

The Servant

St. Paul's Anglican Church - Celebrating 132 Years: 1885- 2017
12 Pine Street, Brockville, Ontario



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Easter 2017

Rector's Message

I write this Easter message to you during a mid-March snowstorm. An accident just west of Brockville has resulted in a thirty-vehicle pile-up, with many injured, and a complicated toxic spill that will do unknown damage in the months or years ahead. The highway is closed and many things are cancelled due to the winter storm.

And, yet, we all know that spring is coming. The gardens will bloom and the days will get easier.

We participate in the resurrection of Christ when whenever we move from despair to hope, and whenever we remember that God is God and that the promises are true. Next time you are in the church for worship, notice the windows above the altar. These are all about the movement from despair to hope. We see the resurrected Christ at dinner with Cleopas and another, unnamed disciple, who is probably his wife. (Although clearly not his wife in this depiction!)

Cleopas and his companion had left Jerusalem in despair. They had thought Jesus was the Messiah but his death left them disillusioned and without hope. They were going home to Emmaus. While they were walking a stranger came and walked with them. They did not recognize the stranger as Jesus, and they told him all about how disappointed they were about all that had happened in Jerusalem. "We thought he was the one", they said, but they were now leaving in defeat. Jesus taught them many things about Scripture while they walked along together and, when they arrived at their home, they invited him to stay for dinner. While Jesus was at the table, when he lifted the bread to break it, they recognized who it was.

Every Sunday we, too, recognize Jesus in the breaking of bread. On Easter Day especially, we break our fast and shout "Alleluia!!" I hope you will be joining us that day, and in the months ahead, as we celebrate what Christ is doing in our lives and in our community.

We have some exciting things ahead. This summer the Sunday school room upstairs will be transformed into a Godly Play Worship space for the children, and many new worship leaders have come forward to learn about this way of worshipping with children. The youth are beginning to plan a pilgrimage (destination to be determined). The ACW have lots of parties and good work ahead, including a corporate communion with our sisters at St. Lawrence Church and the Mad Hatter's Tea Party. Ministry in the community continues with programs such as: Loaves & Fishes, the Caregiver Café, the breakfast pro-



Rev. Lynn Dillabough

Submitted photo

Rector's Message cont...

gram at Commonwealth School, Comforting Arts, Harvest Sharing, and ongoing support of the new Canadian families who arrived through Agape just over a year ago. There is a lot to get involved with if you are interested. It is through work like this that we are able to show the love of Christ to those around us in tangible and practical ways. We don't just talk the talk!

May the joy of Easter be with you and may the risen Christ guide you in your love for others. Alleluia! Christ is risen! Christ is risen indeed! Alleluia!

Yours in Christ

Reverend Lynn

ACW Luncheon
Bea Slack, Shirley
Jones, Robin Carnie
Photo Credit:
Linda Eckert



We are on FACEBOOK!

www.facebook.com/pages/St-Pauls-Anglican-Church-Brockville

Keep up to date with coming events and breaking news by "Liking" US!

Did you ever happen to miss a service and wanted to find out what is going on and coming up at St. Paul's ? Then check the Weekly Bulletin on-line.

Go to the St. Paul's Web Page www.stpaulsbrockville.ca Select: Events – Weekly Bulletin to view the electronic version

Warden's Message

The Lenten and Easter Seasons are an interesting time for the Parish and the Congregation. It is a time when people trickle back into the area from their southern sojourns to get away from Winter (although Winter is often deceiving and, like the old Timex commercial, "keeps on ticking", much to the delight of those of us who remain here and perhaps lack some sympathy for those returnees who complain about the weather when they have come back). It is also a time when we have completed our Annual Meeting, considered what has gone on in the past and look forward to what is going to happen throughout this coming year. For those who have not had, or taken, the time to review the 2016 Annual Report, there are still some copies available in the church (including the supplements that contain the financial statements and the nominations for the 2017 year), and I encourage you to read it to keep yourself up-to-date. For those who attended this Annual Meeting, I thank you for your presence and well-considered input and the dialogue that occurred. And, for those who have taken on a position of leadership within the church, may your term of office be fulfilling.



John Francis, Rector's Warden

Photo Credit: Linda Eckert

As I write this we have just completed another successful Shrove Tuesday Pancake Supper. The opportunity to greet and speak to people, both coming and going – many of whom are not members of our congregation – was very rewarding. I take this time to thank those involved in preparing, serving and administering to the attendees, and a special thank you to the folks who provided the 'home-made pies' which, in all honesty, is one of the things that keeps the people coming back, year-after-year. Everyone involved has a right to be proud of this tradition at St. Paul's.

Moving through Easter, we are hopeful and confident that we will have Rev. Lynn back on her own two feet. I have seen first hand the support she has received from our members and the community of Brockville during the time of her recovery (which will be ongoing as she rehabilitates the knee) and I know this has been very much appreciated. The resilience of the congregation in dealing with this situation and the dedication of Father Ted in taking an expanded role in assisting Lynn with the pastoral duties of the incumbent is an inspiration to us all, and one that the Wardens certainly appreciate.

A reminder to the congregation that shortly after Easter we are embarking on a new photo directory for the parish. Kerey Bolton has taken on the supervision of this activity and is in the process of arranging appointment times for everyone in the parish. We are fortunate that the company producing the directory has provided us with 4 different times over a two-week period in which to attend and conduct the photo sittings. There is NO CHARGE to participate in this photo directory, and everyone who does attend will receive a free 8x10 photograph and copy of the directory, so everyone is

Warden's Message cont...

encouraged to make an appointment and be included. Participants will be able to obtain additional copies of the completed photograph and these are the only costs involved and the remuneration to the photography company. If you are unable to attend any of the sessions and would still like to be included, then please contact Kerey for alternate arrangements as we are allowed to submit our own photos (for which there is some cost).

As always, the Wardens who are vested with the corporate interests of the parish, appreciate your continued support to the parish (financially and spiritually), the operations of the parish, the activities of the parish, and the continued support to Rev. Lynn. But most of all, as individuals, we give thanks for the opportunity to serve this parish.

Happy Easter and may you have a blessed time.

John Francis, Rector's Warden

Beatitudes For Friends Of The Aged

BLESSED are they who understand my faltering steps and palsied hands.

BLESSED are those who know my ears today must strain to catch the things they say

BLESSED are they who seem to know my eyes are dim and my wits are slow

BLESSED are they who looked away when coffee was spilled on the table today

BLESSED are they with cheery smile who stop to chat for a little while

BLESSED are they who never say "You've told that story twice today"

BLESSED are they who know the ways to bring back memories of yesteryears

BLESSED are they who made it known I'm loved, respected and not alone

BLESSED are they who ease the days on my journey home in loving ways.

Submitted by Erin Preston



Messy Church

Messy Church changed to a monthly format at St. Paul's when we kicked off last October. It is held on the third Saturday of the month from 11:00am to 12:30pm and is offered until June.

Messy Church provides an ecumenical option for families with children that find it hard to attend church services on Sundays. It was designed for children ages 3 – 12 years, but everyone is welcome. Children must bring an adult with them, but it doesn't necessarily have to be the parent. Grandparents, aunts, uncles, even close family friends and child care providers are warmly invited to attend.



Jesus heals the sick

Photo Credit: Pat Alexander



Messy Church Christmas Pageant

Photo Credit: Pat Alexander

A roster of adult and junior volunteers provides bible stories, songs and crafts, and Rev.

Lynn leads us in a short child-oriented worship. A small freewill offertory is collected. The morning culminates with lunch that has been lovingly prepared by our ACW volunteers.

We have explored creation, Noah's Ark, readying ourselves for the arrival of a special baby, the birth of Jesus, and fleeing to safety. The bible stories are often dramatized complete with costumes and props for all. We are going to discuss Jesus as the Miracle Worker, and share in

His journey to the cross during Easter.

Messy Church has a Facebook page: Messy Church – St. Paul's Anglican, where you can check for regular updates and see what's next on our agenda. Registration is required to ensure that we have enough craft materials and lunch on hand.

Call or email Pat Alexander: 613-556-2202 or palexander1130@gmail.com.

Submitted by Pat Alexander



Pancake Supper 2017

The Pancake Supper this year was a great success – 162 adults and six children for a grand total of 168 people (up from the 162 who attended last year). Our profit of \$1,520.00 will be shared between Loaves and Fishes and the Primates World Relief and Development Fund (Sudan Relief effort).

You might note that all of the ingredients for the supper – groceries, maple syrup, pies and coffee were once again all donated by parishioners. Many thanks to those who came forth to fry, flip, serve and clean-up and to the members of the ACW who provided a total of thirty pies for the event. Special thanks goes to: Peter Mayer who took the day off work to prepare the sausages and cook pancakes; to Linda Levy who purchased the groceries; to Aileen Mayer who mixed up the pancake batter from scratch; to Jane Guthrie who made gluten-free pancakes; and to John Francis and Reverend Lynn Dillabough who manned the door. Thanks also to all who set-up, served and cleaned up – and to all who attended.

Bob Panter



Cooks at Pancake Supper

Photo Credit: John R. Flegg

ACW Ladies serve
pies at Pancake
Supper

Photo Credit:
John R. Flegg



Finances & PRE-AUTHORIZED GIVING (PAG)

At the recent Annual General (Vestry) Meeting, the budget for 2017 was presented and approved for implementation. It was noted that this is a deficit budget and represented a quite new- for many participants- approach to the process without “plugging” in numbers to make it look better or balanced. While the parish can handle a small deficit, this is not something we can sustain for any prolonged period of time. It was also pointed out that much of our expenditure package is fixed at around 70%. That does not leave us with a lot of discretionary spending ability. Thus, we are in the dilemma of determining either what it is we don’t want to do or how do we increase the revenue to do what we want to do, since our revenue base has been very consistent over the past few years.

One of the elements that relates to revenue is the increasing use of the PAG initiative. As more people move to this approach to regular offerings, the revenue is more predictable and significant cash-flow issues are mitigated. However; and contrary to the understanding and marketing of this initiative, there are some costs involved. The basic administrative aspects are indeed handled by the Diocese and for this we are greatly appreciative. However; like any other business that uses credit cards to receive payment, there is a service fee. In our case, the Diocese pays a fee to Visa and Mastercard (negotiated independently with each company and not the same for each) and this fee is charged back to the parish. The gift is received @ 100% and the tax credit covers the full 100%, but then a service fee is deducted from the gross receipt for each month. Over the 2016 year this fee, in total, amounted to almost \$1,000. **For direct deductions from the bank account, there is no charge back to the parish.**

The purpose of this article from the Finance Committee is not to discourage the use of PAG by anyone (in fact it is encouraged) and not to deter those using credit cards for their donations via PAG; **but to be transparent regarding these costs that have hitherto not been fully disclosed.** We certainly understand the benefits of using credit cards and garnering the ‘rewards’ from this usage but going forward now, everyone has the same understanding.

Thank you for your support to the parish.

John Francis

Chair, St. Paul’s Finance Committee

Milestones and Memories at St. Paul’s

Since the last edition of the Servant, we mourned the loss and celebrated the life of
Cynthia Tyo

Give Thanks In All Circumstances

10 GREAT REASONS TO BREAK YOUR LEG

On January 3rd, I stepped out of the church office to go for lunch and slipped on the ice and rain covered driveway. The technical term for what happened was a tibial plateau fracture but most people would just call this a broken leg. Mostly, this experience has been painful, frustrating, disorienting, painful, embarrassing, challenging, and painful. In my better moments, and as time goes on, I am also noticing the spiritual teachings that are available when I trust and listen to God. Here are ten things I am learning:

#1 I Can Slow Down

In the first week, putting on a sock took several minutes. In the tenth week, getting to and from my car on crutches seemed to take forever. I had no choice but to slow down. After a few weeks, I came to this startling conclusion: It is OK to slow down. *Even when I CAN go faster maybe I don't have to.*

#2 I Am Not My Accomplishments

We all like to get things done and most of us take pride in our accomplishments. If we live long enough, it will be an accomplishment if we can get dressed for the day. When we can't do even this we are just as valuable and just as loved. *God loves me whether I accomplish anything today or not.*

#3 I Am Vulnerable; You are Vulnerable; We Are All Vulnerable

Nothing links us more than our shared vulnerability. Many people have shared stories of their own broken bones and other injuries. We can all stand speechless before the great mystery that God chose to inhabit a vulnerable human body like ours. *We are all fragile and we need each other.*

#4 I Have a Body

This might seem like an obvious one. For at least the past decade, however, I have been treating my body like it is just something useful for carrying around my brain. In the past few months, I have been challenged to learn new skills and to notice how wonderful my body is. *Our wonderful bodies are a gift from God; we should take care of them as best we can.*

#5 I Can Receive Care

This was most uncomfortable and embarrassing for me. As time went by, I began to experience this receiving of care as part of a great web of love and connection. *In a place of gratitude we can give and receive care graciously, each in their due season.*

#6 Compassion

I only cried once. It was the day I found out that, instead of being able to progress to walking, that I would spend six more weeks on crutches. My son helped me out with one of those "experiments in philosophy". He asked me: "If you knew someone who couldn't walk, and you could volunteer to use crutches for twelve weeks so that they could walk, would you do this?" The answer, of course, is yes. "Well", he said, "that is what you are doing for yourself. You can have that compassion for yourself." *We are linked by our fragile bodies and by our compassion for each other. We are all worthy of compassion.*

Give Thanks In All Circumstances cont...

#7 Empathy

I will understand you more when you tell me about physical pain. I am astounded that people live with chronic pain with no end in sight. In the hospital waiting rooms I heard stories much worse than mine. *No matter what our circumstance there are others who are suffering and need a listening ear. We are not alone.*

#8 Patience

It is with embarrassment that I remember my impatience with people moving slowly and/or not remembering things. I've been given the gift of a preview of aging, with a body that could hardly move even with assistance, and a brain that went fuzzy from pain. *Be kind and patient with each other; we never know what someone else might be dealing with.*

#9 Trust

When I could no longer trust in my own abilities I had no choice but to trust the people around me. I had no choice but to trust God. When everything seemed to be falling apart I could choose to trust that God could teach me lessons in the midst of the difficulty, and that God would be with me though it. *I trust in God and not myself.*

#10 Gratitude

There are so many things and people to be grateful for. I am grateful for sick benefits and for our wonderful Canadian healthcare system. I am grateful that God made us in such a way that our broken bones, and many other ailments, can heal. I am grateful for Julie, who got me to the emergency room, for Janice, who took me in for the first week, for my Aunt Betty, who took me in for six more, for Wardens John and Rod who offered so much support. I am grateful for a bishop and an arch-deacon who checked on me regularly. I am grateful for everyone - friends, family, and especially church family – who were patient, kind and generous while I recovered. I am grateful, most of all, to have landed in a parish that is full of so much love.

Rejoice always, pray without ceasing, give thanks in all circumstances;

for this is the will of God in Christ Jesus for you. (1 Thessalonians 5:16-18)

Submitted by Reverend Lynn



Rev Lynn and Santa at ACW
Christmas Party

Photo credit: Linda Eckert

Mark your Calendars: Saturday, June 3rd, 2017

“THE BIG GIVE” www.thebiggive.ca



Falling Forward

In November of last year, I had the privilege of presenting the book Falling Upward by Richard Rohr, at the St. Paul's Reads Event. This book was the first one eliminated from the competition, but in achieving this bit of renown, it also succeeded in confirming the theme of its oxymoronic title.

The central theme of the book is that life is divided into two halves- not usually by age- but by how the life is lived. The first half is based on survival, while the second half is based on living the life-lessons learned in the first half. It has been described as living the first half by the Ten Commandments and the second half by the Beatitudes. The transition between the two halves comes by failing and learning; essentially, falling down and getting up. Hence the title "falling upward".

All of us fail or fall- down at something as none of us are perfect. It is how we deal with this failure that represents how we move forward with our lives. To go back to the beginning of this article, the fact I failed to properly represent the essence of the book and to convince the audience it was worth studying, resulted in me re-evaluating the presentation and understanding that I took the wrong approach. I don't anticipate having to do anything like this again, but I have now had to conduct presentations on other matters and have learned to plan better.

But this is only one example of how falling down – literally in some cases – can lead to a better future. Take the person who breaks a leg and learns the plight of many disabled individuals while trying to just move around or do daily chores; or the person who injures their dominant arm and is unable to reach into cupboards or upper shelves; or the person who has a lower back problem and can't bend over to tie shoes or pick up something that has fallen to the floor. These are temporary afflictions and fortunately for most of us the broken/damaged parts are healed and we return to 'normal', whatever that sense of being is. But we don't return to the normal 'normal': we return to a more empathetic normal. We have evolved in our lives; we have fallen upward.

While this book is not part of the Lenten Study for 2017, and probably won't be in the future, it is certainly a book – and not heavy reading – that does influence the mind and is a worthwhile read.

John Francis, Rector's Warden

The Shower

Lately taking a shower has given me much thought. Some may say I shower a lot. The reality is I do, because of my active life style, most days I shower twice.

When the kids were all teenagers living at home, there were five of us fighting it out for shower time and hot water. Thanks goodness we had the largest gas hot water tank you could get. It seems to me that when the house was that busy, the only time you had to yourself, to gather yourself, was in

The Shower cont...

the shower. Although, this still does not explain why the boys took forever to shower. Think about it, the shower can be the only time you are truly alone to wash not only your physical side, but your mental and spiritual side as well.

Showers usually fall into categories, cleaning to prepare for something or cleaning up after something. You can ask most runners the joy of the run continues as you shower the hard earned sweat off your body.

We can enter the shower with a feeling of excitement – the shower before go to your wedding, feeling of sorrow – the felling I felt as I showered before my Dad’s funeral, the feeling of dread – the shower before the big exam, the shower to wake you up – after a long night or the feeling of satisfaction – the shower after a long day of work in the garden. But no matter the feeling, the shower is where we are alone.

However, as we know we are never truly alone, for God is with us everywhere including the shower. I believe as the hot water – Peggy tells me I shower in too hot of water – and the soap cleans our bodies, the shower is fill with God’s grace to clean our souls and massage our spirit. I love the image the song “Grace like Rain” plays in my mind. How Grace comes like a refreshing rain or in my case the shower.

[Feeling good about yourself](#) From **Dave Bell’s** book – Lesson that began in a one room school

Upcoming Special Services and Events

Thursday April 13 – Maundy Thursday Service 7:00 pm

Friday April 14 – Walk of the Cross beginning 9:30 at First Presbyterian (Courthouse Square)

Saturday April 15 – Messy Church 11:00 am

Sunday April 16 - Easter Sunday 8:30 & 10:00 am

Thursday May 8 – ACW Mad Hatter Tea Party 2:00 pm

Saturday June 3 - The Big Give 10:00 am to 2 pm (More details to come)

Saturday May 20- Messy Church 11:00am

Sunday June 25 – St. Paul’s Church Picnic – St. Lawrence Park 10:30 am.

Sunday July 2 – Community Ecumenical Service Court House Square

Sunday July 9th to Sunday September 10th Summer Schedule – one service at 9:00 am



ST. PAUL'S ANGLICAN CHURCH
12 Pine Street, Brockville, Ontario K6V 1E8
Telephone: 613-342-5865
E-mail: stpaulsoffice@bellnet.ca
www.stpaulsbrockville.ca
ORGANIZATION – 2017

RECTOR:	Rev. Lynn Dillabough	613-340-5696	lynnndillabough@gmail.com
ADMIN. ASSISTANT:	Debra Clarke	613-348-1625	clarkes@accglobal.net
RECTOR'S WARDEN:	John Francis	613-498-9859	jdf-rwarden@bell.net
PEOPLE'S WARDEN:	Rod Slack	613-342-5223	beasyl@ripnet.com
DEPUTY WARDENS:	Linda Eckert	613-345-2117	linda@flegg.net
	John Sharpe	613-342-6873	jgsharpe@cogeco.ca
TREASURER:	Cindy Groenewoud	613-345-2944	cgroenewoud@cogeco.ca
ENVELOPE SECRETARY:	Sue Farnsworth	613-802-2558	sue.farnsworth@hotmail.com
ORGANIST/CHOIR DIRECTOR:	Donna Matheson	(C) 613-498-6588 (W) 613-345-4092	donnakathleenr@gmail.com
ALTAR GUILD:	Dina Edwards	613-342-4997	bobanddina@myhighspeed.ca
NEWSLETTER:	Linda Eckert	613-345-2117	linda@flegg.net
LAY READERS:	John Wilkie	613- 865-8443	jwilkie2@cogeco.ca
	Julie Case	613-865-9698	Juliacase@gmail.com
	Ken MacNeil	613-345-3511	kenbeth.macneil@gmail.com
	John Flegg	613-345-2117	john@flegg.net
	Dave Bell	613-704-0986	dave.bell@tdfinc.com
SYNOD DELEGATES:	Faye Audet	613-865-9400	faudet@cogeco.ca
	Sandra Bourque	613-865-7278	sbourquehorwood@hotmail.ca
	Julie Case	613-865-9698	Juliacase@gmail.com
	John Flegg	613-345-2117	john@flegg.net
SYNOD ALTERNATES:	Jane Reid	613-345-2055	janeatbrockville@gmail.com
	Peter Galvin	613-342-9766	petergalvin37@gmail.com
	Jean Macintosh	613-342-7066	macstew@sympatico.ca

PARISH COUNCIL: STEWARDSHIP FUNCTIONS

PARISH COUNCIL CHAIR:	Chris Groenewoud	613-345-2944	chris_groenewoud@yahoo.ca
PARISH COUNCIL SECRETARY:	Jane & Ted Guthrie	613-498-2942	ccquilts@gmail.com
Parish Life:	Sandra Bourque	613-865-7278	sbourquehorwood@hotmail.ca
Worship, Spiritual Life & Adult Education:	Lynn Dillabough	613-340-5696	lynnndillabough@gmail.com
Finance & Stewardship:	John Francis	613-498-9859	jdf-rwarden@bell.net
Property & Maintenance:	Roy Clarke	613-348-1625	clarkes@accglobal.net
Justice:	Patricia Younger	613-862-0346	pyounger@rogers.com
	John Flegg	613-345-2117	john@flegg.net
Coordinator of Children's Ministries:	Pat Alexander	613-556-2202	palexander1130@gmail.com
Coordinator of Youth Ministry	Lynn Dillabough	613-340-5696	lynnndillabough@gmail.com
Members at Large:	Don Buffett	613-345-5150	dbuffett@ripnet.com
A.C.W.:	Bea Slack	613-865-7428	beasyl@ripnet.com