

THE LOOP

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St. James' Anglican Church Newsletter June / July / August



We have just entered the liturgical season of Pentecost. Called by many the birthday of the church, Pentecost represents a passing of the mantle of sorts—from the Incarnate Christ to the ever-present Spirit, the reminder of the God within, the sustainer, the teacher, the strengthener. Pentecost is a day of celebration for all that God has done and is doing within the life of the church.

The **Primary Themes** of this season in the Church are: Unity in Diversity, Holy Spirit, Extravagant Praise, Gifts of the Spirit, and Hospitality.

Our Worship Services and our Outreach programs this late spring and into summer will retain a focus on these Pentecost themes. With Covid 19 still in our midst, human rights issues at the forefront, and the continued demands of self isolation we need to dwell upon these primary themes and God's Word.

*"God's Word does not fall to the ground without bearing fruit. How does the church, how do we, react to the saving grace of God we have observed in the drama of the seasons from Advent through Easter? The disciples wondered about this as well. They huddled together, wondering, in the upper room until the **Day of Pentecost** (literally, 50 days). That was the day the **Holy Spirit of God** came upon them and they became great warriors of the faith! Pentecost is the great day of realization that God has given us life and power to be different. The season called the Season after **Pentecost** is that time in the church year when we react to the story of salvation proclaimed in the preceding cycle of seasons. The colour used is green, symbolizing growth – growth of the grass and trees, growth of crops, growth of the church, growth of Christians together in the fellowship of faith."* - <https://www.stjames-manotick.org/church-year/>

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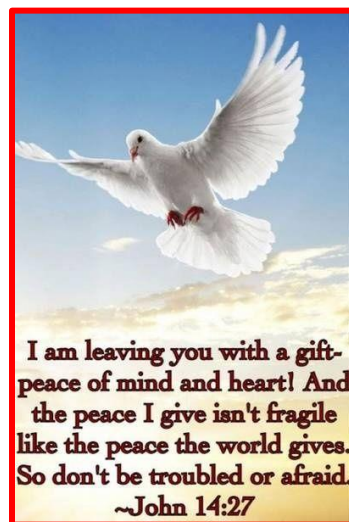
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Wardens Cheryl Barr, Michael Watson and Veronica Jackson can be reached via the church email address above.



I am leaving you with a gift—peace of mind and heart! And the peace I give isn't fragile like the peace the world gives. So don't be troubled or afraid.
~John 14:27



Father Paul Walmsley

If you were to walk into 190 Queen's Avenue, London our Huron diocesan office, (not now, they're not open), there on the wall is this striking, intriguing piece of devotional image art, entitled "The Hospitality of Abraham" and it is also known by "The Trinity." The icon was created by a Russian iconographer, Andrei Rublev, in the 15th century. It is still on display in Moscow.



Rublev's three primary colors illustrate facets of the Holy One all contained in Three. Rublev considered gold the color of the Father – perfection, fullness, wholeness, the ultimate source. He considered blue the color of the human – both sea and sky mirroring one another – and therefore God in Christ taking on the world, taking on humanity. Rublev pictures Christ as blue, displaying his two fingers to tell us that he has put spirit and matter, divinity and humanity, together within himself - and for us!

And then there is green, easily representative of the spirit. Hildegard of Bingen, the German Benedictine Abbess, a musical composer, writer, philosopher, mystic and overall visionary, living three centuries before Rublev called the spirit's endless fertility and fecundity "veridatis," a quality of divine aliveness that makes everything blossom and bloom in endless shades of green.

As you can see this beautifully points to our summer, our liturgical green. Rublev, in similar reverence for the natural world, chose green to represent, as it were, the *divine photosynthesis* that grows everything from within by transforming light into itself – precisely the work of the Holy Spirit. I urge you to download this icon from the internet. I know, I have it framed in our house because this is one that yields more fruit the more you gaze on it. It beckons you. Every part of it was meditated upon with great care: the gaze between the Three; the deep respect between the Three as they all share from a common bowl. And note the hand of the Spirit pointing toward the open and fourth place at the table! Is the Holy Spirit inviting, offering and clearing space? If so, for what? Now this is the part that grabs me, that I find intriguing. As magnificent as this icon – and this fellowship – is ... there is something missing.

They're circling a shared table, and if you look on the front of the table there appears to be a little rectangular *hole* painted there. Most people just pass right over it, but art historians say that the remaining glue on the original icon indicates that there was perhaps once a *mirror* glued to the front of the table. Well, this is a pretty unusual feature for an icon. One would normally not put a real mirror on the front of a holy icon. And this is the point. It's stunning when you think about it – there was room at the table for a fourth.

The Observer.

You!

At the heart of Christian revelation, God is not seen as a distant, static monarch – a *divine circle dance* as the early fathers of the church dared to call it. God is the Holy One presence in the dynamic and loving action of Three. But even this Three fullness does not like to eat alone. So, the invitation is to share at this divine table is probably the first biblical hint of what we would eventually call “salvation.”

On Trinity Sunday we have a reading from the Book of Genesis all about Creation, and later in Genesis, Genesis 18:1-8, we have a space at God’s table. We have the Lord appearing to Abraham and I urge you to look at this particular passage as it’s the inspiration for this art group and points to The Trinity.

We face this summer with so many questions as we have worked through a spring one will never forget. I want you, over the next few months, to take this image into yourself. Recognize that this table is not reserved exclusively for The Three, nor is this *divine circle dance* a closed circle; we are all invited in. All creation is invited in, and this is the liberation God intended from the very beginning. This divine intention – this audacious invitation – is embedded in Creation itself; it later becomes concrete, personal, and touchable in Jesus.

Our final goal of union with God is grounded in creation itself, and also in our own unique creation. Our starting place was always *original goodness*. This makes our ending place – and everything in between – possessing an inherent capacity for goodness, truth and beauty.

Salvation is not some occasional, later emergency additive but God’s ultimate intention from the very beginning, even “written in our hearts.”

Are you ready to take your place at this wondrous table? Can you imagine that you are already a part of the dance?

We go forward in this summer of Pentecost in the year 2020 embracing the Holy Spirit to participating in this dance of life.

+ *Father Paul*

Outreach Update

Food Bank Donations



Non-perishables

Thank you to all of our parish members who continue to actively support the Salvation Army Food Bank operating here in Ingersoll. Sharon Gillett continues to remain in close contact with this organization and she reports that it continues to extend its heartfelt thanks for our support. Funds to support the Food Bank over the summer can continue to be deposited with St. James’.

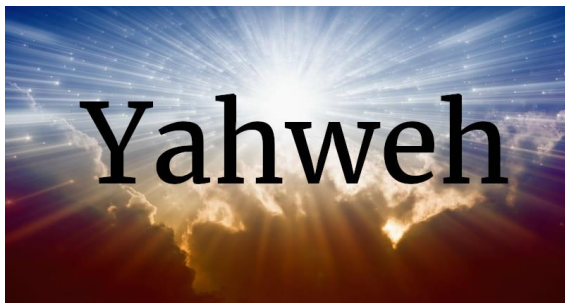
Vision Committee Update

(submitted by Mike Watson)

As you know from the April/May edition of the Loop, the sale of 184 Oxford Street was finalized on March 3, 2020. With that milestone under our belt the Committee continues with its sights set on the project of finding a new home for St. James’. On March 8th Cheryl Barr, who was chairperson of the Committee, announced her resignation. All Committee members have conveyed their gratitude to Cheryl for her dedication and hard work including taking the sale of 184 Oxford Street across the finish line. I know I speak on behalf of everyone at St. James’ when I say “Well done Cheryl and thank you!” Cheryl has offered her continued support in an advisory capacity. On May 12th I accepted a nomination for the position of Vision Implementation Committee Chair. I look forward to my ongoing work with this group as they are thoughtful, diligent and dedicated to making appropriate and sometimes difficult decisions that are in the best interests of our congregation going forward. Our work will continue as we prospect for a suitable site for our ministry at St. James’. We will keep you advised when there is progress to report. In the meantime, we ask you to keep the Vision Committee in your prayers. Stay safe everyone.

- Michael Watson, Chair.

On behalf of the Vision Committee members:
Margaret Burford, Sharon Gillett, Veronica Jackson, Father Paul Walmsley and Bob Welt.



"I Can't Breathe"

What was usually called the Second Commandment was often translated as "Thou shalt not take the name of the Lord thy God in vain."

We were told that meant we should not cuss or curse people.

As we know from scripture Jewish people teach that any speaking of the divine name was in vain.

Any attempt to capture the Divine Essence in an spoken word was futile; this is the best way to interpret the name given to Moses – "I Am Who I Am" and its original Hebrew form YHWH (the letters yod, he, vay, he) which we translate as **Yahweh**.

But this is where I have been so moved. It's also unspeakable because it was meant to imitate and replicate the sound of human breathing in and out. Try it now!

"I can't breathe" – says George Floyd.

First, inhale. (Say 'Yah' breathing inward – don't use your tongue on your lips). And then exhale (Say 'weh' breathing outward, just let the breath glide out over your tongue.

You can breathe God. In fact, this means the very first word you ever spoke when you came out of your mother's body was the sacred Name, and it will be the last.

"I can't breathe, Momma".

George Floyd had a last breath.

We pray for him and stand in solidarity with all those respecting life and the freedom to worship.

Whenever you feel the need for greater awareness, the presence in your life, stop and hear this Name in your breathing.

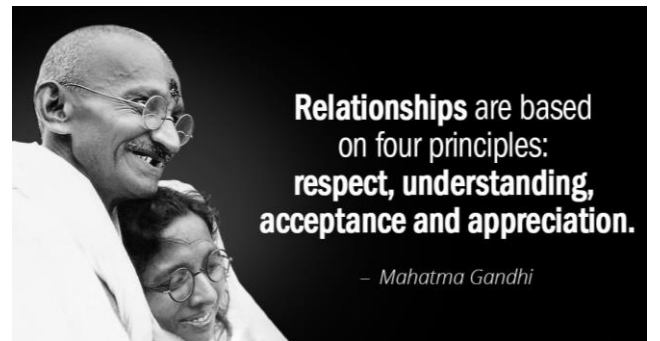
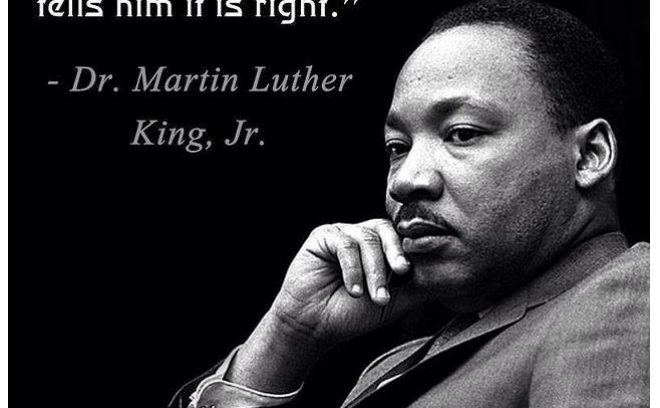
For George Floyd – Peace.

+ Fr Paul

(The Reverend Paul Walmsley can be reached by email at xpchurch@gmail.com or call the church office 519-485-0385)

"There comes a time when one must take a position that is neither safe, nor politic, nor popular, but he must take it because conscience tells him it is right."

- Dr. Martin Luther
King, Jr.

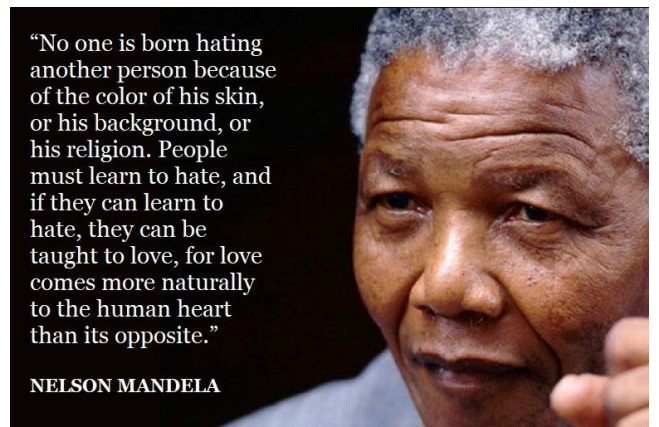


Relationships are based
on four principles:
**respect, understanding,
acceptance and appreciation.**

- Mahatma Gandhi

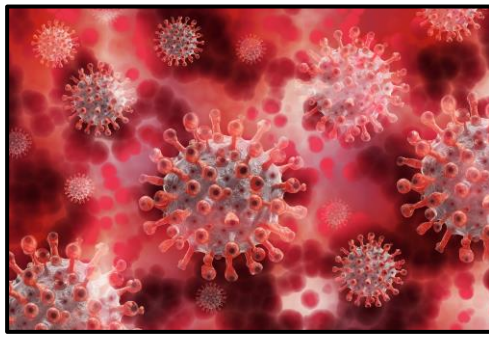
"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."

NELSON MANDELA



*Dear friends,
let us love one another,
for love comes from God.
Everyone who loves has been
born of God and knows God.*

1 John 4:7



CORONAVIRUS FALLOUT 2020

“In cities and regions hard-hit by the coronavirus crisis, quarantine measures and self-isolation efforts have left many public spaces deserted. Classrooms, plazas, malls, sports venues, cafes, houses of worship, and tourist destinations appear eerily empty as people stay home, cancel plans, and await further news.” Alan Taylor, **The Atlantic** magazine



But all is not doom and gloom. CTV News reported on March 22nd: “Clergy across Canada are moving services to the digital world as they adapt to support their congregations amid the global COVID-19 pandemic that has seen governments restrict large gatherings. Religious leaders say the unprecedented situation has forced them to seek creative alternatives to community-based worship at a time when people are anxious and in need of spiritual support.”

<https://www.ctvnews.ca/health/coronavirus/how-canadian-religious-groups-are-adapting-to-covid-19-1.4863270>

St. James' Worship Team under Father Paul's initiative decided to go to a format of taping our Sunday services and circulating the information to our parish members and friends of St. James'

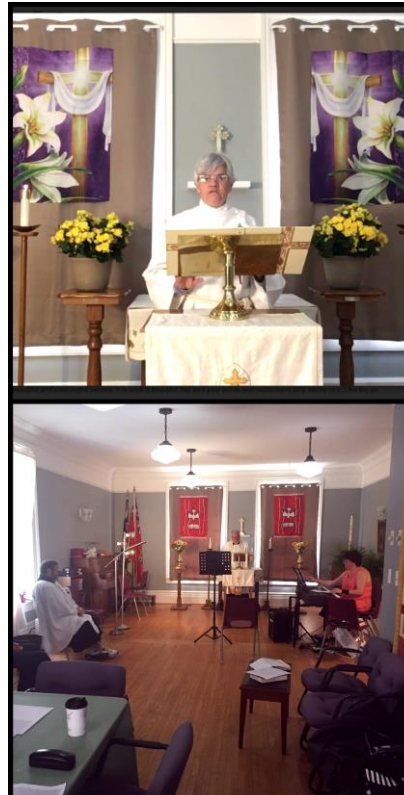


Access to the taped Morning Prayer services can be accessed through YouTube. After our Thursday morning tapings, the videos are uploaded by our technician, Martin Jackson, to the internet and are posted as three sessions. This decision was made to allow for ease of uploading the tapings and it also allows our parishioners a choice - to view all three parts one right after another, or break their viewing session up. An email is then sent out every Saturday to our membership list with the access info for the YouTube URLs. This allows people to click on for them for easy access for viewing on Sunday. As well, the service video information is posted to our church web site www.stjamesingersoll.com and to St. James' Anglican Church Ingersoll Facebook page. If you are not on our email send out list and would like to be, please contact Veronica at veronicastjames@gmail.com

For those parishioners who cannot access the internet, we offer the service of taping the audio of the service and delivering it to their homes. With the tape, a copy of the "Order of Service" is included. Kristy Van Kooten Bossence not only provides the wonderful music for our services, but looks after preparing the final service bulletin. It is attached to our email messages.

The Worship Team members each look after a particular part of the service – Father Paul performs his normal priestly duties – greeting, homily, benediction, etc.; Lay Reader Bob Welt delivers the Gospel reading and leads additional prayers; Lay Reader Sharon Gillett or Warden Michael Watson leads us in the reading of the Psalm, and Prayers of the People; Music Director Kristy reads the Second Reading and ties all parts together with music; and, Warden Veronica Jackson reads the First Reading and looks after the camera work (the iPad taping).

We would love to be able to add additional personnel to our team but with the present restrictions put in place by the provincial government (limiting our numbers to five), we will have to wait awhile before we can do that. Social distancing is also a necessity. We are very appreciative of all the cards, letters, phone calls and emails that we have received from our "followers"! Thank you! It is a privilege to assist Father Paul and strive to bring some familiarity to our parishioners as we participate in our homes in St. James' Sunday services of worship.



**Inside
The
Annex
Studio
Spring
of 2020**

After Taping – A little fun, refreshment and business to attend to!



Passion, like a smile, is contagious. It rubs off on everyone around you and attracts enthusiastic people into your orbit.

Richard Branson
Founder, Virgin Group

Days of The Week Agenda

Some "Isolationist" Humour and Advice from Inez

By the way... Y'all be careful because people are going crazy from being in lockdown! Actually I've just been talking about this with the microwave and toaster and we all agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as she is acting cold and distant. In the end the iron straightened me out as she said everything will be fine, no situation is too pressing. The vacuum was very unsympathetic...just told me to suck it up. The fan was more optimistic and hoped it would soon all blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip. The front door said I was unhinged and so the curtains told me to.....yes, you guessed it; pull myself together 😊😊

- Monday: Look for a smile and return it
With one of your own
Give someone new faith and hope
It's such a beautiful loan.
- Tuesday: Gather a thought that is kind
One that's sincere and deep
But be sure to pass it along
For such are too precious to keep.
- Wednesday: Forget yesterday's old sorrows
Mistakes, sadness and pain.
Lift your heart with hope and a song
As flowers to sun and rain.
- Thursday: Offer a word of comfort and prayer
To help someone in need
A little thoughtful gift, some flowers
Or a smile, makes us all rich indeed.
- Friday: You shall not pass this way again
So do any good that you can do
Don't put off for tomorrow or the
Chance may be lost for you.
- Saturday: Today will soon be a memory
So don't let it come to an end
Without a smile, without a song
Or just a word with a friend.
- Sunday: Don't let worry and care depress you
Or brush the day's joys away
But rise and give thanks to God above
For his love and another "Blessed Day".
- (Author unknown)

More Offerings from Inez

Hugs



**IT'S WONDROUS WHAT A HUG CAN DO.
A HUG CAN CHEER YOU WHEN YOU'RE BLUE.
A HUG CAN SAY, "I LOVE YOU"
OR, "I HATE TO SEE YOU GO."**

**A HUG IS "WELCOME BACK AGAIN,"
AND "GREAT TO SEE YOU, WHERE HAVE YOU
BEEN?"
A HUG CAN SOOTHE A SMALL CHILD PAIN,
AND BRING A RAINBOW AFTER RAIN**

**A HUG, THERE'S JUST NO DOUBT ABOUT IT..
WE SCARCELY COULD SURVIVE WITHOUT IT!
A HUG DELIGHTS AND WARMS AND CHARMS,
IT MUST BY WHY GOD GAVE US ARMS.**

**HUGS ARE GREAT FOR FATHERS AND
MOTHERS,
SWEET FOR SISTERS, SWELL FROM
BROTHERS;
AND CHANCES ARE YOUR FAVORITE AUNTS
LOVE THEM MORE THAN POTTED PLANTS.**

**KITTENS CRAVE THEM, PUPPIES LOVE THEM;
HEAD OF STATES ARE NOT ABOVE THEM.
A HUG CAN BREAK THE LANGAUGE BARRIER,
AND MAKE TRAVEL SO MUCH MERRIER.**

**NO NEED TO FRET ABOUT YOUR STORE OF
'EM;
THE MORE YOU GIVE THERE'S MORE OF 'EM
SO STRETCH THOSE ARMS WITHOUT DELAY
AND GIVE SOMEONE A HUG TODAY!!**

- Anonymous

From "Celebrate Life Blog" – Karen Johnson's thoughts about "Hugs". Even if we have to presently resort to "virtual' hugs, Karen has an answer for our lack of physical hugs!

"I remember not so very long ago when hugs were not a big part of my life. Days when I wished more than anything to have someone to just hold me—that's all, just to feel loving arms around me. I don't come from a family of huggers, in fact, more often than not when I was a child, many members of my family avoided touching at all if they didn't have to. I didn't really know what I was missing until I got my first job and taught in a school full of 'touchers.' These people couldn't have a conversation without touching you on the arm or the shoulder to emphasize a point. Although it felt uncomfortable at first, I soon became a 'toucher' too. I think human contact is a need that is built into us from birth.

The best touch of all, and the one that so many people are searching for without realizing it, is the touch of God in our lives. We have this big empty space in our innermost self that can only be filled by Him. When we try to fill it with stuff, or money, or people or drink/drugs as so many do, that hole seems to get bigger rather than smaller. It is never filled except by Him. He is always there waiting for that relationship but never forces Himself on us. Sometimes we can sense Him in a big way, but other times, He is easy to miss because He is waiting in the stillness of a search to find Him. But His love is always there for us. He loves us so much that 'He sent His only begotten Son that whosoever believes in Him shall have eternal life.' (John 3:16) Not life as we know it with all its pain, turmoil and troubles, but eternal life with Him in the most wonderful place imaginable- no even more wonderful than we can ever imagine."

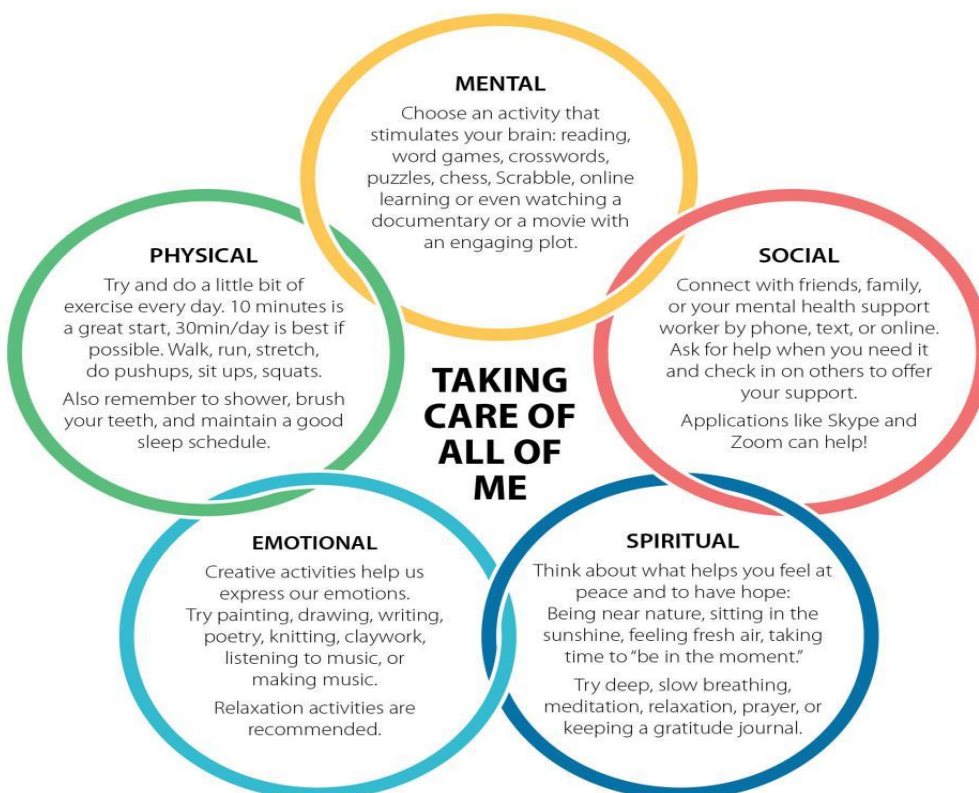


TAKING CARE OF YOURSELF



TAKING CARE OF MYSELF WHILE PRACTICING PHYSICAL DISTANCING

It's hard when so many outlets and activities are canceled during the Covid-19 pandemic. Here are some ideas of how you can take care of yourself at home. Try and do something from two areas each day.



BEGIN BY MAKING A DECISION ABOUT ONE THING YOU CAN DO TODAY.

Make a good decision; it doesn't have to be the best one. Making a decision focuses your attention and reduces worry. Decide to take the next right step!

AND REMEMBER TO WASH YOUR HANDS!

Announcements

“Stepping Down”



Our Sunday School coordinator, Norah Rayfield has decided to step down from her position as leader of the youth program. Earlier in May, Norah wrote to us to say: “I have been reflecting over the last few months and have realized that I no longer wish to serve as the Sunday School director. Initially I had plans to see out the end of the school year, however the pandemic took that opportunity away. I have truly enjoyed my time teaching Sunday School and feel honoured to have served the St. James’ family. I look forward to St. James’ next chapter. Yours truly, Norah Rayfield “

We will definitely miss having Norah at the helm of our Sunday School program and will sorely miss her leadership. We do understand that she is anxious to move on to other challenges and we wish her well in all of her endeavours. Norah took over the program several years ago and has done a marvellous job keeping the children active and engaged in their worship projects. They will certainly miss her and her enthusiasm.

Until we return to our rented space, Father Paul and the Wardens and Parish Council members will delay the process of selecting a replacement for Norah. If you have an interest in pursuing a leadership role in Children’s Ministry, please contact Father Paul.



Recent Happenings

Births: Finnegan Lucas Stuyt

Deaths: Auriel Clements

Michael Hennessy

*Rest in
Peace*

Musical Requests



Our Music Director, Kristy is offering you an opportunity to make a request! If you have a favourite hymn or worship song that you would like included in our upcoming services, please send her an email request. Kristy can be reached at: kristyoh@hotmail.com She looks forward to hearing from you!

What Have You Been Up To? Request

Recently, your editor sent out the following request – “If you have any special items that you would like included, please don’t be bashful. Submit your ideas, thoughts, poems, pictures, drawings, etc. to veronicastjames@gmail.com We (the parish) would love to see your gardening skills, your new projects and hobbies that you have been working on in these days of self- isolation.

The Worship Team thought it might be fun if you showed us (and the rest of the congregation) how and where you view our weekly services! Do you watch it on TV, on your desktop computer, your cell phone, laptop, or your tablet? Are you on your own or do you have a family member nearby? Are you with a group of 5 or under socially distanced? We would love to see you ... we miss your smiling faces! “

Well, a few of you stepped up to the plate and either sent us photos or gave us permission to use some we found on your Facebook pages! Pages 11 and 12 show the results!

The Lafraniere Family



“What a great idea to ask parishioners for their input in the newsletter! I think that will really help everyone stay connected!!!

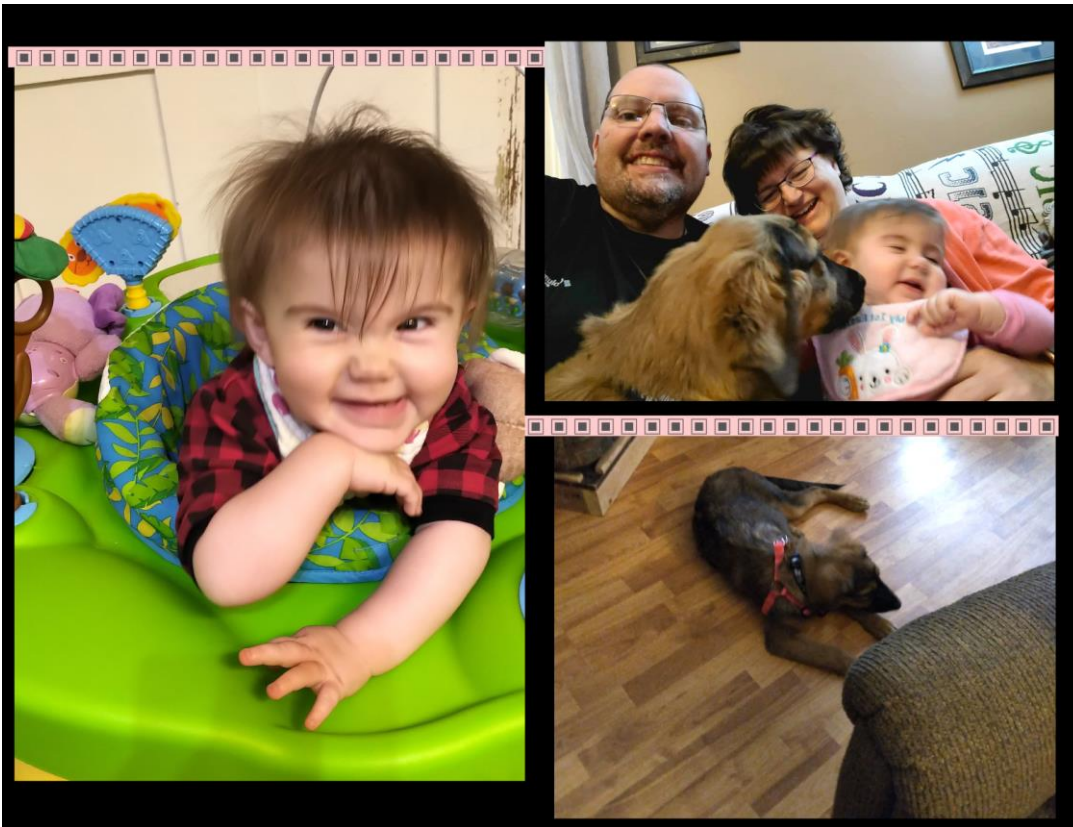
We have been keeping busy in the Lafraniere household. A complete house purge, a new deck built, and next week (June 11th) our little Everly (Evie) turns 1!! I have returned to work, and subsequently am back home, working from home - it has been a blessing to still be around my babies (and hubby!)

I hope everyone is keeping well, safe, healthy, and sane!!” - Aarika, Todd, Emma and Everly



Elisabeth Bond sent along this photo of her granddaughter hanging out with 5 members of the Ingersoll Pipe Band on a lovely Sunday afternoon. The mini band was entertaining the residents at Oxford Manor on Oxford Street, not far from The Bond Household.

Lis writes: ***“We enjoyed them from across the street at Oxford Manor. Maggie & Grayson danced to the tunes on our front lawn. Maggie had her picture taken with the group. Grayson declined a photo - he was happy to enjoy from a distance. It doesn’t look like it from this angle but they did practise socially distancing.”***



The Bossence Household

Kristy writes:

"Meet Roxy - she is a Potcake Puppy from the Bahamas! When we arrived (in K-W to adopt her) and she sat down - she was the only puppy out of 5 there to lay down at Rob's feet in between Rob and I!! She knew we were to be her forever family!!"

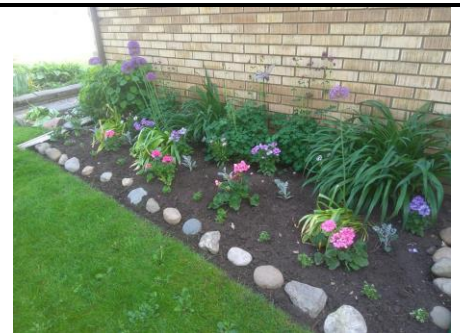
"Addison is 10 months as of June 1st and Roxy is 5 months now. Pray for us!! LOL"



Gardening Photos from Eleanore Wardrop's Home



Eleanore has been busy maintaining her gardens and lawns.



Eleanore has an acre of property to maintain. She is never bored!



Mike and Louise Watson viewing Father Paul's Wednesday reflection



Padre Captain Meghan Nicholls on Ascension Day broadcasting a service from Trinity Chapel CFB Kingston