

THE LOOP

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St. James' Anglican Church Fall Newsletter 2020



"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

Many things will be different this fall at St. James' from the past few years but at the same time many things will remain the same. The history of the parish shows the remarkable resiliency of our parishioners to adapt to the changes of the times.

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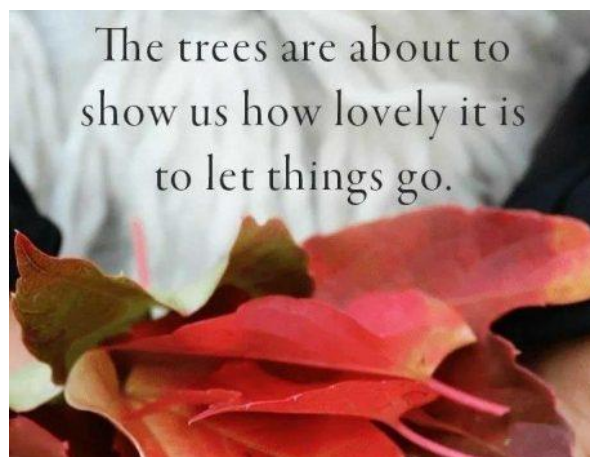
Church office hours have resumed to normal for the fall. These hours are:

Monday, Tuesday, Wednesday 9:00 AM to 12 Noon.
(Office closed Thursday & Friday)

Father Paul's message speaks to the challenges of worship in these Covid times but his message also reassures us of the way ahead.

The Worship Team and Wardens have been encouraged through phone calls, emails or conversations in person with so many of you and friends of our parish. We are so proud of the way that our parishioners have continued to check in on each other and let Father Paul or the office know of their concerns. Indeed in difficult times it is easy to be grateful for this support.

In this issue you will find several articles of interest and many important dates for you to pencil in on your personal calendars. We have included the guidelines and information from the Diocese of Huron about the "Amber Stage" of Worship. Some churches have returned this September to an "in person" model of worship. We look forward to reading the feedback of their congregations.



"Autumn asks that we prepare for the future—that we be wise in the ways of garnering and keeping. But it also asks that we learn to let go—to acknowledge the beauty of sparseness. "Bonaro W. Overstreet



Father Paul Walmsley

"Now I make certain every day that I never take anyone close to me for granted. No amount of time is long enough ... how stupid it is to try to get through life alone, because you can't."---Timothy Findley, Inside Memory

The Worship Team, Wardens, and myself, have been wrestling with the issue of reopening St. James given the reference to Diocesan Protocols. To humbly stand in person and welcome you with "the grace of Our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit" remains in the future.

It is a cliché to say that leadership is a lonely undertaking. But at the same time no leader can truly survive on his or her own. We are blessed with the most wonderful and dedicated faithful: those who help with our on-line worship, and you who follow the service and respond with your words of encouragement and financial support.

I sometimes feel intensely vulnerable, and suffer in these times from doubt and uncertainty. I can't see you but in my mind's eye. Sometimes it is a choice between two evils, and I never know in advance how a decision or homily will work out.

Scripture is explicit in telling us how often for Moses the source of strength was God Himself. Even Moses needed a human friend and it seems, by implication it was his sister Miriam – a leader in her own right one of her brother's source of strength.

SEASON OF CREATION 2020

*Renewing, repairing
and restoring*

This is the Season of Creation, a call to repair the world making it whole. Everything we do to heal the material plane here on earth will heal the divine realm as well. Christ is the heart of Creation.

It is the diversity of life in all its forms that makes the whole. What is enlivening is not what is similar but what is different. What is life affirming is the ever-expanding uniqueness?

Love bears all things, believes all things, hopes all things, endures all things.

That is the truth of the resurrection. It is constantly surprising, constantly full of hope, constantly coming to us from God's future to shape us into the people through whom God can carry out His work in the world.



+ Blessings, Father Paul



The
Diocese of Huron

LOVING OUR NEIGHBOURS

AMBER STAGE



Here is an “abbreviated look” at Huron Diocesan Amber Stage - In person worship may resume with the following rules & regulations -

- 30% of the maximum number allowed in the Masonic Hall - the current number for the hall rental (main area) is **34**. If we remove from this number the Worship Team (about 5 to 6 people) that would allow us to have **28** church members attend
- Seating must be the required 6' apart in all directions
- Face coverings are required for all persons over 2 years of age (unless there is a health restriction)
- Contact lists must be maintained - this would require signing in and out of the service
- Congregation singing is prohibited
- We would have to use the front door to enter and the back door to exit (exception for motorized scooters or walkers)
- Coffee hour/socializing is prohibited
- In addition to these rules for the parishioners, there are equally as many rules that must be followed by Father Paul - i.e. he must wear a face shield; he must limit the service to no more than 40 minutes; plus many more guidelines

The entire guideline (PDF) is available on the Diocese of Huron website.

<https://diohuron.org/wp-content/uploads/2020/09/Loving-Our-Neighbours-AMBER-Stage-Diocese-of-Huron.pdf>



A Congregational Survey will be circulated later in the fall to ask for members' feedback. This would be a very brief survey to determine each individual's willingness to return to an “in person” service. We will continue to tape our services until we can determine a best course of action.

In Memoriam



Arthur Keeley Mervyn Roberts
Kenneth Watson Elizabeth Watson
Barbara Cole Gloria Morgan
Kenneth Albrough Edward Marcotte

Musical Requests



Our Music Director, Kristy is once again 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, particularly with Thanksgiving approaching. Please send her an email request. Kristy can be reached at: kristyoh@hotmail.com. Or, call the office and leave your request with our administrator, Marguerite. Kristy looks forward to hearing from you!



"A note of thanks from me to everyone that prayed for me and my surgery, took me to appointments, visited, and sent lovely notes. I really appreciated all of it and I could not have recovered as well as I did! Still not fast enough for me but I had lots of reassurance and in spite of COVID 19 restrictions I have recovered and am now riding my bicycle!"
– Dianne Walmsley

Outreach Update



Thank you to all of our parish members who continued to actively support the Salvation Army Food Bank over the summer months. 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 and Inter Church can continue to be deposited with St. James'. Please make all cheques out to "St. James' Anglican Church Ingersoll" and then we will ensure that the funds are sent to the charity of your choice.

INGERSOLL
COMMUNITY
FOUNDATION



519-933-7730

Ingersoll & District
Inter-church

"Caring Through Sharing"

WE ARE REACHING OUT

NEED HELP?

- DO YOU NEED ASSISTANCE? - ESSENTIAL ITEMS?

"DURING THIS CRISIS WE ARE HERE FOR FAMILIES AND INDIVIDUALS!"

Ingersoll & District Inter-church (IDIC) together with the Ingersoll Community Foundation (ICF) are reaching out to community individuals & families who are in need of assistance and/or essential items during this pandemic COVID 19 crisis. If you know someone who needs assistance, pass this along. Please contact IDIC at 519-933-7730 and leave clear concise message with your name & phone number.

Please Share This With Others!

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Giving is Worship

GIVING BACK TO THE ONE WHO FIRST GAVE

"Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it."

Malachi 3:10

FUNDRAISERS for ST. JAMES' PROJECTS : ADVANCE NOTICE

#1 TURKEY DINNER



Don't miss out! St. James' Church is once again offering its annual turkey dinner – with a 2020 twist. Our meal will be take-out and prepared in the kitchen of local caterer, Julie Cook, who owns “Eat Your Heart Out” catering business. Our dinner date is **Thursday October 29th**.

A delicious take-out turkey dinner with all the trimmings (mashed potatoes, gravy, vegetables, cranberries, turkey, stuffing, dinner roll and choice of dessert – apple crisp or pumpkin pie)
Cost - \$20.00 (Cash or cheque only made payable to *St. James' Church*)

You can select pick-up or we can arrange to deliver your meal to your residence at an arranged time.

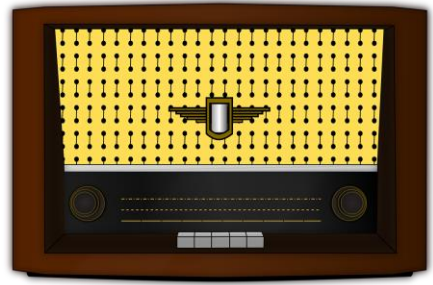
Proceeds from our turkey supper will allow St. James' Church to continue its outreach work in Ingersoll and surrounding area.

We will be looking for volunteers to help distribute the dinners. Stay tuned for more information about this upcoming dinner fundraiser!

#2 OLD TIME RADIO SHOW and DINNER

Put the date on your calendar -
Saturday November 28th

We are stepping back into the musical/theatre time machine and heading to the glorious days of radio from the 1940's and 50's. We to recreate the magic of live shows from the famous broadcast theatres of Hollywood.



HERE WE GO AGAIN ... The AMAZING RADIO SHOW

The St. James' Radio Players Theatrical Troupe will be taking the stage and leading this walk down "Memory Lane". Our talented cast will entertain and delight you with their renditions of classic radio episodes, songs and commercials from the past. And don't forget those great sound effects! The show will be pre-recorded in our “studio” and sent out to you by email so you can access the show on November 28th.

Your evening will begin with a take-out dinner (catered by Julie Cook's team from “Eat Your Heart Out”). The meal will include scalloped potatoes, ham, baked beans, vegetables, salad, dinner roll, and dessert. Then you can sit back and enjoy the radio show! This is our usual fund raiser with another 2020 twist!

The cost for the dinner and the YouTube link to watch the radio show is \$25.00 (Cash or cheque only made payable to *St. James' Church*).

Join us for a great fall evening of food and entertainment.

Stay tuned for more details.

Please spread the word about our fundraisers to friends and families. Every little bit we raise will help us meet our targets for supporting charities.





Inez's Submission

Who Said History Is Boring?

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be!

Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell so brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children, last of all, the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water."

Houses had thatched roofs, thick straw piled high, with no wood underneath. It was the only place for animals to get warm, so all the dogs, cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house, that posed a real problem in the bedroom where bugs and other droppings could really mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying "dirt poor."

The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on the floor to help keep their footing. As the winter wore on, they kept adding more thresh until when you opened the door it would all start slipping outside. A piece of wood was placed in the entranceway. Hence the saying a "thresh hold."

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes the stew had food in it that had been there for quite a while. Hence the rhyme, "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old."

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could "bring home the bacon." They would cut off a little to share with guests then all sit around and "chew the fat."



Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or “upper crust”

Lead cups were used to drink ale or whisky. The combination would sometimes knock them out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a “wake.”

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a “bonehouse” and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they thought they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the “graveyard shift”) to listen for the bell; thus, someone could be “saved by the bell” or was considered a “dead ringer.”

And that’s the truth... Now, whoever said that History was boring !!!!!



REMEMBER WHEN?

1. It took five minutes for the TV to warm up?
2. Nearly everyone's Mom was at home when the kids got home from school?
3. Nobody owned a purebred dog?
4. You had to be home when the street lights came on?
5. Your Mom wore stockings that came in two pieces?
6. All your male teachers wore ties and female teachers had their hair done every day and wore high heels?
7. You got your windscreen cleaned, oil checked, and gasoline pumped, without asking, all for free, every time?
8. Cereals had free toys hidden inside the box?
9. It was considered a great privilege to be taken out to dinner at a real restaurant with your parents?
10. No one ever asked where the car keys were because they were always in the car, in the ignition, and the doors were never locked?
11. And with all our progress, don't you just wish, just once, you could slip back in time and savour the slower pace, and share it with the children of today? Basically we were in fear for our lives, but it wasn't because of drive-by shootings, drugs, gangs, etc. **Our parents and grandparents were a much bigger threat! But we survived because their love was greater than the threat.**

Some Summer Photos!

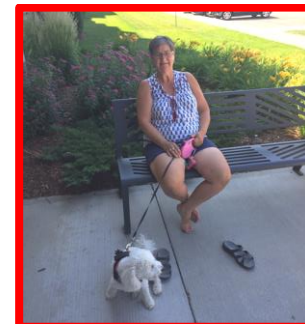
Right - St. James' members out in the park at Smith Pond on Canada Day evening to listen to the Ingersoll Pipe Band



Above – Doug and Cheryl Barr relaxing outside of their apartment complex in Woodstock

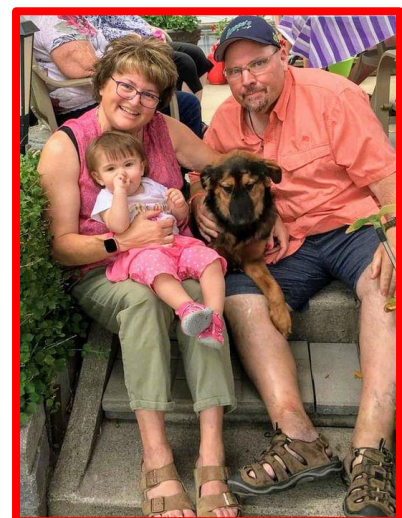


Below - Father Paul with Mike Watson and Eleanore Wardrop taping Wednesday Reflections in the country at Eleanore's home



Marguerite resting her feet after dog walking

Below - The Bossences celebrating Addi's 1st Birthday



Sunday School News

SUNDAY SCHOOL

From Home

St. James' Worship Team would like to make sure that our parish and community children have not been forgotten in these COVID times. If your family would like to receive printed materials or emails with ideas to carry on with "Sunday School" from home, would you please email the church office at stjamesoffice@execulink.com or Veronica at veronicastjames@gmail.com and we will be in touch with you. In your email please include the following:

1. Name of the child, 2. age and 3. grade level so we can tailor activities and stories to each individual's level.

To start our families off, if you click on the photo below you will find a PDF with all types of activities for Thanksgiving – Pre-School to Elementary children. Hopefully this will give you some great ideas to get started on at home.

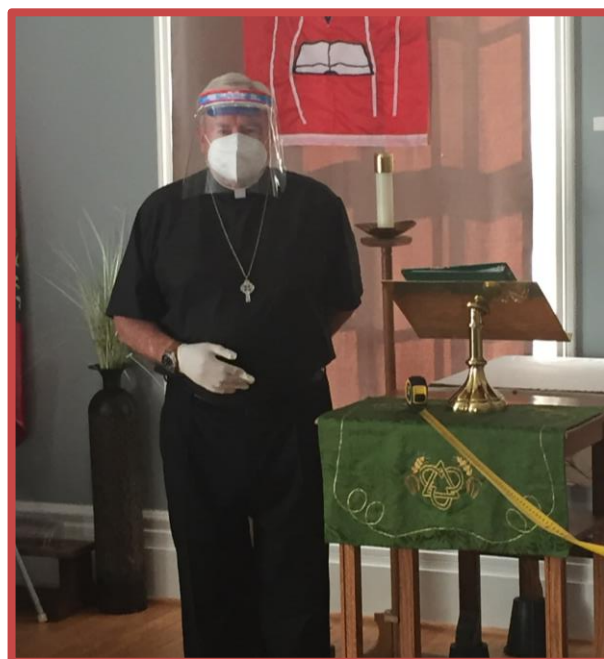


From The Annex



Thanks to Sharon Gillett for decorating the outside of our offices with some Thanksgiving Harvest décor!

A View of Father Paul's Precautions for a Service in Covid 19 times (gloves, safety shield and measuring tape handy)





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Creation Care						
Discover more: greenchurches.ca/season-of-creation/		<i>World Day of Prayer for the Care of Creation</i> Ps 65: 5-13	Build an insect hotel (and send us pictures) info@greenchurches.ca #insecthotel	What's your favourite native pollinator? #nativepollinator	Make a seasonal produce menu plan for next week #seasonalproduce	Go to a farmers' market to buy your local produce for the week #localfarmersmarket
		1	2	3	4	5
Fair Harvest						
<i>Matthew 18, 15-20</i> "...there am I in the midst of them."	Buying local tells you how your food was produced and cuts transportation costs #localproduce	Choose the ugliest fruit or veggie and enjoy it! #uglyveggie	Leave those leaves and sticks on the lawn, they'll help all the good insects who live with us. #Garden4Wildlife	Learn about food security in Canada www.tvos.org/video/lees-ee-papatsie-feeding-the-north	Use up all those leftover veggies www.plated.com/morse/ways-enjoy-leftover-vegetables/	Plan a harvest time family gleaning outing #StopFoodWaste
	6	7	8	9	10	11
Reclaim, Restore						
<i>Psalms 102 (103)</i> "Bless Jehovah, O my soul, And forget not all his benefits:"	Restore the earth; use organic homemade pesticides #homemadepesticides	Recover the purity of water; use ecological cleaning soaps, natural cat litter #naturalcleaning	Don't forget your reusable bags when you go shopping #reusablebags	Why buy new when used clothing stores have all the best stuff? #ethicalfashion	Show people how to grow their own food, start a community garden #communitygarden	Share your green weed control tips in the bulletin #naturalweedcontrol
	13	14	15	16	17	18
Stewardship						
<i>Matthew 20, 1-6</i> "...hire laborers into his vineyard."	Is Voluntary Simplicity for you? #voluntarysimplicity	Make oceans healthy; limit plastic use plasticoceans.ca 4ocean.com/	Save rain water to water plants, to wash the driveway #SaveRainWater	Why buy new when you can repair? Donate your used car etc. www.kidney.ca/kidneyca/	Job 12:7-10 - The animals and plants will tell you that the hand of the Lord has done this	Buying Fairtrade helps producers earn a living wage and feed their families #buyfairtrade
	20	21	22	23	24	25
Sharing, Caring						
<i>Psalms 24 (25)</i> "Show me thy ways, O Jehovah; Teach me thy paths."	How many different kinds of bees can you count in your garden? #gardenbees	Buy honey from a local beekeeper and ask about how it was made Prov. 16:24	Shop less. Spend wisely. Donate your old smartphone to help the blind. phoneitforward.ca	Plan a church seed exchange day #seedexchange	St. Francis of Assisi Honour St. Francis; let his example guide you to deepen your fellowship with all creatures #StFrancis	Thanksgiving Gifted with our bounteous land and with our adoption as children of God in fellowship with all his Creation
	27	28	29	30	October 1st	12

Prayer for the Season of Creation

"Creator God, in your wisdom you established a delicate ecological balance to see that birds find nourishment and flowers are clothed in beauty. Please give us the courage to dedicate ourselves to taking care of your Creation. We thank you for providing us with all we need. Amen!"

Green Churches Network

8615 St. Claire Street Suite 218
Montreal QC H1L 1Y1
1-844-490-6464
info@greenchurches.ca



Green Churches
Network

Why not register your church, school or centre in the Green Churches Network? It's easy! See how on www.GreenChurches.ca



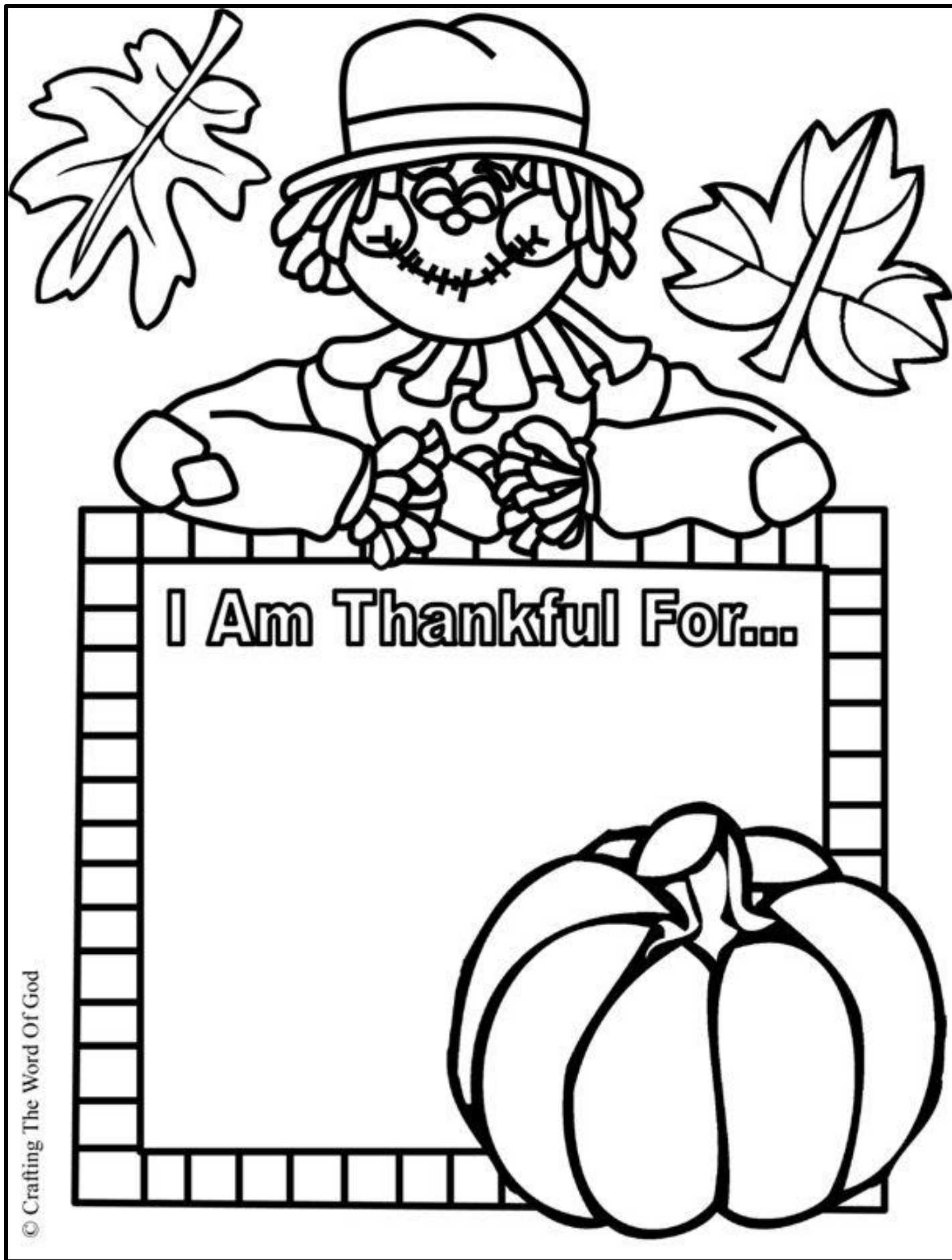
@greenchurchesCA
When you "like" our Facebook page, you will receive daily pictures to share.



@GreenChurchesCA
Follow us on Twitter. Tweet a message each day using our daily hashtag (#).



Newsletter
To receive bi-monthly practical updates, enter your email on: creation.greenchurches.ca





COVID-19

Please complete the following questions before leaving your house today.

Name: _____
Date: _____ Time: _____

Do you have any of the following new or worsening symptoms?



Yes ☐
No ☐

Fever/Chills



Yes ☐
No ☐

Cough



Yes ☐
No ☐

**Difficulty breathing/
Shortness of breath**



Yes ☐
No ☐

**Sore throat/
Difficulty swallowing**



Yes ☐
No ☐

**Runny nose
(unrelated to
seasonal allergies)**



Yes ☐
No ☐

**Loss of taste
or smell**



Yes ☐
No ☐

**Not feeling well,
headache, unexplained
tiredness and muscle aches**



Yes ☐
No ☐

**Nausea, vomiting,
diarrhea,
abdominal pain**



Yes ☐
No ☐

In the last 14 days, have you had close physical contact with a person who:

- was sick with a respiratory illness (had a new or worsening cough, fever or difficulty breathing)?
- has returned from travel outside of Canada in the last 14 days?
- was a confirmed or probable case of COVID-19?



Yes ☐
No ☐

In the last 14 days, have you travelled outside of Canada?



If you answered **YES** to any of these questions, **please stay home.**

If you are feeling unwell, contact your health care provider or call Telehealth Ontario at 1-866-797-0000 to speak to a registered nurse.

Your Healing Journey Through Grief support group

Eight Virtual Sessions

Tues. Sept. 22, 2020 – Tues. Nov. 17, 2020

6:30 – 8 p.m.

\$25 for cost of resource books

This will be a virtual group with orientation to Zoom provided



About this group:

- Support for adults who have suffered the loss of a loved one
- We use Dr. Alan Wolfelt's "Understanding Your Grief: Ten Essential Touchstones for Hope and Healing Your Heart"
- Led by trained facilitators
- Generously subsidized by Sacred Heart Church

A past member said this about the group:

*"It was so nice to be able to share my feelings with people who understand."
"I realized I wasn't alone in my grief."*

For more information or to register, contact:
Faye Brekelmans Julie Maltby

519-485-1802 – Sacred Heart Church, Ingersoll

Deadline to register: Sept. 22, 2020