

# St. Mark's Chronicles

MAY 2022



## From the Rector's Desk

By The Venerable Peter Scott



In Luke 17:5-10, the twelve apostles come to Jesus asking him to increase their faith. We then read a parable about a master and a slave. Faith and service - two tenets of our faith that come together in one reading as we enter the Season of Easter.

In the first part of the reading the disciples come and ask Jesus to increase their faith. I am sure that we have all had experiences where we have asked for more faith, usually to get us through a tough situation. I think that our growth in faith is nearly always a movement from faith to faith, rather than from unbelief to faith. While the faith I have today is similar to the faith given at baptism, it is also different. Similarly, who I am today is both the same and different than who I was as an infant. I am the same person, but my knowledge, physical size, abilities, etc. have changed considerably since birth. My faith in God has matured, has grown, has increased over the years through the grace of God.

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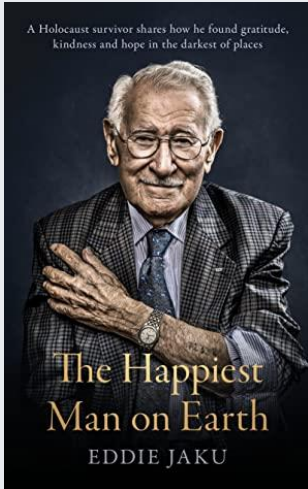
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# Book Review

By Marg Copeland

## ***The Happiest Man on Earth: The Beautiful Life of an Auschwitz Survivor* by Eddie Jaku**



At 100 years of age, Eddie tells a story of courage, hope, love, resilience, and survival. Born into a Jewish family in Leipzig, Germany, Eddie soon experienced human cruelty. SS thugs arrested, beat, and sent him to Buchenwald, Auschwitz when he was only 18. Here he suffered the horrors of the camp and was in the forced death march during the Reich's final days.

Following the war, he travelled to Belgium in search of his parents and other relatives – none were found. However, he made a promise to himself and to God to try to live the best existence he could. He married, fathered two children, and eventually moved to Australia. There, he began to tell his story and founded the Sydney Jewish Museum, sharing his story with adults, school children, politicians, and professionals.

Although he describes many disturbing experiences that he suffered in the camp, Eddie's story is inspiring and a testament to the human spirit.

His message is simple. Take time to appreciate every moment of your life- remember to be happy and to make others happy too. Make yourself a friend to the world.

Eddie died in October 2021 at the age of 101.

# The Importance of Humour

By The Rev'd Canon Lynne Thackwray



Did you know that within ten minutes of a good belly laugh, incredible health benefits start to kick in? Humour is one of the healthiest and most powerful methods to help ease some symptoms of stress, depression and anxiety and build resiliency to life's challenges. Dr. Mintz, professor at the Univ. of Maryland says, "Humour is one way we cope with living in an imperfect world, with our imperfect selves."

Shared laughter is one of the most effective tools for keeping relationships strong and lasting with family and friends. Laughter can unite people during difficult times and provide a respite from sadness and pain. Laughter gives us the courage and strength to find new meaning in on our lives. Another great thing about laughter is that it is contagious – just hearing it, primes our brain and readies us to join.

Looking back on his career, Red Skelton (if you remember him) said, "I don't mean to be egotistical, but I think that being able to go out and make people laugh is a great gift from God. And if I go out and use that laughter and make it work that's my gift back to Him."

# May Trivia Quiz

By The Rev'd Canon Lynne Thackwray

1. May has always been the fifth month. True or false?
2. What is the birthstone for May?
3. In England also May the first was a special day. The special dance on this day was round this.
4. Most countries honor mothers with a special day of one form or another. In the USA, who founded Mother's Day as celebrated on the second Sunday in May?

Anna Jarvis  
Martha Washington  
Julia Ward Howe  
Margaret Sanger

5. International Nurses' Day (May 12) coincides with the birthday of which health reformer and statistician, whose achievements included vastly improving the sanitary conditions of British hospitals in India and making nursing a respectable profession in its own right?

Clara Barton  
Florence Nightingale  
Emmeline Pankhurst  
Elizabeth Fry

6. Forty days after Easter falls what Christian holiday associated with the ascent of Jesus Christ into heaven?

Shrove Tuesday  
Maundy Thursday  
Ascension Day  
Good Friday

7. Another important Christian observance connected with the Twelve Apostles falls in May. Held fifty days after Easter, what it is called?

Pentecost  
Terce  
Septuagint  
Novena

8. What flower represents the month of May?

*Answers available on page 8.*

## A Little Bit of Humour



A 4-year-old girl and a 3 year-old boy walked hand in hand to a neighbour's house. The girl was barely able to reach the doorbell. When the lady of the house appeared, the little girl said, "We're playing house. This is my husband, and I am his wife. May we come in?" Enchanted by the scene, the woman said, "By all means." She then offered them lemonade and cookies, which they happily accepted. When a second tall glass of lemonade was offered, the little girl refused, saying, "No, thank you. We have to go now. My husband wet his pants."

## A Little Bit of Wisdom

"If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul."  
– Rabbi Harold Kushner

# Praying While Knitting, and Knitting While Praying

By Gwen Valliere



During Lent, I have been exploring contemplative prayer, which I understood to mean sitting still for long periods of time in silence, praying without words, trying not to think thoughts, simply being present in the presence of God. This is not something that comes naturally to me. I think thoughts, and then I think about why I can't stop thinking thoughts. I try repeating a word or phrase to push the other words out, and sometimes it works for a minute or two, but then other thoughts come in. This type of praying is really hard for me.

Then I read a book called "Contemplative Knitting", by Julie Cicora. Julie uses knitting as an activity while praying, in order to focus just a bit of her brain on a simple task, so that the rest of it can simmer down and be still. This brings focus by occupying us physically to be able to make space spiritually. There are lots of things about knitting that teach us about God, like the way the yarn comes together in simple stitches to make fabric, just as the events of our lives knit together the fabric of our experience. I paid attention to when I made mistakes and had to go back, undoing the stitches to fix the wrong one, and wondered why I am more patient and forgiving with myself when knitting than I am when I make other kinds of mistakes and wrong turns in my life. The psalmist says that God knits: "For it was you who formed my inward parts; you knit me together in my mother's womb" (Psalm 139:13). I find this to be a good activity: praying while I knit, and knitting while I pray.

St. Mark's has a prayer shawl ministry group that meets regularly at each other's homes to knit shawls together to give to others. They begin and end their time together with prayer. During their time together they talk about people who might need to receive shawls, and share their concern for them. Their time together is a time of community and mutual support, as well as an opportunity to socialize, and it is bathed in prayer. Periodically the fruit of their work is presented and blessed in church, before being gifted to those who are going through a tough time, so as to reassure them that they are loved, remembered, and prayed for.

This is a beautiful thing to me, and it makes me think of the Benedictine Way where the monks work in silence, praying constantly. Their work is prayer. Their rest is prayer. Everything is prayer.

Psalm 46:10 says, "Be still, and know that I am God." This sounds to me like a command, not an observation. It doesn't say, "when you happen to be still, you will know that I am God." So I am looking for opportunities with more than just my knitting, embracing the mundane and repetitive tasks in my day as opportunities to still my mind and pray. I can pray when I am peeling potatoes, or when I am folding church bulletins. I can pray when I am walking, and I can pray when I knit. Time spent with God is always good, even if we don't feel anything special at the time. God uses all the time we give to prayer to shape us, to reassure us, to strengthen us, and to knit us into the fabric of God's design for us.

*"Contemplative Knitting" is available to borrow from the Mary Ranger Library at St. Mark's.*



# Recipe of the Month

By Helen Farewell

## Nectarine and Plum Compote

Ingredients:

½ cup cranberry juice  
 ½ cup granulated sugar  
 ½ cup water  
 1 strip lemon rind  
 1 cinnamon stick  
 4 nectarines  
 5 plums



Directions:

1. In large saucepan, combine cranberry juice, sugar, water, lemon rind and cinnamon stick; bring to boil.
2. Cut nectarines into ½ inch thick slices; add to saucepan and return to boil. Reduce heat to medium; simmer, stirring occasionally, for 5 minutes. Cut plums into ½ inch thick slices; add to saucepan. Simmer, stirring occasionally for about 7 minutes or until fruit is tender and liquid is slightly thickened.
3. Discard lemon rind and cinnamon stick. Serve warm.

## Facts About May

1. Superstition says that you shouldn't buy a broom, wash a blanket, or get married in May.
2. May was once considered a bad luck month to get married.
3. According to the Cajun Signs of the Zodiac, which says everyone born before May 21 is stubborn, persistent little bloodsuckers while everyone born after May 20 are tricky, independent people who don't need anyone's approval.

## Ministry Moment: Food Cupboard

By Marg Coupland

Thank you so much for your monetary and food donations. Because of your monetary donations, Peter is able to purchase grocery cards and I become the shopper. He also provides grocery cards to our clients giving them a feeling of self-worth and allowing them to purchase extras when we are short of items.

I buy perishable items such as fresh fruit, yogurt, cheese, eggs, milk and bread. Your donations of food as well as those from the Food Bank help stock our shelves. Because many of our clients have only a microwave or hot plate, cups of soup and individual dinners are helpful.

We have an amazing group of volunteers. Cathy Campbell, Brian Foley, Carol Foley, Christine Robinson, Linda Busche, Cathy Wilson, Carol Hulcoop, Donald Grant, Sharon Fudge, and Gini Steele are ready to step in when we are short staffed.

Our clients tell us their stories and we listen. None of this could happen without your support. It is a very humbling experience and I feel blessed to do this ministry.

Sincerely,

Margaret Coupland

Food Cupboard Hours:  
 Monday, Tuesday, and Thursday  
 11:45 a.m. to 12:45 p.m.

# From the Rector's Desk

By The Venerable Peter Scott

*Continued from page 1.*

The second section of the reading is about service to God. Bob Dylan (I'm dating myself) wrote a song back in the 70's called, "Gotta Serve Somebody:"

You may be an ambassador to England or France  
 You may like to gamble, you might like to dance  
 You may be the heavyweight champion of the world  
 You may be a socialite with a long string of pearls  
 But you're gonna have to serve somebody, yes indeed  
 You're gonna have to serve somebody  
 Well, it may be the devil or it may be the Lord  
 But you're gonna have to serve somebody

So who or what do we serve? Do we serve St. Mark's, do we serve the Pastor (I suspect not!), do we serve the Anglican Diocese of Niagara, do we serve the Bishop, do we serve the Anglican Church of Canada, or do we serve the Anglican Communion? The answer, of course, is that we serve God through the body of Christ, the Church. What does that look like? In one of his talks in the original Alpha series, Nicky Gumbel tells this story about John Wimber, the founding pastor of the Anaheim Vineyard Christian Fellowship and the Worldwide Vineyard Movement. John Wimber was once approached by a member of his congregation who had met somebody in great need. After the Sunday service the man told John Wimber of his frustration in trying to get help. "This man needed a place to stay, food, and support while he gets on his feet and looks for a job," he said. "I am really frustrated. I tried telephoning the church office, but I didn't get an answer. I finally ended up having to let him stay with me for the week! Don't you think the church should take care of people like this?" John Wimber thought for a moment and then said, "It looks like the church did."

The man was reminded by John Wimber that God acts through each of us. I am reminded of the prayer, "without you (God) we cannot please you". There is humility, truth and understanding of the grace of God in that prayer. May that be our prayer and our understanding of God's work in our faith and in our service as we move through the Season of Easter.

# The Quiet Corner

Submitted by The Rev'd Canon  
 Lynne Thackwray

## A Gift for my Neighbour

If my neighbour needed a cup  
 of sugar,  
 I would give it to him;  
 But what if he needed a  
 friend?

If my neighbour needed  
 bread,  
 I would share with him;  
 But what if he needed love?

If my neighbour needed  
 shoes,  
 I would provide them for him;  
 But what if he needed  
 compassion?

If my neighbour needed  
 water,  
 I would dig him a well;  
 But what if he needed God?

God grant me the wisdom  
 To give my neighbour  
 what he truly needs.

- Anonymous

# Plastic and the Environment

By Sue Carson

*Sue Carson is the chair of Climate Justice Niagara. On January 16, 2022, Sue joined St. Mark's for a virtual Lunch and Learn with a focus on single-use plastics. Over the next few issues of The Chronicles, we will be sharing some excerpts from her presentation.*



*Continued from the April issue of The Chronicles.*

At Synod in 2019, Climate Justice Niagara presented a motion that asked parishes to reduce single-use plastics. Since then, about 45 parishes in the Diocese of Niagara have taken on the challenge and have passed a Vestry motion which calls for the elimination of single-use plastics from parish operations. St. Mark's passed this motion in early 2021.

So, what exactly are single-use plastics? The term single-use is self evident – something that you only need for a very limited amount of time. Think of a plastic fork you may use to eat a takeout meal, or a straw from a soda cup. These are the ones that we are especially asking churches to avoid using but there are many other plastic items that can also be purged from our homes, businesses, and churches.



In October 2020 the federal Government passed a bill stating that 6 single-use plastic items were no longer allowed to be used in Canada. Straws, stir sticks, cutlery, grocery bags, take-out Styrofoam containers, and six-pack rings around cans and bottles are now all banned. Paper or wood can replace most of these items and so companies should now be making comparable items. More items may be added to the list in the future, such as coffee cups.

The Government are also creating new laws that will ensure that companies include 70% recycled plastic in their new products. The onus must be on companies to achieve this but writing letters to them and expressing our wishes may make a difference.

*Continued in the next issue of The Chronicles.*

# May Trivia Quiz Answers

By The Rev'd Canon Lynne Thackwray

*Questions available on page 3.*

**1. False.** May was once the third month. When Julius Caesar moved January and February from the end of the year to the beginning, May became the fifth month.

**2. Emerald.** Which is emblematic of love and success.

**3. Maypole.** A young girl was chosen to be May Queen. She presided over the day's festivities which included dancing round a maypole, which was usually erected on the village green. Ribbons of different colour hung from the pole. Dancers took hold of the end of each ribbon, they danced around the maypole weaving the ribbons together as they did so.

**4. Anna Jarvis.** The story behind this is interesting. Ann Jarvis, the mother of Anna Jarvis, tried to establish a "Mother's Friendship Day" in order to "reunite families that had been divided during the Civil War." She died before she could make it an annual celebration.

On June 2, 1872, Julia Ward Howe led a "Mother's Day for Peace" march, which was observed annually for the next ten years before petering out. The temperance movement also failed to generate a national Mother's Day tradition, although many local communities had their own.

In 1908, Anna Jarvis with the help of Philadelphia magnate John Wanamaker got an "official" Mother's Day observance going, which was soon adopted in New York. Jarvis then lobbied Congress. Finally in 1914 Congress passed a law, and President Woodrow Wilson proclaimed Mother's Day officially. Anna Jarvis always ignored Howe's efforts or other traditions, however, and claimed Mother's Day was strictly her own invention. In fact, two years earlier in 1912, she had trademarked "Mother's Day" (with the singular possessive spelling).

Many countries have adopted the U.S. Mother's Day. Other countries, like the UK, go by the Christian holiday called Mothering Sunday, which is the 4th Sunday of Lent. In Mexico, El Día de las Madres is on the second Friday in May, while in Nicaragua it is May 30.

**5. Florence Nightingale.** During the Crimean War, Florence Nightingale would make her rounds, tending the wounded by the light of her lamp. In her day her popularity was second only to Queen Victoria herself. Her later achievements included improving the conditions in British hospitals in India.

In 1953, Dorothy Sutherland of the U.S. Department of Health, Education, and Welfare proposed to President Eisenhower that he proclaim a "Nurse Day" in October. Although he did not make the proclamation, her request sparked a movement. In fact, in the USA, the American Nurses Association sponsors National Nurses week from May 6 through May 12, and the Canadian Ministry of Health does likewise. Around the world, the International Council of Nurses designated May 12 as International Nurses' Day in 1974.

*Continued on page 9.*



# May Trivia Quiz Answers

By The Rev'd Canon Lynne Thackwray

*Continued from page 8.*

In the UK the occasion is marked with solemnities. During a service in Westminster Abbey, a lamp from the Nurses' Chapel passes from one nurse to another, and then to the Dean who places it on the High Altar. St. Margaret's Church in Hampshire, Florence Nightingale's final resting place, holds a memorial service in her honor on the Sunday after the 12th.

**6. Ascension Day.** Customs associated with Ascension Day center on worship services. In some places, beans and grapes are blessed, and the paschal candle, which had been lit since Easter, is extinguished. Some churches in England still "beat the bounds", which means that parishioners put chalk marks on the stones that form the boundaries of the parish, and they may hit the stones with sticks. In medieval times this was important because churches often took responsibility for the illegitimate children born within their parish. In Florence, Italy, traditionally a dove would slide down a string to ignite fireworks in front of the cathedral's main entrance. (I do not know what became of the bird.) Germany holds its Fathers' Day on Ascension Day, and in Haiti, Denmark, Madagascar, and many other nations Ascension Day is a public holiday.

**7. Pentecost.** Pentecost (which comes from the Greek for "fiftieth") is fifty days after Easter, which means on the modern Gregorian calendar it could fall anywhere between May 10 and June 13. On the first Pentecost, Christians believe, the Holy Spirit descended upon the twelve Apostles, who began to preach. Pentecost is essentially the birthday of the Christian Church, and on that day around A.D. 30 (there is disagreement on the precise year), St. Peter preached a sermon that led to 3000 conversions. The day also coincided with an ancient Jewish festival, the Feast of Weeks, or Shavuot (which was also called Pentecost, because it was held 50 days after the first Sunday of Passover).

Pentecost is also called Whitsunday, especially in Britain, after the white garments worn by the newly baptized. The week following is Whitsuntide, which in the Middle Ages was a mandatory vacation week for English serfs. Generally speaking, Pentecost is celebrated with festive meals, processions, church services, and various local customs. In Italy, churchgoers throw rose petals from the ceilings of churches to replicate the miracle of the fiery tongues of the Holy Spirit which landed on the Apostles. A French custom is to blow trumpets. Many European nations recognize Pentecost Monday or Whit Monday, the day after Pentecost proper, as a public holiday, including Denmark, Germany, Portugal, and Switzerland, and also a few African nations, such as Senegal.

**8. Lily of the Valley.** Lily of the Valley is the birth flower for those born in May. Lily of the valley symbolizes humility, hope, and sweetness. Royal brides often incorporate at least one sprig of this flowering plant in their wedding bouquet. The Hawthorn is also the birth flower for May.

# Church Information

## St. Mark's Anglican Church



### Connect With Us:

Website: [www.saintmark.ca](http://www.saintmark.ca)

YouTube: [saintmarkorangeville](https://www.youtube.com/saintmarkorangeville)

Facebook: [saintmarkorangeville](https://www.facebook.com/saintmarkorangeville)

Phone: 519-941-0640

Email: [office@saintmark.ca](mailto:office@saintmark.ca)

### Services:

Sundays - 8:30 a.m. and 10:00 a.m.

Thursdays - 10:00 a.m.

### Office Hours:

Monday to Friday

9:00 a.m. to 12:00 noon

### Food Cupboard Hours:

Monday, Tuesday & Thursday

11:45 a.m. to 12:45 p.m.

### The Beacon Drop-In Centre Hours:

Monday, Wednesday & Friday

11:30 a.m. to 2:30 p.m.

### Address:

5 First Avenue

Orangeville, ON

P.O. Box 22

L9W 2Z5