



Reaching Out



July 2013

A Ministry of St.
Aidan's United Church

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◆ Our Core Values:

Hospitality, Inclusiveness, Spiritual Growth & Reaching Out

◆ Our Mission:

Life-changing ministry with all through Jesus Christ.



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Rev. Dr. Michael Caveney

Summer Sabbath

Perhaps it has its roots in the education system, when we go to school ten months of the year and then have two months of vacation, but I have always considered July and August to be a time of rest, renewal and catch up. However, quite often I find it is difficult to slow down because everything around me seems to continue at full pace.

We are all familiar with what God did on the seventh day: rest. In the Jewish scriptures, this idea of Sabbath or Shabbat is seen as God abstaining from the work of creation. One Jewish translation is literally "God ceased to perform all of God's creative work." Perhaps God rested as a model for human beings who are created in the divine image. This passion we have to create and to be busy can be dangerous, especially in our technological society which takes pride in the ability to manipulate and control creation.

There is an old story written by Lettie Cowman who talks of a traveler making a long trek deep into the jungles of Africa. The traveller had engaged a number of local people to carry the luggage. The first day of travel they

marched rapidly and went far. Of course, the traveller had great hopes for a fast journey given this quick start. However, on the second morning, the locals refused to move. They just sat and rested. When asking why they weren't moving, the traveler was told that they had gone too fast the first day, and that they were now waiting for their souls to catch up with their bodies. The Africans knew that they needed to restore life's balance.

Interesting that the Hebrew word for rest, *vyenafesh*, can also mean to catch ones breath, a sweet fragrance and the inner being or soul of a person. They believed that a rest would refresh the soul.

God rested because God wanted to show us that work is not an end in itself. There has to be one day, a Shabbat, when we renew our strength and our spirits. Shabbat, or Sabbath, provides the sacred time to think about the Creator and creation.

This summer, may your soul find time to catch up with the rest of your living.

Editor's Note: Please read the comments by Jake and members of our Youth Groups on pages 4 and 5. You'll be glad you supported Betty Anne and the Children, Youth & Families Ministry at our church!

Music at St. Aidan's



The choirs of St Aidan's are all on summer holidaythat means no regular rehearsals, although if you would like to sit up front with a volunteer choir, please do

so. Over the next two months, give some consideration to your calendar for the fall. Perhaps singing would be an excellent activity.

Choirs meet every Thursday in the Music Room. You are welcome to join!

Mirabile (3 part ladies' voices) 3:45 - 5:00

Jubilate (4 part mixed voices) 5:15 - 6:30

Ted Boulden Singers (4 part mixed voices with a more contemporary theme) 6:30 - 8:00

SING WITH JOY!

Fall Study Theme

Painting the Stars:

Science, Religion and
an Evolving Faith
(from Living the Questions series).

*“When I have a terrible need of ---
dare I say, ‘religion’, then I go
outside and paint the stars”*

Vincent Van Gogh

Celebrating the communion of science and faith, **Painting the Stars** explores the promise of evolutionary Christian spirituality. Featuring a dozen leading theologians and progressive thinkers, the six-session program includes conversation around the reading, a 20 minute video presentation

and guided discussion. The readings are by evolutionary theologian Bruce Sanguin.

“Mystery is a condition of awe, of resting precisely in an unknowing, long enough for the silence to have its way with us. The goal of this curriculum is to create some space for us to inhabit this mystery more deeply, and explore the relationship between science, particularly evolution, and religion. Perhaps most importantly, the hope is that each participant will feel from the inside what it is like to be the presence of all this creativity showing up after 13.7 billion years as him or her.

Without this felt sense of being one with the creative process that is

ceaselessly animating life, the conversation will remain objective and academic. We invite you to engage these six weeks with an awareness that you are not separate from the creativity that produced you.”

Bruce Sanguin

The morning (10:30 – 12noon) and afternoon (1:30 – 3:00) weekly sessions will commence Thursday, October 10. For more information contact **Jack and Donna Dayton** at 250-477-4915 or jddayton@shaw.ca.



Painting the Stars

Bazaar November 2

Most of the convenors have been pricing and sorting their wares and we are rapidly filling up cupboards. Donations are always welcome, especially for the Silent Auction. Even though the Thrift Shop is closed we still will accept **bazaar** donations. We do need everyone's help, so if you aren't already signed up, please call and we'll find you a spot. The stalls need helpers, as does the kitchen, so there is a wide variety of spaces to fill. Please think about the Preserves Stall when you are making jam, chutney, relishes, etc. this summer. Our customers appreciate our variety. Remember, the Health Dept. requires that we only sell preserves in *Ker-like jars that seal with metal lids and rings*.

Check the Life and Work page for the next jewellery pricing, book pricing, handbag cleaning etc. We would love to see you there and tea/coffee and goodies are always served. Contact Marilyn 250-479-5676 or Hieke 250-477-5269.



St. Aidan's Healing Pathways

We have a healing ministry in this congregation. There are 10 trained hands-on healers offering treatments twice a week.

INCLUSIVENESS is one of our core values. We are open to offer this gift to anyone who asks.

REACHING OUT for us means that we expand this invitation to the broader community, treating in homes, care facilities and hospitals.

SPIRITUAL GROWTH is perhaps our most significant core value. I think I can speak for the whole team when I say that the training that we received has not only deepened our faith but sustains it. Some of us learned to meditate for the first time and now incorporate this in our spiritual practise. Hands on healing is a form of deep prayer where we as healers are conduits, channels for God's healing energy and love, however you picture your God. Val Bauld

We are often asked “What is Healing Pathway?” Well here is a rhythmical rap that might help answer the question for you:



It is hands-on healing with a Christian Base
Naramata Centre was its birthing place
Courses were developed, techniques taught
We have a strong code of ethics which means a lot.
Your energy centres can get out of whack
Hands on healing can help to get that back.
Providing a cure is NOT in our mandate
But to assist the body to reach a balanced state.
We can help with pain, bruises and breaks,
Spiritual fatigue and migraine headaches.
Still feeling curious? Now it's up to you
Make an appointment and **feel** what we can do.





Cassidy Care Project

It came to the attention of St. Aidan's congregation this spring that one of the families that formerly attended St. Aidan's was in a dire situation. The family's 11 year old daughter, Cassidy Boland, was diagnosed with leukemia in November and was receiving life-saving treatment at BC Children's Hospital in Vancouver. Her mother, Omdrea Walker, the main financial breadwinner for the family, had to take a leave from her job as a teacher to be with Cassidy. Cassidy's sisters, 14 year old Sierra and 4 year old Shayenne and their step father Michael relocated to Vancouver to enable Cassidy to receive treatment.

In addition to Cassidy's cancer diagnosis, the family received yet another blow. While in Vancouver for treatment their home sustained water damage. A leak in their roof resulted in structural damage and extensive mold damage. Cassidy, with a compromised immune system, could not live in the house. Making things yet more difficult Michael suffers from neurological condition, Chiari Malformation that causes chronic pain.

People at St. Aidan's remembered Cassidy as a happy, enthusiastic toddler running in the sanctuary on Sunday mornings and her mother, Omdrea as a teacher and volunteer in the Sunday school program. A committee of people interested in helping the family was formed at St. Aidan's and through a campaign entitled the "Cassidy Care Project", fund raising began. Members of St. Aidan's church donated generously. A tea, bake sale and silent auction were held June 1 and proceeds were contributed to the fund. Members of St. Aidan's also participated in a clean-up of the yard at the



Walker/Boland home in Saanichton. Other contacts in the community donated labour and materials to repair the damage to the house and the family was able to return to their home in June.

Cassidy continues to receive treatment and you can read about her progress on the blog which Omdrea has written at www.cassiesgrace.com. Omdrea and the family would like to express their extreme gratitude for the generosity and kindness extended to them by the people of St. Aidan's. On behalf of all involved in the Cassidy Care Project I would like to say how satisfying it has been to help this family and participate in practicing one of the core values of St. Aidan's, "reaching out". St. Aidan's will continue to care for Cassidy and her family. June Robinson

Watch for the new ramp in the sanctuary - it will allow easier access to the chancel area for people with mobility difficulties. Thanks Colin, for supervising this worthwhile project.

A GARDEN STORY by Kate Holmes

Now here is an interesting garden story to beat all ! If you look into the centre of the two big flower pots outside the door leading into the office area, you will see a plant with variegated leaves. It is called *Tricyrtis Formosana* Samurai or, more commonly, a TOAD LILY. It will grow about half a meter tall and will bloom lusciously in the late summer and throughout the fall (I HOPE !). Anyhow, here is the story.

The name is from a popular fraud or " science-generated fairy lore".

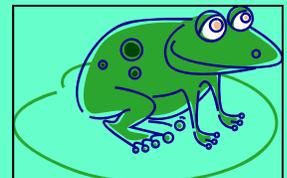
In 1971, during the Marcos dictatorship in the Philippines, a family was persuaded - strongly - to living in a remote rainforest wearing nothing but vines, and eating only fruit and tadpoles. They were portrayed as being a pre-fire Stone Age Tribe, and so successful was the ruse, that the National Geographic was totally duped. Indeed, the story can be found in the August ' 72 edition. After a year and a half, the supposed finder of the tribe, Elizalde, began to forbid public visits, and by 1976, anyone attempting to find them without

Elizalde's permission, was imprisoned.

Coincidentally, he was the Minister of Culture for the Marcos' regime and many believe that he and Marcos were in cahoots to pocket the tourist/ book/ documentary/movie profits about these amazing people.

When the tribe was attempting to fool the public, one of their habits was to catch tadpoles from a stream and swallow them whole. They also demonstrated their skill at catching frogs -- and here is the link with the plant. They would crush the plant so that the juices went all over their arms and hands, claiming that it was a " frog attractant", so frogs would jump into their hands. The rationale was that the juices made the frogs legs less slippery when grabbed. Hence, the TOAD LILY.

Much more can be read about this story at the site I have cited:
www.paghat.com/toadlily.html.



ST. AIDAN'S YOUTH EXPLORING SPIRITUALITY



The Youth at St. Aidan's has had a year packed full of fun, meaningful activities that have fostered right relationship. Every Friday evening, the youth meet in the Niche to hang out and be in a space where they can completely be themselves (junior youth and senior youth flip-flop Fridays and occasionally join together for larger events and celebrations). They share their experiences from the week and ask questions (or sometimes questions are asked of them) about what it means to be a spiritual person in the 21st century. This section of the newsletter highlights the sentiments of the Youth at St. Aidan's on their experience at May Retreat, the retreat they frequented on May Long Weekend, and other events as well as their feelings on what Youth Group means to them. Some chose to write a letter, write a list, a short paragraph, a Word Could, or just a couple quick sentences to share their thoughts with you. I have I also provided some reflection (Soap Box sermon?) on Youth and Camping Ministry and my experience with the Youth in the past year and some words of gratitude.

As one of the leaders, I was privileged to work with this group of well-mannered, intelligent, and self-aware group of youth. Some of my highlights include one regular evening meeting where, during our check-in, we went around the circle several times answering the question "Who am I?, Where am I going? How am I going to get there? Who is going with me?" The exercise brought out much insight and really helped me get to know the youth better. Another highlight was the weekend we co-hosted with the Ventures group, as most of our senior youth are also in Ventures. We took an in-depth look at the scripture and learned how to look beyond the literal words that are in the text and looking deeper into the meaning and the application of the ancient words to our modern day. The most recent highlight was watching the youth at May Retreat at Camp Fircom deliver a meaningful Vespers where they lead in centering the group with lighting the Christ Candle, singing 'Like a Rock', reading Robert Munsch's 'I'll Love You Forever' and closing the evening with a pop-corn prayer. As a collective, they chose the song, the story (the message), and used their own words that came from the heart when centering and praying. It was certainly a proud moment to see such leadership and maturity.

These events and others are where youth actualize the New Creed: they realize they are not alone as they meet so many youth from other places in British Columbia and find that their challenges and successes are similar and valid; they truly experience what it is to live in God's world and see how God has created and is creating through budding friendships and, since most of these events happen at

camps, what it is to be in creation; they strengthen their beliefs in God and their faith through structured and impromptu discussions with their new and old friends; and, throughout, they experience the church and what it means to be called to be the church, to live and work with others and feel the Spirit through the interpretation, singing, and celebrating. Retreats like Evolve, May Retreat, Revolve and summer camps are vital to so many of the youths' spiritual growth. You will see this in some of the youths' reflections and expressions of what it means to be in Youth Group.

I would like to thank you all for supporting the Youth at St. Aidan's in their trips to these places. For me, these places have been invaluable to my upbringing as a Christian and a young adult. I know this is the same for most of my friends in the United Church and I believe that Camping and retreat ministry are the future (or is it the present?) of the organization of the Church. Please continue to support this vital ministry.

I would also like to thank the congregation for the opportunity to be the Youth Booster and Faith Quest leader this year. Sharing my experiences and mentoring (hopefully) the youth and children in their growth has been a privilege. I know that they are destined for great things - thank you. The loving support of each congregational member has been invaluable, as is the wisdom they impart to the youth, and to me. Thank you to all the parents who drove their kids places and did all those things that parents do for the love of their children. These young people are so lucky to have such loving and caring parents. A huge thank you as well must be extended to **Wendy** and **Mar** for their leadership with the junior youth group and to **Mandy** for her hours of volunteer work with Faith Quest. To all the other volunteers this year, thank you so much for your support with the program, I enjoyed working and meeting you. I know I've forgotten someone but know that I am so incredibly grateful for everyone who has supported this ministry.

On that note, above all I must thank **Betty Anne** for her vision, her passion, and her love for each member of the youth group and its leaders. Everybody has probably experienced her boundless energy and love, even when she, herself is tired. She greets every youth with arms wide open, unconditional positive regard, and a huge smile. Without her, the youth and children's ministry at St. Aidan's would not be the same, cohesive group it has become over the past years. Praise to Betty Anne.

In parting, I can only think of the phrase, "It takes a whole village to raise our children" and this is certainly what happens at St. Aidan's. There is so much positive and youthful energy (God?) that is shared and working between all members of the congregation. We must continually celebrate this strength in our community. And the people said, Amen. **Jake**



Reflections on Province-Wide Youth Retreat, Camp Fircom, May 2013

Dear St. Aidan's I want to thank you so much for sending me to Camp Fircom, it was a meaningful, amazing, friendship-filled weekend that will stay with me for a long time. Throughout the weekend we had worship services, we had theme streams, where we talked about worship and scripture and lots of other things in smaller groups with other people our age. We also had super fun activities that helped us form many friendships. I so hope that I will be able to go next year. Thank you SOOOOO MUCH!!!!

Throughout the year, in youth group we have gone on trips, helped others, and talked about a lot of very interesting topics. The people in our youth group, both leaders and youth, have been so wonderful to talk to, be with, and know. Some highlights of the year were when we did the fashion show [with the Thrift Shop], when we did the Presbytery dinner, and even just when we were together for our Friday night youth group get together. At our youth group meetings we have gone to the beach, planned lots of fun activities and talked about things that have been amazing in our week and things that were not so amazing. I feel so welcome, open, and safe when I am at youth group and I am so grateful for our youth group. **Mimi**

Spencer - Camp Fircom was a great success for the youth and for me, being the only Sr. (boy) Youth. It was hard but it was still fun. I met new people and made new friends. The travel was fun but exhausting and I really needed sleep but it helped motivate me to work harder. Thank you, congregation, for the help with finances.

I feel really happy when we go places like May Retreat and Evolve. Thank you for supporting us who **are** in youth group!!! I felt very happy when I was at Fircom. I got to meet new people and have lots of fun. Fircom is AW-SOME! **Shelby**

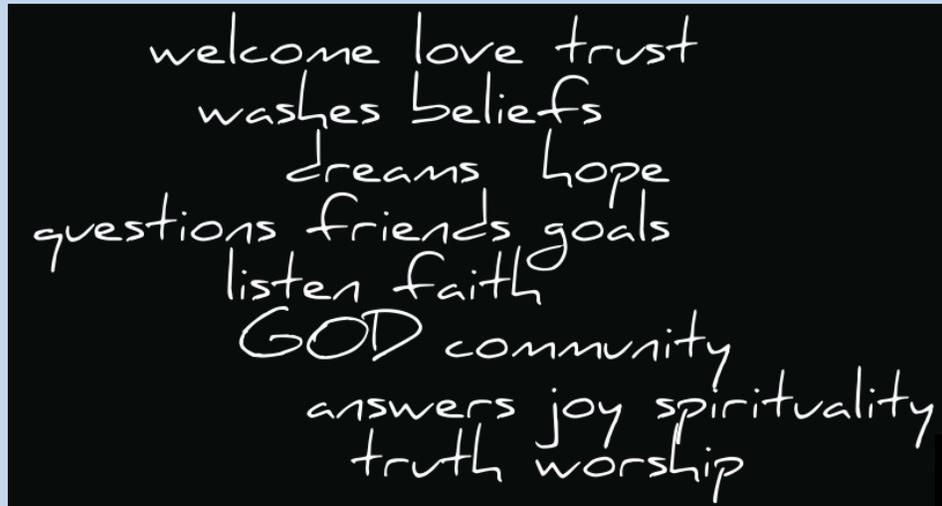
Nathan - Ana-Luz is such a great cook
-The food at Camp Fircom was really good
-I really liked playing Frisbee, bench ball, throwing footballs, and volleyball
-I liked singing at Camp Fircom
-What Youth Group means to me is people around my age who I trust, can ask for advice and talk about God in every day life.

Ross - As a crazy, active youth, every youth group meeting is fantastic because I can relax, slow down and enjoy a while to just be with others my age without having to think about the rest of my life. I can connect with all my fellow youth and the leaders, which is a nice change. It's also fantastic to go and see all the other youth at Conference. Thanks for all the help you, the congregation, give.



Word Cloud

by Emma



Reaching Out Newsletter—Next issue deadline: August 25

Send your submissions to scampbell6@shaw.ca or rjevans1@telus.net .

Please limit submission to 50-75 words.

Note that if photos are included, please reduce prose or keep it to a lower limit.

Editors: Sylvia Campbell and Janis Evans Formatting: Judy Langford

St. Aidan's Thrift Shop—Summer News

The Friendly Octopus has stayed open in the first two weeks of July for the very first time. We're now closed for our summer break . We ask that while we are closed after July 10 and until we re-open on September 4, you try to limit your donations to us as we are operating on a skeleton staff. As we are not selling things, items are piling up and we find that we have no place to store things.

Also, we have noticed that we are frequently receiving breakable items like china and glass in plastic bags. Please send all fragile items in boxes, well wrapped in newspaper or bubble wrap and marked "glass", or "china".

When we opened 16 years ago, one of the first people to say she would help, was Audrey Laing. She is now retiring to Ontario to be near her three daughters. We at St.Aidans wish Audrey good health and much happiness in her new abode and thank her for her dedication to her task as head of the housewares section of the Thrift Shop.



Sylvia and Audrey