

April, 2014



Reaching Out

Our Core Values: Hospitality, Spiritual Growth, Inclusiveness and Reaching Out
Our Mission: Life-changing ministry with all through Jesus Christ

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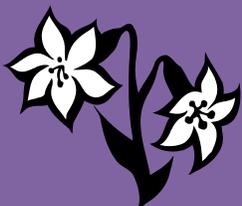
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We are an Affirming church



Easter Services at St. Aidan's

April 17 - Maundy Thursday, 7pm in the Chapel

April 18 - Good Friday, 10am in the Sanctuary

April 20 - Easter Sunrise, 7am meet at St. A's
8:30 - 10 am: Coffee & Hot Cross Buns
Easter Celebration with Communion (and
Brass Quartet)

WELCOME!

We welcome **Rev. Barbara Martin** who will be a part-time minister during the sabbatical leave of Rev. Michael Caveney. Besides her preaching, worship planning, Bible study facilitation, and emergency pastoral care duties, she will be carrying on her regular volunteer projects at St. Aidan's. These include the Monday night Lenten study, bringing us the live broadcasts by John Dominic Crossan, and anything else she dreams up to enhance our learning. Oh, as well as running the new *St. A's Café* on Wednesdays from 10 am to 1 pm (coffee, tea, scones @\$1.00 each, conversation free).





SHE-E-E-E-S BACK.....!!!

Message from Betty Anne Dempsey

Ahhhhh...Spring is here! Newness calls! And I have returned from sabbatical and jumped back into the life of St. Aidan's feeling energized and hopeful!

It is good to be back; watching the wonderful daily "chaos" of this ministry at St. Aidan's.

Barb Martin has "stepped up to the plate" in Michael's sabbatical absence, journeying with us through this Lenten season and for the next few months. Her gift to us has been the Monday evening study asking the questions: Who/What is God? Who was Jesus? We appreciate her facilitation which is "above and beyond" her call of duty, as well as her thoughtful worship leading!

Our youth continue to serve us with excellent brunches and lunches as they fund-raise for the **United Church of Canada Rendez-Vous Youth Conference** being held in Winnipeg this summer. Watch for more exciting youth events including a Mother's Day lunch in May!

I would also like to thank the **Thrift Shop** for their contributions to the BC Conference Youth Ministry *Imagine Fund* by putting together "Comfort Baskets" that will be auctioned at BC Conference in May. We are very blessed by the many donations that come to the Thrift Shop each week...we are also blessed by the many items that are donated to many meaningful ministries in Victoria and further afield!

Our 40 Acts/40 Days initiative has created new and innovative ideas in the Sunday School! Throughout Lent, the children are collecting yarn that will be delivered to Our Place, and offered to "family" who are learning a new skill or simply wanting the enjoyment of knitting.

Spiritual Growth continues to offer many programs including "Saturday Night at the Movies". Please note that this month's movie, *Dolphin Tale* follows an AOTS (St. Aidan's Men's Group-As One That Serves) barbecue on Saturday, April 26th at 5:30 pm. Everyone is welcome to join us for hot dogs/hamburgers, good conversation...and a movie! Tickets for the dinner will be offered soon.

And finally...new vision, new ideas-St. Aidan's has begun another journey with BC Conference and Victoria Presbytery. I invite you to read St. Aidan's Council report on details of our evolving ministry! We continue to learn and grow together ever aware that we are always changing...forever evolving in our relationship with each other and all of Creation!

Blessings & Shalom,



Michael's Message – Spirit of Change

You should not be surprised at my saying, 'You must be born again.' The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit. John 3:7,8

About 100 years before Plato, another Greek philosopher, Heraclites is credited with saying, "All things are in flux like a river. No one ever steps into the same river twice."

During the past month, I have attended meetings in Toronto at the General Council offices for the Permanent Committee on Ministry and later in March in Vancouver for the BC Conference Executive. It seems that the common theme, both in Toronto and Vancouver, was "change." As I sat in the meetings, I thought that Benjamin Franklin, when he said in a speech that there is nothing certain in life except death and taxes, could have also added change. Change is a part of human life. As the world around us is continually changing, we ourselves are changing. In our meetings, we were looking at how the United Church can respond to meet the needs of today. How should the Church respond to change?

Perhaps the question is more personal. How do we respond to change? As the quote from Heraclites shows, us However, Jesus does an interesting thing, In John 3, he links this change with another natural element, the blowing of the wind.. Change is something that we can't control, is random, and like the wind affects all.

We have no control over the water or the wind, but we do have the power over the way in which we will respond to their ever changing patterns. We can continue to respond in patterns which we have always used, or we can be open to new and fresh ideas and ways of doing things. We can always be looking back, or we can look forward and embrace the new day and changes facing us. Recently a friend counselled me, "Only look back when you can smile and only look forward when you can dream." I asked a 92 year old friend what his secret to a long and fulfilling life was and he told me that he always looked forward with hope, expectation and excitement.

Jesus said that the Spirit of God was in the winds of change. When you are faced with the profound elements of change, take a deep breath, open yourself up to how the change is challenging you and be assured that the Spirit is in some way involved in the change. Knowing that God is with us in this change, may we have the courage to go with the flow and hoist up our sails and be blown by the wind of the Spirit.

Rev. Dr. Michael Caveney



Michael Caveney is on sabbatical until July 2014



COUNCIL REPORT

By Tony Smith, Council Chair

AGM NOTES

The Annual General meeting was held on Feb. 16, 2014. Prior to the meeting a sandwich lunch was enjoyed. The Treasurer's 2013 financial report and the budget for 2014 were presented and approved. The team reports were approved as distributed. Many thanks were expressed to individuals, teams and events by those present. Cherie Davidson's nomination as a Trustee was approved.

The Gift Acceptance policy and Guidelines document was approved. This policy is available on our website. Robin Sutherland provided an update of the new website and an implementation schedule. The revised Governance model was presented for information. This model provides for a larger representation on Council and streamlines and updates the roles and responsibilities of the teams. The new structure will enable better communication between Council and teams.

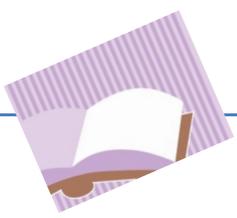
VISIONS AND NEEDS OF ST. A'S



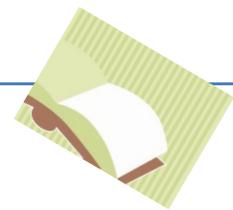
Over the past few months Council has discussed our vision and needs for the next 5+ years. We recognized that this exercise started with the Operational Review Committee report that was completed last year. Many of the recommendations of the ORC have been implemented or are in the process of being implemented. One of the recommendations was to consider initiating discussions with Presbytery on possible need to review clergy staffing. Council, in discussions with Presbytery and BC Conference, has decided to initiate the new **Ministry Profile and Search** process.

Council has approved the following members of the MPS committee: *Doug Koch* *(Chair); *Dean Goard*; *Carol Donovan*; *Paul Malnarich*; *Jean Margison* and *Janis Evans*. Our youth and families and others will also have the opportunity to provide input as focus groups.

The goal of the Ministry Profile and Search Committee is to make a recommendation about the ministry needs of St Aidan's and then hire personnel that meet those needs. In addition, the MPS committee will be making recommendations on all staff positions. The process is in two parts. It starts with the creation of a report that is a snapshot of the current state of the faith community and the ministry needs of the congregation. It finishes with the adjustment of ministry personnel to fit those needs. This process replaces the Joint Needs Assessment and Joint Search process.



From the Library by Louise Booth



Your church has many books – you can see them as soon as you come into the Great Hall. New ones are displayed on the trolley by checkout (it's moved on Sunday mornings to make room for the AV tables). But where do the CDs and DVDs go after Sunday coffee time? We keep them stored while the library is not staffed, but if you see us there midweek, just ask for them, and you can access them at any time by dropping us an email at staidans.library@gmail.com. There is a binder listing all but the most recent DVDs just to the left of the checkout for you to browse. An updated version is in the works.

New DVDs in the library are ***Long Walk to Freedom***, the story of Nelson Mandela, ***The Lady***, the extraordinary true story of Aung San Suu Kyi of Burma, ***Still Mine***, and ***The Book Thief***.

Also new in the library are many CDs and DVDs of presentations at Epiphany Explorations over the years, so if you've ever wondered what it's like, check them out. We've grouped them together on the CD and Study DVD table under "Epiphany Explorations", and they all go out for 4 weeks. They include sessions by Marcus Borg, Jon Dominic Crossan, Bob MacDonald and Phyllis Tickle, and many, many more.

Please remember to sign out anything you take from the library, and all returns must be made through the book return slot in the desk. Please do not re-shelve anything or leave it on the desk thinking we will find it waiting when we come in – they usually disappear in someone else's hands!

Pastoral Care Team by Helen Pinel

Prayer Shawl Ministry:

As many of you already know, we have initiated a new Prayer Shawl Ministry at St Aidan's, ably supported by many generous knitters and Thrift Shop volunteers. Most of the yarn is donated (Do you have any surplus yarn you would like to provide?) Patterns are available for shawls (or lap robes)

Do you know of someone who might need a prayer shawl? If so, please speak to one of our Ministers or to a member of the Pastoral Care team.

Look for more information in one of our "Prayer Shawl" pamphlets



Pastoral Care Visitation:

When we expanded our group of volunteer Lay Pastoral Care Visitors early last year, the timing was amazingly fortunate - as we are currently in the midst of several months of consecutive sabbatical leaves for our 2 Ministers. Both Betty Anne and Michael are intensely involved in pastoral care both within and beyond our own church community, much of their visitation being focused on the more "acute" pastoral care needs that keep arising on a regular basis.

Our Lay Pastoral Visitors have been able to focus on the more ongoing (or "chronic") pastoral care needs - primarily for seniors who are less able to attend church for worship or other social involvements. Our lay Visitors create meaningful links with these seniors, providing a wonderful caring connection to St Aidan's for them. From all of us - to you, our Pastoral Care Visitors - we offer our sincere thanks and appreciation.

If you are interested in learning more about Pastoral Care Visitation, please speak to one of us at any time.

PC Team members - Val Bauld, Puddie Curtis, Diane Kendall, Susan Kurushima, Jean Margison, Phyllis McNaughton, Helen Pinel (Chair), Carol Sidhu, Moira Wightman, Michael Caveney, Betty Anne Dempsey, Judy Langford

Pastoral Care Visitors - our next discussion meeting will be held on Tuesday, May 13th at 1:30 pm in A/B.

SPIRITUAL PRACTICE

Is this something you would enjoy?

By Val Bauld

Lectio Divina is a form of spiritual practice and something I do most Thursdays at 8 am at Cadboro Bay United. It takes about an hour and some stay for quick cup of tea or coffee afterwards. There are many forms of this but the one we do most often is to sit in a circle quietly for a few minutes then select a few verses from the Bible. These verses are read three times moving clockwise in the circle. Each person chooses a word or phrase that stands out for them and says it out loud. If nothing grabs you, then you say "pass". After the next three readings and a period of silence you express a feeling or image you may be experiencing. Again, if nothing then pass. After a short period of silence the passage is read a further three times and you ask yourself, "what invitation am I receiving from this word for the coming week?". At the same time you pay attention to what the person on your right is saying for we close by either saying out loud or silently a prayer for this person. Like all spiritual practices, the more you do it the easier it becomes. So do not be put off by awkwardness or discomfort that you may feel at first, for it really is a powerful experience. The word chosen usually has no relevance to the passage of scripture. We are not there to explain the meaning of the scripture but to experiencing something very personal and at the same time being aware of the group's energy. If curious let me know or just turn up. On the fourth Thursday of the month we usually walk the labyrinth and meditate that way.



Nell Howard

Music Schedule



- April 6** - Jubilate singing *Soon I Will Be Done*
- April 13** - Palm Sunday - Jubilate singing *Santo*
- April 17** - Maundy Thursday - Mirabile singing *Kyrie*
7:00 short worship service
- April 18** - Good Friday 10:00 - Jubilate singing *Dolorosa*
- April 20** - Easter Sunday 10:00 massed choir and brass quartet singing *At Jesus Name*
- April 27** - TBS Sunday
- May 4** - (morning) - Jubilate Choir
(evening) - *Joint choir concert:*
St. Aidan's choirs/Victoria Children's Choir

Bookworms – reading as a spiritual practice

Field of Compassion

by Judy Cannato

Here is a book full of hope for a new consciousness to grace the world, not only for the individual, but for our species. What if you could channel your energy to create a transformation in yourself as well as reaching beyond your immediate vicinity? The premise of this book is that we, who flow from a single source, whether holy spirit or quantum vacuum, can make choices that are life-giving for all. It is about creating a world of compassion.





Bazaar 2014 is constantly being worked on. Noreen is pricing, cleaning and sorting her Vintage items, Kate is collecting an interesting selection of International Treasures so if you have any donations for these stalls please drop them off. We encourage everyone to spread the word about our bazaar to friends as people are happy to donate to a worthy cause. April will see a Jewellery sorting, a Sewing gathering and a Knitting tea. June has regular book pricing afternoons as well. Everyone is welcome to help at any or all of these events. Please join in and help us make November 1 a huge success. Call Marilyn 250-479-5676 for more information.

Pew Cushion: We have a sample pew cushion in the church so find it and try it out. So far everyone has found it very comfortable and agree it matches the decor very nicely. We need to raise \$16,000.00 for this project and have raised \$5,500.00 so far. The bazaar committed their 10% from bazaar 2013 and will commit the 10% from 2014 if necessary. The envelopes for your donations are in the pews, at the office and on the library counter. We hope to have them all finished this spring. Your donation can be in recognition of someone if you wish. Thanks to all who have contributed.

A letter from the Caribbean from Shanti Persau

Hello, my beautiful spiritual family at St. Aidan's ... greetings from the Caribbean. Blessings to each of you and "feel" the warmth that comes with this letter! I am totally enjoying my time at the *Yahweh Foundation* in Tobago. I read the children stories, help them with homework, play educational games, help with computer literacy and I just started a series on building self-esteem and teaching the juniors about the "sacred core within" that is unassailable, pure, the container of their essence, and the place where Spirit dwells within them. **And they "get it" ...AWESOME!**

And ... I just plain love and cherish them. Some are cheeky and boisterous while others are quietly curious. Sadly, many come from very troubled homes and hence Penny's mandate, (Penelope Camps is the Founding Director of the *Yahweh Foundation*), is to catch them young enough to help heal the wounds and help them grow up healthier and happier. They are beautiful children who need lots of love, care and validation. Some are bright while others are sadly lagging behind with behavior problems. Early intervention also interrupts the cycle of violence that has been so prevalent in the islands for years now.

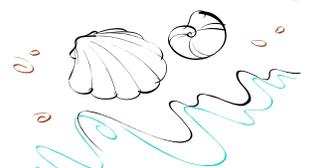
I am amazed at Penny's capacity to care and meaningfully reach out to the Buccoo community. Her energy and love reach way beyond normal expectations! And she is absolute fun to be with; we have many in-depth conversations ... a very evolved soul. I cannot believe I have met a fellow kindred-spirit in the Caribbean. We are on the same page on so many things... it is uncanny! And her husband, Richard is a good, kind man who gives his best to *Yahweh* too. He is such a Caribbean man!

And the seniors are delightful. I did an activity with them today (a kind of show and tell) and they shared so much of themselves that we all got to know each other better ... some shared in very sentimental, reminiscent ways that warmed the heart. They dance at the end of the sessions and boy! They have NOT lost their groove ... rhythm is in their DNA! Culturally, Tobagonians are different from Trinidadians and so I am learning their ways gradually ... remaining open and porous so they can teach me. I do not see race or color but delightful souls that are there to grow and become as we work together.

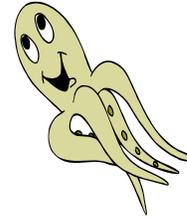
I had a bit of a medical problem. I braced a big wave that came up as the sea was very rough and I tore a tendon in my left shoulder. It was excruciatingly painful for three days and finally I saw an excellent local doctor who helped me tremendously.

I've been listening to parliament in session here and it is an absolute hoot! Makes Harper and the opposition sound "advanced" politically! Getting involved in the inner dynamics of living here is another whole different ball game. I am very Canadian in this sense and understand life on many levels more intimately in Canada than in TT

Editor's note: This letter was submitted in February.



Greetings from the THRIFT SHOP.....THE FRIENDLY OCTOPUS



2014 Team leaders – Sylvia Campbell, Joan Martin, Patsy Osselton

Volunteers always welcome! It's a great way to spend your Wednesdays or last Saturday of the month.

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Sylvia Campbell
Janis Evans

PRINTING & DISTRIBUTION

Judy Langford

Did you enjoy the **pulled pork lunch** put on by the youth? Here is the recipe from Sharon Sutherland.

Pork shoulder roast; onion;
1 bottle hard cider (or beer)*
1 bottle BBQ sauce.

Brown roast and onion. Put in slow cooker (high 6-8 hours or low 10 hours) or covered pan (300 oven – 3 hours) with cider and sauce. Remove meat, pull apart with 2 forks, removing any pieces of fat; strain liquid into bowl. Add pork to pot to keep hot, add liquid back as needed.

*alcohol evaporates when cooking

From the Property Team :

If you wish to borrow chairs or tables, please contact our Rental Coordinator, Jane, at the office. You will be asked to fill out a form before anything is removed. We do not rent or lend out any kitchen equipment including cutlery and dishes.