renewal Will Address the Challenge of Covid-19, <i>Bill Nuttle</i>  |
| 6/7. The Shape of Parish Ministry Interview Questions: St. Matthew's Anglican Church Responses, <i>Valerie Needham</i> | 17. Aïcha Ducharme-LeBlanc Takes Up New Challenges, <i>Valerie Needham</i>   |
| 8. Employment Opportunity at St. Matthew's! <i>Valerie Needham</i>   | 18. A Summer of Creation Care, <i>Claire Bramma</i>  |
| 8. Stewardship, <i>Charles Nixon</i>   | 19. God Is Calling Us to Something New, <i>The Reverend Canon Allen Box</i>  |
| 9. Two Book Reviews, <i>Rick Trites</i>  |  |
| 10/11. We Return to Worship, September 12, 2021  | Photography Credits:   |
| 12/13. Celebrating our Ministries, <i>Jane Oulton, Mollie Stokes, Janice Sonnen, Ashley Thorvaldson</i>                | Ian Glen, Pam Mackenzie, Peggy Nankivell, Kathi Racine, Leonard Surges, Sarah Chapman, Elizabeth Kent, Valerie Needham, Kirkland Adsett, Judy Billingsley, |



# WARDENS' WORDS

VALERIE NEEDHAM

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



What joy there was at St. Matthew's on September 12 as 100 parishioners gathered to pray, sing and celebrate the Eucharist together! This was our first in-person service since last fall and the first since vaccines have become available, making it safer and more comfortable for us to gather together. There are many people to thank for this welcoming and nourishing return to in-person worship.

Thank you, Rev. Geoff Chapman, for your pastoral care of the parish for these past 19 months since you arrived. For your homilies and virtual services. At last, you are able to meet more of us in person.

Thank you, Kirkland Adsett, for your leadership in music at the organ and with the choir of 10. It was glorious to be able to sing together again.

Thank you, Robina Bulleid and Bob Richards for preparing the church before the service by giving it a thorough cleaning and returning the hymn books.

Thank you, Sidespersons, Greeters and Members of the Welcome Team that gathered one evening last week to strategize how best to safely welcome parishioners back.

Thank you, members of the Altar Guild (Mavis Hill, Elizabeth MacMillan, Robina Bulleid, Dale McKenzie, Ruth Frayne and Judy Billingsley) who lovingly prepared the church for the service.

Thank you, Peter Frayne and Randi and Michael Goddard who did the set-up before the service and greeted everyone with such warmth.

Thank you, Jane and Peter Rider who provided coffee hour, following all the protocols directed by the Diocese.

Thank you, Leonard Surges for skillfully handling the video portion of the streaming service. There was a slight hiccup with the sound (a bit of a buzzing) but this will be resolved.

Thank you, everyone who came! It was wonderful to greet old friends and families after such a long time apart.

As we open up again, there are some important items to note:

- The Induction Service for Rev. Geoff will be held at 4 p.m. on Sunday, October 17 with Archdeacon Mark Whittal presiding.
- We are advertising for a Coordinator of Children and Youth Ministries and hope to have that person in place by November 1 (see page 8). Also, find details on the St. Matthew's website.
- The St. Matthew's Shape of Parish Ministry Team, comprised of Rev. Geoff, Rick Trites, Randi Goddard, Tom Barnes and Valerie Needham, continues its work. See a report of the responses to the Five Shape of Parish Ministry Consultation Interview Questions on pages 6 and 7.
- The team will be meeting with the Diocesan Consultation Team of the Rev. Tim Kehoe and the Rev. Adam Brown on September 23, when we will provide demographic information as well as the interview question responses. Armed with that information, Rev. Kehoe and Rev. Brown will compose the St. Matthew's Parish Profile, to which we will have an opportunity to respond.
- Do join us for the Blessing of the Animals service on October 3, and Thanksgiving Day on Oct 10.
- This year, for the first time, we will be holding a Remembrance Day Holy Eucharist on Remembrance Day, November 11 @ 12:00 noon.
- Please consider making a contribution to the Virtual Auction that will be held from November 12 to 20 (see page 14).
- Also, we invite you to reflect upon how you might become involved in some of St. Matthew's Ministries (Open Doors, Pastoral Care, Prayer Ministries, Outreach, see pages 12 and 13).

See you in church!

Valerie Needham and Tom Barnes



# SUPPORT FOR THE CENTRETOWN EMERGENCY FOOD CENTRE

ELIZABETH KENT

## Drive-by Food Drive at St. Matthew's

On June 19, 2021 we held a successful Drive-By Food Drive for the Centretown Emergency Food Centre (CEFC)! It was the perfect way to follow guidelines and self-distance with masks while collecting prepackaged and canned foods. Thank you to all who contributed and to Ashley Thorvaldson for her help organizing this event. We rejoiced to be together again serving Christ.



## Our Sixth Annual (Virtual) Walk for the Centre

Our Virtual Walk for the Centre is returning on Sunday afternoon, October 3<sup>rd</sup> 2021 from 1:00 – 4:00 p.m. We are walking together in spirit and solidarity for our hungry neighbours and the Centretown Emergency Food Centre. Join in the fun with our St. Matthew's virtual Team and walk your favorite trail!

There are so many ways to participate. Take a walk photo. Decorate a downloaded sign. Join a contest. Donate online at <https://www.centretownchurches.org/walkathon>. It will be a great afternoon and a chance to celebrate what we do!

Since Covid-19 regulations of the Diocese state that we cannot pass the collection plate, we can instead raise funds or make a donation online, support a walker or virtual team. To contribute in support of a walker or virtual team, please download the pledge form from the above website.



And finally, you can simply send a cheque to: CCSAC, 507 Bank St., Ottawa, ON, K2P 1Z5.

Despite pandemic-related restrictions, 2020 was an effective year for the Centretown Emergency Food Centre with a dedicated staff and 45 volunteers operating under Covid-19 guidelines. CEFC is open three days a week and in 2020, served 6,105 people with bags of pre-packaged food.

CEFC offers a helping hand and a smile to the vulnerable, the isolated and marginalized who are living with financial, social and food insecurity. They provide resources for community services: where to find groceries, meals, shelters and drop in centres such as Neighbours Helping Neighbours at 507 Bank St. in the basement of Centretown United Church.

The Centretown Emergency Food Centre opened in 1975 and its founding members were nine ecumenical churches. Now 22 ecumenical churches participate in the Centretown Churches Social Action Committee which has served our community with anti-poverty relief and social justice advocacy for 46 years.

Celebrate with us. We are serving Christ in our neighbourhood. Please join with us in prayer for our success.

# REPORT OF THE FINANCE COMMITTEE

WALT DRAPER

It is wonderful news to see the return to public worship. Throughout the time the church has been closed a tremendous amount of time and effort has been devoted to maintaining St. Matthew's many ministries through virtual communication tools, emailing and phoning. We have been very fortunate to have the financial resources to maintain and repair the church and to cover personnel costs with no layoffs.

In many respects throughout the pandemic, we have been "ready to return" as soon as we were allowed. Our positive 2020 operating position was the result of a combination of parishioners' generosity, an extraordinary first-time online auction, and the Diocese forgiving two full months of assessment costs.

So where are we at financially in 2021? For the fun of it, I read the *Pulse of the Parish* article that I wrote last September in which I said, "For the last several years since I have been involved with the Finance Committee, turning the calendar to September signals the time to begin an appeal to parishioners to increase offerings to meet the revenue commitment made at Vestry. Expenses follow expectations; however, revenue lags expenses and we have an operating deficit."

We are facing the same challenge this year. At the end of August, Expenses exceed Revenue resulting in a year-to-date shortfall slightly over \$39,000.

On Feb 28, 2021, Vestry approved a budget with a projected deficit of \$50,000. However, with the forgiveness

of one month's assessment by the diocese and considering two conditional budget items (the \$5,000 Jubilee payment to the Diocese and \$5,000 for the RMA review of the TELUS project plans), we are very close to having a balanced budget on the condition that we continue to meet expectations around givings contained in the budget, and our expenditures hold as projected.

As implied above, the Diocese has forgiven only *one* month of assessment costs, not two, as in 2020. Please read Charles Nixon's Stewardship article on page 8 for details around our current givings.

Bishop Shane Parker's September 1, 2021, Covid Communiqué # 68 stated, "Even more than usual, financial pressures have been a concern for congregations in our diocese. But there is good news on that front, in that the Federal Government has extended the Canadian Emergency Wage Subsidy (CEWS) program to October 2021. Sanjay Grover, our Director of Financial Ministry, urges all parish treasurers to continue sending him the monthly revenue reporting promptly; this will enable us to apply for a subsidy as a diocese. Please contact Sanjay if you require additional details."

We continue to submit our monthly revenue information. At the time of writing, I have not received any information to my query that would provide clarity around the Communiqué's statement above. The Finance and Stewardship Committees will continue updating parishioners on our financial position through the bulletin and in this newsletter.



# SHAPE OF PARISH MINISTRY INTERVIEW QUESTIONS: ST. MATTHEW'S ANGLICAN CHURCH RESPONSES

The Shape of Parish Ministry Collaboration was initiated by Bishop Shane Parker on April 20, 2021. As described in the June '21 Issue of the *Pulse of the Parish*, the process consists of four stages.

1. Generating a Parish Profile: April to October, 2021
2. Analyze and Work with Parish Profiles: November '21 to February '22
3. Gather with Neighbours and Build Proposals: March to August '22
4. Synod Recommendations: Synod '22

We are currently in Phase 1 and have been working diligently to generate information for our Parish Profile. A team of volunteers, led by Charles Nixon, has telephoned every family in the parish to gather demographic data which will be shared with the Diocese.

In addition, we held three opportunities for parishioners to respond to the Shape of Parish Ministry Collaboration Interview Questions.

- June 1, 2021 at Parish Council, 22 members
- June 6, 2021 at Conversations, 21 parishioners
- Online survey in July, 2021, 43 responses

The themes below arose in those discussions, in participants' own words.

**Question #1: What is the single most important thing you would like our diocese to know about our parish/congregation (in descending order of being mentioned)?**

- We live Christ's commandment to 'Love one another' through concern for each other and pastoral care.
- We are grounded in our faith through liturgy, music, and learning.
- We are active in outreach and strive to be agents for social change.
- We are welcoming of strangers.
- We are blessed with strong, competent leadership and committed volunteers.
- We are flexible, adaptable and open to change.
- We are good at fundraising.
- We are a parish with an aging demographic.
- We have an aging building that requires care and

financial resources.

- "St. Matthew's is a relatively stable parish with a big heart and lots of great ideas."

**2. What are the ministry priorities of our parish, and how are these priorities lived out in our decisions, activities and use of our resources (in descending order of being mentioned)?**

- We serve the community through the traditional Anglican form of liturgy, Christian education and music.
- Blessed with our clergy.
- Music is a priority, pipe organ, choir, quality of music draws people in. "Came for the music, stayed because of the fellowship".
- Outreach.
- Welcome/fellowship/community/pastoral care.
- Maintaining the building which, although aging, is a source of comfort to parishioners.
- The acoustic of the building is exceptional for concerts and recording.
- Fundraising.

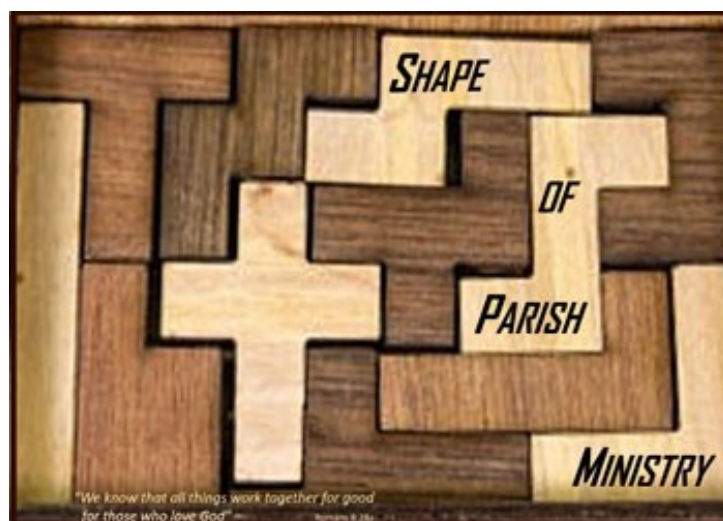
**3. In what way does our parish/congregation serve the wider community; how are we engaged with the local community beyond our walls - outreach, events, partnerships?**

- St. Matthew's is known as a parish that is committed to and engaged in outreach, quietly.
- Many initiatives are available so that people can find something they are interested in and contribute to that project with their time, treasure and/or talent.
- Established Harmony House, now represented on the board.
- Substantial diocesan assessment that supports other parishes and clergy.
- Other outreach activities include:  
GGGS, FACES/refugees, food basket at the back of the church, Jesse Tree, Angels with Backpacks, CEFC Walk-a-Thon, Black Canadian Scholarship Fund, Cornerstone Meal-a-Month, Out of the Cold Suppers at Southminster United Church, Open Doors, Pride Parade under St. Matthew's banner, Pancake supper on Shrove Tuesday.



(Continued from page 6)

- Ministry of Music: Freewill offering of our gift of music to the community, receipts equal expenses.
- Social and fund raising events draw in community (Auction, Jazz and Tapas etc.).
- Marmalade program raising funds for CCSAC.
- Rental of St. Matthew's building to community groups, e.g., Monkey Rock for kids, GNAG (Glebe Neighbourhood Activities Group), and kindergarten program.
- Evangelism to community through special services during Advent, Christmas, Blessing of the Animals, Lent, Easter, Pentecost.



#### 4. What are the challenges to accomplishing the work you've described, in terms of finances, building status and human resources?

- Building:
  - lovely and a source of comfort, but aging, challenging and expensive to maintain,
  - renovations have reduced the space available to hold large gatherings,
  - kitchen needs renovating,
  - ventilation, heating, foundation, windows need attention.
- The population of the parish is aging, people are readily available for individual events (GGGS, Auction) but it is becoming difficult to find leaders to take on tasks with a longer timeline. We have a shrinking leadership pool. Need to find and build-up leaders.
- Financial obligations are an ongoing and constant concern. Contributions to Diocese reduce the funds available locally for investment in human resources (staffing of Children's and Youth Ministries, an Assistant Curate, support with technology) and maintenance/restoration/greening of the building.
- Music ministry and the organ need financial investment.

#### 5. Are there ministry opportunities you are aware of and what would we need to engage in them?

- Are we actively anti-racist, do we support BIPOC?
- Are we actively supportive of the LGBTQ Community?
- Do we support families, children and grandparents?

- How do we know what to keep, what to let go? How can we follow the Spirit's lead?
- Relationship with St. Thomas, Moose Factory, Indigenous communities in Ottawa.
- Explore sharing the church worship space//Sunday School/Youth Groups with other churches.
- Explore joint Sunday School and Youth group activities with another parish.
- Continue improvements in pastoral care.
- Expanding time of meetings to accommodate those who are working.
- Consider hosting home groups for Bible study, discussion, meal, prayer.
- Continue virtual church and Zoom gatherings (Conversations, Coffee Hour, meetings).
- Post-Covid: maintain our online presence, reach out to the vulnerable, support those without access, plan ahead.
- Outreach: "perhaps we could focus on the five outreach ministries of the Diocese of Ottawa, Today 4 Tomorrow."
- Stewardship of our resources and God's creation.
- Need to encourage ministry to children, youth and families, find the financial resources for these ministries and an Assistant Curate.
- Need to engage more volunteers for leadership positions
- Devote more of our resources to social justice.
- Explore possibility of relief from diocesan contributions to free up funds for our local parish priorities.

# EMPLOYMENT OPPORTUNITY AT ST. MATTHEW'S!

VALERIE NEEDHAM

We seek a Coordinator of Children and Youth Ministries at St. Matthew's. See the advertisement to the right. Also note that although the advertisement in the October 1 issue of *Crosstalk* will state that the position is for 7 hours per week, it is, in fact, for **10 hours** per week.

Do spread the word! We hope to have a Coordinator in place by November 1, 2021.

## Coordinator of Children and Youth Ministries

Reporting to the Rector, the Children and Youth Ministries Coordinator oversees and builds the Sunday School, nurturing relationships with families and connecting with youth; working 10 hours per week to direct and lead the Sunday School in person and online.

The full position description is available on the home page of St. Matthew's website: [stmatthewsottawa.ca](http://stmatthewsottawa.ca) and also under "What's New" / "Positions Available" on the website.

Please apply to The Reverend Geoffrey Chapman at [Rev. Geoffrey Chapman](mailto:Rev.Geoffrey.Chapman)

or at 217 First Ave., Ottawa, ON K1S 2G5, not later than Friday, October 15, 2021.

## STEWARDSHIP

CHARLES NIXON

Summer is over and it's back to school! However, we haven't been living in normal times with the pandemic. The prospect of worshipping in church has waxed and waned over the last 20 months. It is gratifying to know that we are now able to do so - with the appropriate controls in place, of course. Thank goodness!

We have been blessed that St. Matthew's parishioners have been faithful givers during the pandemic, altering how they contribute, since the option of placing an envelope on the collection plate has not been possible during these past months. PAR (Pre-Authorized Remittance) has been our mainstay, representing two thirds of our givings. I encourage those parishioners who use PAR to keep doing so and to increase their contribution annually if possible. And for those who do not yet do so, please sign up.

As we enter the fall, our givings are about \$17,000 behind this time last year. This is not a large amount, but we did enter the year forecasting a deficit. St. Matthew's parishioners have a pattern of giving generously in the



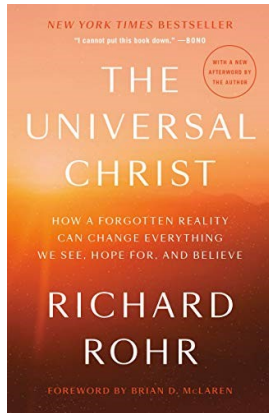
last four months of the year so we have been able to break even or even achieve a small surplus. This year is no different and I thank you in advance for your generosity as we return to church.

Stewardship is an important function for St. Matthew's and we are grateful for parishioners who would like to offer their gift of time and talent in this ministry. Please feel free to contact me or the Wardens to explore serving on the Stewardship Committee. It would be greatly appreciated.

Thank you, one and all, for what you do for St. Matthew's through your offerings of time, talent and treasure. Bless you.



## TWO BOOK REVIEWS



### The Universal Christ (2019)

By Richard Rohr, Convergent Books, USA.

I read *The Universal Christ* as part of a diocesan book study in early 2021. Rohr's main messages offer me encouragement and inspiration. He uses the convention of pauses throughout the book, in which thoughts are set apart from the text, asking the reader to re-

flect on implications of what has been proposed for the world, for history and for the reader. Perhaps the most well-known pause is this:

*"God loves things by becoming them. God loves things by uniting with them, not by excluding them."*

Part 1 ("Another Name for Every Thing") explores our understanding of Jesus and 'the Christ', arguing that the first incarnation of God is in Creation itself at the beginning of geological time. Rohr believes that Christ is in every created thing, all of the natural world and animals as well as humans. He uses this focus of our connection to 'everything' to explore the implications for our religious traditions, history, culture and politics.

In Part 2 ("The Great Comma") Rohr focuses on Jesus, Christ, and our lives and faith from the perspectives offered earlier in the book. The two parts are tightly connected and for me reinforce the sense of the original goodness of creation, and our hope that this is all 'going somewhere good'. The book concludes with a beautiful poem ("Love After Love") and provides spiritual practices and other tools based on Rohr's experience as a Franciscan priest and spiritual advisor.

It is true that Rohr has many critics. His focus on Christian mysticism, contemplation, Christ in the history of the Eastern Orthodox Church and frequent references to 'popular' psychology and science are, no doubt, behind some of this criticism.

I think the book would appeal to those whose Christian worldview is grounded in creation (the 1<sup>st</sup> incarnation according to Rohr), and an openness to mysticism and contemplation.

### RICK TRITES

### Five Little Indians (2020)

By Michelle Good, HarperCollins, Canada.

*"The first time he'd seen the Mission, he was six years old, crammed into a boat with a dozen or so little kids, the steeple piercing the clouds as though it floated above them all, unhinged from the earth."*

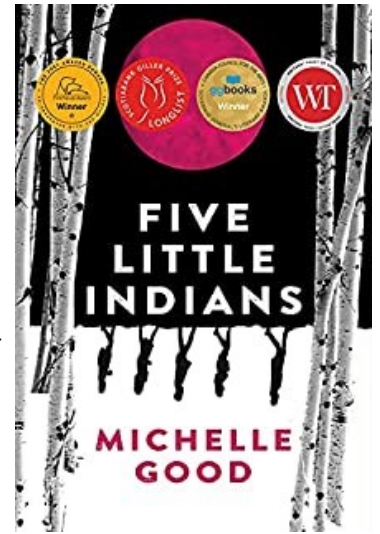
I first learned of this book earlier in the year when Michelle Good was being interviewed by CBC after receiving the Writers' Trust Fiction Prize for this, her debut novel. Like many Canadians I had given myself some homework to learn about the residential schools system. In opening the book, I was taken by the dedication, firstly to the writer's family, and then: "For every terrified child taken."

This is a painful book to read. Our country inflicted a deliberate policy of cultural genocide on tens of thousands of aboriginal children, their parents and their communities for over seventy-five years.

The book traces the stories of five small children, taken from their families to a remote church-run residential school in BC. It tells of the years of physical, sexual and psychological abuse that they endured. When Kenny, Lucy, Clara, Howie, and Maisie are finally released from the school, barely teenagers, they are expected to fend for themselves in seedy Eastside Vancouver, alone, without family, friends or job skills.

The five friends' stories cross again and again as they try to find safety and belonging in a white urban culture that shuns them. Although these children suffered trauma and injustice, much of the book tells their stories of resilience and courage as they try to find healing and belonging.

This is a powerful and disturbing novel about a shameful part of our country's and the church's history. It provides a sense of the long and difficult road ahead on the path to justice and healing.











# CELEBRATING OUR MINISTRIES

JANE OULTON, MOLLIE STOKES, ASHLEY THORVALDSON AND JANICE SONNEN

## Open Doors at St. Matthew's

"Our Doors are Open  
Come on In!"

What a joy it will be, after many months of closure due to the Covid-19 pandemic, to once again put this sign out on the sidewalk on weekdays to welcome visitors into St. Matthew's Church.

*Open Doors* is a ministry inviting the broader community to enter the Glebe Avenue doors of the church building anytime between 11:30 and 1:30 on weekdays. Visitors come in to pray, to ask questions about St. Matthew's, to explore the architecture and beauty of our sanctuary, or just to enjoy a few moments of quiet.

Parishioners serving as hosts enjoy offering the welcoming hospitality which is so much a part of St. Matthew's life. Would you like to join the *Open Doors* team?

Volunteers are always welcome and work in pairs. No experience is needed as tours inside the church follow a self-directed format.

For more information, please contact Jane Oulton; 613.236.7608 or [oultont7608@rogers.com](mailto:oultont7608@rogers.com).



When the time is right, let's have *Open Doors*!

## Pastoral Care

The pastoral care ministry has been challenged during the Covid-19 pandemic because the team has been unable to visit those in their care during this time. Sadly, some of the people that we had been visiting have died and we mourn their loss.

We have done our best to keep in touch with those in our care by telephone and email. We have delivered flowers and sent cards. The *Pulse of the Parish* is mailed out quarterly to those who do not have Internet access and has been described as a "lifeline".

As things are starting to open up, we are hoping to be able to visit people who are unable to get to church, and if they wish, to take Communion to them. If you are aware of someone who would like to be included in this visiting, please let the church office know.

Our team is small and if you think that this is a ministry to which you might be called, please talk to Rev. Geoff or myself. Training is available. It is a deeply rewarding ministry.

Pastoral Care Coordinator: Mollie Stokes; 613.224.2709 or [moliestokes39@gmail.com](mailto:moliestokes39@gmail.com)

### Prayer Ministries

Sometimes we don't know how to help someone facing difficulties in their life, but we can always offer to support them in prayer! Bringing God's presence to any situation can be a greater comfort and source of calm to those we are praying for in more ways than we can hope. This is a sacred, quiet and confidential lay ministry that is ever mindful of the trust that each request implies.

Requests can be made for the individual or for others, and may include petitions for health, safety, family or work issues, thanksgivings and more - the sky is the limit!

Members of the *Prayer Chain* offer daily prayers for those who request them and for those in leadership positions in the parish. Requests are received by the Rector, Coordinator, a Chain member, or through a written request in the prayer boxes near the two entrances to the church.

Later this fall, when Covid-19 regulations permit, members of the *Prayer Support Team* will meet with people who come for prayer for specific needs during Communion

at the 10:30 a.m. service.

If you would like to join this quiet, joyous ministry, learn how to pray or request prayers, please connect with us!

Coordinators:

- Janice Sonnen; 613.709.1209 or [janice.sonnen@bell.net](mailto:janice.sonnen@bell.net)
- Catherine Thurlow; 613.824.6800 or [catherinethurlow@gmail.com](mailto:catherinethurlow@gmail.com)



### Outreach Committee

Thank you for your support for our summer mail-out fundraiser for the Youth Services Bureau of Ottawa (YSB). Although in the past St. Matthew's has held fundraising teas, it was fun to reach out to the parish directly with an appeal for support and a tea bag as a reminder of coffee hours and afternoon teas to come.

St. Matthew's youth have been working to ensure vulnerable youth in our community can depend on the Youth Services Bureau when they are forced to leave home, are faced with homelessness, and are unsure of where to turn. These donations will provide assistance to many youth this year by helping YSB furnish shelter rooms located at our Young Men's and Young Women's Emergency Shelters. By making a donation, you are giving vulnerable youth a safe place to sleep and rebuild their lives.

Many thanks to Aïcha Ducharme-LeBlanc and the youth preparing for Confirmation, for preparing the packages containing a tea bag and a poem for mail-out and to our administrator Catherine James-McGuinty for organizing all the materials for them.

If you haven't yet made a donation to the Youth Services Bureau in support of the room St. Matthew's is raising

funds to furnish, please donate online at: [www.ysb.ca/st-matthews/](http://www.ysb.ca/st-matthews/) or directly by mail at Youth Services Bureau Foundation, 2675 Queensview Drive, Ottawa, ON, K2B 6B7. For more information about this important organization, please contact Patti Murphy, the executive director of the Youth Services Bureau Foundation at [pmurphy@ysb.ca](mailto:pmurphy@ysb.ca).

During the pandemic, some traditional Outreach activities are on hiatus. Nevertheless, our support for many organizations carries on. The Centretown Emergency Food Centre continues to hold winter and summer food bank drives. Please add the Centretown Churches Social Action Committee's Walk-a-thon for the Centre to your calendar for October 3, 2021 from 1 to 4 p.m. (See page 4).

Sign up at: <https://www.centretownchurches.org/walkathon>.

If you are interested in joining the Outreach Committee and developing new initiatives, restoring former activities, or just learning more, please contact Ashley Thorvaldson at [althorvaldson@gmail.com](mailto:althorvaldson@gmail.com).

We would love to re-ignite our tradition of fellowship and service to the community as we return to church!



# ST. MATTHEW'S ONLINE TREASURES

## AUCTION RETURNS

PEGGY NANKIVELL



Last year's online auction was such a great success that we are planning yet another. So prepare yourself for fun and feverish bidding!

The auction site will open for bidding on Friday, November 12 and run until Saturday, November 20. We will send out information about registration closer to the date.

This year's outreach partner is the FACES refugee group which is in the process of arranging a sponsorship for another family. At least 20% of the net profits will go to help them raise the money needed for this initiative.

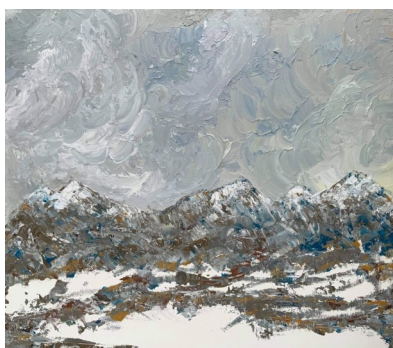
Our major auction sponsors are supporting us again: McKeen Metro Glebe, Tracy Arnett Realty Ltd. and Capital Home Hardware in the Glebe.

This year they are joined by Amica The Glebe which is opening a 'seniors' lifestyles' building on Monk St. next spring. These sponsorships will cover most of the costs involved in staging the auction such as the auction website and software, graphic design and promotion costs.

We are building a superb catalogue. More than 150 items are already listed, including some lovely works of art, including paintings and exotic sculptures, antique and intriguing books and -- like last year -- travel certificates for resorts in Antigua, Bermuda, the Grenadines and Panama. We have also added the category "Fashion" so expect opportunities to bid on chic gifts.

Last year's offerings of Christmas baked goods and delivered meals were so popular that we are hoping that parishioners will consider offering these again. If you would like to contribute food items, please contact Peggy Nankivell at [nankivell@rogers.com](mailto:nankivell@rogers.com) or telephone 613.230.8669. What we will need is a description of your contribution for the catalogue. Donors and purchasers will be put in touch with each other after the auction closes.

And please contact us about donating items of value. Many thanks for the wonderful donations we have received for the auction and the online store. We are blessed with a generous parish and the community at large.



*Winterscape by Mireille Laroche*



*Small Inuit soapstone carving*



*Best Gift Ever Baby Quilt  
"Harbourmaster" made by  
parishioner Kathi Racine*



*Early 19th century wooden tea caddy*



*Funky shoes by Baci*



# SPRINGING INTO GREEN

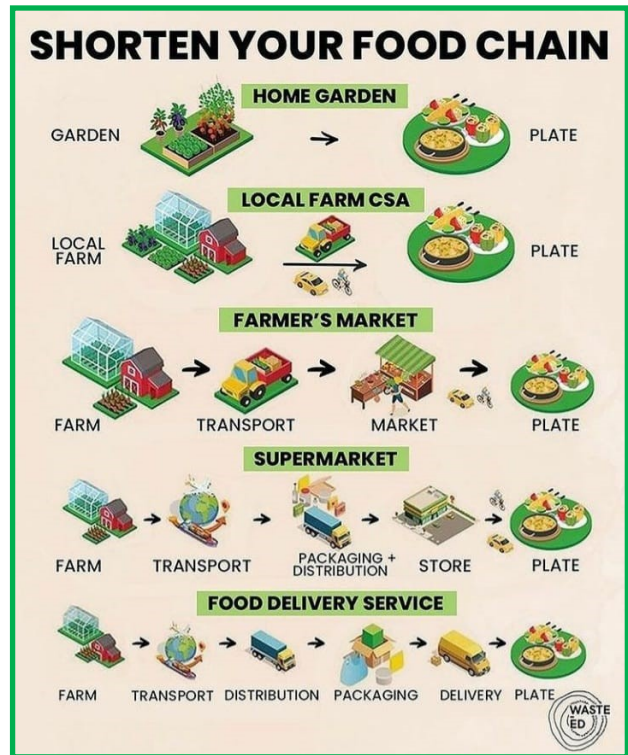
## IN THE AUTUMN MARG TERRETT

For weeks now in the weekly e-blasts, we have been focusing on ways to be good stewards of the environment. We are protectors of God's gift to us, this wonderful world. The sad reality is that for centuries humankind has been careless with that wonderful gift. There are some passages in the Bible that would suggest that humans are to dominate all other creatures which has led to misuse and abuse of other living things.

But, thanks to science and environmental activism, we know that we all must rethink our attitudes and behaviour towards the natural world. We realize that the world's resources are not infinite, nor can the oceans recover from pollution poured into them from seaside cities. The air we breathe cannot be cleaned easily. The soil is tainted by chemicals used to increase food production, but which leave poisons for other living organisms.

What can an individual do? How can one person make a difference? How can we as a parish make a difference?

There are many things we can do that will help turn the tide. Of course, we can lobby politicians to make them



understand that our vote will be for the person who makes the environment a priority. We can keep writing them to make sure that promises are kept. We can influence our family and friends by helping them understand how important good environmental practices are. We can be aware of our purchases and make choices that are good for the environment. For example, we can buy local produce and avoid processed foods when possible as in the poster above.



### St. Matthew's is saddened by the death of Andrew Billingsley on July 25, 2021.

Andy was born in Ottawa and did most of his growing up on Renfrew Ave. in the Glebe. When his family joined St. Matthew's, Andy began singing in the church as a boy chorister. He attended Glebe Collegiate and from there went on to McGill University for a B.A. and ultimately to Queen's University for an MBA. After working for six years in Montreal he returned to Ottawa where he worked at StatsCan until he joined Tradex.

Andy was very active in the Anglican Church in Ottawa, holding a number of volunteer positions, including serving on the Fundraising Committee at St. Matthew's and singing in the choirs of St. Matthew's and St. Matthias for over 35 years. Given Andy's love of choral music, he asked that, in lieu of flowers, donations in his memory be directed to the music program at St. Matthew's.

He leaves his wife Judy, children Rob (Hilary) and Kate (Mike) and four grandchildren. Please see Andy's obituary in the Ottawa Citizen: [Andrew Billingsley](#).

# BUILDING RENEWAL WILL ADDRESS

## THE CHALLENGE OF COVID-19

BILL NUTTLE

Slowly, slowly, the patterns of normal life are returning. Wearing masks, social distancing, and vaccinations are measures that each of us take so that we all can gather as a community in our neighborhoods, at work, and in St. Matthew's Church.

But this is not the whole story. Additional measures are being taken to assure that the places where we gather are safe as well. Perhaps most visibly, stores, restaurants, and other public venues limit the number of people who can be served at one time.

Behind the scenes, building owners are taking measures to limit exposure to the Covid-19 virus, which we now know is transmitted through very fine aerosol droplets in the air. Changes are being made in heating and air conditioning systems to improve the supply of fresh air generally. In some cases, air filters are being added to help clear the virus from the air.

Unfortunately, there is no easy answer to the question of what changes are needed at St. Matthew's. The current heating and ventilation system is a hybrid of two systems. The upstairs is heated by the original steam-fed boilers and radiators, which also provides passive ventilation in the main part of the church. The renovated basement offices and meeting spaces are heated and ventilated by a forced-air system.

Neither part of the present system conforms to modern standards (i.e. standards as they were before Covid-19 became a concern). Two separate engineering studies, also predating Covid-19, identified the need to upgrade the heating and ventilation systems of the church. These studies identified the opportunity to save money by conserving energy and also improve comfort in the building.

At this point, no one can say definitively what building owners must do to address the new concerns raised by the prevalence of the Covid-19 virus. In part, this is because technical experts are still undecided about exactly how existing building standards need to be changed and what mitigating activities need to be enacted.

In any case, answering this question for St. Matthew's requires acquiring the assistance of professionals to perform an engineering assessment of the current system and recommend specific changes.

In the meantime, we are following suggested best practices by leaving the outside doors open and opening the windows in the choir to permit good airflow through the sanctuary of the church. We will also not be turning on the ceiling fans so that aerosols are not redistributed throughout the nave. We can do this as long as the weather remains warm. And we will all be wearing masks.

St. Matthew's has taken steps toward making changes to the heating and ventilation with its plans for a large-scale building renewal project. Corporation has appointed a committee to devise a plan and present it to a Special Vestry slated for late spring, 2022. This committee, the Building Renewal Team, will begin meeting this fall.

The three major elements of the building that require attention are the foundation, the stained-glass windows, and the heating and ventilation system. Changes required by Covid-19 will be included in the planned improvements to the heating and ventilation system.

*Forced-air heating system*



# AÏCHA DUCHARME-LEBLANC TAKES UP NEW CHALLENGES

VALERIE NEEDHAM

After three years of inspired and inspiring coordination of the Children and Youth Ministries at St. Matthew's, Aïcha Ducharme-LeBlanc resigned in June. She enters her final year of studies at the University of Ottawa and is the co-editor in chief of *La Rotonde*, the university's French-language newspaper.

How we will miss her! She developed a warm rapport with the children and youth and created an interesting and joyful program of activities that deepened their faith. Along with Rev. Geoff Chapman, she prepared a group of eight youth for Confirmation. And she contributed regularly to the *Pulse of the Parish* to keep parishioners informed about the activities of the children and youth.

In all that Aïcha has done as Coordinator of Children and Youth Ministries, her love of God and of Jesus shone forth, imbuing her work with goodness and joy.



On her resignation, Corporation sent Aïcha flowers and a letter of appreciation from the parish. We wish her all the very best as she moves on to new adventures and more successes in her life.

Thank you so much, Aïcha, for all that you have done during your tenure to nurture the faith lives of our children and youth.

(Continued from Page 1)

And finally, as your priest, it is wonderful to offer the host to each and every member of our parish. In that moment, I also become a living symbol of the church, of the many apostles who came before us, and even of Christ offering himself to us.

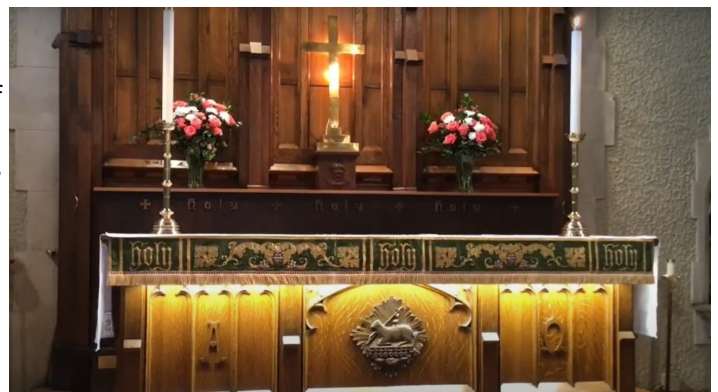
I feel I must add that my own goodness (or lack thereof) has no effect upon the validity of the Eucharist. For church history enthusiasts, you need look no further than Article 26 in the 39 articles, "XXVI. Of the Unworthiness of the Ministers, which hinders not the effect of the Sacraments." Not all of the 39 Articles remain relevant, but this one does!

I am so thankful we have the *Pulse of the Parish* to share these kinds of theological thoughts with all of you. Thank you to Valerie Needham as editor, and to the many contributors to this wonderful publication.

I look forward to seeing you soon in our beautiful worship space, celebrating the Holy Eucharist and celebrating our life together in Christ!

Yours in Christ,

Geoff+





# A SUMMER OF CREATION CARE

CLAIRE BRAMMA

Gaining ministry experience through an internship is an important part of the Master of Divinity program and I recently had the opportunity to spend 3 ½ months at All Saints, Whitby. It was a wonderful and refreshing way to spend the spring and summer after a very busy academic year completing 10 courses in a virtual environment.

My internship was based upon three areas of learning that were self-identified. These were:

1. collaborative leadership
2. Christian Education
3. pastoral identity

To realize my learning goals, I was involved in three projects related thematically to *creation care*, drawing attention to what we profess in our Baptismal Covenant to “respect, sustain, and renew the life of the Earth”.

The first project I led was the establishment of a community garden. While the initial aim was to grow fresh produce for the church’s bi-weekly foodbank, the vision expanded to create a sacred space that expressed love for neighbour and for creation. As such, in addition to planting a variety of vegetables, the garden included pollinating wildflowers and a Three Sisters mound (white corn, pole beans, butternut squash planted in the Haudenosaunee tradition).

In April, funds were secured, a committee was created, and a base of volunteers was formed. Then over a matter of days in mid-May, we converted a 20m x 12m patch of grass by building six raised beds and a perimeter of in-ground beds. Thanks to discounts and donations we completed this building phase under-budget and on-time, learning the value of community engagement and teamwork among volunteers. (You can read about this garden project among others in a recent article in Toronto’s *The Anglican* pages 6-7 [the-anglican-sept-2021.pdf](#)).

While the seedlings grew, I then switched gears to a five-week Bible study that I developed based on a combination of resources from the *Season of Creation* ([Home Interest - Season of Creation](#)). Every Tuesday evening in June a group of 15 people gathered via Zoom to explore



how the Bible bears witness to be in partnership with God and one another to be good stewards of the earth.

Then, in early July, I collaborated with the Priest-in-charge, The Rev. Jennifer Schick, to create a five-day Vacation Bible School for children ages 5-12 that was based on the theme of renewing God’s creation. This too was held online and consisted of a variety of songs, stories, crafts, snacks, and games that related to a Gospel reading of the day. While the camp involved a lot of preparation, I experienced firsthand how children can express the love and joy of Jesus and I came away with an appreciation for the ongoing need to generously resource children and youth ministry.

From this internship experience my learning goals were more than satisfied and I felt the Holy Spirit at work to give momentum to *creation care* and to reveal the Kingdom of God in our midst. I learned that each of the ministries in a parish are interconnected on many levels and that everyone has something to contribute, whether in prayer, presence, or action.

*“Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities but it is the same God who activates all of them in everyone.”*

(1 Corinthians 12:4-6)

*(Claire Bramma is a former parishioner of St. Matthew’s, a Postulant in the Diocese of Ottawa and Seminary Student at Trinity College, Toronto.)*



# GOD IS CALLING US TO SOMETHING *NEW*

THE REVEREND CANON ALLEN BOX

The last few months have given me the opportunity to “wonder” about the lifelong venture of following Jesus. It’s a venture which often gives me the task of simply keeping the faith in an ordinary way - sharing food with the hungry, making the world a better place. Then there are the times of high drama, such as now, when the issues are clear and the demand is costly.

This summer was very special in the life of our family. In the latter part of July and through August we visited family that live “afar” (within the province and in Florida). The anticipation was wonderful, the past memories marvellous, and the actual time shared better than expected.

We travelled by air for the first time in over two years. How we looked forward to this! How happy we were to be together again with loved ones. Our hearts and souls sang with joy and we brought those precious memories home with us to nourish us in the coming months.

Now, we do realize that those memories will hold, but life changes, children grow and our activities together will never be quite the same as previously. We didn’t see our youngest grandson - he’s skateboarding in L.A. We saw a little of our youngest granddaughter (the only teenager left in the family) between the times she needed to bid farewell to her friends as she prepared to leave for university in Fredericton and to carry out her summer job responsibilities.

By next week our one-time ice cream scooper will be a member of the Varsity rugby team which will be playing - you guessed it - at home in Halifax. We saw the other family members too but their shifts in life were a little less dramatic than the two youngest. I would be glad to share many more family memories but the editor does place some limits!

And we can never forget that everything was overshadowed by Covid-19. How *much* that has changed how we do things. In our churches we struggle with how to cope with the loss of what we had so much taken for



granted - the working and experience of our community. It was the same for us in visiting our family.

As we went down the long escalator in Halifax Airport, the arrivals hall in which our family usually waited for us in keen anticipation, was *empty*, there were *no people!* Never again will we be greeted in that joyful way. The place to greet is gone. What a change. We’ve seen our grandchildren waiting there for us since they were babies. Safety measures separated us until we were ready to get out the door. The new era.

Just as in families, we will no longer be able to go back to what we remember in our churches. There will be changes. There will be challenges. Of course, that’s our way in church, isn’t it? Deny oneself. Take up the Cross. Live by following Jesus - especially through Gethsemane to Resurrection.

Sharing some food, making the world a better place. That’s our work. That responsibility has not gone.

## BUT GOD IS DOING SOMETHING NEW

God *has* to be. This is what will release the energy needed to see anew the challenges of the last few decades in our church life. And to work toward solutions. (These challenges were there during the years of my time as an active church leader in this Diocese.)

Don’t know what that SOMETHING NEW is? Be listening. God is acting and calling you and me, but most exciting of all - God is calling US.

# St. Matthew's

## The Anglican Church in the Glebe

Sunday 10:30 a.m.

In-person worship,  
streamed on YouTube

[Sunday Worship](#)

*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 Reverend Canon Kevin Flynn  
The Reverend Canon Allen Box  
The Most Reverend Barry Curtis  
The Reverend Canon Jim Beall

### Leadership and Administration

Rector's Warden .....Valerie Needham  
People's Warden .....Tom Barnes  
Parish Administrator .....Catherine James-McGuinty  
Communications Chair.....Jan O'Meara  
Nominating Chair .....Helen Griffin  
Property Co-Chairs .....Bill Nuttle  
Bill Cornfield  
Stewardship Officer .....Charles Nixon  
Members of Synod.....Randi Goddard  
John McBride  
Rick Trites  
Charles Nixon

### Finance and Accounting

Finance Chair .....Walt Draper  
Fundraising Chair .....Peggy Nankivell  
Treasurer .....Amy Lockwood  
Counters .....Michael Goddard  
Contributions Coordinator.....Brian Effer

### 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 .....Ashley Thorvaldson  
Christine Vidt  
CCSAC Emergency Food Centre.....Elizabeth Kent  
Cornerstone Meal-A-Month Program .....Ashley Thorvaldson  
Harmony House .....Catherine James-McGuinty  
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 2021 are as follows: March 26 (submissions by March 19), June 11 (submissions by June 4), September 17 (submissions by September 10) and November 26 (submissions by November 19).

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.



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